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August 2020

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St Paul's Church Services

During the current COVID-19 crisis

The church is open for private prayer, services

Thursday Morning Prayer 10:30am

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

July 5th Highworth Gardens Lombard Road

July 12th Inverforth Road

August 9th Lower Maidstone Rd

July 19th Ladderswood Way

August 16th Lower Park Road

July 26th The Limes Avenue

August 23rd Maidstone Road

August 30th Marne 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,

I have been reminded this week of the importance of the word 'journey'. I began thinking about the Year 6 pupils at the schools in our parish and how they are coming to the end of their primary school journey and beginning an exciting, if sometimes daunting, journey to 'big school'.

For other young people, their journeys over these months take them from secondary school to college, and college to university. And yet, at the time of writing, there is so much uncertainty: What grades will be awarded? Will all pupils go back to schools in September? Will universities reopen their doors, or will there continue to be a large home-learning aspect to navigate?

Towards the other end of the age spectrum, I'm aware of disruption as TfL change the rules about senior citizens free travel, and hospital treatments and investigations (for all of us) is slowed or put on hold. For those usually in work, questions loom as furlough provision comes to an end. For others, some businesses will thrive and others will fold in this changing economy.

Times like these require us to find stability and a sure footing as the sea of change ebbs and flows. Into our varied lives Jesus speaks:

"Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.

The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock." (Matthew 7)

What words does Jesus refer to, that we are to put into practise? Earlier in the Gospel, Jesus speaks about giving to the poor (Mt 6.2-4); making time to pray and fast (Mt 6.5-13,16-18); forgiving others their sins, asking for forgiveness ourselves (Mt 6.14-15) and

trusting in God (Mt 6.25-34). These things are solid habits to embrace: even in changing times. Perhaps especially in changing times.

I am really pleased we have been able to open our church's doors for individuals and households to come and pray. Thank you so much to the team of volunteers who came forward to prepare the building and provide ongoing support as stewards when we're open.

Having the church doors open says to our neighbourhood: God is still here with us. He hasn't left us. Come and pray, come and find a place to rebalance and reconnect.

May each of us receive the gift of endurance from Jesus Christ: our friend, our Lord & our Rock.

Father Matt



Christopher Writes

AN OFT-OVERLOOKED PART OF OUR ANGLICAN HERITAGE

Question: What aspect of our Anglican heritage are those worshipping only on a Sunday unlikely to experience? In case this question comes up in a future St Paul's quiz, let me tell you the answer I have in mind, and that is what the Church calls 'Minor Festivals and Commemorations'.

The Anglican Church has a hierarchy of special celebrations. At the top are Principal Feasts, like Christmas Day and Pentecost, and Principal Holy Days, like Ash Wednesday and Maundy Thursday. Next come Festivals, such as the Birth of John the Baptist, celebrated on 24 June as I am writing. For each of these days, there is full liturgical provision for three services. Below them come a whole series of Lesser Festivals and Commemorations, around a couple of hundred in total. Some generic liturgical provision is made for Lesser Festivals, and Commemorations are generally only marked by a reference in the intercessions. And if a Lesser Festival or Commemoration falls on a Sunday, it is normally not observed that year. So people who worship only on a Sunday almost certainly never encounter them!

Despite their unassuming title, Minor Festivals and Commemorations are in my view an important part of our Church life. Many of my church meetings start with Evening Prayer, and any such Festival or Commemoration falling on that day is usually observed. In particular, last week's Area Council fell on the day when the Church commemorates Bernard Mizeki, on whom I had never previously focussed. Bishop Rob focussed on his remarkable story. Born in Mozambique, as a young man he migrated to what was then the Cape Colony, where he embraced Christianity. His natural skill in learning languages led to him becoming a translator of sacred texts into local languages, and he became an Apostle of the MaShona people. Sadly, he was killed in 1896 during a local uprising.

Looking across the whole range of Minor Festivals and Commemorations set out in the Lectionary, one cannot fail to be

struck by their range and their diversity. Some are individual, like St David, Patron Saint of Wales (March 1) and others are collective, like the commemoration of the Saints and Martyrs of England (November 8). Some go back to the earliest days of the Church, but others are much more recent: many of my generation will remember the persecution of Ugandan Christians and others in 1977 (June 3). Alongside the martyrs, teachers of the faith, theologians, and leaders of the Church in their day are all manner of people, including missionaries, and social reformers such as William Wilberforce (July 30) and Florence Nightingale (August 13), and Mary Sumner, founder of the Mothers' Union (August 9), to list but a few.

All serve as fine examples to us of what God can call people to do and to be, and that sometimes He calls what might be the most unexpected. They remind us that our faith is a living one, and that in each generation there are those who respond anew to His call. They are an inspiration to us all, and deserve to be better known.

Christopher Ward
Reader



Thank You

To all who supported the magazine in our first year

Vision is now on it's summer holidays and will be back in September, hopefully with all you're summer holiday stories.

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.

What is the lockdown doing to us?

- continued from May Vision

Well, the intrepid duo on the roof and hanging from windows have calmed down a bit since May and changes have been going on at ground level. The clearing out of a shed, that you had to complete an assault course to find anything in, resulted in the unearthing of two loungers with no cushions and a recollection that they had been eaten by mice some two years previously. So, ever resourceful and anxious not to use Amazon more than necessary, I remembered an old duvet and a throw that I had removed from the airing cupboard and put aside for recycling. And low and behold a day or so later there were two new lounge cushions – recycling par excellence!



