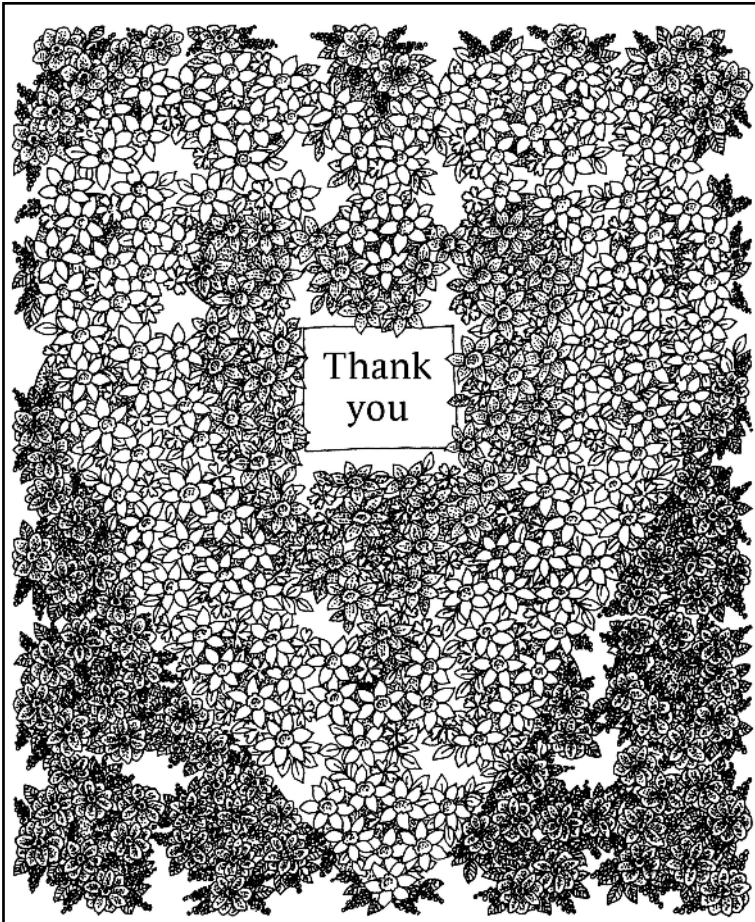




# St Andrew's News



The magazine of  
St Andrew's Methodist Church - Bushey Heath



Spring 2020

# St Andrew's Methodist Church

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## **MINISTER**

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## Changes to your magazine

At the November 2019 Church Council meeting it was decided that 'St. Andrews News' would only be produced four times a year instead of the current ten. Each issue will fall in-line with the circuit plan, so it will now be published in March, June, September and December (But it has increased to 40 pages!).

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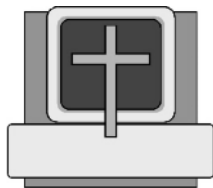
## Contributions

If you have any items of news or articles for inclusion in the magazine please pass them on to me or e-mail them to **[newsletter@samcbh.org.uk](mailto:newsletter@samcbh.org.uk)** The closing date for inclusion in the next edition is 24<sup>th</sup> May 2020.

Thank you.

Ken Green (Editor)

*Opinions expressed in this magazine do not necessarily reflect the stance or opinion of St Andrew's Methodist Church*



# From The Manse

## Journey into Lent

Our Lent journey begins! We make our way with Jesus towards Jerusalem and the Cross. This year we are exploring that journey and the places en-route through our Lent Group **“Places on the Way”**. We are stopping off at a village wedding in Cana, climbing new heights at the mount of Transfiguration finishing up at the Via Dolorosa in Jerusalem as Jesus makes his way to Golgotha. We will be exploring what the journey meant to Jesus and the journey we make this Lent. Look out for details and come along.

Following on from the Soap cross, this Lent I am asking for you to make Pom Poms – brown wool pom poms of various sizes and shades of brown. Make as many as you can during the 6 weeks of Lent and then join the team putting the cross together. (more information to follow)

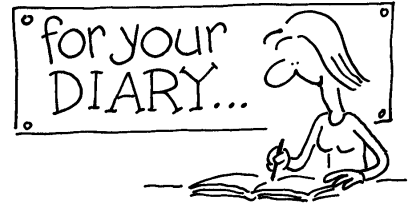
Maundy Thursday we are still going to gather for a shared meal and worship in the Small Hall (Bushey and Oxhey) but this year it will be a Bring & Share Supper (details to follow).

Finally, Good Friday, as churches together in Bushey and Oxhey, this year we are trying something slightly different. During Passiontide you will be asked to take some purple ribbons and tie them in prominent places (Purple being a symbol of the passion) we will gather outside St. Andrews at 9:30am for a short act of Worship before walking (or driving) down to the small Park opposite St Peters for another short reflection. This will finish around 10am when you are invited to stay for Hot Cross Buns and drinks at St Peters. There will be something happening in South Oxhey and Carpenders Park (again watch for details).

One day I would really love to follow in Jesus’ footsteps – to walk the Via Dolorosa but this year it’s a Bushey Good Friday but in a way the destination doesn’t really matter. It’s the journey we make, the people we share the journey with and the lengths our God goes to show his love for you and me. Have a good Lent.

*Richard*

## March



- 3<sup>rd</sup> - 7.45 pm Lent Study Group
- 10<sup>th</sup> - 7.45 pm Lent Study Group
- 14<sup>th</sup> - 10.30 am-Noon Coffee on the Heath
- 15<sup>th</sup> - 3-5 pm Sunday Supplement (Beetle Drive and Afternoon Tea)
- 17<sup>th</sup> - 7.45 pm Lent Study Group
- 20<sup>th</sup> - 7.45pm Film on the Heath
- 24<sup>th</sup> - 7.45 pm Lent Study Group
- 28<sup>th</sup> - 10.30 am-Noon Coffee on the Heath
- 31<sup>st</sup> - 7.45 pm Lent Study Group

## April

- 11<sup>th</sup> - 10.30 am-Noon Coffee on the Heath
- 17<sup>th</sup> - 7.45 pm Film on the Heath
- 25<sup>th</sup> - 10.30 am-Noon Coffee on the Heath

## May

- 9<sup>th</sup> - 10.30 am-Noon Coffee on the Heath
- 15<sup>th</sup> - 7.45 pm Film on the Heath
- 23<sup>rd</sup> - 10.30 am-Noon Coffee on the Heath

## The Way of the Cross

‘Whoever wants to be my disciple must deny themselves and take up their cross daily and follow Me.’ (Luke 9: 23)

These words of Jesus are spoken at a turning point in the gospel. Jesus challenges the disciples about His identity and their commitment to Him: ‘who do the crowds say I am?’ (18). It is at this point that He ‘resolutely set out for Jerusalem’ (9:51). On our journey through Lent, as we look to events of Good Friday and Easter, what are our priorities as Jesus’ disciples to be?

