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October 2020

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# St Paul's Church Services

Sunday 10.30am (*in church and on YouTube*) Parish Eucharist

Sunday 4.30pm (*in church*) Evening Prayer

Tuesday 6.30pm (*on YouTube*) Evening Prayer

Thursday 10.30am (*in church*) Mid-Week Eucharist

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

Oct 4<sup>th</sup> North Way

Oct 11<sup>th</sup> Ollerton Road

Oct 18<sup>th</sup> Palmers Road

Oct 25<sup>th</sup> Park View Crescent

## 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

Where do you find God most easily?

I don't know about you but I've been missing our ability to sing together in church, the smell of incense, and the sharing of the peace by shaking someone's hand.

But adapting to the COVID changes has brought other things, I've loved the addition of sacred music from St Martin-in-the-Fields, and music played on the guitar - thanks to Lynn Wallis and more recently via a recording of my brother in law's brother, Harry Bird. I've also enjoyed knowing my family and friends have been watching our YouTube live-streams and sharing in our community life at a distance. *Have you also taken advantage of sharing the live-stream with friends and family to show them what church is like during COVID?*

Discovering God both in our church worship and outside the four walls of the church is something I've been giving thought to recently after the London Diocese Board of Schools (LDBS) put me on to some resources about "Sacred Pathways". We each have one or more pathways which can **amplify** our feeling of connection with God. Which help you with your relationship with God? Which put you off?

The Activist – seeks God through confrontation with evil and injustice.

The Ascetic – seeks God through solitude and simplicity.

The Caregiver – seeks God through serving others.

The Contemplative - seeks God through adoration.

The Enthusiast - seeks God through mystery and celebration.

The Intellectual - seeks God through the mind.

The Naturalist - seeks God through experiencing God outdoors.

The Sensate - seeks God through the senses.

The Traditionalist - seeks God through ritual and symbol.

Perhaps like me, you've encountered God through all of the above. My faith feels more alive and edgy when I'm with activists in a protest against the arms industry or in defence of the environment. I'm reminded of the maternal love of God when I see people care for one another and I want to get involved too. I love poetry which invites imagination and mystery; nature for taking my breath away and theology books which wrestle with the nature of God and leave me with the conclusion that "wow, God's ways really are deep". There is nothing quite like the familiar words of the Lord's Prayer – and the familiar pattern of the Eucharist: where perhaps all of the above can come together: especially when we consider the final line of the service which sends us out into the world to love and serve the Lord in those we meet.

Why not do one thing each week this month which fires yours sense of connection with God?

### ***Father Matt***

*The list above comes from work by Gary Thomas and Myra Perrine – for a longer explanation of the types see chapter 7 in this document from the CoE: <http://tiny.cc/SpiritualPathways>*



For those still finding COVID difficult.....

Why not try this simple 5 question quiz - "Every Mind Matters self-care tool"

<https://campaignresources.phe.gov.uk/schools/resources/every-mind-matters-self-care-tool>

Which offers some practical tips on coping with COVID challenges.

# Christopher Writes

## DESERT ISLAND HYMNS

In the May edition of *Vision*, I posed the question, in the manner of that ever popular radio programme *Desert Island Discs*, 'If you were marooned on a desert island, which six hymns would you like to have with you?' Nine readers kindly took on the challenge.

The first thing that struck me about the various selections was their sheer diversity. In all, 46 separate hymns were chosen. So, if everybody ends up on the desert island, there will be quite a reasonable body of hymns to choose from. Several people commented that they found it very difficult to narrow their choices down to six, and one person ingeniously sought to widen their choices by nominating seven excellent hymns in joint sixth place! (These have been excluded from the analysis.) And the choices were truly ancient and modern, with the oldest dating back to the sixth century and the most recent from the latter part of the twentieth century.