Inspired by that spark of ingenuity I then turned my hand to fence repairs!! During the storms in the Spring a section of our very rotten fence (being held up by wire and posts) actually fell down and, despite my best efforts, refused to be propped up. This gave us full view into our neighbours conservatory which was not very pretty and I am sure they did not relish us peering in at them!! So, what to do which was not expensive and I could manage? My first thought was to somehow nail up some trellis. So I measured carefully and ordered what I thought would cover the space. However, I did not realize that the measurements of the trellis were when it was closed so when it was fully open it halved the width!! No good at all!! Then I looked at the section that had blown down and decided that I could perhaps nail the feather edged boards horizontally and then decoratively hang the trellis on top. It was not easy as the boards



were rotten and there was not much to nail them to! The result was only marginally more attractive than the conservatory. However, I realized the climbing hydrangea had climbed over the ground since the storm so I hung the trellis over the boards and tied up the hydrangea. I then found a potted plant and put that in front and hey presto - not a perfect result by any means but more pleasing to the eye than the original space!!

I then returned to weeding and discovered some tiny fuchsia seedlings growing under the big bush. Normally I would have pulled them out and thrown them away but as there was time I carefully dug them up and put them in a planter. They are all now growing well so hopefully by the time we get to the bazaar they will be big enough to sell!

Margaret Parker



HeartEdge : Church renewal

This is my first article for Vision magazine. It has been a joy to be welcomed into the parish with Matt. Thank you for your kindness. I thought some of you might be interested to know a bit more about my job at St Martin-in-the-Fields. I work for a movement called HeartEdge, which is an international ecumenical movement for church renewal. We have over 300 churches who are part of this network. Together we share ideas for mission and congregational renewal through the four C's of Commerce, Culture, Compassion and Congregation. You can read more here:

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

There are four people who work in my team. My job is to build up the movement in London specifically. Since lockdown we have shifted all our work online. This has given me lots of opportunities to get to know local parks in New Southgate during our lunch hour!

Here are some of the events we have scheduled for July: a weekly sermon preaching workshop available on the HeartEdge Facebook page; a weekly Well Being Group to support church leaders led by a counsellor; a weekly community of practitioners group where people read a book together and share about their practice. Then we've had lots of one off workshops focusing on grief, loss and remembering, sustainability and climate change, building communities online, racial justice, and how churches cope commercially in lockdown.

I am also part of the Nazareth Community based at St Martin's which is a group of people who have recommitted to the 7 S's of Silence, Sacrament, Scripture, Service, Sabbath, Sharing, Staying With. Each member of the community wears a Lampedusa cross around their neck as a sign of their commitment. The community is an experiment in being with – with God, with one another, with ourselves and with creation. I love sitting in silence in St Paul's church in the early mornings. It is a beautiful place to pray.

So that's a bit about me! I enjoy working in an environment that is focused upon building God's kingdom here on earth. We are blessed with many resources in each of the communities we work in. I give thanks to God that there are so many talented people at St Paul's too and many hidden talents in the congregation as these Vision Magazines have revealed! I look forward to getting to know you all better.

By **Catherine Duce** (*Harbage*)



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finchleyfoodbank@gmail.com (number not available at the mo?). Also on FB.

Launch of new 'Climate Sunday'

A new campaign, Climate Sunday, has been launched by a coalition of churches and charities, as part of a call for action on climate change.

From 6th September, churches throughout the UK will be encouraged to have a Sunday dedicated to the theme of climate change. This could be held at any time in the next 12 months.

The scheme was recently launched on World Environment Day, by Churches Together in Britain and Ireland. It supported charities that range from CAFOD to Christian Aid, from Operation Noah to Tearfund.

The campaign Climate Sunday will offer free resources to encourage churches to hold a climate-focused service, to make a commitment as a community to reducing greenhouse-gas emissions in the long term, or to join with other churches and groups before the 26th UN climate-change conference (COP26) in November, in urging the Government to do more about climate change.

The campaign will conclude on 5th September 2021 with a national Climate Sunday event to pray for action on global warming.

The Bishop of Salisbury, the Rt Revd Nicholas Holtam, the C of E's lead bishop on environmental issues, said: "Although our focus has been shifted from climate changes in recent months by the challenges of responding to Covid-19, the climate crisis has not gone away.

"Climate Sunday will be a brilliant resource to help Church of England parishes understand and respond to the climate crisis."

Now too frightened to go out

Agoraphobia, the fear of open or crowded places, is on the rise. That is the warning from two charities who work to help those with anxiety problems.

Calls to mental health organisations such as Sane and Anxiety UK have rocketed in recent weeks. Both have extended their helpline hours in order to offer support.

Sane has reported a 200 per cent rise in calls for help, and warns that residents of tower blocks and substandard housing are going to experience 'more and more' fear of going outside.

Anxiety UK has reported more than double its normal calls and has recruited a large number of new volunteers to cope with the increased demand.

If you would like to contact either, go to: <http://www.sane.org.uk> or <https://www.anxietyuk.org.uk>



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This number is FREE to call round the clock

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St Helier

Saint of losing a loved one to violence

Take the book of Samuel in the Bible, add a bit of Luke Skywalker father/son conflict from Star Wars, stir in a dash of Pirates of the Caribbean, and you sort of have the story of St Helier – the first saint and martyr of Jersey.

According to the legend, it all began in 6th century Tongeren (now in Belgium). A pagan couple badly wanted



a child, but the wife was barren. In desperation they sought the help of a local Christian, Cunibert. He advised them to pray to the Christian God, and to promise that any child born would be 'given back' to God. So they did, and then the wife fell pregnant and gave birth to a son, Helier.

The parents were delighted – at first. But as the baby grew into a boy, it became clear that Helier was different from other children – he was precociously intelligent and could perform miracles. Helier's father found this unsettling and grew jealous of Cunibert's influence over his son. Finally he plotted to have Cunibert murdered.