To deny ourselves: this means to saying No to ourselves and Yes to God, as we humbly submit our will to His. Jesus prayed in the Garden of Gethsemane ‘not My will but Yours be done.’ (Luke 22:42). It means putting Jesus first in everything: our work, family, ambitions, possessions, marriage, finance and future. We will not be guided by self-interest, but by allowing God to show us how to live in His way.

To take up our cross: this reminds us that the disciple is not immune from suffering, as we follow Jesus along the way of cross. Just as He carried His cross to Golgotha, we cannot avoid experiencing suffering in a fallen world. Every day we are to live in way that

demonstrates to everyone that we have died to ourselves, our selfish ways and ambitions, and seek to live for God. It means breaking old selfish habits and ways of thinking, as we allow God to renew us by His Spirit.

In all of this we cannot lose, because like Jesus, it is only through death that we find God’s new life. ‘He is no fool who gives what he cannot keep to gain that which he cannot lose.’ (Jim Elliot)

### Keeping love going

Here is some good news: the divorce rate has fallen to the lowest level for nearly 50 years. It seems that the many children of divorce have in their turn decided to stick at their marriage, and thus avoid the trauma of splitting up.

The Office for National Statistics (ONS) data shows that divorce has decreased to the lowest level since 1971. That means that couples who married five years ago have experienced 50 per cent fewer divorces than couples who married in the late Eighties.

Family lawyers believe the reduction in divorce is due to the children of divorce wanting to protect their own children from the financial pressures and emotional devastation that a split family can bring.



## ***Places on the Way to the Cross***

*A journey to Jerusalem stopping off at significant places en-route*

Led by Rev'd. Richard Lowson

### **St Andrew's**

Tuesdays at 7.45pm starting 3<sup>rd</sup> March for 5 weeks

### **Bushey & Oxhey**

Wednesdays 11am – 12noon followed by an optional Soup Lunch (for Christian Aid) starting 4<sup>th</sup> March for 5 weeks



Nobody won the Nobel Peace Prize in 1972.

## Psalm 84 – a heart for pilgrimage

This psalm is appropriate to think about during Lent, as it was used by pilgrims going up to Jerusalem. It speaks of the journey to find the presence of God in our lives. Where is our heart with God?

**A Heart for God's Presence:** 'How lovely is your dwelling-place, Lord Almighty! My soul yearns, even faints, for the courts of the Lord; my heart and my flesh cry out for the living God.' (v1,2). For the psalmist, the Temple is the focus of God's presence and the place where he longs to be. How much do we long to know God's presence ourselves? Lent is a time to seek Him through the spiritual disciplines of Bible reading, prayer, fasting, silence and solitude.

**A Heart set on Pilgrimage:** 'Blessed are those whose strength is in you, whose hearts are set on pilgrimage. As they pass through the Valley of Baka, they make it a place of springs; the autumn rains also cover it with pools.' (5,6). Lent reminds us that the Christian life is a journey of faith, which is not always easy. We pass through the valley of Baka, which is the dry desert place in our experience. Here God can seem remote and silent. However, it also the season when we are refreshed by the Holy Spirit filling our lives.

**A Heart that's Undivided:** 'Better is one day in your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked.' (10). We will find a home in God's presence only with an undivided heart, as we maintain our focus on God and trust him for all we need.

*'Most of Scripture speaks to us; the Psalms speak FOR us.'* (St Athanasius).



## When Spring comes

‘See! The winter is past; the rains are over and gone. Flowers appear on the earth; the season of singing has come, the cooing of doves is heard in our land.’  
Song of Songs 2:11-12

March is the month that I associate with the coming of Spring, my favourite time of the year, and such a relief after the darkness and gloom of Winter. This verse beautifully describes the joy that most of us feel as the days begin to brighten, and Nature starts to awaken once again.

These words also speak to us about a new season in life, one that is filled with hope and expectation. Sometimes we experience the darkness of winter in our lives – maybe in the form of depression, bereavement, chronic illness, family difficulties, financial problems and so on. These long winter months of the soul may seem to last forever. Our joy disappears, our energy dissipates, our mood is low. A thick black cloud hangs over us and it seems as if the sun will never shine again.

Then we have this reminder that no season lasts for ever. The cold grip of Winter gradually thaws and gives way to warmer days. The sun does shine again, and the temperature rises. Birds sing and flowers blossom. The sap rises. Love is in the air.

And in the spiritual realm the same happens. Eventually we will enter a new season of the soul. Joy returns and life gets back to something like normality. No darkness lasts for ever. We experience our own awakening, a kind of mini resurrection. We start to feel alive again, to see possibilities and to dream again.

In the depths of Winter, we can look ahead to the certainty of Spring. Faith enables us to believe that the winter of the soul will soon be past as well. In the darkness we choose to hope in God.



## The bonus years

by Tony Horsfall, who has just celebrated a significant birthday....

‘Our days may come to 70 years, or 80, if our strength endures.’ Psalm 90:10

I have known this verse most of my life, but only this month has it become reality for me. Yes, I have transitioned into my 70s and am now a septuagenarian. It is a strange feeling as I realise that I am now in my bonus years. With 25,550 days of my life already gone, each new day is to be welcomed as a gift and enjoyed to the full.

Life expectancy in the UK is currently 79.2 years for men and 82.9 years for women, so hopefully there are still a few years ahead of me. However, we cannot take our health for granted, nor that of our loved ones. This is the period when the fact of our mortality – and that of those around us – will become increasingly real.

Psalm 90 was written by Moses who lived to the grand old age of 120, and who stayed in remarkable health – his eyes were not weak nor his strength gone (Deuteronomy 34:7). Growing old is not too bad when you have good health and adequate resources, but for many of us that may not be the case. Indeed, Moses – with a touch of realism (or pessimism?) – also says about our years that ‘the best of them are but trouble and sorrow, for they quickly pass, and we fly away’ (v10).

