



Visión

ST Paul's New Southgate
June 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

June 7th Highworth Gardens

June 14th Inverforth Road

June 21st Ladderswood Way

June 28th The Limes Avenue

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

From the Vicar

Dear Parish,

Last Sunday was Pentecost Sunday and it was very special to lead a live-streamed service from inside St Paul's Church. As Martin observed, we should remember Pentecost 2020 as a historic day, being the first time we've ever had a live broadcast from the church. It has to be said though, it is bittersweet to hold a service without servers, without singing, and without people being physically present. I cannot wait to share in the Eucharist once more with you all in person when it is safe to do so.

I am very grateful though in these online Sunday services for the wonderful range of contributions from readers, and intercessors, and musicians, and from our Reader Christopher preaching the Sunday before last. This is a talented and gifted community. I must thank Margaret too for helping to keep the rota going – please do get in touch with her if you'd like to get involved. We're hoping to invite children to do the readings and intercessions on Sunday at the end of this month.

Thank you to everyone for keeping the church alive and well through your prayers, your voices, your financial contributions, and your boundless energy. These are difficult days, and we all have a cross to bear, of one kind or another. But we are stronger together, and held close by God: He is always with us by his Holy Spirit. This is the message of Pentecost.

With my prayers,

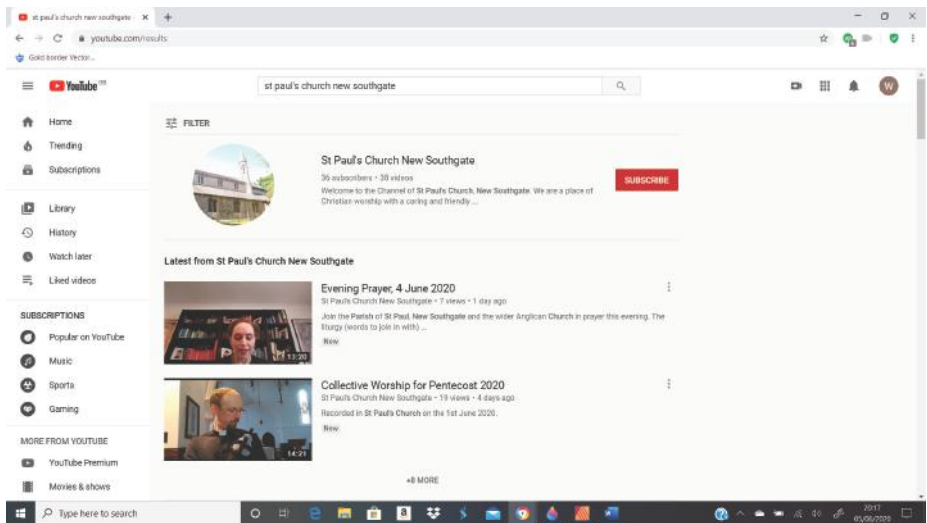
Father Matt

“Repent, and be baptized every one of you in the name of Jesus Christ so that your sins may be forgiven;
and you will receive the gift of the Holy Spirit.

For the promise is for you, for your children, and for all who are far away, everyone whom the Lord our God calls to him.”

(Acts 2, from Peter's speech to the crowd at Pentecost)

All past services are available on our YouTube Channel. Just visit www.youtube.com and search for “**St Paul’s New Southgate**”.



Vision Needs You

Thank You to all who contributed to this month's edition of Vision. Next month is our summer bumper double edition so please keep it coming

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.

Christopher Writes

AFTER THE PANDEMIC

Speculation has started in Church circles as to when, and under what circumstances, collective worship might resume in our churches. There are some hopes that this might be as early as July, but my own belief is that it will be later. Nonetheless, it is something to which I personally greatly look forward, so I thought I might throw out some ideas of my own this month as to what post pandemic worship might look like.

There are, of course, those who say in effect, why rush? They can point to impressive efforts made across the Church to provide virtual services, and to the fact that these are reaching many who might never contemplate attending a 'real' church service. There is no doubt that these virtual services have served a real missional purpose, and many will no doubt continue. On the other hand, I have heard clergy, typically from deprived areas, argue that it is not all gain; these virtual services are only accessible to those who can afford the necessary kit and a suitably generous broadband package.

But the real and the virtual are not mutually exclusive. And physical gathering has always been a part of church since the disciples met in the upper room after Jesus' crucifixion. It also has an important part to play in sustaining faith, just as footballers are encouraged far more by thousands of cheering supporters present in the stadium than by the knowledge of thousands watching a live feed on their televisions. And I have yet to experience a virtual baptism!

Clearly, there can be no one size fits all approach; different building size, congregation size, and church tradition will all have a bearing in individual cases. Here at St Paul's, we are blessed with plenty of space, generous aisles, and multiple access options. This will be important as, increasingly, institutions are accepting that social distancing may perforce be a way of life for some considerable time to come.

Social distancing, perhaps reinforced by statutory limits on the size of public gatherings, will act as a cap on congregation sizes. Because singing would require a greater degree of social distancing, it seems likely that congregational hymns will not, initially at least, be part of our services when we resume.