In horror at such treachery, Helier fled. He wandered far, eventually reaching a monastic community in Normandy, run by Saint Marculf. Here he settled, seeking a life of contemplation, but it was not to be. Marculf had received pleas for help from the very few residents of an island called Gersut, or Agna (now called Jersey). They, too, had had bitter experience of violent men who killed their loved ones without warning: the Vikings and Saxons and Vandals had each visited the island in turn. Now they sought some comfort from the Christians: would someone bring them the Gospel? They had no one to shepherd them.

Marculf could not ignore such a plea, and so he sent Helier and a companion, Romard, to Jersey. The two monks found a small community of fishermen on the sand dunes where the modern town of St Helier would later grow. Helier chose to settle on a tidal islet, nowadays known as the Hermitage Rock. Romard, it was agreed, would act as the 'go between' between Helier in his hermitage and the fishing village.

Helier had chosen a remote spot for the peace and quiet it would give him as he approached God. But one day he discovered that his tidal islet had another great advantage as well. While looking out to sea and praying, he suddenly saw the sails of attacking pirates, stealthily approaching the island in boats.

Frantically, Helier signalled the shore of danger coming, and the fishermen and their families scattered into the surrounding marshes, beyond the reach of the bloodthirsty, lustful pirates. This happened time and again, and became so well known in island history that even today, small dark clouds on the horizon are still known as *les vailles dé St. Hélyi* (the sails of St Helier). As if that were not enough, Helier's prayers and the sign of the cross on another occasion stirred up such a storm that a raiding party was driven clear off the island.

One day the pirates finally caught up with Helier on his tidal islet. They beheaded him. Helier was deeply mourned, and has always been revered in Jersey for having brought Christianity to the island.

When his head and body were sent back to France, a healing spring is reputed to have sprung up on the place where the boat came ashore, and so Helier is better known there as a healing saint. The traditional year of his martyrdom is 555AD. His feast day is still marked in Jersey by an annual municipal and ecumenical pilgrimage to the Hermitage, on 16th July.



Breaking News

Congratulations to Bella & Lorenzo

on the birth of baby Leo on

Friday 3rd July



Remembering the man who founded Barnardo's

It was 175 years ago, on 4th July 1845, that Thomas Barnardo, the humanitarian and philanthropist, was born in Dublin. He founded Barnardo's, a charity which continues to care for vulnerable children and young people.

The son of a furrier, he worked as a clerk until converted to evangelical Christianity in 1862. He moved to London, intending to study medicine and become a missionary in China. He never qualified as a doctor – despite being known as Dr Barnardo – and soon decided that his real calling was to help poor children living on the streets of London, where one in five children died before their fifth birthday.



He opened his first home for boys in 1870 and soon vowed never to turn a child away. Most Victorians saw poverty as shameful, associating it with poor morals and laziness, but Barnardo refused to discriminate. He made sure boys were trained and found them apprenticeships.

When Barnardo died in 1905, he left 96 homes caring for more than 8,500 vulnerable children, including those with learning difficulties. Because he believed that children should ideally grow up in a family setting, in 1887 he introduced an early form of fostering – boarding out children to host families.

Buttercups – Treasure in our countryside



Buttercup! What a delicious name! Rumour has it that, as they were frequently to be found in meadows where cows grazed, they were responsible for butter's yellow colouring. So the name was an obvious choice.

However, since buttercups are poisonous and therefore are avoided as far as possible by our four-footed friends, this is somewhat unlikely. But surely, we all remember having a buttercup held under our chin to see whether the reflection proved that we liked butter! The shiny surface of the petals actually has two real purposes. Firstly, to help attract insects and secondly to act as a kind of mirror to aid the temperature regulation of the plant's reproductive organs.

We are fortunate that buttercups do not suffer from the same unpopularity as other poisonous plants, because if eaten, not only do they taste nasty, but the poison will also cause blisters in the mouth of the consumer. Extensive handling can also damage the skin, but presumably the size of bunch that many of us picked as children did not count as 'extensive'. Fortunately, Health and Safety experts do not yet seem to have forbidden this source of pleasure for little people. Incidentally, the poison is reduced as the plant dries, and hay that includes buttercups is safe for cows and horses to eat.

Buttercups help form the traditional view of the British countryside. Differing varieties range in height from small to quite tall and although at their peak in early summer, the golden blooms can often still be seen in mid-autumn. Jan Struther, who wrote 'Lord of all hopefulness' also wrote a children's hymn entitled 'Treasure' It starts:

Daisies are our silver, buttercups our gold:

This is all the treasure we can have or hold.

Alexander palace

A very well known local landmark - hard to miss on top of a hill with a huge mast - but a place with much history:

Alexandra Park opened to the public on 23rd July 1863 having previously been Tottenham Wood Farm. The park was named after the new Princess of Wales - Alexandra of Denmark who had married Prince Edward - later Edward VII - a few weeks earlier.

In more or less its present form Alexandra Palace first opened on 24th May 1873 to great acclaim.



It then burned down just 16 days later.

A new palace was rebuilt on the same site and opened on 1st May 1875 with a concert hall - a circus - a boating lake - a theatre and upmarket dining rooms and a horse racing track.



In 1900 it was placed in public ownership by an Act of Parliament.

In 1967 a further Act of Parliament established the Palace and Park as a charity held in trust for the public forever.

In 1980 another fire destroyed half the building. The outer walls survived as did the Eastern wing including the theatre, BBC television studios and the famous mast.

Having stood unused for more than 80 years the theatre has been recently renovated and re-opened but currently closed again like all theatres.



The Great Hall is a venue for concerts - since 2007 for the World Darts Championships. It is also home to the famous Willis Organ.