Of the hymns which appeared on several lists, the most popular were *Jerusalem, Lord, for the years*, and *Brother, sister, let me serve you*, which were each chosen by three respondents. Not surprisingly, a number of choices, but not the majority, reflected the most popular results of the Songs of Praise national polls conducted in 2013 and 2019. There were also some interesting omissions; I was surprised that nobody chose *Guide me, O thou great Redeemer*, given that they would be stuck in a barren land. There were also no Christmas carols.

But perhaps the most fascinating outcome was the range and depth of the reasons that lay behind the individual choices. Many hymns were chosen because of what the words say about God, or about our own relationship with God. Others brought back memories of

the highs and lows of life – school and Sunday school, other childhood memories, and events in life such as weddings and funerals. Some were described as comforting or uplifting, and one, *Father, hear the prayer we offer*, was credited with having provided comfort and support in childbirth. And in some cases, the tunes were important, too.

I also invited respondents to say which of their choices was the one they would most wish to survive should the recordings be damaged in the shipwreck. These were:

*Christ is surely coming*

*Christ triumphant*

*Fill thou my life O God*

*I danced in the morning (Lord of the dance)*

*It is well with my soul*

*Let all mortal flesh keep silence*

*Make me a channel of your peace*

*O Lord, my God (How great thou art)*

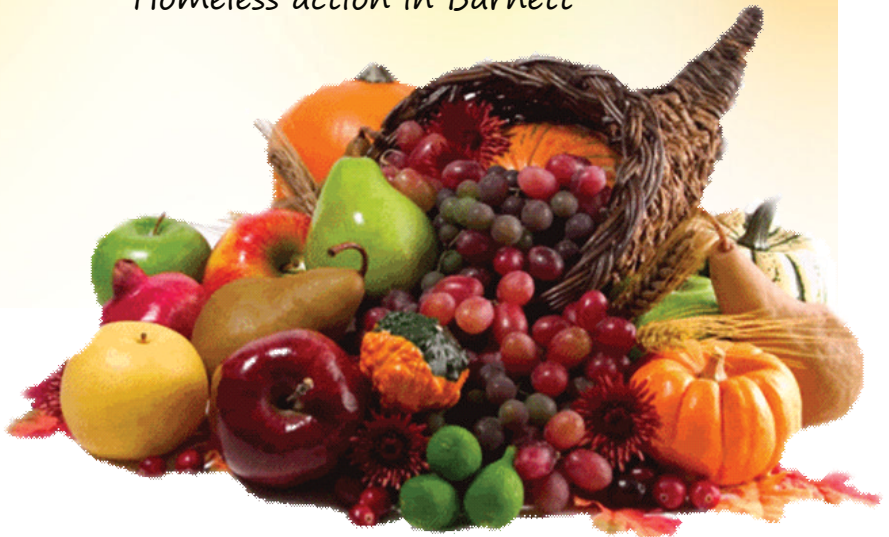
Hymns are said to be one of the most important elements of our worship, which is one reason why the current prohibition on singing them in church is so tragic. Apparently, we absorb a lot of our theology from the words and, typically, the hymns sung are what we are all most likely to remember longest from a service. But this exercise shows that hymns are also of much wider influence on our lives, providing comfort and support to each of us in so many different and personal ways.

**Christopher Ward**  
**Reader**

# Harvest Festival

Sunday 11<sup>th</sup>  
October

*All donations to go to  
Homeless action in Barnett*





# Make a donation

Making a regular or one-off donation to the work of the church has never been easier!

You can now give online via our Give.Net page:

<https://www.give.net/20321719>



# Never give up

In 1962, four nervous young musicians played their first record audition for the executives of the Decca Recording company. The executives were not impressed. While turning down this group of musicians, one executive said, "We don't like their sound. Groups of guitars are on the way out." The group was called The Beatles.

In 1944, Emmeline Snively, director of the Blue Book Modeling Agency, told modeling hopeful Norma Jean Baker, "You'd better learn secretarial work or else get married." She went on and became Marilyn Monroe.