How might we deal with the issue of oversubscribed services? One solution might be to provide a sound feed to the hall. Another might be to lay on more than one service. I recall attending another church where, for pastoral reasons following merger of congregations after closure of a nearby church, for a period they held two services, one at 9.30 and another at 11.00, with a joint coffee gathering between the two! It was very successful at bringing the two congregations together. And the second service need not be Eucharistic; a couple of people classed as vulnerable by virtue of their age have mentioned to me that they would feel more comfortable in the present circumstances at Morning Prayer or Evensong.

As to hymns, these are an important part of our worship, so perhaps recordings (suitably licensed as necessary) could be substituted so we can at least have the words and music, if not join in.

As I said at the start, this is just some thoughts. But let's start thinking now about gathering in person again, so that, when it comes, we can hit the ground running.

Christopher Ward
Reader

The secret of a good sermon is to have a
good beginning and a good ending;
and to have the two as close together as
possible.

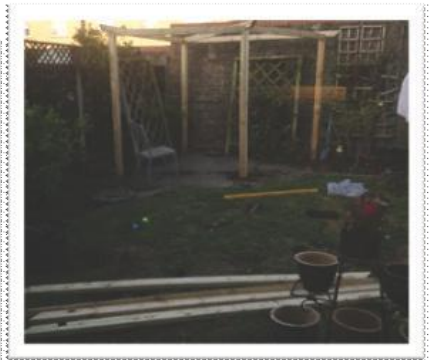
- a quotation from George Burns contributed by Sylvia and Ian Hennan

The Betts Family Lockdown



We used to have a swing seat arbour at the end of our garden that we put in before the children were born. The swing itself broke (in an incident involving my sister and her husband!) about a decade ago and it became just an arbour that got progressively more and more rickety. We decided to use lockdown as a time to replace it.

We cleared all the old broken bits leaving just the trellis panels at the sides because we had a mature clematis and rambling rose that we wanted to keep.



Then we assembled the top and dug in the poles and cemented them

Lastly we added new trellis panels whilst carefully dismantling the old ones to train the plants back over.



A few weeks in and the clematis has really settled in again.

We've also filled the pots a bit!

We'll have to deal with the terrible lawn in the autumn!





Project two was the front door. It was in a terrible state because we had planned to replace it this year so hadn't worried about the peeling paint, and water had got in. Rich scraped and sanded it all back and repainted. We are awaiting new brass bits and it should last until we finally get round to a new one when everything is a bit more normal again.



The other thing that has happened a fair bit has been experimental baking – when we can find yeast! It's like gold dust! Here are Mabel's cinnamon and cardamom rolls – a successful experiment.

Claire



St Alban, helping a stranger in need

On June 22nd the Church remembers St Alban. Alban should be the patron saint of anyone who impulsively offers to help a stranger in need... and finds their own life turned upside down as a result.

The story goes that Alban was a Roman citizen quietly living in England in the third century. Then, miles away in Rome, the emperor, Diocletian ordered a persecution of the Christians. Nothing to do with Alban... except that suddenly he found a desperate priest on his doorstep, being hunted down by local soldiers. Alban decided to give the priest shelter, and within days was converted to Christianity himself, and then baptised.

As if this was not brave enough, when the soldiers arrived, Alban decided to take the priest's place. He dressed up in the priest's clothes to enable the priest to escape. Not surprisingly, the soldiers then arrested Alban himself. Now a Christian, Alban refused to offer sacrifice to the Roman gods, and so was condemned to death.

But the story doesn't end there, for Alban went to his execution with such holiness and serenity that one of the executioners was converted, and the other executioner's eyes fell out (or so the story goes). Alban was buried nearby, and the shrine built to his memory was soon known for its healing powers. Alban's cult extended all over England, and nine ancient English churches were dedicated to him.

Raising Funds

This is a call to arms to all of you. Our Church relies on our fund raising to help us survive but for some time now this has not been happening. In these changing times we have to find new ways using technology. Even we golden oldies are zooming away on a daily basis and now that lockdown is gradually easing, we may find a way to meet up while socially distancing in the months to come.

Firstly, I call upon our quiz experts Claire and Richard to compile an online quiz for us. Now we can meet people from other houses we could make up small teams if we are careful.

My chest of raffle prizes is overflowing so we could devise a way of selling tickets online for a grand raffle. Any donations would be welcome as you sort out your unwanted presents etc.

Another idea is an Auction of talents. People offer services such as gardening, making things, theatre tickets or cooking. You then make bids (there may be a start up price) with the prize going to the highest bidder. The last time we did this some years ago we made over £1000. So get creative and think of something you can offer.

I am definitely suffering withdrawal symptoms not being able to extract money from you. Luckily Matt is very good at technology- hence our lovely services, so we just need to get these ideas working soon.

It is great to see so many of you on Sundays- it was so nice to see the Church building this week. We must do all we can to stay in touch and keep our Church vibrant. We have come so far so we must keep going.