But there is much more to know about the history of Ally Pally:

In 1914 it was requisitioned by the government and used to

shelter refugees from Belgium and The Netherlands. It then became an internment camp for German, Austrian and Hungarian "enemy aliens" - prisoners of war who built the Rose Garden on the East side. In the Second World War it first played host to refugees and in 1940 was a staging area for troops returning from Dunkirk.



Throughout the Cold War a Royal Observer Corps bunker remained in use in the grounds, identifying, tracking and reporting possibly hostile aircraft and was only deactivated in 1990.

Much of the history of the palace is well known:

On 2nd November 1936 the BBC launched the world's first full television service from the Palace and in 1964 BBC2 was also launched there following a power failure at The Television Centre at Shepherds Bush.

Former dining rooms were transformed into studios for the competing rivals to produce the needed technology - the Baird Company (John Logie Baird) and the eventual winners Marconi-EMI.

From 1954 until 1969 this was the home of BBC television news.

In 1964 BBC2 was launched from the palace

The famous Hornsey College of Art was there from 1964 until 1980.

From 1971 the television studios were home to The Open University.

It has also been for decades a famous "gig" venue for stars from Gracie Fields (who popularised the name "Ally Pally") The Rolling Stones in 1964 and so many others including The Who - Led Zeppelin - Queen - The Stone Roses - Blur and so many more since.

In the 1990s it hosted The Brit Awards, MTV EMAs and MOBO awards.

In 1882 the first ever Aerial Photograph taken in the UK was taken from a balloon over the Palace by Cecil Shadbolt.

In 1888 the famous airship of Dr Barton was built in the grounds and Queen Mary visited the event.

In 1898 Samuel Franklin Cody brought his Wild West Show there.

In 1902 the Coronation of Edward VII was celebrated there by

colonial troops.

In 1906 a former Ally Pally waitress Dolly Shepherd and Captain Gaudron parachuted down from 4500 feet above.

In 1913 Winston Churchill gave a speech in the Great Hall.

In 1914 notices were placed around the grounds stating that any unauthorised person entering would be "SHOT - By Order."

At that time the Theatre was converted into a Catholic Chapel for the Belgium refugees to have

In 1922 Robert Baden-Powell (Chief Scout and Founder) held a rally there for 73,000 scouts.

In 1928 Gracie Fields started her "The Show's the Thing" show there before moving to the West End and then a national tour.

In 1936 the world's first ever high definition broadcast was made from the studios.

In 1939 Sir Henry Wood conducted a Handel festival in The Great Hall to celebrate the restoration of the famous Grand Willis Organ.

In 1941 the television transmitter was used to jam Luftwaffe navigation systems.

In 1946 the world's first children's tv star "Muffin the Mule" started there.

In 1954 the rail station was closed but television news was based at the palace.

In the same year the first colour tv trials began.



In 1980 another fire destroyed much of the palace.

There are many other facts about the palace - surprisingly less well known:

On 23rd March 1895 the first official women's football match was played on the field - then known as Crouch End Playing Fields (now Newlands and Redston Road Playing Fields)- in front of the palace. North London beat South London 7-1. Amazingly 12,000 people attended to watch - there are photographs that confirm this.

A blue heritage plaque recently placed on the nearby Campsbourne School - (attended by myself, my late wife, all five of our children and my mother before us) commemorates Britain's first black female footballer - Emma Clarke who with her younger sister Florence played in that match.

There was a Horse Racing Track - colloquially known as "The Frying Pan" because of its shape - "pear shaped with a stick attached." It opened on 30th June 1868 and closed 102 years later on 8th September 1970. There was an ornate Victorian Grandstand with a view of the start which was also the finishing post.



I remember well the stables on the right as you enter from the bottom of Muswell Hill.

It was a very difficult course to ride and famous jockey Willie Carson said, "Alexandra Park wanted bombing!"

John McCririck, the famous racing pundit, was a great fan and said "Part of me died when Alexandra Park closed in 1970. - I never recovered from it" - he asked for his ashes to be scattered at the furlong post.

The most prestigious races were The London Cup (later transferred to Newbury) The Middlesex Plate and The Southgate Stakes.

The course is commemorated in the names of the two nearest public houses - The Victoria Stakes and The Starting Gate.

The centre of the course has been a cricket ground since the 19th century - used by Alexandra Park CC since the early 1900s.

Local football club Alexandra Park FC play at The Racecourse Ground.

Bicycle races were held at the palace in the late 19th century - evolving over time with penny farthings being replaced by newer styles. Riders were renowned for sporting fantastic moustaches and the Cyclist camp of 1884 even had a resident barber.

Races were even arranged between cyclists and horses.

In 1902 Europe's only velodrome was constructed in The Great Hall - 200 feet long and 85 feet wide.

In 2017 the same space - now Grade 2 Listed hosted The Drone Racing League.

In recent years The Red Bull Soapbox Races have been spectacularly held there.



Going further back - in 1152 the Bishop of London - Richard de Belmeis II - who was The Lord of The Manor of Haringey and owned the area (with a hunting park including this area and most of what is now Highgate and Finchley) gave 64 acres of land - East of Colney Hatch Lane to the nuns of The Augustinian Priory of St Mary Clerkenwell for use as a huge farm. This land included "The Mossy Well" - in medieval times a shrine as visited as Lourdes. The well was believed to have curative properties after an apparent cure of a King of Scotland (possibly Malcom IV) among others and the Bishop also built a chapel and a priest's house on the site to serve the pilgrims. The chapel was destroyed under Henry VIII in the Dissolution of the Monasteries. The site of the well survived until 1898 and is now beneath a house in Muswell Road. Administration

of the land remained with the Clerkenwell Parish until 1900. Parish marker stones (Hornsey and Clerkenwell detached) can still be seen around the area from local streets and as far as in the grounds of Kenwood in Hampstead. Local street names - such as Priory Road - reflect the history of the nuns there.