All the more reason, then to remember that God, the One who is from everlasting to everlasting, can be our dwelling-place (v1). He can be our refuge, and our fortress, the One in whom we place our trust. Whatever our later years may bring, we can dwell safely in the shelter of the Most High and rest securely in the shadow of the Almighty (Psalm 91:1-2).

## Family and Freedom

The ructions in the Royal Family in January, widely reported (whether a fact or guess work) remind us that while they are 'royal' they are also a 'family'. God sets the lonely in families, the Bible says. But He also sets the awkward, the odd and the rebellious in them. Families are not associations of the identical, but places where difference is recognised and honoured.

Prince Harry is not Prince William, but neither is he Prince Charles, his father. Perhaps he is a bit more like the independent Diana, his mother.

Recognising difference, and respecting it, lies at the heart of family life, and always has. We may wish our children were replicas of ourselves, but they are not. My late wife was a nurse, and I was a journalist and broadcaster. We had three children. Today one of them manages a posh shop in Covent Garden, one is a musician travelling the world with a well-known folk-rock band, and another is a vicar. Long live the difference!

Families are wonderful. But they seem to work best when the individual members are set free to be themselves. We are not all the same, thank God!

## Look for good pasture – spend time with good people

There are some people who inspire you to be all you can as a Christian. When you meet one of these, it is a good idea to stay near them, and learn all you can from them. We are affected by the people whom we spend time with – pray that you will meet people who will lift you up, and not drag you down, in your Christian walk. The Bible says: 'He who walks with wise men will be wise.' (Proverbs 13:20)

Many Christians admit that their present Christian faith was built on the wonderful example of Christians they met during their teenage years. They were inspired and encouraged and moulded by these older Christians. What a wonderful gift they were given! Good spiritual nourishment is vital for building a strong, vibrant faith.

Seeing God bless someone else can increase your own desire to reach higher, and also be blessed in that way. When you see a 'successful' Christian, don't be envious, and want to sabotage them. Instead, be inspired and ask God to use you in some fruitful way. But remember – Jesus said that HE is the vine, and we are only the branches. No branch is ever going to flourish unless it stays deeply attached to the vine.



### Have you done something which haunts you?

Do you ever worry that your past failings mean that God will not accept you now? Some of us have done many things which we regret – things that have caused us, or others, great pain. We've given our children short shrift, we've betrayed our marriage partners, we've been dishonest at work, we've been ruthlessly greedy and ambitious – no matter what the cost to anyone else. And now the memory of the wrong we've done lingers, and it makes us ashamed. Our past failings make us very reluctant to turn to God. Why should He forgive the damage we have done?

If you think this way, then you have a big surprise waiting for you: God isn't like that. You haven't yet encountered His GRACE. God knows all about you, and most of all He knows you need His help. Jesus said that He came into the world to reach sinners – to help anyone who turns to Him in true repentance to find forgiveness, and a new start.

You can't do anything to turn yourself into a good person. But you don't have to. All that God asks of you is that you turn to Jesus in prayer, and say you are sorry, and ask Him to forgive you, and to put His Spirit within you. Then you find His GRACE – which means His loving-kindness, beginning in YOUR life. Just try it.

Today let God begin to set you free from the past!

## The joys of neighbours in the Spring!

Spring has finally sprung, and our thoughts turn naturally to ... the garden. The first sunny day is an opportunity to cut the grass with your new motor mower, prune next door neighbour's tree which overhangs, have a big bonfire to get rid of the rubbish, and end the day with a noisy barbeque!

All of these activities can lead to problems. Nuisance, in a legal sense, is something for which you make a claim in a civil court, the aim being for compensation or an order to stop someone causing the problem.

Nuisance can also happen when a landowner does something on his or her own land which affects another person's use or enjoyment of their own neighbouring land.

It is probably noise which causes most complaints. This could be noise from a motor mower, music or just people arguing.

Burning rubbish on bonfires could also cause a nuisance, if done when your neighbour has washing on their line. You might need to check if there is a local byelaw on when you can and cannot have a fire.

Not everyone likes pets, and they can cause damage. There are laws on dangerous dogs, and the more pets you have, the more chance of problems.

You can trim back overhanging branches from your neighbour's tree, but remember, you will be liable if your pruning kills the plant. You may also have problems if your tree roots damage the pipes in your next-door garden.

Disputes between neighbours are always tricky and court action is a last resort. So, how should you be a good neighbour? Be reasonable and sensible. If there is a problem, go and speak to your neighbour. It is much cheaper to speak directly to them rather than speak to them through a lawyer.

Think about the situation. Does your neighbour have young children or someone who works shifts? Tell them what you, or they, are doing. If you want to cut the hedge or mend a fence or have a party, speak to your neighbour first.

As always this is a complex legal area and get proper legal advice.

World Day of Prayer  
A Women –led, Global, Ecumenical Movement  
*Rise! - Take Your Mat and Walk*

The Day of Prayer is a world-wide movement led by Christian women of many traditions who call the faithful together, be they men, women or young people, to observe a common day of prayer each year.

Through the World Day of Prayer we are encouraged to:

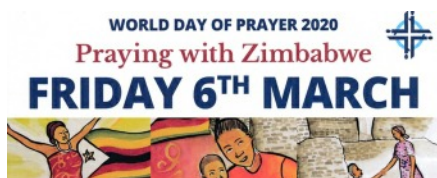
- Be enriched by the faith of Christians of other cultures
- Take up the burdens of other people and pray for them

Each year the service is prepared by the Christian women of a different country. Participation helps us to know how people in other countries understand their faith in the context of their own language and culture. We can hear their needs and concerns and feel ourselves in solidarity with them.

The movement also makes grants every year to support various projects throughout the world. For example: a Church Army project with marginalised women, a Christian Aid agriculture project in Bangladesh, and another with refugees in Sudan, help for prison leavers, work with refugees, and many, many more.

There is a complete list in the service booklet for the day along with a lot more information . Come and see!

Our local service is at 2.00pm  
Friday 6th March  
at St Pauls Church,  
Bushey Hall Road  
WD23 2EQ  
EVERYONE IS INVITED



## Hedges

A hedge around your property is good for you. A recent study has found that the humble hedge, when in full leaf, can cut air pollution around it by up to half.