Chris Robertson

New Book Group

“The Case for Jesus” by Brant Pitre

The idea of reading “The Case for Jesus” as a parish came about in a wonderfully casual way. I’m really excited about reflecting together on what promises to be a fascinating exploration.

The book presents a compelling case for Jesus of Nazareth and the historical reliability for what we as Christians believe and celebrate about him.

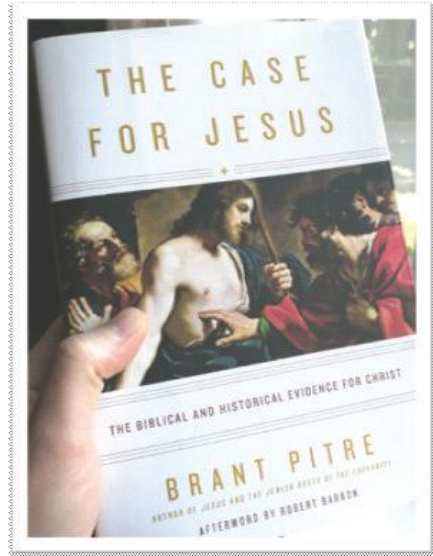
Brant Pitre begins by looking at the history surrounding the manuscripts of Matthew, Mark, Luke and John –

as well as looking at some of those ancient ‘gospels’ such as Thomas which don’t appear in the Bible but you might have heard about.

I hope we will all grow in confidence in our faith as a result of the book and the discussions which we’ll have together on Zoom.

Look out for details of the first meeting of the book group later this month: date to be announced in the weekly emails. All are welcome to join in.

Oh and, as a bit of a heads up – he’s definitely American: he writes with lots of punchy lines and more than a few exclamation marks!! The book is well researched and I’ve already learnt a few things already... **Father Matt**



Bread of Heaven?

An unexpected stocking filler from my son two Christmases ago was a sachet of San Francisco Sour Dough Bread starter... more a present for him of course as he loves Sough Dough Bread, but obviously decided I was the one to do the work entailed in making some. I made several attempts which we valiantly chewed through, then it went into the back of the fridge and stayed there. The starter keeps for years in the fridge, so long as you occasionally feed it with flour and water.

Lockdown, with a lack of regular fresh bread, was obviously a good time to resurrect my starter and brush up my bread making skills. I sent for a new batch of starter (just in case it hadn't survived the fridge) and managed to get an alternative starter from Alaska. This makes a slightly sweeter dough because of the different flours and natural yeasts in the area. So began the great Saturday Bread Experiment! If it sounds a bit like Joe versus the Volcano...Wendy versus the Sour Dough was much harder.

Making the bread is very easy – there are hundreds of books and internet recipes and YouTube videos and.... So that wasn't the problem. The problem is, even following all the advice, getting your

bread to actually behave and taste like professional artisan loaves takes a lot of practice and skill and patience!

We have been buying our flour by the sack from mills or wholesalers on the internet. We pack it up into plastic bags and store it back in the sack so that its easier to use and little weevils and moths don't get in to feast. The flour is lovely and really cheap by comparison with small supermarket bags.



To start making bread you need to activate your starter. If you're baking on Saturday you feed your starter on Wednesday, divide and feed on Thursday and Friday and start your bread on Friday night ready for Saturday, or bake on Friday and leave overnight to mature. It all depends on the type of loaf you're making, what the weather conditions are like and whether the bread is in the mood to behave.

There are really only 4 ingredients: flour, salt, starter and water. All are weighed into the bowl (yes even the water and starter are weighed in grams) mixed together and after various bouts of folding (not kneading) left to bulk rise. Sometimes it does sometimes it doesn't. In the morning the dough is carefully shaped and left again to rise – sometimes it does.. sometimes... Depending on the loaf the dough is then baked in a pan or a Dutch oven (covered iron casserole dish) After baking and cooling eat! It always tastes great even flat, sticky, heavy, solid bread has a lovely taste and of course with practice you do finally get lovely airy bread which reminds you why you bothered. When you crack it, bottle the moment, thank God and try to remember every tiny detail for the next time. Over the last few months, I have finally worked out the best method for me but every now and then we have ended up opening a packet of crackers for lunch instead.



One of the other little problems is the amount of starter you end up with. Each time you feed it you divide the starter in half and replenish with flour and water. The residue can be fed as well so you can end up with loads of starter. As I said it stores in the fridge, but regular use invariably leads to more than you can manage. Out of lockdown you can pass on to friends for them to



start their journey (especially if you want them to suffer) or send most of it down the drain – maybe the sewer rats make their own bread!

Despite the ongoing battle I do enjoy making bread. There is something very satisfying about eating a warm fresh slice of bread- it really can be Bread of Heaven! You just have to overcome the times when the volcano wins.

