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November 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

Nov 1st Pevensey Avenue

Nov 8th Peverett close

Nov 15th Pymmes Green Road

Nov 22nd Ravenscraig Road

Nov 29th Ring Way

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

Remembrance 2020

The below poem scares and revolts me in equal measure. I read it every year, to remind myself of the horrors of war and recommit myself to seeking peace passionately and peacefully. There are many things worth fighting for, but I believe we best honour the war-dead by rejecting war and armed conflict, and taking the stand: “Never Again.”

Fr Matt

Dulce et Decorum Est

By [Wilfred Owen](#) (British Soldier of World War I, published 1920)

Bent double, like old beggars under sacks,
Knock-kneed, coughing like hags, we cursed through sludge,
Till on the haunting flares we turned our backs,
And towards our distant rest began to trudge.
Men marched asleep. Many had lost their boots,
But limped on, blood-shod. All went lame; all blind;
Drunk with fatigue; deaf even to the hoots
Of gas-shells dropping softly behind.

Gas! GAS! Quick, boys!—An ecstasy of fumbling
Fitting the clumsy helmets just in time,
But someone still was yelling out and stumbling
And flound'ring like a man in fire or lime.—
Dim through the misty panes and thick green light,
As under a green sea, I saw him drowning.

In all my dreams before my helpless sight,
He plunges at me, guttering, choking, drowning.

If in some smothering dreams, you too could pace
Behind the wagon that we flung him in,

And watch the white eyes writhing in his face,
His hanging face, like a devil's sick of sin;
If you could hear, at every jolt, the blood
Come gargling from the froth-corrupted lungs,
Obscene as cancer, bitter as the cud
Of vile, incurable sores on innocent tongues,—
My friend, you would not tell with such high zest
To children ardent for some desperate glory,
The old Lie: *Dulce et decorum est [It is sweet and fitting]*
Pro patria mori. [to die for one's country.]

PCC News

On Wednesday 21st October at 7.30 via Zoom, the PCC held their first meeting since the church's APCM. They would like to give thanks to the retiring members Susan, Angel and Pip for their service and welcome to Lorenzo as the new PCC secretary.

Funds were approved for the removal of several unwanted and dangerous trees in the church grounds as well as some clearing work to make the grounds more useable. Due to COVID restrictions and social distancing, the PCC discussed the plans to replace the Christmas bazar, with a winter walk in the grounds of the church.

The PCC also discussed what they thought the funding aims were for the church for the next 5 years.

If you have anything you wish to bring to the attention of the PCC or the standing committee please contact Father Matt or the church wardens Shola and Margaret.

Christopher Writes

CORONAVIRUS AND DIOCESAN FINANCES

We can all see very clearly the enormous impact of the coronavirus pandemic on the life of our church at parish level. Besides preventing us gathering in the church as the Body of Christ for several months, and even now significantly changing the character of our collective worship, it has also had a substantial impact on our mission, through the restrictions on activities and the size of gatherings which, amongst other consequences, have limited the use of our halls. All this has had substantial implications for parish finances everywhere, with parish incomes generally reducing, in some cases very substantially.

But what has been the wider financial impact, at Diocesan level? There are essentially two streams of Diocesan income. The first, which makes up around 70% of the total income, is the Common Fund contributions from parishes. The Common Fund is inspired by the description in Acts of the way the early church was funded out of gifts from its members into a common purse. Parish contributions are gifts to the Diocese, at levels set by the parishes themselves. The balance of diocesan income mostly comes from investments. On the expenditure side, around 70% of diocesan expenditure in London goes to meet the salary, pension and housing costs of the nearly 450 stipendiary clergy of the Diocese. The balance goes on a range of other expenditure, including paying the 100 or so Diocesan staff; supporting ordinands in training; safeguarding; and, along with all other dioceses, contributions to National Church expenditure.

Diocesan income has been impacted in 2020 in three main ways. First and foremost, a significant number of parishes have been unable to maintain their promised level of Common Fund contribution. The current forecast is of a total shortfall of around 12%, despite many parishes, our own included, generously dipping into their own reserves. Second, to ensure that it has sufficient cash to fund its operations, the Diocese has sold some investments, with a concomitant reduction in investment income. Third, there has

been some deferral of income from property investments. Taking into account savings made by the Diocese, including deferring the proposed pay increase for both clergy and lay staff, and furloughing a small number of posts at Diocesan House, it is currently predicting a shortfall of around £2.3 million for 2020. This will be covered from Diocesan reserves.

What is the outlook for the Diocese in 2021? In a word, the answer is 'uncertain'. The Diocese is putting forward an overall 'standstill' budget for 2021. On the Common Fund, parishes have been asked to consider offering for 2021 what they originally offered for 2020. Departments at Diocesan House have identified significant economies, but there are no plans to cut clergy numbers. National Church contributions have been frozen at 2020 levels. The expectation, nonetheless, is that the Diocese will also face a shortfall in 2021, which will once again need to be covered from its reserves.