A recent study by the University of Guildford measured traffic pollutants on either side of a hedge in a park on the road to Guildford. The survey found that the level of particulate pollutions – those tiny particles of soot and other matter that cause illness – was cut by half after the hedge reached full leaf in April.

So – if your home is along a busy road, grow a hedge!

## Flea Circus

Here's some news to make you itch: it seems that fleas are infesting British homes. The national flea population is believed to be on the rise.

A spokeswoman for the British Pest Control Association said: "Our industry is being more conscious of the chemicals used, so there is a chance that new products are not as effective." In other words, current health and safety rules probably mean that we are producing less toxic stuff with which to kill the fleas.

Around 95 per cent of flea eggs, larvae and pupae live in your house, and not on your pet. People think that if they have a flea infestation, it means they are dirty, but that is not necessarily so: fleas are just as happy living in a perfectly clean home. Their only demand is for a warm-blooded host to bearound, like your cat or dog.

## Men and Doctors

Men do not like doctors. In fact, eight out of ten men would prefer to endure an illness rather than seek help from their GP. (This will not surprise many wives.)

Despite recent campaigns urging them to take their health seriously, a survey

by BUPA has found that 48 per cent of men would only go to the doctor if they absolutely had to. And 39 per cent of men would actually let the pain become unbearable, before they sought any help.

### Could an ambulance even find you?

You and your friends know where you live, but could a 999 crew find you?

Paramedics warn that too many people do not make their house numbers clear. That means paramedics are wasting valuable time looking for clues as to which house is which, while shrubs and rubbish bins often obscure the numbers.

In an emergency, even a few minutes can mean life or death. So, make sure that your house can be quickly found. Make sure that your house number is easily visible from the street. If your house has got a name, put the house number next to it as well, so that in an emergency, the ambulances can reach you in time.

### Teenage couch-potatoes

Do you have teenagers? What are they doing at the moment? Chances are, they are glued to their phone. The World Health Organisation has warned that some 80 per cent of teenagers in Britain do not take enough exercise, and that a couch-potato lifestyle has become their norm.

Girls are even less active than boys, with 75 per cent of boys and 85 per cent of girls not doing enough exercise. The WHO is urging teenagers to do at least an hour of moderate physical activity – walking or cycling – each day.

In the UK, one in five children is obese or overweight by the time they leave primary school.

## The soaring cost and changing tastes in funerals

Never mind living, soon it will be too expensive to die! The cost of funerals has reached record highs, with families now spending an average of £9,493 on a funeral. That is an increase of more than three per cent in just the past year. Only if you are really strict, and shop around, can you still find a very basic funeral for just under £4,500.

But it seems that more and more of us want extras. And they can be quirky! Seven out of ten funeral directors have reported requests ranging from a Disney-themed service, to an all-pink wedding-style ceremony. They have been asked to release balloons at the end of the service, or even doves. As for appropriate music, whereas once 'Abide with Me' was the favourite, these days it can be 'Another One Bites the Dust' by Queen.

As for getting your loved one to their final resting place, nowadays you needn't rely on the hearse; use a motorcycle and sidecar instead. Or, most spectacular of all, you can even choose to place the ashes of your loved one into a large firework, and blast them off, high up into the sky!

*The research was done by the Competition and Markets Authority.*

## Run yourself to fitness

The London Marathon will be run next month (April). Here is some good news for anyone training for it: running a marathon for the first time can reverse key markers of your ageing by up to four years. Research at University College London and Barts Health NHS Trust found that people who trained for six months had major improvements in their blood pressure and arterial stiffness.

While marathons are great, they are not for everyone, and one doctor stressed that anyone can benefit from taking more exercise. "Keeping active reduces your risk of having a heart attack or stroke and cuts your chances of an early death. Setting yourself a goal, such as training for a marathon, is a great way to stay motivated."



## Eat seasonally

Eco-warriors who lead protest marches may have good intent, but what are they doing at home? Are they block-paving their gardens or eating avocados, for example?

Alan Titchmarsh, writing in his recent column in *Gardeners' World*, points out: "We cannot berate members of the Royal family and global superstars for flying hither and yon in private jets if we buy strawberries in January, for they, too, will have necessitated the burning of fossil fuel to reach our table."

Titchmarsh says that if we really want to make a difference, we should eat seasonally. "I yearn for a return to .... English apples and pears in autumn and winter, strawberries and raspberries in summer, and asparagus from April to June.

And while he would not deprive anyone of "a slice of lemon for their G&T," he does worry "about the growing consumption of avocados, which is causing the destruction of Mexican rainforests to make way for avocado plantations."

So instead of avocados this month, why not consider some artichoke, beetroot, broccoli, Brussels sprouts, cabbage (both Savoy and white), carrots, chicory, cauliflowers, endives, fennel, or spinach, to name but a few of the vegetables in season in March?

## Why women over 50 should slim down

Most women who are over 50 would be wise to lose some weight, and thereby reduce their chance of developing breast cancer.

So says some recent Harvard research, which found that those who lost the most weight also cut their risk of breast cancer by up to a quarter.

Two in three women in Britain are overweight or obese. One in eight women in the UK will develop breast cancer. Being overweight is a driving factor, as after the menopause, oestrogen drops, but fat cells keep the hormone raised, which can cause tumours to grow.

## Depressed doggie?

Is your pet depressed? Seriously. It seems that more and more pets are developing mental health problems, according to some research by Compare the Market.

Certainly insurance claims for pets being treated for mental health problems have gone up by 50 per cent. In the past year alone, insurers have paid out more than £750,000 for dogs with depression, cats with anxiety and similar ailments.

In fact, treating your pet for a mental health complaint has become so commonplace that even eight of the 10 cheapest pet insurers now offer such cover.