Starter can be bought from <https://freshlyfermented.co.uk/>

Wendy

The Conservation Foundation would love to hear from you. It has recently launched a virtual *Gardening Against the Odds* network on Facebook @gardeningagainsttheodds and on our website at <https://conservationfoundation.co.uk/projects/gardening-against-the-odds/>

As David Shreeve of the Conservation Foundation explains: “Over the years running our GATO Awards we have made many friends and now we are making more virtually every day. If you or anyone you know would be interested in sending news and information to us especially if it doesn’t involve an actual garden or somehow it’s against the odds. We hope to be adding news every day and giving details of plant availability, tricks of the trade and offer the odd prize.”

Charles Dickens

Popular Victorian novelist Charles Dickens died 150 years ago, on 9th June 1870. His books include *The Pickwick Papers*, *A Tale of Two Cities* and *David Copperfield*.

He died of a stroke in Gad's Hill Place, his country home in Kent, when halfway through writing *The Mystery of Edwin Drood*. The last novel he completed – most of them were written in regularly released parts – was *Our Mutual Friend*, in 1865.



He had been born in Portsmouth in 1812, the second of eight children. His family were relatively poor, and his mother wanted him out at work, so he never received a formal education. Nevertheless, he edited a weekly journal for 20 years and wrote 15 novels, as well as many other stories, articles and letters. He was also a staunch social campaigner, particularly for children's rights and education.

As could be deduced from one of his most loved works, *A Christmas Carol*, he was a firm believer in Christian elements such as compassion and redemption, and he loved the New Testament, while having little time for the Old or for organised religion. His parents were nominal Anglicans. He is said to have wanted his stories to be seen as 'parables' emphasising the teaching of Jesus.



Interesting option to pick out a bagell!



You might want to think twice before taking one of these!



Valuable piece of advice!



Really??!



Reassurance at it's best!



They corrected the sign when they were told there was a mistake!

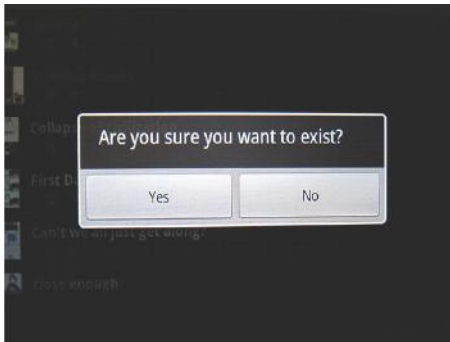
Funny Spelling Mistakes



Payment is not expected anytime before!



The new name for the boardroom!



You've got to be sure!



Shoplifters beware!



A well composed response!



No thanks!

Charitable giving

As my husband has been retired for some years, he has settled into a pattern of activities which include quite a bit of daytime television. When I first retired, I found this quite depressing. All the adverts were directed at an aging population, encouraging us to prepare for our death. We needed to take out insurance to leave our families money and take care of our funerals. Day after day, one firm after another promised M & S vouchers for various amounts, promoted by safe presenters like Alan Titchmarsh and 'Parky'

Commendable, yes, we do need to be prepared, but also very annoying when you've just retired and certainly don't feel ready to push up daisies!

However, since the lockdown the daytime adverts have changed their target. No longer must we prepare for the ultimate, we are all asked to give, give, give! Now everyone knows the British are a compassionate race. They are generous and caring and always respond to appeals for help. We have only to look at the behaviour of so many people over the Lockdown to realise how caring and neighbourly they have been. (I know other nations do the same, compassion isn't reserved for the British). TV appeals like Comic Relief, Sports Relief and Children in Need raise thousands of pounds for their causes each year. People have clapped for the NHS and sent money to a little old man walking round his garden. People always respond willingly with time and money.

However, over the past few weeks the afternoons are devoted over and over to appeals from charitable organisations. The 26 I have noted are only a few who have launched passionate appeals. Don't think I am against them, I know they have no other way of raising funds for their worthy causes – and yes, they are all worthy and they do need our support, but to bombard the public en-masse must surely be a wrong tactical move. Every advert has sad music, a sympathetic-toned commentator and harrowing scenes designed to tear at our heart strings and get us reaching for our cheque books and phones. They all remind us its "just £2, £3, £10 a week to help

save/rescue/support....” As the RSPCA says “don’t turn away this is REAL” but unfortunately after a while you do.

Exactly who are they targeting? Families with young children and limited money, elderly people on their own with limited funds or company directors working from home with funds but no time? How does this excess of horrendous sights impact on the mental health of people suffering their own problems and anxieties? Could the awfulness of it all be just enough to send someone over the edge of despair? I don’t know but it is a concern that the television companies need to take into account with their planning.

Of course, charities should be allowed their appeals, they need our support. My concern is that over publicity sometimes has the very opposite effect and in the end their very worthwhile causes may suffer. Don’t think I’m uncaring or unmoved by the appeals, I am, so I’ve enclosed a list of the appeals launched over the past few weeks for anyone who would like to donate. Browse at your leisure and find out what suits you and your ability to give and if you can’t at this particular moment of time, don’t feel bad, the list is there for the future.