However, the picture is not all doom and gloom. The innovative approach to worship that the pandemic forced on churches is reputed to have led to the engagement with the Church of many previously non-church people. It is to be hoped that their new-found interest will also extend to supporting the church financially. And the pandemic has demonstrated the value to parishes of committed, regular, stewardship giving. This has generally proved to be the most resilient of income streams over the past year, to the benefit of parish and Diocese alike.

Christopher Ward

Reader

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>



Blessing AboundZ 2020

☎ Rich: “Hey Rob, am feeling a little inspired to do something for the Church, do you fancy doing another fun run? You know like we did before?”

☎ Rob: “You mean like the St Paul's to Paul's in May 2012? – that was fun!”



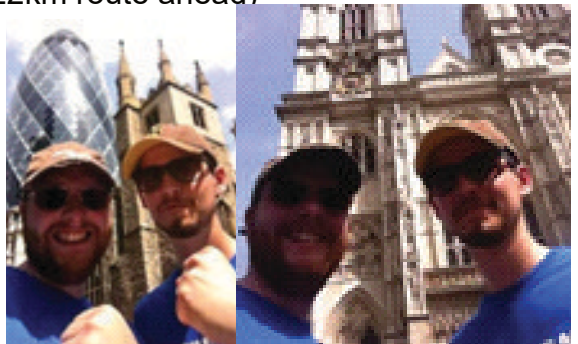
☎ Rich: “Yeah, like that, but I’m thinking more like the A-Z City Church thing we did in July 2013”

☎ Rob: “Oh... that was hard.”

☎ Rich: “Yes, but what if we scale it back to say an A-Z around the Parish of St Pauls, New Southgate?” (Rich shamelessly lies knowing the true length of the 22km route ahead)

☎ Rob: “ah ok then let’s do it!”

Call ends... and Blessing AboundZ 2020 is born!



After meticulous preparation (mostly from Claire), Rich and Rob started their mission to reach all the Boundaries of the Parish covering locations relating to A-Z. With an 8am kick off at the Church on 12th September, Rich and Rob were met by Fr Matt and

Chris Robertson and later joined by Cath. Rich and Rob were armed with their chosen tools for the day, a set of multi coloured Crayola chalks. These were blessed by Fr Matt as 'creatures of chalk' before the doors of St Paul's Church which also received the day's opening blessing from Fr Matt. Inspired and uplifted, Rich and Rob sped away with no blisters on their feet and their lungs full of oxygen to start their long day ahead - note the Chariots of Fire music was only playing in our minds at the time but do check out: <https://twitter.com/i/status/1307236985933910019>.



Rich and Rob quickly flew past (at a social distance) many of the curious onlookers, who were no doubt fascinated by the elaborate garments they were wearing, to reach Arnos Road for the official beginning of the route.

A quick pause for courage and the first tentative blessing was etched on the ground outside the Arnos Arms. Still smiling they set off heading quickly through the nearby locations of Brookdale, Cranbrook Lane, Darwin Close, Exchange Close and Falkland Avenue. Rich and Rob then tackled their first run at Brunswick Park Road (a road and hill which would become longer and steeper as the day wore on) to be greeted by some friendly faces at Goldrill Drive (thanks to Lucy and Andrew Jackson for the motivational wave). Heading back through the Parish covering Haynes Close, Inverforth Road, Jarda Tattoo parlour and King's Funeral Directors.



Rich and Rob again spotted some friendly faces as Fr Matt and Chris greeted them at the Betstyle Roundabout. After quick stop there for their duty bound paparazzi interview (including a plug for donations <https://twitter.com/i/status/1307244771963031554>) Rich

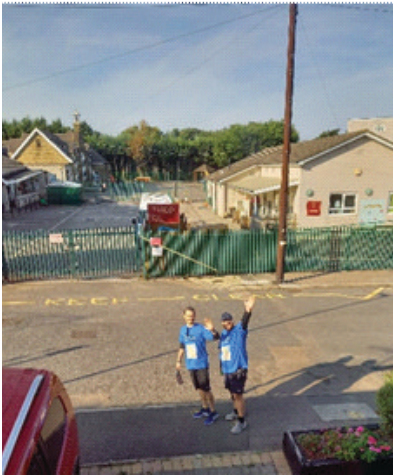


and Rob set off to cover and chalk the Limes Avenue, before crossing the North Circular for the first time to cover Maidstone Road. This was to be one of the more unusual stop-offs as their blessing was met with the rather strange ramblings of a local who assumed our heroes were just vandalising the street! A quick explanation later (and another shameless plug of the give.net website) and Rich and Rob

headed off again having made a new friend. This time they were to be met by Kate and Harry Leach who topped up Rob's water and mopped his brow, leaving Rich and Rob well set to tackle North Way, Ollerton Road and Palmers Road, before Brunswick Park Road (with its increasing length and steepness) took