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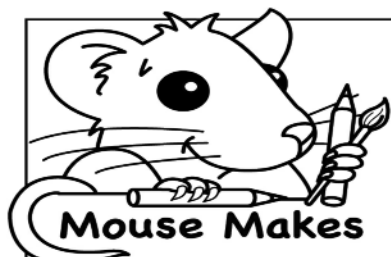
*"The aim of Sudoku is to complete the entire grid using the numbers 1-9. Each number can only be used once in each row, once in each column, and once in each of the 3x3 boxes. Visit [www.sudokuoftheday.com](http://www.sudokuoftheday.com) for further tips and help about how to play - and good luck!"*

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	4	1	9					8

© 2013 KrazyDad.com

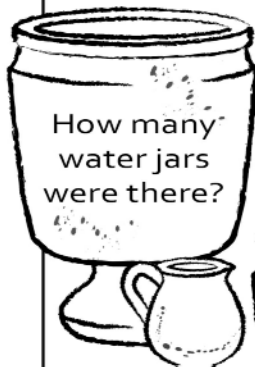
# The Front Pew

For the younger members of our church family



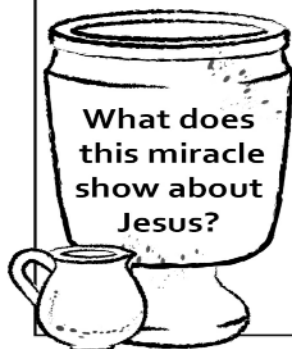
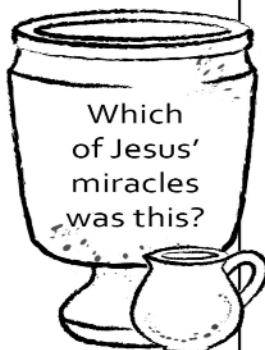
Jesus, his disciples and his mother Mary had been invited to a wedding. The wedding was to last a week, but too soon the wine had all been drunk.

*READ John 2:1-11 to find out what happened.*



What did the steward tell the bridegroom?

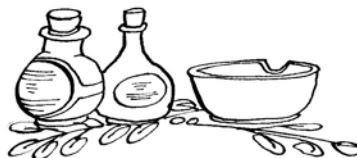
What had happened to the water when it was taken out?



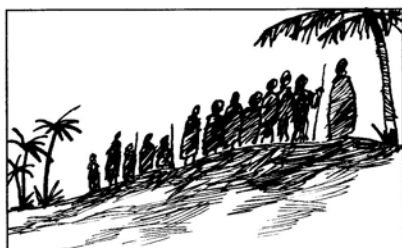
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WEDDING • CANA • GALILEE • JESUS • MARY • DISCIPLES  
SERVANTS • RAN • OUT • SIX • STONE • WATER • JARS  
FILL • TOP • TASTE • TURNED • WINE • FIRST

# The Doctor and the Patient



JESUS HAD MANY FRIENDS



BUT SOME WERE EXTRA SPECIAL. THESE WERE HIS 'DISCIPLES'.

JESUS ONCE ASKED A TAX-COLLECTOR CALLED 'MATTHEW' TO BE ONE OF HIS TEAM



YES!

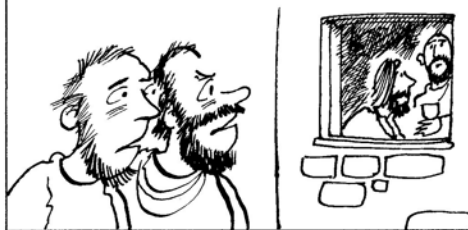


MATTHEW AGREED TO FOLLOW JESUS

JESUS WENT TO HAVE A MEAL AT MATTHEW'S HOUSE

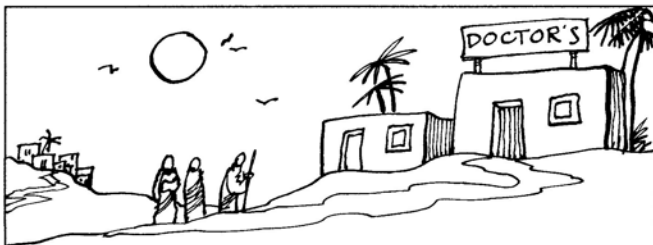


BUT MANY PEOPLE COMPLAINED ABOUT THIS. THEY THOUGHT MATTHEW WAS A BAD MAN - AND JESUS SHOULD IGNORE HIM.



JESUS' REPLY WAS VERY STRAIGHT FORWARD.

HE EXPLAINED THAT MATTHEW NEEDED HELP, NOT CRITICISM,



"IT'S NOT THE WELL THAT NEED A DOCTOR - BUT THE SICK!"  
see Luke 5:27-32

# Bible Bite

## A short story from the Bible

It can be read in the Bible in  
Matthew 25: 14-30

Jesus told a story to help his disciples  
to be ready for the end of time. 'A  
rich man was about to go on a journey...'

He gave his servants money  
to look after, depending on  
what they could do.



He gave 5 bags of coins to the  
first, 2 to the second, and 1 to the third.

As soon as he had gone,  
the first two servants  
started to work.



The one with 5 bags of coins  
used them to earn 5 more,



and the one with 2 bags  
used them to earn another 2!



The third servant dug a  
hole and buried his bag.



When  
the master  
came back,  
he called  
his  
servants  
to him...



The first two showed him they  
had doubled his money, and he  
was very happy with them.



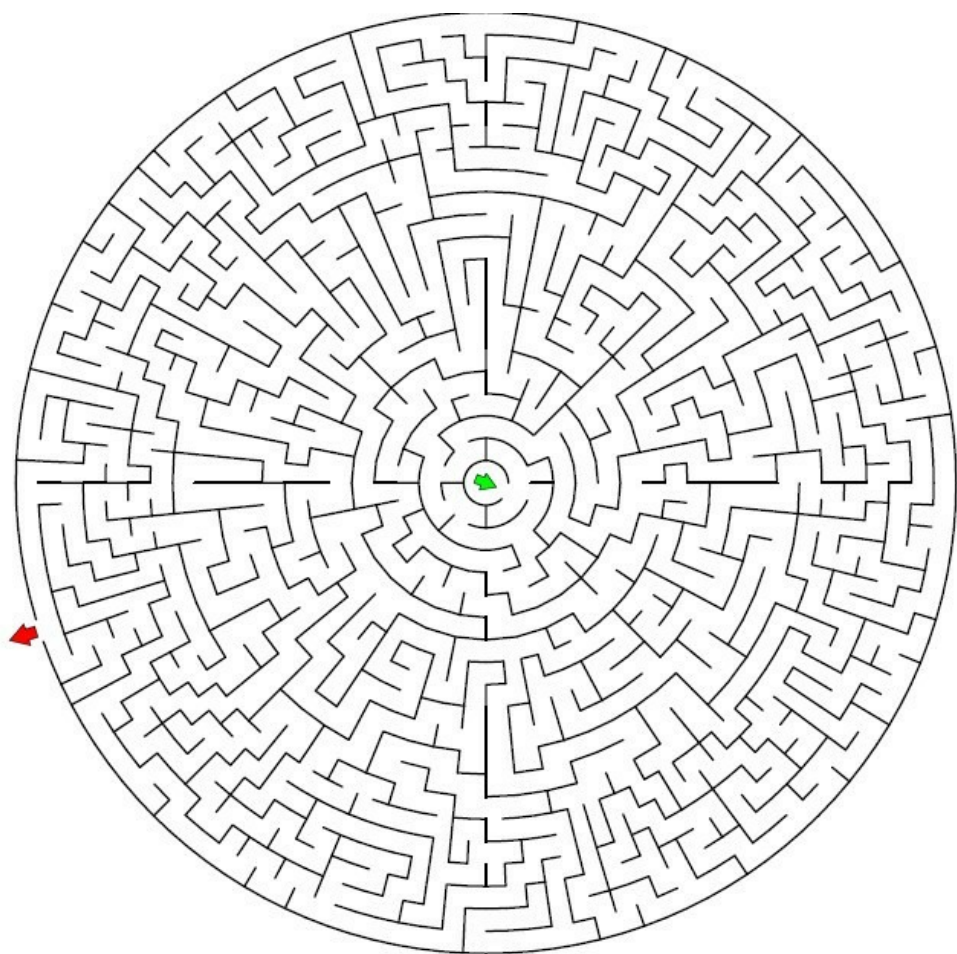
You are a hard man  
who expects us to work. I  
was afraid so I just hid it.