<https://www.rspca.org.uk>

<https://www.guidedogs.org.uk/>

<https://woodgreen.org.uk/>

<https://www.cats.org.uk/>

<https://www.thebrooke.org/>

<https://uk.whales.org/>

<https://www.four-paws.org/>

<https://support.wwf.org.uk/adopt-an-elephant?>

<https://www.worldvision.org.uk>

<https://www.actionaid.org.uk/>

<https://www.mind.org.uk/>

<https://www.childrenssociety.org.uk/>

<https://www.oxfam.org.uk/>

<https://www.wateraid.org/uk/>

<https://www.unicef.org.uk/>

<https://www.nspcc.org.uk/>

<https://smiletrain.org.uk/>

<https://www.rafbf.org/>

<https://www.ageuk.org.uk/>

<https://www.bhf.org.uk/>

<https://www.sightsavers.org/>

<https://www.nhscharitiestogether.co.uk/>

<https://www.mariecurie.org.uk/>

<https://www.childrenwithcancer.org.uk/>

<https://www.clicsargent.org.uk/>

<https://www.cancerresearchuk.org/>

<https://www.alzheimersresearchuk.org/>



Vision

Vision is a fine thing for discussion. What is vision? How can we perceive vision? It is not something that is seen with our natural eyes, but something we see in our hearts and inner sight. With great vision we move forwards and even during hardships such as this current lockdown, we can envisage positive and great things ahead in our daily and professional lives. Prayer and vision together, can create beautiful life, resulting in a deeper devotion and care towards God, our community, charity and others that may receive this divine vision and energy around us. We can create a more friendly and loving atmosphere in our homes, by first learning vision, then teaching our families. With prayer, and love, our families will prosper not only with material wealth, but more importantly with care and love towards each other. This lockdown could be a happy time for us in our homes, if we desire, with prayer and vision., and I feel that one is not achievable without the other, so both prayer and vision together achieves what it is we wish for.

Take Care. With kindness.

Amarjit Rai

Desert Island Hymns Update

In the May issue of Vision, I invited readers to send me a list of the six hymns of which they would like to have recordings should they be marooned on a desert island. I have to say that I have not been overwhelmed with responses! It may of course be that Vision readers find the prospect of such isolation too painful to contemplate, entirely understandable in our current circumstances. What I doubt, though, is that they feel that the last thing they would want to comfort them should they end up alone on a desert island is some of their favourite hymns.

So I would like to repeat the invitation to send me details of the six hymns you personally would like to have recordings of with you should you be marooned on a desert island. And don't forget to tell me which is your favourite, the one you hope would survive if the other five were lost in the shipwreck.

Email your contributions to me on wardcrm@btinternet.com. There is no upper or lower age limit, so all members of the family can send in their personal choices.

Christopher Ward
Reader



Dear Permit Holder,

Haringey Council is proposing to increase parking permit prices and introduce surcharges to diesel fuelled vehicles. These proposed changes will help to reduce parking pressures, congestion, reduce carbon emissions and improve air quality.

The statutory consultation which starts on Wednesday 3 June, will run for a period of 21 days, closing on Wednesday 24 June, and proposes the following changes:

- **Parking permits** – a £10 increase across all existing parking permits to support the significant costs of running, maintaining and enforcing our parking infrastructure.
- **Additional parking permits** – A £50 surcharge on second and subsequent permits to reduce car ownership, promote active travel and more sustainable modes of travel.
- **Diesel fuelled vehicles** – An £80 surcharge for diesel fuelled vehicles to highlight the impact of diesel emissions on local air quality and influence cleaner future vehicle choices.
- **On-street pay-to-park and off-street car parks** – a 25% surcharge to on-street pay-to-park areas and off-street car parks to discourage short trips within the borough.
- **Visitor permits** – households would be limited to no more than two daily visitor permits at any one time. Daily visitor permits would increase to £4 across all CPZ areas. A concessionary rate discount of 50% will be applied to the visitor permit charge for those aged 65 or over, or if registered disabled.
- **Disabled Blue Badge Holders** – a free residential permit for Disabled Blue Badge Holders to replace the companion badge scheme and the requirement to display that permit.
- **Administration Fee for parking permit refunds** – the council is proposing a £20 administration fee on processing parking permit refunds. It is also proposed that visitor scratch cards shall become non-refundable.

If the proposed changes are agreed by the council in September 2020, the new prices would be introduced in November 2020. For more information on these proposals, please visit our [current parking consultations page](#).

Please email us at frontline.consultation@haringey.gov.uk if you have any comments on the proposals.

We would also like to take this opportunity to let you know that parking enforcement will be resuming soon and we will update Haringey residents once a date has been agreed.

Kind regards,

Frontline Consultation



Some Interesting Awareness Days for June.

8th June: **World Oceans Day** – a global celebration of the planet's marine environment

12 – 18th June: **Diabetes Week** – annual awareness week to raise funds for research

14th June: **World Blood Donor Day** – the day commemorates the birth of Karl Landsteiner who discovered the ABO blood group system. It is a day for people to recognise and thank those who donate blood to save lives across the world.