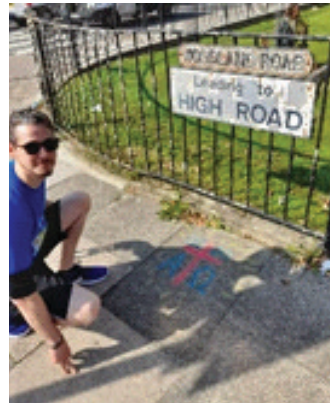


them onto the New Southgate Cemetery and through to the Queen Victoria Vaults. The marking of this blessing here seemed rather profound for the pair and indeed was rather subdued in comparison to some of their other stop-off excitements!



Tiring but not beaten, Rich and Rob took a slight detour to be provided with fresh supplies by Claire, then with their veins awash with sugars and caffeine they pushed on to cover Ravenscraig Road, through Montmorency Park so Rob could see the development and the chalk dust could be 'accidentally' spread - it was not an official stop-off point on the route, to Springfield Road, Tewkesbury Terrace, and Union Road before retracing their footsteps to the Vujon Indian Takeaway

Woodland Road was next and acted like a homing beacon as Rich and Rob quickened their pace again (admittedly just in case Fr Matt was waiting in hiding nearby for another interview) before Rich deployed his finest art work of the day to mark the moment! BeXhill Road was next (yes they did cheat with that one but 'x' was hard to find on the map, well at least on a map of New Southgate which does not feature any buried treasure!) before Rich and Rob took in their penultimate stop of the day at York Road.



Just the finish line to go now. Blisters by this point? Yes. Sweaty - well of course the photos had given that away already. Hurting generally? Yes, well a bit. But proud? You bet they were. Rich and Rob did their best to speed back through the parish to meet with Claire and family and also Fr Matt,

Chris and Martin and Margaret who had gathered at a socially responsible distance to see the journey's end! And end the journey did, with a final spurt and a cheer and after a near 5 hours of running, street marking, social media uploading, curious conversations with locals and some growing aches and pains. The day was completed with Fr Matt blessing the Z-shaped path in Arnos Park to close the event. Rich and Rob were truly grateful for all the support, the sponsorship (of course), and love they received on the day; which of course was the best blessing of all!

2021 plans are already forming, but until then it's never too late to donate!

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

Richard Betts

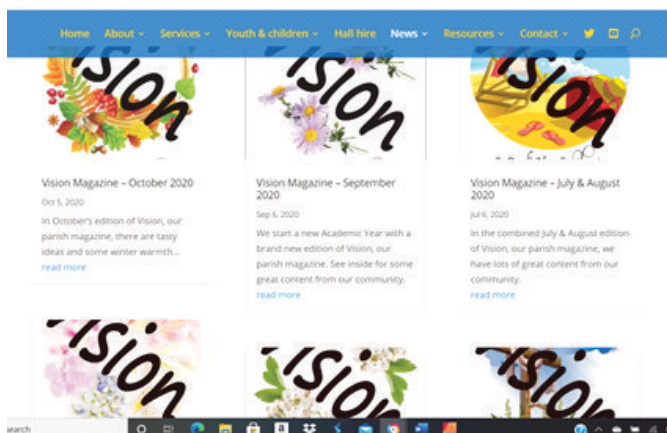


Vision needs you

Don't forget, we welcome all contributions for our church magazine. Church magazines are an amazing record of the social history of a church. When we look back on the lives of those who have been part of our church family in the past and celebrate those of our present congregation, their successes and failures, joys and sorrows all serve to give a vibrant picture of life through the ages. The magazine reaches out to people who may not be as active or able to meet regularly. It keeps us all in touch and comforts those who feel lonely, left out or far away. It helps to bring people closer and make them feel part of the family still. So please, do take the time to pen a few words. We want to hear about all the things you do or are interested in.

You can send contributions for publication directly to Vision's email address: Stpaulsvision6@gmail.com by the 23rd day of the month. If you are unable to use the email system you can still handwrite and post to the vicar or churchwardens who will forward the material on to us. Many thanks.

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



If you missed an edition since lockdown began you can find copy at <https://stpaulsnewsouthgate.co.uk/news/vision-parish-magazine/>

In praise of peanut butter

One quirky change of life under Covid-19 is that for some reason, we are eating more peanut butter. According to a recent report in The Grocer, sales of the stuff rose by 35.5 per cent in the Spring.

Peanut butter producer Kirstie Hawkins (Whole Earth brand) is delighted. "Peanut butter offers an easy way to add more nutrition to breakfast and snack choices."

Whatever the reason, sales of peanut butter, at £98.9million in the past year, are now £2million more than those for jam.