If you knew what I  
expected, why didn't  
you do it?

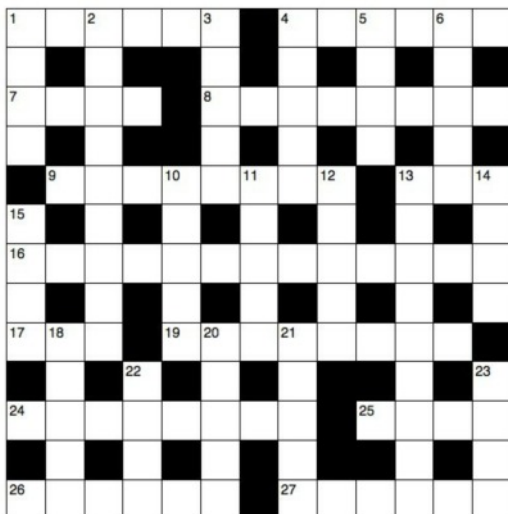
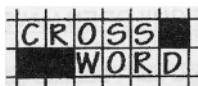


Get out of here!





HAPPY BIRTHDAY



### Across

- 1 The earth is one (6)
- 4 'On a hill far away stood an old — cross' (6)
- 7 'I am the — vine and my Father is the gardener' (John 15:1) (4)
- 8 The Caesar who was Roman Emperor at the time of Jesus' birth(Luke 2:1) (8)
- 9 'Your — should be the same as that of Christ Jesus'(Philippians 2:5) (8)
- 13 Jesus said that no one would put a lighted lamp under this(Luke 8:16) (3)
- 16 Involvement (1 Corinthians 10:16) (13)
- 17 Armed conflict (2 Chronicles 15:19) (3)
- 19 Where the Gaderene pigs were feeding (Mark 5:11) (8)
- 24 What jeering youths called Elisha on the road to Bethel (2 Kings 2:23) (8)
- 25 The Venerable — , eighth-century Jarrow ecclesiastical scholar (4)
- 26 8 Across issued a decree that this should take place (Luke 2:1) (6)
- 27 Come into prominence (Deuteronomy 13:13) (6)

### Down

- 1 Where some of the seed scattered by the sower fell (Matthew 13:4) (4)
- 2 Sexually immoral person whom God will judge (Hebrews 13:4) (9)
- 3 Gospel leaflet (5)
- 4 Physical state of the boy brought to Jesus for healing (Mark 9:18)
- 5 Tugs (anag.) (4)
- 6 To put forth (5)
- 10 Nationality associated with St Patrick (5)
- 11 Leader of the descendants of Kohath (1 Chronicles 15:5) (5)
- 12 'After this, his brother came out, with his hand grasping — heel' (Genesis 25:26) (5)
- 13 At Dothan the Lord struck the Arameans with — at Elisha'srequest (2 Kings 6:18) (9)
- 14 'Peter, before the cock crows today, you will — three times that you know me' (Luke22:34) (4)
- 15 Spit out (Psalm 59:7) (4)
- 18 'When I — , I am still with you' (Psalm 139:18) (5)
- 20 Concepts (Acts 17:20) (5)
- 21 Thyatira's dealer in purple cloth (Acts 16:14) (5)
- 22 Does (anag.) (4)
- 23 The second set of seven cows in Pharaoh's dream were this (Genesis 41:19) (4)

# WORDSEARCH

Lent lasts for 40 days. Sundays in Lent are 'oases'; as Sunday is never a day of fasting, but a weekly celebration of the resurrection of Jesus. Christians have used Lent as their '40 days in the wilderness', when they set aside the indulgences of life and instead look inward, seeking spiritual renewal and growth. Lent looks towards the Cross and the Empty Tomb, with the assurance of redemption and new life in Christ. The daffodils in our gardens are golden trumpets to proclaim the wonderful message of Easter! The English word for Lent is not at all religious; it is an abbreviation of the Old English word 'lencten', or 'lengthen'. At last winter is over, and the days are getting longer...

Lent  
Forty  
Days  
Sundays  
Fasting  
Weekly  
Celebration  
Resurrection  
Jesus  
Wilderness  
Indulgences  
Inward  
Spiritual  
Renewal  
Growth  
Cross  
Empty  
Tomb  
Redemption  
Daffodils  
Lencten







"I think I've finally become fully accepted here. After 25 years, the villagers have stopped calling me, The new incumbent !"



They had been asked to prepare posies for Mothering Sunday



Today's hymns are based on last week's trend in petrol prices...



## Prayers and Poems



Stone-throwing  
(John 8:1-11)

A familiar scene ...  
Crowds of people with strong views,  
clamouring, demanding their way,  
intolerant of others  
who made different mistakes, different choices.  
A raucous, intimidating, egocentric baying for action.  
A familiar scene...

Where is the love?  
Where is the compassion?  
Where is the concern for the common good?  
How long Lord, will your teaching be ignored?  
How long till the stone-throwing stops?