In 1954, Jimmy Denny, manager of the Grand Ole Opry fired a singer after one performance. He told him, "You ain't goin' nowhere son. You ought to go back to drivin' a truck." He went on to become the most popular singer in America, named Elvis Presley.

When Alexander Graham Bell invented the telephone in 1876, it did not ring off the hook with calls from potential backers. After making a demonstration call, President Rutherford Hayes said, "That's an amazing invention, but who would ever want to use one of them?"

When Thomas Edison invented the light bulb, he tried over 2000 experiments before he got it to work. A young reporter asked him how it felt to fail so many times. He said, "I never failed once. I invented the light bulb. It just happened to be a 2000-step process."

In the 1940's, another young inventor named Chester Carlson took his idea to 20 corporations, including some of the biggest in the country. They all turned him down. In 1947 - after seven long years of rejections! He finally got a tiny company in Rochester, New York, the Haloid Company, to purchase the rights to his invention, an electrostatic paper-copying process. Haloid became Xerox Corporation we know today.

Wilma Rudolph was the 20th of 22 children. She was born prematurely and her survival was doubtful. When she was 4 years

old, she contacted double pneumonia and scarlet fever, which left her with a paralyzed left leg. At age 9, she removed the metal leg brace she had been dependent on and began to walk without it. By 13 she had developed rhythmic walk, which doctors said was a miracle. That same year she decided to become a runner. She entered a race and came in last. For the next few years every race she entered, she came in last. Everyone told her to quit, but she kept on running. One day she actually won a race. And then another. From then on she won every race she entered. Eventually this little girl, who was told she would never walk again, went on to win three Olympic gold medals.

The moral of the above Stories: Character cannot be developed in ease and quiet. Only through experiences of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved. You gain strength, experience and confidence by every experience where you really stop to look fear in the face. You must do the thing you cannot do. And remember, the finest steel gets sent through the hottest furnace. A winner is not one who never fails, but one who NEVER QUILTS! In LIFE, remember that you pass this way only once! Let's live life to the fullest and give it our best.

Author Unknown

Submitted by ***Shola***

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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.

# When Oxford accepted women

A century ago, on 7th October 1920, Oxford University allowed women to become full members and study for full degrees for the first time, and the first 100 women were admitted.

Women had been attending lectures, taking examinations and gaining honours since the 1870s. Four women's colleges were established in those years – but no woman had been allowed to graduate and receive a degree although between 1904 and 1907 the so-called “steamboat ladies” travelled to the more liberal University of Dublin to graduate.

The 1920 decision was retrospective, and so at the first ceremony at which women were able to graduate more than 40 women did so. The first was Annie Rogers, who had achieved first class honours in Latin and Greek in 1877, and first class honours in Ancient History in 1879. She graduated on 26th October 1920.



Despite this leap forward, a quota limiting the number of female Oxford students to fewer than a quarter of the men was not removed until 1957, when the Warden of Wadham College, Sir Maurice Bowra, described it as “foolish and finicky” and declared that women were a “civilising influence”.

Cambridge University did not give women equal status until 1947.

***Tim Lenton.***



# Ivy – never underestimate its goodness!

Autumn is in full swing but there is at least one plant that is in full bloom. Not spectacular to look at, yet ivy is an important source of nectar for bees, moths, flies and wasps, and while they are not most people's favourite insects, they all play a vital part in Nature's jigsaw.

Ivy produces flowers from September to November. Spherical clusters of greeny-yellow blobs, which on closer inspection have endearing little horns with knobs on! The resulting fruits are dark berries with ridged sections, resembling tiny black footballs each containing five seeds. Poisonous for us, but birds love them.

Ivy is one of the few native climbing plants that can reach a substantial size. Contrary to popular belief, it is not a parasite. Its stems have lots of fibrous, adhesive-covered, roots which cling to buildings, brickwork, trees, telegraph poles, in fact just about anything to help it gain some height. However, when it comes to nourishment, that comes via the roots in the ground. [There's not much nutritional value in a brick.] Although ivy does not normally damage sound buildings or walls, and is rarely a threat to healthy trees, its weight can cause problems.