Step and Sweat is a fitness/dance class inspired by ballroom dancing. Learn your favourite ballroom dances like the cha cha cha, the quickstep, waltz or the salsa and get into the Strictly Spirit with one of Strictly's Choreographers Patrick Raja-Helm

Dance yourself into a healthier-self

After months of lockdown, treat yourself to some joy.

Not only is dancing good for your physical well being but it also reduces the risk of developing dementia and Alzheimer in later life.

Come and join me at one of my Step and Sweat Classes

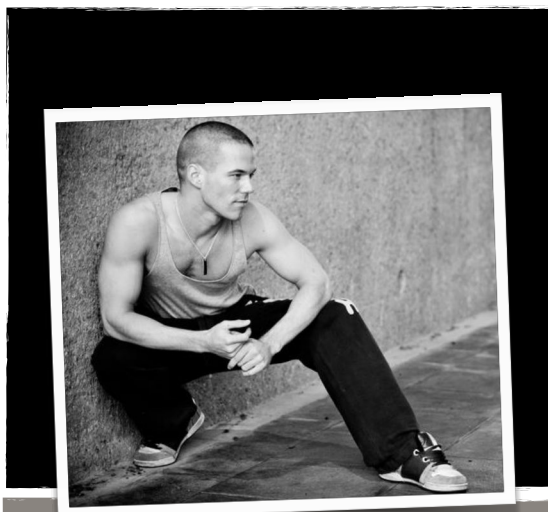
Location: St Pauls Parish Hall, High Road, N11 1PL

Mondays: 10.15am-11am

Thursdays: 8.15pm-9pm

www.patrickrajahelm.com

tel: 07725847438



Step and Sweat

Gas Holder

Having not been out much over the past few months I was shocked when we were driving across the North Circular one day and I noticed the gas holder was gone. I mean it's a pretty big thing to have missed them removing, but having seen it my whole life it was almost like a local landmark, New Southgate's very own version of the Angel of the North.

What I found even more shocking, while snuffling around the internet looking for items of local interest was an article about what the plans are to replace it with and the current consultation period, before seeking planning permission.

The proposal is for 2 towers containing **183** homes, with retail outlets below.

They also propose that there will be no parking for those homes except for blue badge holders. Oh! But there will be cycle parking – because that's useful when living next to the North Circular.



The removal of the gas holder and building of new homes does seem to appear in the New Southgate master plan, which sounds like an evil villain's plot but is a 135 page document. I skimmed it to about page 15 when my eyes glazed over, so I doubt there is much chance to change anything, but if you fancy filling out the consultation survey go to <https://www.yoursay.online/gasholder-site>

Kim



30th November

St Andrews day

The apostle Andrew is patron saint of Scotland. According to the gospel of Matthew, Andrew and his brother Simon Peter were the very first two disciples whom Jesus called. 'Come, follow me, and I will make you fishers of men.' (Matt 4:18,19)

Without more ado, they obeyed. 'At once they left their nets and followed him.' The story is touching for the simple but total faith that they had in Jesus.

Whenever the gospels mention the disciples, Andrew's name is always in the first four. Rather than a boisterous leader of men (like Peter), he seems to have been an approachable person who wanted to help people.



It was Andrew who helped introduce a group of Greeks to Jesus (John 12:20-2) and Andrew who offered Jesus the five small barley loaves and two small fishes when Jesus challenged them to feed the five thousand. (John 6:8) His faith in Jesus over small things was richly rewarded, and this faithful, kindly Galilean fisherman turned disciple went on to become one of the 12 apostles of the Christian Church.

Andrew never settled back in Capernaum by Galilee. Instead, his 'fishing for men' seems to have taken him far. One ancient tradition links him with Greece, where both Scythia and Epirus claimed him as their apostle. Another place in Greece, Patras in Achaia, claimed to be the place where Andrew was eventually martyred.

Like Jesus, he was crucified, but the story goes that during the two days it took him to die, he preached earnestly to the people about Jesus. Andrew was not afraid of death on a cross – he had seen it before, and knew one thing for certain: because of Jesus, there was nothing but eternal life ahead of him.

In the West, Andrew's feast-day was universal from the 6th century, and hundreds of churches were named after him in Italy, France and England. But how did he end up as patron saint of Scotland?

Well, according to one ancient legend, his relics were taken from Patras to Scotland in the 8th century, and ended up in Fife, where a church dedicated to him was built and became a centre for evangelisation and later pilgrimage. As Andrew was the only apostle to make it as far as Scotland, he was chosen as patron saint.

But Andrew did not stay in Scotland. After the fall of Constantinople in 1204, it is said that the Crusaders took his relics to Amalfi. From there the despot Thomas Palaeologus sent his head to the pope in Rome in 1461 – where it became one of the most treasured possessions of St Peters - until it was sent to the church in Constantinople by Paul VI.

In art Andrew is depicted with a normal Latin cross in the most ancient examples. The saltire cross 'X', commonly called St Andrew's Cross, and which represents Scotland on the Union Jack, was associated with him from the 10th century.