Mossy Well is, of course, the origin of the name of the area of Muswell Hill and the naming of the River Moselle which arises in Muswell Hill and Highgate.

The area of Tottenham known as Bruce Castle is so named because the Bruce Family (Robert the Bruce) built a property there, probably to be near the shrine. In addition to the Shrine of Our Lady of the Mossy Well was The Well of St Lazarus - the name implying that it was of help to lepers and Robert the Bruce tried to cure his illness - possibly (he thought) leprosy by bathing in its waters.

The Bruce family lands in Tottenham were retaken by the English crown in 1306 when Robert the Bruce became King of Scotland.

There is much more to know about the history of Alexandra Park and Palace if you care to look it up.

Don Collins



125 years of the Proms in London

It was 125 years ago this month, on 10th August 1895, that the Proms (Promenade Concerts) began in London.

In fact, the *idea* of promenade concerts went back to 1838, referring to outside concerts during which the audience could walk about – but in the form introduced by Robert Newman at Queen’s Hall in Langham Place, London, the promenaders were standing members of the audience, and this usage has persisted. Henry Wood – also a talented organist – was the original conductor, and his name became firmly attached to the annual series of concerts. He was knighted in 1911.

The concerts have been sponsored by the BBC since 1927, except for 1940 and 1941, when there was fear of bombing, and in fact Queen’s Hall was bombed in 1941, with the concerts moving to their current home at the much larger Royal Albert Hall.

The Proms have now become a huge summer musical festival lasting for eight weeks and with many innovations. The Last Night in particular has become a traditional feature of British life and celebration of Britishness. The Proms have been described by Czech conductor Jiří Bělohlávek as “the world’s largest and most democratic musical festival”.

In the current coronavirus crisis, the Proms *will* continue, but in a much-changed form – “not as we know them, but as we need them”, say the organisers.

List of this years concerts can be found here-

<https://www.bbc.co.uk/programmes/articles/47g63DhcdBqj9wZYCzNhZD4/whats-on-listen-watch>





Lynette interviews

TELL ME SOMETHING ABOUT YOUR SELF

I am Elizabeth Adekusibe, I was born in Lagos, Nigeria about 80 years ago. I lost my Mum at a very young age and was brought up by my Grandmother, who instilled The Christian ethos in me.

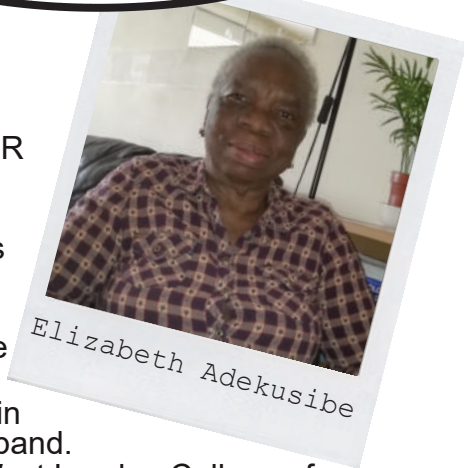
Educated in Nigeria I travelled to UK in 1962, and got married to my late husband.

I completed a Secretarial course in West London College of commerce. I worked briefly with The BBC as a Programmers Typist and five years at Barclays Bank as a Stenographer before returning to Nigeria in 1972.

In Nigeria I worked with Unilever PLC-Confidential Secretary and later as an Admin Manager in the Accounts Department.

I retired in 1995 after 22 years of Service.

I returned to the UK in 2002.



Elizabeth Adekusibe

WHEN DID YOU COME TO ST PAULS ?

2000 - When I used to visit my children from Nigeria on holidays.

WHY STAY?

St Paul's reminds me of my Village Church-

which I joined when I retired and left the busy life of Lagos.

Everyone knows each other and we are just like one big Happy FAMILY. You are sure to get necessary help, advice or just a shoulder to cry on at any time.

WHAT DOES YOUR FAITH MEAN TO YOU ?

It is a Wonderful THING-

even though not seen, it is a Guiding Spirit to a Believer.

All God's Promises are linked to faith.

My faith has kept me grounded at all times -

Thanks be to God - Amen.

PS I am blessed with 4 Lovely Children and 6 Wonderful Grand Children.



Dramatic rise in home exercise injuries during lockdown

Something like 7.2 million Britons injured themselves while trying to stay fit during lockdown. There has been a dramatic rise in exercise-related injuries, ranging from sprains and strains to pulled muscles and back injuries.

Of those of us injured during lockdown, 30 per cent of us were doing classes online or via apps, 28 per cent were weight training and 22 per cent were using home gym equipment.

A doctor at BUPA points out that although “exercise is enormously important for both our physical and mental health, new regimes and workouts should be taken on with caution.”

The British Chiropractic Association (who reported a *660 per cent increase* in traffic to its website!) warned that if you do yourself a small injury, do NOT try and ‘run it off’ or ‘push through the pain barrier’. “There’s no science to say that it works. Instead you are risking more damage and a longer lay-off by not listening to your body.”

Gardening Against the Odds?

The Conservation Foundation has relaunched Gardening Against the Odds as a virtual network and is getting some excellent interest.

As a result, it may be making a radio series soon, featuring some of the projects it has discovered over the years which show how people combat 'odds' – mental, physical and environmental - by gardening, even when they have no garden.

These people plant seeds which they watch grow, eventually producing growth leading to flowers and fruit. Sometimes they work alone, sometimes there is an opportunity to share, producing a sense of community. All this is nothing new, but many people are discovering the benefits of gardening as a result of lockdown – discovering how gardening can help combat loneliness and depression with a sense of caring and wellbeing sometimes with life changing results.

This is a very topical issue and so if you have discovered the benefits of gardening recently – or know someone who has – the Conservation Foundation would love to hear from you as soon as possible.