What a useful plant it can be! Providing shelter, hibernation and nesting sites for birds and insects, its glossy green leaves are happily munched by sheep, goats and deer. These leaves, so familiar, are different shapes according to whether they are on flowering or growing branches. The flowers are surrounded by heart- or spear-shaped leaves, while the rest of the plant has the three- or five-pointed ones we all recognise.

Many legends involve ivy. But has anyone discovered why although mentioned in the first line of the carol 'The Holly and the Ivy', it is absent from the rest of the verses?

# Honey, honey!

If your grannie gave you honey when you had a cold, she was right.

Research published in The British Medical Journal has found that honey is especially good for treating upper respiratory tract infections (URTIs) such as the common cold.

Honey has anti-microbial and anti-inflammatory properties. These do better at soothing your cough and sniffles than any of the over-the-counter remedies. In fact, URTI sufferers who were given honey suffered their symptoms for up to two days LESS than those who did not use honey.

All good news, especially as honey is cheap, readily available, and has virtually no side effects.

Why not look out for local honey. London honey is highly prized for its complex flavours as cities usually have a greater diversity of flowers and a longer flowering season.

North London Beekeeper website  
<https://www.beekeeping.org.uk/>



# RSPCA launches emergency appeal in wake of Covid

The RSPCA has been overwhelmed this year by calls for help from people who are ill with Covid-19.

The animal welfare charity was swamped with 442,344 calls, and responded to 106,676 incidents of animals in need just between 24<sup>th</sup> March and 5<sup>th</sup> August. That averaged out at 790 incidents a day.

Such a volume of need was especially a challenge to meet, as the charity was working with fewer officers, due to 'furlough, shielding and ill health', a spokesman explained.

He went on: "As well as operating an emergency service, rescuing animals in need, RSPCA officers have also been collecting animals from the homes of people who have been admitted to hospital with Covid-19, who may not have anyone else to care for them while their owners are being treated."

The charity has now launched an emergency fund-raising appeal, and said that its front-line animal rescue and care teams have been "stretched to their limit".

With about 6,400 animals in the care of the RSPCA across England and Wales, it is the largest animal welfare charity in the UK.

<https://www.rspca.org.uk/getinvolved/donate/coronavirus>

# Anthony Ashley-Cooper,

## 7th Earl of Shaftesbury - the Poor Man's Earl

Think of Piccadilly Circus, and that small statue of the angel poised with bow and arrow. Most people think it stands for Eros. It does not. It stands for Anteros, his brother, the god of selfless love. It is a memorial to the greatest Christian Victorian philanthropist, politician and social reformer of his generation – Lord Shaftesbury.



Anthony Ashley Cooper, the 7th Earl of Shaftesbury (1801 – 1885) was a devout Christian who spent his life fighting to

help ease the plight of lunatics, chimney sweeps, children in factories, women and children in the mines, opium addicts, and children without any education.

His own early life was loveless and bleak – his parents formal and frightening, his early schooldays a ‘horror’ of ‘cruelty and starvation’. The only love came from the family’s housekeeper, Maria Millis. A biographer wrote: ‘She provided for Ashley a model of Christian love that would form the basis for much of his later social activism and philanthropic work.’ The reality and homely practicality of her Christian love were a beacon for the young Ashley. She told him Bible stories, she taught him a prayer.

After Christ Church Oxford, where he proved an outstanding scholar, Ashley turned to politics. In 1826, aged 25, he was elected



as Tory MP for Woodstock. He was eager to serve on parliamentary committees that got things done; his great life's work had begun.

**Lunatics:** In 1827 lunatics were kept chained naked in straw, forced to sleep in their excrement. They were washed in freezing cold water, with one towel for 160 people and no soap. There was gross over-crowding and inedible food: asylums were places to die in.