Prayer

A little girl attempted the Lord's Prayer: "Our Father, who does art in heaven, Harold is your name. Amen."

Eco Life a year on

A year ago, in October 2019, I wrote an article for Vision about our attempts as a family to cut down on our use of single-use plastics at home. This was partly spurred by the fact we are a large family and therefore have a larger environmental impact and partly that we were nudged into action by some high-profile figures including Hugh Fearnley-Whittingstall, David Attenborough and Greta Thunberg.

So, well over a year into our attempts, here is a little update of the some of the items that have stood the test of time:



Who Gives a Crap toilet paper. This brand has gathered popularity massively since we started using them – aided by the panic buying earlier this year too. I see people discussing them on social media all the time. We have a bulk delivery about every three months to reduce the carbon footprint of regular deliveries. Along with loo roll, they stock kitchen towel and boxes of tissues too. As well as being wrapped in paper and delivered

in fully biodegradable packaging, Who Gives a Crap were founded when they learned that 2.4 billion people around the world don't have access to a toilet. As they say on their website, that's roughly 40% of the global population and 'means that around 289,000 children under five die every year from diarrhoeal diseases caused by poor water and sanitation. That's almost 800 children per day, or one child every two minutes.' 50% of their profits go towards building toilets and improving sanitation in the developing world(whogivesacrap.org)



In the last article I mentioned Iron and Velvet, a company which makes small squishy sachets of concentrated cleaning products so you reuse your old plastic squirty bottles and mix up new cleaners in them. They are still going strong and have been joined by another company doing a similar thing called Ocean Saver. They were also founded after reading shocking statistics – this time

that by 2050 there will be more plastic in the ocean than fish! They call their sachets ‘plant-based, non-toxic Ecodrops’ and they have multi-surface cleaner, degreaser, anti-bac spray, descaler, floor cleaner and so on. You can get mixed starter packs to try and the smells are great. (ocean-saver.com)

Moo Hair, which made shampoo and conditioner only to begin with has now expanded to lots of hair products including hair masks, hair spray and sea-salt spray and now also sells shower gel and body lotion so they have rebranded to Moo & Yoo. They smell lovely, work well, come in biodegradable packaging and are a small business in Scotland. The products are all in glass bottles with reusable pumps and the



refills come with metal lids so all packaging goes in the recycling bin. (mooandyoo.com)



The cosmetic company REN have pledged to become zero waste by the end of next year and have been experimenting with different packaging made from plastic recycled from bottles reclaimed from the sea and a plastic substitute made of corn syrup. Their products are also vegan and non-irritant and best of all they send you freebies with every order! Their bestsellers include cleansers, toners and moisturisers and they do lovely gift sets. (renskincare.com)

We are still using If You Care for rubber gloves, baking parchment, bin bags, sandwich bags and tin foil and people who are more inclined to bake than us could also buy paper cake cases, flan cases and so on, all unbleached and biodegradable.

To avoid having to visit multiple online shops there are a number of 'eco' supermarkets online which stock many of these companies including Wearth (wearthlondon.com),



Peace with the Wild (peacewiththewild.co.uk), Ethical Superstore (ethicalsuperstore.com) and Big Green Smile (biggreensmile.com) where you can do a multi buy from different brands and discover lots of new ones!

My last recommendation has become very established in the Betts household not least because it is so convenient! Splosh have an app you download on your phone. For your first order you buy bottles of their products then you just order refills for them which come in cardboard packs that fit through your letterbox. Most of the refills will refill the bottles multiple times, so it's good value for money too. Every eight refills you empty you flatten into one of the cardboard packs and return in the postbox so it's completely zero waste. The



app keeps a count of all the bottles you've saved from landfill making you feel very virtuous! We use the bathroom cleaner, loo cleaner, floor cleaner, kitchen cleaner, washing up liquid, washing detergent liquid and fabric conditioner from their household range and then shower gel and liquid hand soap from their personal range – hand soap was another blessing to have steadily arriving during the last lock down shortages too! (splosh.com)

Claire Betts



In the hall behind St Mary's, 279 High Road, East Finchley, London N2 8HG

Open Saturdays (12-2pm)

Finchley Foodbank - food for people in need.

No voucher or referral needed, just come along. Will support people with enough food for 3 days

<https://www.finchleyfoodbank.org.uk/get-support>

<https://www.facebook.com/finchley-foodbank-248912191942313/>

Helping the spiritually curious find hope

HOPE Spaces was launched at the start of 2020 inviting churches to use a public place as a space for the spiritually curious to explore prayer. Then the world went into lockdown. Undeterred, HOPE Together has developed a virtual HOPE Space at hopespaces.com to help people to pray – maybe for the first time.