Please contact: davidshreeve@conservationfoundation.co.uk.

Facebook

@gardeningagainsttheodds website <https://conservationfoundation.co.uk/projects/gardening-against-the-odds/>



What is lurking in your garden?

Is there something alien in your garden which is beginning to worry you? Something that is growing too fast, spreading too fast, for you to keep up with?

Gardeners across the country are being asked by the Botanical Society of Britain and Ireland (BSBI) and the University of Coventry to find – and report – the next Japanese knotweed before it ‘jumps the garden fence’ and causes havoc.

Japanese knotweed and Himalayan balsam both began innocently, as pretty ornamental garden plants. Then they escaped and have since marched across the UK like something out of War of the Worlds, causing immense damage to homes and waterways.

So now the question is: can you help a citizen science project to identify the next plant which could become a similar menace? The project is called Plant Alert. It offers you an easy way to report any ornamental plants in your garden that you suspect are becoming aggressive. Just go to: <https://bsbi.org/plant-alert>

Scientists say to look out for: vigorous growth, prolific self-seeding, longer flowering periods. Plants which are logged on the Plant Alert app will be studied by botanists, and potentially restricted from sale.

Kevin Walker, head of science at BSBI, says: “Bitter experience has shown that species that are invasive in gardens are also the ones that are likely to ‘jump the fence’ and cause problems in the wild.”

CAN ANYONE GIVE A HOME TO ANY OF THESE ITEMS?

They are being offered for free but if at all possible a donation to the church would be much appreciated!!!

The measurements are as follows:

Table: w 81.5; d 58.5; h 75 cms

Chest: w 64; d 25; h 25 cms



For further information and offers please contact Margaret on 07875502641. Many thanks.

Sithney-

the saint who preferred mad dogs to women

You know how some men find women's interest in romance and clothes hard to cope with? Well, Sithney (or Sezni) should be the patron saint of all such men.

According to a Breton folk legend, Sithney was a hermit of long ago, minding his own business, when one day God told him that he was going to make him the patron saint of girls. Sithney was horrified. He foresaw a future where thousands of young women were forever plaguing him to find them good husbands and fine clothes... the thought of it appalled him. So Sithney begged God for some other job, something more peaceful, than dealing with young women. "Very well," said God. "You can look after mad dogs, instead."

Sithney replied cheerfully: "I'd rather have mad dogs than women, any day." And so it was. Since that time, young women have pestered other saints to bring them husbands and fine clothes, while sick and mad dogs have been taken to drink water from the well of St Sezni, patron of Sithney, near Helston in Cornwall.

Over-65s go shopping online

When you can't go out, go shopping. That seems to be the decision of many people over 65.

Record numbers of over-65s have signed up for online banking, according to recent data from Halifax. And they are now shopping online twice as much as a year ago, after being forced to stay home during lockdown.

Overall, the proportion of transactions being made online by those over the age of 65 has doubled, climbing from 20% to 40%

How to make lavender wands

Materials

- 7-15 lavender buds/flowers, with long stems. You need an **odd number of stems** for the weaving to work.
- 2 yards of 1/4" (0.5cm) ribbon
- Scissors
- A toothpick
- A spoon... you'll see why in a moment

Step 1: Lay the lavender stems side by side, with the flowers staggered in two rows. Staggering the flowers like this makes a long slender wand, whereas lining all the flowers up on the same level makes a short fat, wand.



Step 2: Tie ribbon tightly around the stems at the base of the flowers. **Leave at least a 10" (25cm) loose end** - you'll need it to make a finishing knot later on. Leave the other end of the ribbon attached to the spool. (My "spool" is just a rubber band in this pic.)

Step 3: Gently squash the stems with the edge of a spoon, just next to the ribbon. This makes them easier to bend without snapping in the next step.





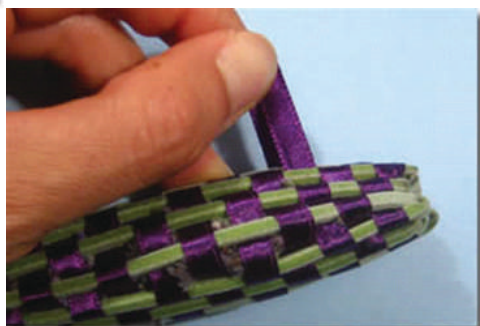
Step 4: Bend the stems to form a “cage” around the flowers. Run the loose end of the ribbon along side the flowers, to poke out of the bottom of the cage. See it next to my fingers? Let the spool-end of the ribbon poke out between the bars at the top of the cage.

Step 5: Weave the spool-end of the ribbon under and over the lavender stems, like this.



Step 6: If bits of flower stick out between the stems and ribbon, poke them back into place with a toothpick.

Step 7: Keep weaving until you reach the place where the flowers end. Then go back to the start, and pull the ribbon tight. Take up any slack ribbon and work it all the way through, to make the weaving nice and snug. The lavender will shrink as it dries, so weaving tightly is important.



Step 8: Wrap the spool-end of the ribbon around the base a few times, then tie it to the loose-end that you left poking through the bottom of the cage in step 4.

Finished!

Whipped Milk ice cream

As Ice cream is so hard to come by in lockdown we thought you might enjoy this 2 ingredient recipe

Ingredients

- 12 oz can evaporated milk
- 1 1/4 c powdered sugar



Instructions

1. Chill the milk in the fridge overnight. It is crucial for the milk to be thoroughly chilled.
2. Pour into a large mixing bowl.
3. Whip until fluffy, about 40 seconds.
4. Add the powdered sugar, slowly pouring into the bowl and whip until combined.
5. You can add your vanilla extract (2 teaspoons will do) at this point and whip until combined.
6. Place the bowl in the freezer for an hour.
7. Pull out from the freezer, whip for 1 minute and back to the freezer.
8. Repeat about 4 times.
9. Place in a container with a lid. Store in the freezer.
10. Enjoy!