Shaftesbury's maiden speech in Parliament was in support of a Bill to improve conditions. He wrote: 'By God's blessing, my first effort has been for the advance of human happiness.'

It took years: from 1827 to 1884 he fought for a succession of Lunacy Acts, writing later of 'the years of toil and care that, under God, I have bestowed on this melancholy and awful question.'

**Child Labour and Factory Reform.** Again, reform took years. Shaftesbury fighting for the Ten Hours Act from 1833, 1842, 1844, 1846 and 1847 – when it finally got through Parliament. No child under the age of 9 should work in the cotton or woollen industries below the age of 9, and no one under 18 must work more than ten hours a day.

**Miners.** In 1842 he fought to outlaw the employment of women and children in coal mines.

**Climbing boys.** Thousands of young boys were dying in terrible pain – scorched, blinded and suffocated by soot, or with cancer of the scrotum. Ashley fought for Bills in 1840, 1851, 1853, 1855, 1864 until finally the Chimney Sweepers Act 1875 closed the practise down.

**Education reform:** 1844 Ashley became president of the Ragged School Union that promoted education for poor children. He wrote that if it were to fail, 'I should die of a broken heart'.

**Religion.** Lord Shaftesbury was a devout Christian who became a leading figure in 19th century evangelical Anglicanism. He was President of British and Foreign Bible Society for nearly 30 years. He was very sympathetic to the Jews, and advocated their return to the Holy Land.

Lord Shaftesbury's funeral service at Westminster Abbey on the morning of 8th October 1885 drew thousands of people. The streets along the route were thronged with the poor: costermongers, flower-girls, boot-blacks, crossing sweepers, factory hands and many more. They waited for hours just to see his coffin go by. He was dearly loved by them as the 'Poor Man's Earl'. One biographer wrote: 'No man has in fact ever done more to lessen the extent of human misery, or to add to the sum total of human happiness.'

The great preacher Charles Spurgeon called him 'the best man of the age'. He 'lived for the oppressed', he was a 'moral anchor in a drifting generation', 'friend of every living thing', 'he had a 'fervent love to God, and hearty love to man.'

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# Beauty ranges left on the shelves

Covid-19 has even affected women's make-up routines. In many cases, they simply haven't bothered.

The lack of demand for foundation, lipstick, eye makeup and hair-dye has been so great in recent months that 350 products have been pulled from supermarket shelves. Research from Edge by Ascential, the ecommerce consultancy, found that overall, there was a 60 per cent drop in sales.

Claire James, an analyst for IRI Insights, the retail experts, said that social distancing measures have meant that cautious shoppers no longer browse health and beauty aisles. "It will be interesting to see if routines will remain simpler as lockdown eases and people return to the office."

# Dorset apple cake

## Ingredients

115g unsalted butter, diced and chilled, plus extra for the tin

225g self-raising flour

2 tsp ground cinnamon

115g light brown sugar

1 large egg, beaten

6-8 tbsp milk

225g Bramley or Granny Smith apples, peeled, cored and diced

100g sultanas

2 tbsp demerara sugar (optional)

from

<https://www.bbcgoodfood.com/recipes/dorset-apple-cake>



## Method

**1** Heat the oven to 180C/160C fan/gas 4. Butter and line a deep 20cm cake tin with baking parchment.

**2** Mix the flour and cinnamon together in a large bowl. Add the butter and rub into the flour using your fingers, until it resembles fine breadcrumbs. Stir in the light brown sugar. Beat in the egg followed by 6-8 tbsp of milk – add it gradually until you have a smooth, thick batter.

**3** Add the apples and sultanas and mix to combine. Scrape the batter into the prepared tin and gently level out. Sprinkle over the demerara sugar, if using, and bake for 30-40 mins or until golden and a skewer inserted into the middle comes out clean.