Dr Rachel Jordan-Wolf, who inspired the project says, “As lockdown began and research showed that many non-Christians were exploring prayer, we looked online and found that most websites about prayer were for practising Christians. So we began to develop a virtual HOPE Space online, where people can post their prayers and explore ways to engage with God in prayer.”

hopespaces.com is a multimedia, interactive site for anyone who wants to try praying, the spiritually curious and anyone looking for hope. It includes a specially-made film to help people call out to God and a virtual HOPE prayer wall where anyone can post a prayer. There’s also a meditation on rest to watch, plus content to help visitors think about their life’s direction and pray for justice or peace.

“Would you help us to publicise this non-Christian facing website?” Rachel asks.

“Visit the site at hopespaces.com and share it with your friends, especially those who are not-yet Christians. You can download social media images to use. We hope that Christians will use social media to invite their friends, colleagues, and neighbours to explore prayer at hopespaces.com and we hope churches will add a link from their website to this new resource.”

Poppy appeal 2020

Look out for the Poppy Appeal again this year, but not so much via street collections. Instead, the Royal British Legion will focus on contactless donations, as a safer way forward during the pandemic.

One such method will be 'point of sale donations'. This means that when you shop at your supermarket and reach the till or online, you may be invited to round up your total to the nearest pound to help the Poppy Appeal.

Or visit <https://www.britishlegion.org.uk/get-involved/ways-to-give/donate> to make a donation. The website also has a shop that has everything from poppy broaches and umbrellas to poppy scarves.

To donate **£2** text **POPPY2** to **70545***

To donate **£5** text **POPPY5** to **70545***

To donate **£10** text **POPPY10** to **70545***



*Texts cost £2, £5, or £10 plus one standard network rate message (typically 97% of the donation amount goes to the Royal British Legion). We will contact you by text on the mobile number you used to allow you to let us know how you would like to be contacted in the future and to find out whether you would like to add Gift Aid to your

A spokesman for the Royal British Legion said: "The Poppy Appeal 2020 is very much still going ahead", but that "the safety and wellbeing of our volunteers, staff and members is paramount.

This means that collectors who fall into the vulnerable category have been advised "not to take part in activity on behalf of the Poppy Appeal that would expose them to any additional risks while coronavirus is still present."

And yet the need is still huge: "Members of the Armed Forces Community are suffering significant hardship as a result of the Covid-19 outbreak and we at the Royal British Legion will do everything we possibly can to support them."



Lynette interviews



FRANCIS MUFORD

Tell me something about yourself

I am a self-employed architect and surveyor, and probably best known at St Paul's for being leader of the Scout Group.

When did you come to St Pauls?

My involvement at St Pauls comes from the mid 80's (Father Ray Taylor's time) when the Scout Group at St Pauls amalgamated with my Scout Group at Grove Road Baptist Church (now flats). As the lead of the new Scout Group I became involved with both churches. Since then I have been on the PCC and active in many aspects of St Paul's life including various entrainment evenings. However, strictly speaking I came to St Paul's much earlier- in the 1960's (Father Bryant's time) as I went to St Paul's primary school and so often visited the church.

Why stay?

Well I suppose the Scout Group keeps me coming but I find it to be a very friendly place- so I like to come when I can. I may not be there every week – you can also find me at Christ Church Friern Barnet (URC/Baptist) along Friern Barnett Road where I am also active and play in the worship band. My family were all Baptist and I was brought up at the old Grove Road Baptist Church, which joined up with Christ Church URC in the 1990's.

What does your faith mean to you?

I find this a hard question to answer as I consider faith to be a very personal concept- everyone having a different view on it, but it underpins our way of life and beliefs. It would be good to see St Pauls develop as a hub for the community.



£5 per card

Please donate via <https://www.give.net/20321719/oneoff> and then email your message to stpaulsvision6@gmail.com

All things Art!

With three sessions planned for the parish on “Advent Art” on the horizon (starting 2nd December, 7pm on Zoom) where adults and children will be invited to reflect on their favourite art on Advent/Nativity themes, I thought I’d share a few pieces of art which move me... and like some of the Facebook posts you sometimes see, I’ll “share them with no other comment or explanation” Perhaps other readers of *Vision* would like to share a few of their favourite pieces of art? **Fr Matt**



The Water-Lily Pond, Claude Monet (1840 – 1926)



Rat in the rain, Bansky (2003, Brick Lane)



Reptiles, M.C. Escher (1898-1972)



Polyphony, Paul Klee (1879-1940)

Welcome to All!

As I write this, the majority of churches (in the UK) are holding services again in their church buildings or wherever they normally worship together. But things are looking somewhat different. In my local church you need to ring a Churchwarden to book a place to come to Sunday or mid-week worship. So far, no-one's been turned down or away at the door for not booking. People are being told where to sit, rather than choosing their favourite spot, so the two-metre gap is maintained. And, in most services, face masks are required.

So how does all this affect our 'worship'?