Chocolate whipped milk ice cream



- 1 can (13. oz.) evaporated milk,
- 1 1/4 cups powdered sugar
- 1/4 – 1/2 c coca powder (depends how chocolatey you want the ice cream to be)
- 2 – 6 Tbsp of water

Chill the milk in the fridge overnight. It is crucial for the milk to be thoroughly chilled.

Pour into a large mixing bowl.

Whip until fluffy, about 40 seconds.

Add the powdered sugar, slowly pouring into the bowl and whip until combined.

In a measuring cup, mix cocoa powder with 2 tablespoons of water to make a paste. Add up to 4 more tablespoons to make it pouring consistency.

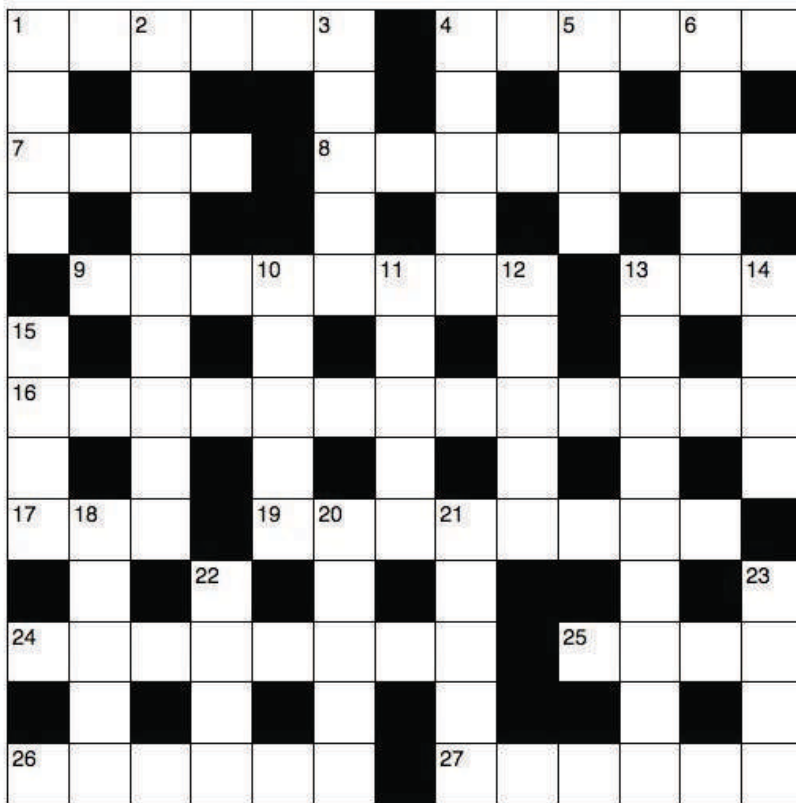
Add to your whipped milk and whip until combined.

Place the bowl in the freezer for an hour.

Pull out from the freezer, whip for 1 minute and back to the freezer.

Repeat about 2 times.

Place in a container with a lid. Store in the freezer.



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

Across

- 1 'I pray that out of his glorious — he may strengthen you with power through his Spirit in your inner being' (Ephesians 3:16) (6)
- 4 'Saul's father Kish and — father Ner were sons of Abiel' (1 Samuel 14:51) (6)
- 7 'Praise the Lord, O my — ' (Psalm 103:1) (4)
- 8 See 5 Down
- 9 Laws (1 Kings 11:33) (8)
- 13 'Who of you by worrying can — a single hour to his life?' (Luke 12:25) (3)
- 16 Artistry (Exodus 31:5) (13)
- 17 'Your young men will see visions, your — men will dream dreams' (Acts 2:17) (3)
- 19 How David described his Lord (Psalm 19:14) (8)
- 24 'If this city is built and its — — restored, you will be left with nothing in Trans-Euphrates' (Ezra 4:16) (5,3)
- 25 'The holy Scriptures, which are able to make you — for salvation through faith in Christ Jesus' (2 Timothy 3:15) (4)
- 26 Intended destination of arrows (Lamentations 3:12) (6)
- 27 Eve hit (anag.) (6)