16th June: **Day of the African Child** – a day recognised throughout the world to reflect on progress towards health, education, equality and protection for all the continent's children,

19th June: **Wallace and Gromit's Wrong Trousers Day**. - a fun day for families and friends to wear the wrong trousers and donate money for critically ill babies at Bristol Children's Hospital

20 – 26th June: **Recycle Now Week** – an annual week of nationwide recycling promotions.

What is Cuckoo spit?

Well firstly, don't panic! A gang of Cuckoo's hasn't flown over your garden and spat on everything, in fact it's an insect called a froghopper or spittlebug.

The cuckoo part of their name is thought to have come about due to the time of year it first appears – early May - and people associating that with hearing Cuckoos for the first time in the year (maybe that's a countryside thing?)



The spit part understandably comes from the spit like foam nest the immature (nymph) stage of the froghopper produces, this protects the nymph from drying out and from predators. Once the nymphs emerge as adults, they leave their spittle nests behind and become free flying.



Anyone who watches Gardeners World will have heard Monty Dom talk about *Xylella fastidiosa*, a disease that has spread across wide parts of Europe and in particular has killed millions of olive trees in Italy. Now interest in these insects has been

heightened by the fact that froghoppers and leafhoppers feed on the liquid contents of the plant- the xylem tissue, they're therefore capable of transmitting various plant diseases into the plant they feed on, almost like a sore or a wound. The research group BRIGIT

at the John Innes Centre is appealing for help to work out the distribution of froghoppers across the country, that could spread this deadly disease if it were ever introduced to Britain.

To help- if you see any Cuckoospit in your garden or on your 'lockdown exercise' report the sighting at <https://www.spittlebugsurvey.co.uk/> . There are a few things you'll need to note down. Remember- where you saw it, when you saw it, roughly how many bits of 'spit' you saw and what you saw it on. Last year I noticed Lavender was particularly affected (especially that Lavender in front of the Vicarage!)

You'll also need to take a photo. You'll probably want gloves and a stick for that part, because you'll need to peel back the foam to try and get a photo of the bug inside, to help the researchers identify the stage of the insect. But have the camera at the ready, they don't like being poked and wander off pretty quickly, waving a tiny fist at you as they go.



Last year on the same lavender in the Vicarage garden I also found this dapper fellow, a rosemary beetle. Very pretty but apparently an invasive villain and I probably should have given it the boot, but at the time of my discovery I thought it had never been seen before, and could be named the St Pauls beetle or something of that kind.

Sightings of these pests can be reported at - <http://apps.rhs.org.uk/surveys/submitrecord.asp?type=7>



Kim

Summer Solstice

June, of course is the month of the summer solstice, the month of the Sun. *Sol* + *stice* come from two Latin words meaning 'sun' and 'to stand still'. As the days lengthen, the sun rises higher and higher until it seems to stand still in the sky. The Summer Solstice results in the longest day and the shortest night of the year. The Northern Hemisphere celebrates in June, and the Southern Hemisphere celebrates in December.

While the Druids worship at Stonehenge and elsewhere, here are some Christian alternatives that honour the Creator rather than the created.

A Cantic for Brother Sun

Praised be You, My Lord, in all Your creatures,
Especially Sir Brother Sun,
Who makes the day and enlightens us through You.
He is lovely and radiant and grand;
And he heralds You, his Most High Lord.
St Francis of Assisi

God in All

He inspires all,
He gives life to all,
He dominates all,
He supports all.
He lights the light of the sun.
He furnishes the light of the night.
He has made springs in dry land.
He is the God of heaven and earth,
of sea and rivers,
of sun, moon and stars,
of the lofty mountain and the lowly valley,
the God above heaven,
and in heaven,
and under heaven.

A prayer of St Patrick

Strawberry, feta & thyme tart

Ingredients

- 100g crème fraîche
- 3 thyme sprigs, leaves picked, plus extra to serve
- 100g vegetarian feta, crumbled
- 1/2 garlic clove, crushed
- 1/2 lemon, zested
- pinch chilli flakes
- 1 sheet ready rolled puff pastry (about 320g)
- 200g strawberries, sliced
- rocket salad, to serve (optional)



Method

Heat the oven to 200C/180C fan/gas 6, and put a baking sheet in the oven to warm up.

Mash the crème fraîche, thyme, feta, garlic, lemon, chilli and some seasoning in a bowl with a fork until fairly smooth.

Unravel the pastry onto a piece of baking parchment and score a 1cm border around the edge with a sharp knife. Spread the crème fraîche mixture onto the tart, smoothing over up to the border edges. Scatter the strawberry slices over and bake for 25 mins until golden and puffed up. Scatter over more thyme leaves and serve with a rocket salad and a chilled glass of rosé.