**4** Allow to cool in the tin for 15 mins and then carefully turn out onto a wire rack to cool further. Best served still warm with a little custard.

# Orange Pomander

## Materials

Citrus fruits (oranges, grapefruits, lemons or limes will do, choose the firmest fruit you can find)

1/2+ Cup cloves

Orrisroot (optional)

## Tools

Needle or toothpick

Rubber band (optional)

Ribbon or string



## Instructions

- Decide on a pattern for the cloves and start by piercing holes in the fruit with a sharp object like a toothpick. It's important to do this because the rind is too tough to pierce with the clove.
- Clusters look nice, as do larger patterns or straight lines. If you want a straight line the best way to do this is by placing a rubber band around the fruit and using the outer edge of the band as a guide. Remove the band and continue adding cloves to the fruit, or easily tie a ribbon in the negative space.
- You can hang your fruit by running string or a ribbon round its middle.
- The best way to insure your pomander balls dry without molding is to either shake them in a paper bag with orrisroot, or hang them in a cool, dark place for up to two weeks before setting them out.

- If you really want to kick up the spicy scent: roll the finished balls in a mixture of your favourite seasonal spices: ground cloves, cinnamon, nutmeg, allspice and ginger are fantastic options!



Don't forget you can send us pictures of any of your craft or recipe ideas and attempts.

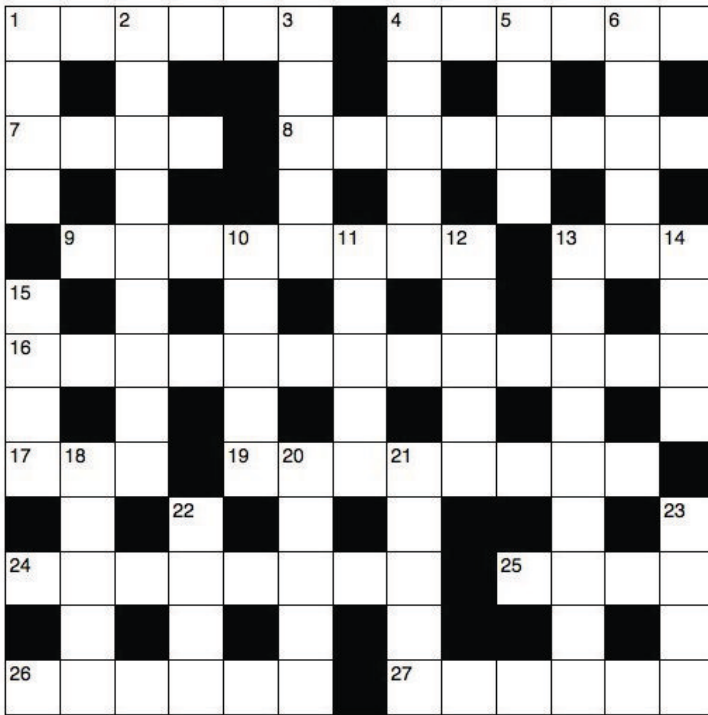
We tried last months clay impressions, but found we would need more plaster then we originally thought as when we removed the plaster from the clay it broke down the middle! Otherwise it looked quite nice.

# Septembers Answers

S		P		S		S		W		B		E
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T	O	E		I	L	L	A	T	E	A	S	E
C		S		Z		O				S		R
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E		B		R		E		L		R		T

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





**Test  
Your  
brain  
over a  
cup of  
tea**

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		1					8	
			4		5			
	7					3		
	1	3				8	6	
	6			7	8	4		
					6			