There are two key elements to gathered worship for me.

My first is that the welcome is for everyone, regardless of how they look, or dress, their faith or their behaviour.

Many years ago I recall being on a caravan holiday with my Primary-aged children in Scotland. There was to be a raft race and fun by the river, starting immediately after the church service, so we dressed appropriately for a messy time! I was in a fluorescent pink tee-shirt and matching striped summer trousers (they were wow at the time!). Although we had never been there before and knew no-one, you would have thought we were royalty from the way the congregation treated us. It was wonderful.

We'd come home. We were family. The Christian family.

Brothers and sisters in Christ.

It's part of our job as Christians to be welcoming. There's no one specific person or role for this. It's down to all of us.

This month: Have a think about how you can express a welcome to the others in your congregation where you worship. Perhaps turn that around and think about how you would be encouraged and welcomed. Would that work for others?

I know it's a tough one if your smile is covered by a mask and you can't shake hands or hug. But what *could* you do?

Also, as you think about the essentials of gathered worship, ask yourself the question –

What else would be an essential for me? There's no single right answer, but it's worth thinking and worth talking to others about.

The Revd Dr Jo White

Soul cake

Soul cakes are an old English traditional cake, sometimes known simply as 'souls'. The tradition of giving out soul cakes on All Hallows' Eve dates back to the Middle Ages, when children went door-to-door saying prayers for the dead. On All Hallows' Eve, All Saints' Day and All Souls' Day, children went 'souling', asking for soul cakes from house to house: quite possibly a precursor to trick or treating.

Ingredients

175g butter

175g caster sugar

3 egg yolks

450g plain flour

2 teaspoons mixed spice

100g currants

a little milk to mix



1 Pre-heat the oven to 190C/Fan 170/375F. Cream the butter with the sugar until it's light and fluffy and then beat in the egg yolks one at a time.

2 In a separate bowl, sieve the flour and the spices together and add to the wet mixture along with the currants (reserving a small handful to decorate the tops later).

3 Mix with a wooden spoon and then add some milk to pull everything together into a dough.

4 Roll out to a thickness of around 1cm and cut out rounds with a biscuit cutter. Use a straight-sided knife to make a slight cross indent in the top of each cake and then push in raisins along it.

5 Place on a piece of baking parchment on a baking tray and bake for 10 to 15 mins on the fire or in the oven until golden. Allow to cool before eating.

Souling song

A soul! a soul! a soul-cake!
Please good Missis, a soul-cake!
An apple, a pear, a plum, or a
cherry,
Any good thing to make us all
merry.
One for Peter, two for Paul
Three for Him who made us all.

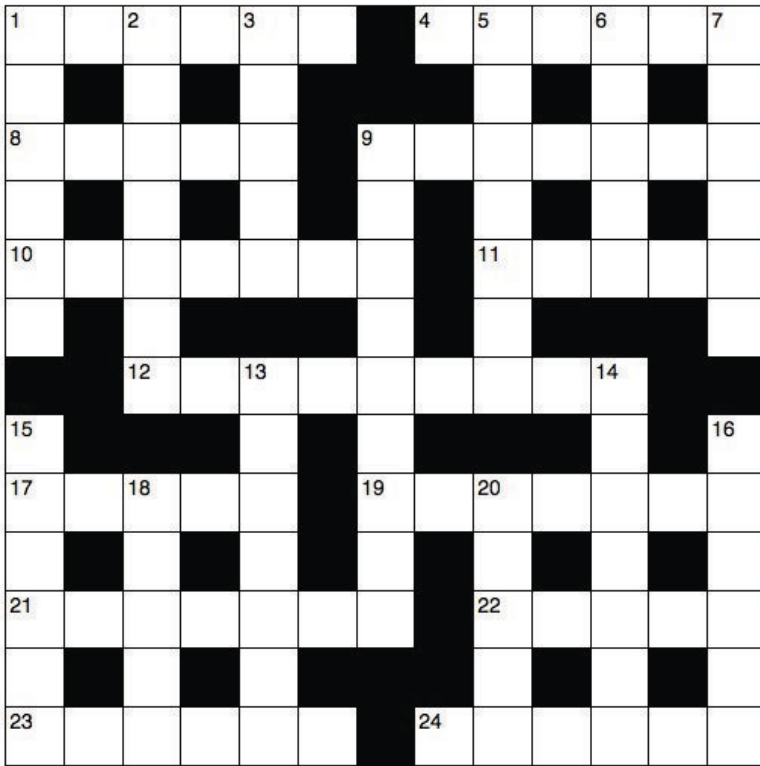
Where do you store your various food items?

Where do you put your parsnips and eggs, and what about the potatoes and onions?

The correct answers, according to new government guidelines, are that the first two below in your fridge and the second two belong in your cupboard.

More guidance on storing food safely can now be found on Wrap, the Government's food waste watchdog. The aim is to stop households throwing so much food away.