Down

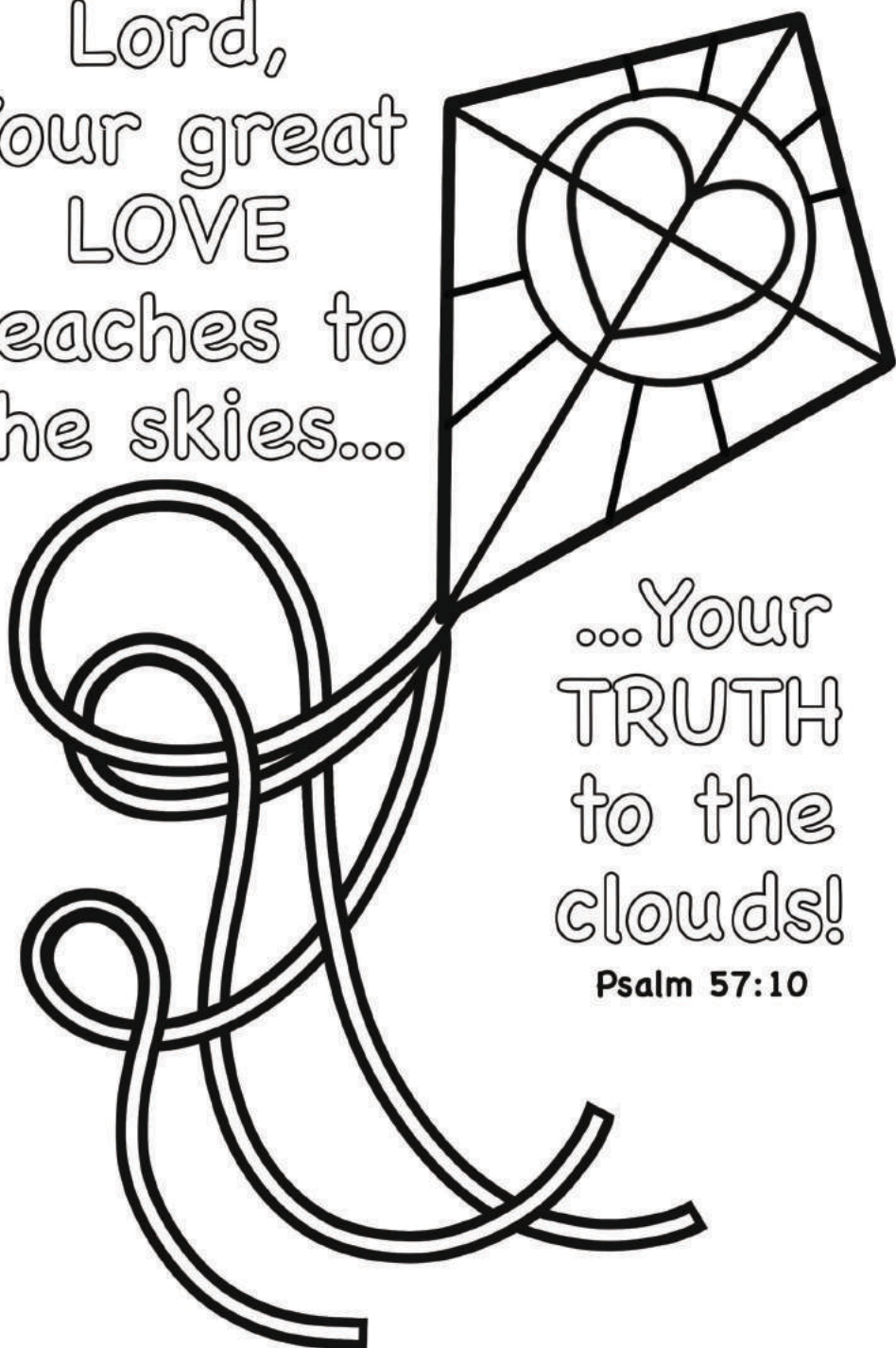
- 1 'For I am gentle and humble in heart, and you will find — for your souls' (Matthew 11:29) (4)
- 2 Where Peter was when he denied Christ three times (Luke 22:55) (9)
- 3 Remarkable early 20th-century Indian evangelist, a convert from Hinduism, — Sundar Singh (5)
- 4 'Now the king had put the officer on whose — — leaned in charge of the gate' (2 Kings 7:17) (3,2)
- 5 and 8 Across The Lover describes this facial feature of the Beloved thus: 'Your — is like the tower of Lebanon looking towards — ' (Song of Songs 7:4) (4,8)
- 6 'Stand firm then, with the belt of truth buckled — your waist' (Ephesians 6:14) (5)
- 10 Trout (anag.) (5)
- 11 Easily frightened (1 Thessalonians 5:14) (5)
- 12 The ability to perceive (Ecclesiastes 10:3) (5)
- 13 One of the clans descended from Benjamin (Numbers 26:38) (9)
- 14 "It is one of the Twelve," he replied, "one who — bread into the bowl with me" (Mark 14:20) (4)
- 15 Resound (Zephaniah 2:14) (4)
- 18 Traditional seat of the Dalai Lama (5)
- 20 Precise (John 4:53) (5)
- 21 Build (Ezekiel 4:2) (5)
- 22 Beat harshly (Acts 22:25) (4)
- 23 Darius, who succeeded Belshazzar as king of the Babylonians, was one (Daniel 5:31) (4)

June's Answers

C	A	R	E		P	A	R	A	D	I	S	E
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6	1	7	9	4	8	2	3	5
2	8	5	7	6	3	9	1	4
9	4	3	2	5	1	7	8	6

Lord,
Your great
LOVE
reaches to
the skies...



...Your
TRUTH
to the
clouds!

Psalms 57:10

And finally

It doesn't seem a year since we first started editing Vision, but it is! Completing the August magazine, completes our first cycle.

When we first started last September we had no idea it would be such a 'memorable' year. Being in an interregnum at church, we were pre- everything, but looking forward to exciting times. We had harvest, the bazaar, the interviews, Christmas, the appointment of our new priest.... all great positive events, everything was moving forward to great things.

Nobody expected Coronavirus to come knocking on the door and sending us all into exile. It should have been, and indeed has been for so many poor people, a total disaster for the church. Yet strangely enough it hasn't. Priest and people rallied and just like the early followers of Christ, set to and continued to worship in their homes making use of all the technology available. So, we continue to march on positively at St Paul's.

We hope Vision has been interesting, amusing, provoking at times for everyone across the ages. We can't thank our contributors enough! Over the months they have shared so much of themselves with us. Please do keep it coming in, without you there would be very little to fill the pages. If you feel you would like to see something different, pick up your pen and let us know. We won't take offense (maybe just a little tantrum or two) and we will try to publish everything. Have a good holiday season, send us some holiday postcards if you manage to get away...pictures of people in far off places sweltering in full protective gear would certainly make a great September feature.

Thanks for all the support. Take care.

Wendy.

PS. I **do** remember to thank Kim regularly. Without her technical skills, nothing would happen. She's a gem!

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	-Vacant-	
Church Hall Lets	Claire Betts	020 8361 4842
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