*By Daphne Kitching*

### Prayer for help and healing

Father,  
You are always loving, always generous and kind to your children.  
Please have mercy on us in these times of turmoil and division.  
Help us to be tolerant and understanding of those who have different,  
sincerely-held opinions.  
And guide our leaders so that your will be done in our country and in our  
relationships with each other and with Europe and the rest of the world.  
Lord, have mercy on us, forgive us and heal us. In Jesus name, Amen.

*By Daphne Kitching*

## The Table

The table in our dining room,  
Where daily dinners are consumed;  
Where Mother serves her wondrous pies!  
Where candled cakes light birthday eyes!

That table in our dining room  
Now stands against our fiery doom;  
Beneath it, we, in trembling fear  
Can feel the shocks as bombs fall near.

That table in our dining room  
Unseen within the blackout gloom  
Dark sentinel of precious lives  
As, overhead, the bombers dive.

The table in our dining room,  
It could, maybe have been our tomb!  
Protects us from our foes up there  
Supported by our fervent prayer!

The silence comes – the planes are gone  
We thank the Lord with joyful song  
As we emerge from our cocoon –  
The table in our dining room.

*By Nigel Beeton*





# Laughter Lines



## **A senior moment**

I made a list. I checked it twice. I left it at home.

## **Colourful writing**

The foreign student, writing a letter to the superintendent of the mission society, desired to end with the words: 'May Heaven preserve you.'

Not being quite confident of the meaning of 'preserve', he looked it up in a dictionary. When the letter reached the director, it ended with the words: 'And may Heaven pickle you.'

## **Mini**

Driver on a tight budget: "I need three litres of petrol and a cup of oil, please."

Garage: "And shall I cough into the tyres, sir?"

## **Pastoral care**

The young clergyman was walking through the village when he met one of his elderly parishioners. "How's your cold?" he asked.

"Verra obstinate," came the bleak reply.

"I'm sorry." The clergyman decided to try again. "Well, how is your arthritis?"

"Verra obstinate," came the reply.

"Oh dear, I am sorry," soothed the clergyman. He tried a third time: "And how is your wife?"

"About the same."

## **And then....**

Teacher: "What is the difference between results and consequences?"

Bright pupil: "Results are what you expect; consequences are what you get."

## **Off**

Due to the present financial situation, the light at the end of the tunnel will be turned off at weekends.

### **Prayers**

When my daughter was young, she was glad to say her prayers, but she always worried whether God would know which little girl she was. One night after the usual ‘Amen’, she dropped her head upon her pillow and closed her eyes. After a moment she said, “Lord! This prayer comes from 203 Seldon Ave. I’ll get you the postcode tomorrow.”

### **Smart money**

“Dad,” said the son, “what is a financial genius?”

“A financial genius,” said his harassed father, “is a man who can earn money faster than his family can spend it.”

### **Posh pooch**

Visitor to Crufts: “Has this dog got a good pedigree?”

Indignant Breeder: “Has he? If this dog could talk, he wouldn’t speak to either of us.”

### **Lullaby**

Mother (singing): “By low, my baby...”

Father (overhearing): “That’s right; you tell him to buy low and I’ll teach him to sell high.”

### **Wet**

Physics Professor: “What happens when the human body is immersed in warm water?”

Student: “The telephone rings.”

### **Family car**

Teacher: “Give me a definition of ‘home’.”

Student: “Home is where one half of the family waits until the other half is through with the car.”

### **Adam and Eve**

Adam and Eve had an ideal marriage. He didn’t have to hear about all the men she could have married, and she didn’t have to hear about the way his mother cooked.

## Church Magazine Bloomers

You know what they meant, but what they said was..

At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.

The senior choir invites any member of the congregation who enjoys sinning to see the organist after the service.

Next Thursday there will be try-outs for the choir. They need all the help they can get.

The Rector will preach his farewell message, after which the choir will sing: Break Forth Into Joy.

This evening at 7 pm there will be hymn-singing in the park across from the church. Bring a blanket and come prepared to sin.

The Women's Tea for next week has been cancelled. We are sorry for any incontinence this may cause.

The cost of the Fasting & Prayer Conference includes meals.

The church will host an evening of fine dining, super entertainment and gracious hostility.

Parish Supper Sunday at 5pm – prayer and medication to follow.

Don't forget the Singles Progressive Dinner. Attire is optional.

The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday. Thursday at 5 pm there will be a meeting of the Little Mothers Club. All wishing to become Little Mothers, please see the minister in his private study.

Attention Parents. There will be a conference on how to help your teen avoid pre-marital sex. The featured speaker will be Molly Kelly, a nationally known speaker on abstinence and mother of eight.

The sermon this morning: 'Jesus Walks on the Water.' The sermon tonight: 'Searching for Jesus.'

Ladies, please don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Don't let worry kill you off – let the Church help.

For those of you who have children and don't know it, we have a nursery downstairs.

## 200 years of astronomy

The Royal Astronomical Society was founded 200 years ago, on 10th March 1820.

Originally called the Astronomical Society of London, it had been opposed by Sir Joseph Banks, president of the Royal Society, who persuaded the Duke of Somerset to withdraw his agreement to be the first president. But it survived with William Herschel as president, though he never actually took the chair at a meeting.

The idea was simply to promote astronomy. At the outset there were very few professional astronomers, but this soon changed. A Royal Charter was signed by William IV in 1831, and the name of the Society was altered. Since then every monarch has been a patron.

The Society was closed to women at first, and women were not admitted to fellowship until 1916, although Caroline Herschel was awarded a gold medal as early as 1828 and elected an honorary member, with Mary Somerville, in 1835.

Currently the Society, with more than 4000 members, has three main functions: maintaining a library, organising scientific meetings – geophysics is now part of its remit – and publishing journals.

A prominent 21st century fellow is Professor David Wilkinson, a theoretical astrophysicist and lecturer in theology, who is working on the dialogue between science and religion.



## What Psalm 23 is really all about

The Lord is my Shepherd – THAT’S RELATIONSHIP!

I shall not want – THAT’S SUPPLY!

He maketh me to lie down in green pastures – THAT’S REST!

He leadeth me beside still waters – THAT’S REFRESHMENT!

He restoreth my soul – THAT’S HEALING!

He leadeth me in the paths of righteousness – THAT’S GUIDANCE!

For his name sake – THAT’S PURPOSE!