And so Wrap.org.uk offers advice on storing everything from aubergines to onions, bananas to cheese, fizzy drinks to wine. It could be a good refresher course for many of us, and a lifeline for younger people trying to get the most out of their weekly shop.



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

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

Across

- 1 'The Lord Jesus... took bread, and when He had given — , he broke it' (1 Corinthians 11:24) (6)
- 4 'He has taken me to the banquet hall, and His — over me is love' (Song of Songs 2:4) (6)
- 8 Surrey town that hosts the National Christian Resources Exhibition (5)
- 9 Also known as Abednego (Daniel 1:7) (7)
- 10 Liken (Isaiah 40:18) (7)
- 11 A son of Etam, descendant of Judah (1 Chronicles 4:3) (5)
- 12 A part of the temple where the blood of a young bull was to be smeared (Ezekiel 45:19) (9)
- 17 'They make many promises, take false — and make agreements' (Hosea 10:4) (5)
- 19 Roman province to which Paul returned after evangelizing it on his first missionary journey (Acts 16:6) (7)
- 21 Material used to make baby Moses' basket (Exodus 2:3) (7)
- 22 'And feeble as — , in thee do we trust, nor find thee to fail' (5)
- 23 'The watchman opens the gate for him, and the sheep — to his voice' (John 10:3) (6)
- 24 Stalk carrying the sponge of wine vinegar given to Christ on the cross (John 19:29) (6)

Down

- 1 Elijah dug one round the altar he built on Mount Carmel and filled it with water (1 Kings 18:32) (6)
- 2 'I am not — of the gospel, because it is the power of God for the salvation of everyone who believes' (Romans 1:16) (7)
- 3 Buddhist term relating to belief in reincarnation (5)
- 5 Damascus disciple who, at God's command, restored the sight of the blinded Saul of Tarsus (Acts 9:12) (7)
- 6 and 16 Horses: their sound (Jeremiah 50:11) (5) and their gait (Joel 2:4) (6)
- 7 A three (anag.) (6)
- 9 Athenian council addressed memorably by Paul (Acts 17:22) (9)
- 13 Abide by (Galatians 3:5) (7)
- 14 Persian princes (Daniel 3:2) (7)
- 15 Force (Galatians 6:12) (6)
- 16 See 6 Down (6)
- 18 Paste (anag.) (5)
- 20 How the cedars of Lebanon are described (Isaiah 2:13) (5)

Octobers Answers

D	E	A	C	O	N		A	P	P	E	A	R	
A		F			E		G		R		L		
W	I	T	S			H	E	A	V	E	N	L	Y
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E		N		S		P		R		E		O	
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O	B	S	T	A	C	L	E		J	O	H	N	
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1	3	7	5	6	9	2	4	8
6	2	8	7	4	1	9	5	3
5	4	9	2	8	3	6	1	7
2	9	1	6	3	7	5	8	4
3	8	6	4	9	5	7	2	1
4	7	5	8	1	2	3	9	6
7	1	3	9	5	4	8	6	2
9	6	2	1	7	8	4	3	5
8	5	4	3	2	6	1	7	9



And finally

I've always loved fireworks! There's something magical and joyous about the way they burst into the sky and light it up. We've had fireworks on the 5th November all of my life. I can remember sitting on the steps of the veranda as a child while my father went down (accompanied by our small brown dog, who also loved fireworks) to light the fireworks. We lived on a steep hill, so he was able to light them on the flat pitch he used as tennis court when it wasn't covered in weeds. They would light the fuse and then rush up to the top to watch them go off. By the end of the night the dog's tongue was hanging out from all the exertion, but he would never be left out!

Most of our dogs loved fireworks. Our black and white collie preferred to watch indoors, but he had to have the best window – which was covered in dog drool by the end of the night! The only one who hated them was Pip a Red Setter. He would bury himself inside the hall table cupboard for the night. After the first year when he destroyed half the passage getting there, we made sure it was clear and comfortable and he was quite happy to doze with his favourite toy and blanket during the festivities.

My own children still continue the tradition with a large noisy display in my sister's garden (ours isn't big enough) every year, shared by all her neighbours. Because of the Covid restrictions this will be the first year we will miss for a very long time but after all life is more important than fireworks.

This has been a very strange year; all the 'occasions' we measure the year by, have passed by without a chance to really celebrate them. We missed our Easter get-together, birthdays, (including my husband's eightieth) anniversaries, summer barbecues, holidays and will not meet for Bonfire Night, Christmas and New Year. What will we have to remember the year by? Well, we still talk to family regularly, meet at a distance over the allotment, attend church on-line and of course give thanks for our lives.

All in all, that can't be all bad can it! Have a good November.

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		
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	Contact 07956 347495 or FrancisWMudford@aol.com for details	
Cub Scouts		
Scouts		
3 rd 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