## Across

- 1 He must be 'the husband of but one wife and must manage his children and his household well' (1 Timothy 3:12) (6)
- 4 'For we must all — before the judgement seat of Christ' (2 Corinthians 5:10) (6)
- 7 'They reeled and staggered like drunken men; they were at their — end' (Psalm 107:27) (4)
- 8 See 19 Across
- 9 It concerned who among the disciples would be the greatest (Luke 9:46) (8)
- 13 Formed by the Jews in Thessalonica to root out Paul and Silas (Acts 17:5) (3)
- 16 'He has sent me to bind up the — ' (Isaiah 61:1) (6-7)
- 17 Moved rapidly on foot (Matthew 28:8) (3)
- 19 and 8 ' — a great company of the — host appeared with the angel' (Luke 2:13) (8,8)
- 24 Hindrance (Romans 14:13) (8)
- 25 Comes between Luke and Acts (4)
- 26 Empower (Acts 4:29) (6)
- 27 'Get these out of here! How dare you turn my Father's house into a —!' (John 2:16) (6)

## Down

- 1 Sunrise (Psalm 119:147) (4)
- 2 The part of the day when Cornelius the Caesarean centurion had a vision of an angel of God (Acts 10:3) (9)
- 3 He was one of those who returned with Zerubbabel from exile in Babylon to Jerusalem (Nehemiah 7:7) (5)
- 4 'No one can see the kingdom of God unless he is born — ' (John 3:3) (5)
- 5 Animal hunted or killed as food (Ezekiel 22:25) (4)
- 6 'He encouraged them — — remain true to the Lord' (Acts 11:23) (3,2)
- 10 Ruses (anag.) (5)
- 11 Jewish priestly vestment (Exodus 28:6) (5)
- 12 Visible sign of what had been there (Daniel 2:35) (5)
- 13 This was the trade of Alexander, who did Paul 'a great deal of harm' (2 Timothy 4:14) (9)
- 14 'This is my — , which is for you; do this in remembrance of me' (1 Corinthians 11:24) (4)
- 15 One of Noah's great-great-grandsons (Genesis 10:24) (4)
- 18 Traditionally the first British Christian martyr (5)
- 20 Relationship of Ner to Saul (1 Samuel 14:50) (5)
- 21 Jacob had one at a place he named Bethel while on his way to Haran, fleeing from Esau (Genesis 28:12) (5)
- 22 Bats (anag.) (4)
- 23 'You strain out a — but swallow a camel' (Matthew 23:24) (4)

# And finally

October came and...so did the rain! So once again autumn reminds us the year has turned. We're promised at least a week of rain, torrential in some places with flooding and misery for many places just as they start thinking about Christmas!

We do love to be gloomy about the weather, specially the rain, and yes of course I fully understand that it is terrible for people who have to suffer with the disaster of flooding. But really, we sometimes forget to be grateful that in this country we do have enough rain to keep the water table high, our gardens watered and our rivers and reservoirs filled. So many countries seem to be suffering dreadful droughts and fires where every drop of water counts that they pray for the kind of rain we get.

I remember the time of the great drought in the 70's, standpipes in the street, only flushing the loo when necessary, using the washing-up water on the garden and of course the "bath with a friend" campaign that increased the birth-rate the following year. What a fuss we all made! How awful it must be for people who have to deal with drought all the time or for those whose water sources are so low and contaminated with bacteria that they have to drink dirty water every day just to survive.

It makes me really grateful of the few rainy days we have. As children we loved the rain, splashing in puddles in wellies or walking home from school barefoot to keep our shoes dry when we got caught out. There is something really great about walking through woods and parks in the rain, crunching through the leaves and smelling the freshness of everything. And, of course, the best thing is going indoors and drying off, settling down with a lovely warm drink and a good book while it pours down outside.

Thank God for the rain! Enjoy October.

Wendy.

# 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	-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 <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	Contact 07956 347495 or	
Cub Scouts	<a href="mailto:FrancisWMudford@aol.com">FrancisWMudford@aol.com</a> for details	
Scouts		
3 <sup>rd</sup> New Southgate (St Paul's)		
Brownie Pack	Contact -	
Brown Owl	Mrs C Bettiss	020 8368 7600
Rainbow Unit	Contact -	
Leader	Mrs C Bettis	020 8368 7600