Taken from <https://www.bbcgoodfood.com/recipes/strawberry-feta-thyme-tart>

Rose Petal Beads

At this time of year, our gardens are full of roses, a perfect time to make rose petal beads. Rose beads are a beautiful ancient tradition, passed down over the ages. Rosaries were often made from these beads in days gone by. They are very easy to make. All you need are the petals and water. You can add powdered Orris root if you want to help them last longer and some rose oil



helps to intensify the fragrance but otherwise general kitchen equipment is all you need.

If you're using fresh roses, pull the petals off the flowers. Be sure to also tear out the white part at the base of each petal.

Fill your non-stick pan or cast-iron pot with petals and enough water to cover them. If you use the cast iron pot the beads will turn black (the traditional colour). Simmer the petals for one hour.

Grind the petals in your food processor, blender, or with your mortar and pestle. Refrigerate overnight.

Simmer one hour, let cool, grind, and refrigerate each day for several days, until the petals lose all resistance and begin to take on a putty or clay-like texture.

Add a little dried orris root (which is ground-up iris root) to the mixture and mix in well. This helps the finished product hold its fragrance for years, but if you don't have any it doesn't matter.

Shape your clay into pieces about the size of marbles (they will shrink a lot). Pierce each piece with a bead wire and string them

onto the wire, not touching, and lay the wire across a pan to keep the beads in the air.

Place the beads in a place that has a fair amount of air circulation. Rotate the pieces every day to keep them from sticking to the wire. When the beads are dry, remove them from the wire and use as you would any other bead.

Rose petal beads are fragile so handle them with care. Do not clean except to dust them lightly. Occasionally wipe with a little rose oil to enhance the fragrance



Creative things you can do with your Bible

Bible Society is urging people to make good use of their enforced time at home by using their creativity to read the Bible with better appreciation. To help with this, Bible Society is offering a range of creative Bible-based resources to help people learn new skills, such as journaling, colouring or doing crafts that are Bible-based.

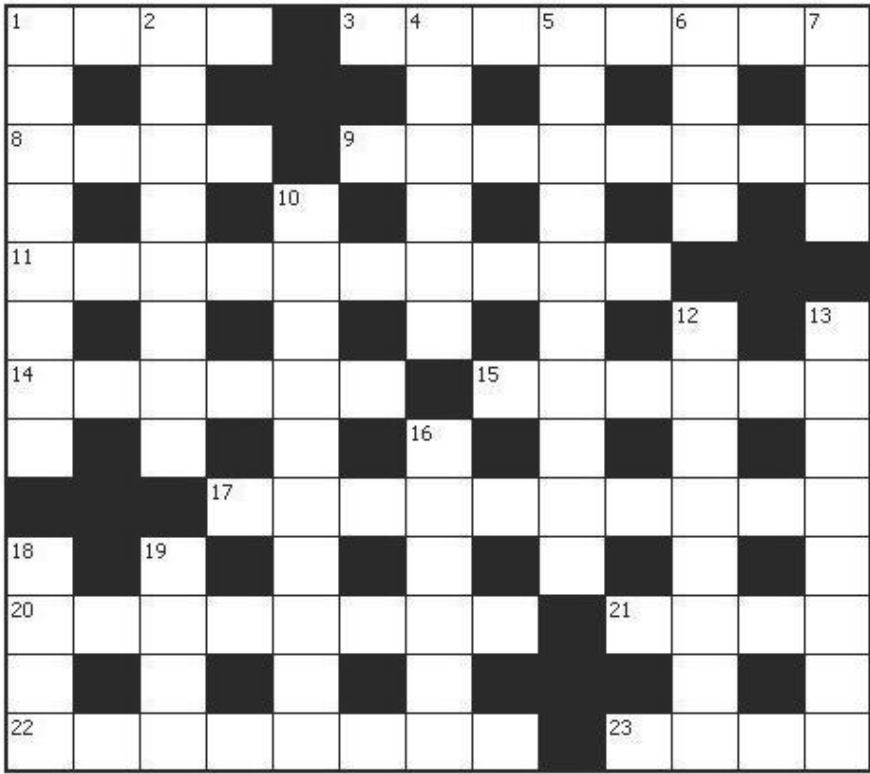
These include:

Bless Our Nest (£5.95) - a colouring book filled with Bible verse designs, featuring colour charts and tools for Bible journaling.

Faithful Papercrafting (£12.99) - now you can create note cards, gift tags and scrapbook paper, mini cards, bookmarks and envelope templates full of inspiring Scripture.

Complete Guide to Bible Journaling (£14.99) - offering new creative techniques for Bible journaling.

Go to: <https://www.biblesociety.org.uk>



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

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

Across

- 1 See 23 Across
- 3 Where the thief on the cross was told he would be, with Jesus (Luke 23:43) (8)
- 8 Invalid (4)
- 9 Blasphemed (Ezekiel 36:20) (8)
- 11 Adhering to the letter of the law rather than its spirit (Philippians 3:6) (10)
- 14 Shut (Ecclesiastes 12:4) (6)
- 15 'This is how it will be with anyone who — up things for himself but is not rich towards God' (Luke 12:21) (6)
- 17 Mary on Isis (anag.) (10)
- 20 Agreement (Hebrews 9:15) (8)
- 21 Native of, say, Bangkok (4)
- 22 Deaf fort (anag.) (5-3)
- 23 and 1 Across 'The Lord God took the man and put him in the Garden of — to work it and take — of it' (Genesis 2:15) (4,4)

Down

- 1 Struggle between opposing forces (Habakkuk 1:3) (8)
- 2 James defined this as 'looking after orphans and widows in their distress and keeping oneself from being polluted by the world' (James 1:27) (8)
- 4 'The one I kiss is the man; — him' (Matthew 26:48) (6)
- 5 'Be joyful in hope, patient in — , faithful in prayer' (Romans 12:12) (10)
- 6 St Columba's burial place (4)
- 7 Swirling current of water (4)
- 10 Loyalty (Isaiah 19:18) (10)
- 12 'God was pleased through the foolishness of what was — , to save those who believe' (1 Corinthians 1:21) (8)
- 13 Camp where the angel of the Lord slew 185,000 men one night (2 Kings 19:35) (8)
- 16 'There is still — — — Jonathan; he is crippled in both feet' (2 Samuel 9:3) (1,3,2)
- 18 David Livingstone was one (4)
- 19 Driver and Vehicle Licensing Authority (1,1,1,1)

May answers

S	T	O	P		C	A	L	L	U	P	O	N
T		R		C		B		L		U		O
R	E	G	U	L	A	R		O	C	T	E	T
A		A		E		A		Y		E		E
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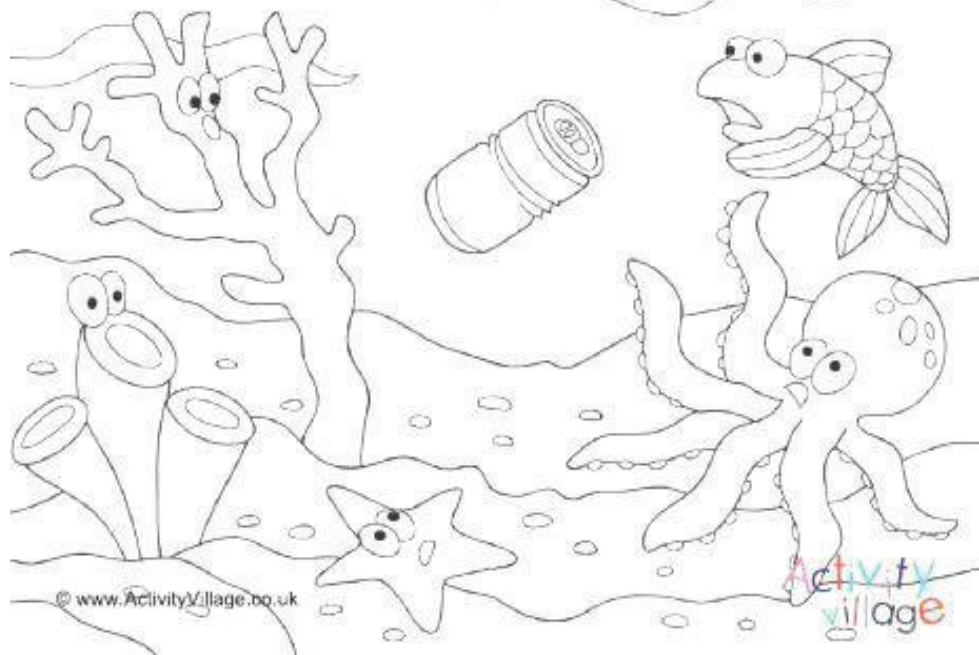
16 hidden Bible books

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

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 names 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.

SAVE

OUR
OCEANS



And finally

Plato said “Necessity is the mother of invention” and certainly many of the things we take for granted have come into being only because the need was there. Early man invented the wheel to move large stones around, ships were invented to travel across the sea and cooking pots were certainly invented when someone fancied soup instead of the interminable burnt meat!

This lockdown has seen shortages and problems which we have all had to overcome in our own way. Claire and family have shown us some of the wonderful improvements they have been making and I have been fighting my own battle to provide bread for my lot.

When I saw the reference to Karl Landsteiner on Blood Awareness day, I read the fascinating story of blood transfusion. Experiments go back as far as the 17th century but successful transfusions only really happened when we understood the nature of blood. One of the first successful transfusions was by a doctor called James Blundell in 1818 to treat a woman haemorrhaging after giving birth. He drew four ounces of blood from her husband’s arm and transfused his wife. Lucky they were compatible! A real necessity!

During the epidemic scientists are desperately trying to find a vaccine for the Covid virus, because it is necessary. In their research I wonder what else they may find or come up with. Often bye-products of one course of action lead to discoveries that become far greater reaching. I also wonder what we may have to do to re-invent our world post virus. What will necessity lead to? A new way of educating, travelling, shopping, meeting, eating, looking after the environment... the list could be endless!

Let’s be inventive before things become a necessity, I’m sure that must be a better way of doing things.

Have a lovely June

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