Yea, though I walk through the valley of the shadow of death – THAT’S TESTING!

I will fear no evil – THAT’S PROTECTION!

For thou art with me – THAT’S FAITHFULNESS!

Thy rod and Thy staff they comfort me – THAT’S DISCIPLINE!

Thou preparest a table before me in the presence of mine enemies – THAT’S HOPE!

Thou anointest my head with oil – THAT’S CONSECRATION!

My cup runneth over – THAT’S ABUNDANCE!

Surely goodness and mercy shall follow me all the days of my life – THAT’S BLESSING!

And I will dwell in the house of the Lord – THAT’S SECURITY!

Forever – THAT’S ETERNITY!



## Eating In The UK In The Fifties

Pasta had not been invented.

Curry was a surname.

A takeaway was a mathematical problem.

A pizza was something to do with a leaning tower.

Bananas and oranges only appeared at Christmas time.

All crisps were plain; the only choice we had was whether to put the salt on or not.

A Chinese chippy was a foreign carpenter.

Rice was a milk pudding, and never, ever part of our dinner.

A Big Mac was what we wore when it was raining.

Brown bread was something only poor people ate.

Oil was for lubricating, fat was for cooking

Tea was made in a teapot using tea leaves and never green.

Coffee was Camp, and came in a bottle.

Cubed sugar was regarded as posh.

Only Heinz made beans.

Fish didn't have fingers in those days.

Eating raw fish was called poverty, not sushi.

None of us had ever heard of yoghurt.

Healthy food consisted of anything edible.

People who didn't peel potatoes were regarded as lazy.

Indian restaurants were only found in India.

Cooking outside was called camping.

Seaweed was not a recognised food.

"Kebab" was not even a word never mind a food.

Sugar enjoyed a good press in those days, and was regarded as being white gold.

Prunes were medicinal.

Surprisingly muesli was readily available, it was called cattle feed.

Pineapples came in chunks in a tin; we had only ever seen a picture of a real one.

Water came out of the tap, if someone had suggested bottling it and charging more than petrol for it they would have become a laughing stock.

The one thing that we never ever had on our table in the fifties ...was elbows!

## Real Easter Eggs celebrate their 10th birthday!

The Real Easter Egg campaign has been running since 2010 and involves thousands of churches, schools and groups. It crosses all denominations and offers individuals a simple way to share the Easter Story while supporting Fairtrade and charitable projects.

The idea began in 2008 when I was given a chocolate Easter Egg. On the side of the box it read: 'Easter is the festival of chocolate and loveliness'. I began to wonder – was it right for the manufacturer of an Easter egg to change the meaning of a religious festival in this way? Imagine the outcry if this had been done to Christmas.

I searched for an Easter egg which mentioned the Christian story of Easter. It became clear that out of the 80 million eggs on sale there was not a single manufacturer who was willing to mention the religious aspects of the festival. So, I started The Meaningful Chocolate Company to manufacture the UK's first 'Real Easter Egg'.

For it to be a 'Real Easter Egg', it had to reflect the Easter themes of hope and new life and do three things – have a copy of the Easter story in the box, be made from Fairtrade chocolate and support charitable causes.

The Real Easter Egg was launched in 2010. It was a struggle, as the supermarkets turned down the idea. It was left to churches and schools to place orders and fund the making of The Real Easter Egg.

Ten years on, more than a million eggs have been sold, with over 750,000 eggs sent through the post directly to customers. The rest have been sold through retailers and supermarkets.

Nearly £275,000 has been donated to charitable projects with Fairtrade Premium fees paid to farmers allowing them to buy everything from school-books and solar panels to providing fresh water.

For Easter 2020, there are five types of Real Easter Eggs available, all with new

content. Each egg has an edition of the Easter story included. There is a new 24-page version in the Original and Dark eggs with activities, biblical text and a prize competition worth £200. There is a poster activity version of the Easter story in the Sharing Box and Fun Pack and a simple guide version in the Special Edition. Both the Original and Dark 2020 eggs are plastic-free and all our chocolate is Palm Oil free.

This year churches are encouraged to read more or order at [www.realeasteregg.co.ukcontent](http://www.realeasteregg.co.ukcontent).

### Garden trends for 2020

What plans do you have for your garden this year? Probably you will slow down on the digging, and maybe try making some mud pies by your new bee hotel instead. These are among the predictions of The Royal Horticultural Society (RHS).

The RHS reports a growing desire among gardeners to keep their soil healthy by adopting a 'no dig' philosophy, which limits damage to soil structure and wildlife.

As for mud pies, the RHS hopes that more parents will tempt their children into the garden to enjoy themselves with simple fun, and also to enjoy the benefits of soil bacteria on their immune system.

And bee hotels? They are just one of many ways in which we can take positive steps towards helping nature. Gardens need to be a bit less tidy, with seed heads left for the birds to eat, fallen logs left for the hedgehogs and beetles to sleep in, and piles of dead grass and weeds for our woodlice and other small crawlies. Gardens also need simple ponds, and plants for pollinators. Clipped shrubs, manicured lawns and pesticides do not help nature at all.

As Guy Barter, RHS chief horticulturalist says: "There's a rising tide of concern about the environment.... In the garden at least we can have some control. Now we are all wildlife gardeners, helping songbirds, helping beetles and woodlice."

## SHREWSBURY SNIPPETS

As we began October, we visited the last remaining Town Walls Tower. It was given to the National Trust in 1930 and is opened on four weekends each year. It is thought that in the 5<sup>th</sup> century, the area of Shrewsbury became home to refugees from the nearby Roman city of Wroxeter. In the 7<sup>th</sup> century, Saxons referred to the town as 'Scrobbesbyrig', probably from Old English - 'scrubb' (scrubland) and 'byrig' (fortified place). They thought that the marshland and river were adequate protection against invasion but after many attempts by the Welsh to invade, a wooden castle was built in 1074 to strengthen their defence. Following a successful Welsh invasion in 1215, the perimeter walls were built between 1220 and 1242 with the seven Watch Towers added nearly 200 years later. After the towers ceased to have a defensive use, they were leased to principal townsmen. In 1580, this one became 'Waring's Tower' due to the family having been wool merchants from the 14<sup>th</sup> century. Later, it was used as a workshop for a watchmaker before becoming a home to families until 1980. Today, it is leased to the neighbouring school.

I attended a concert at the United Reformed church in aid of the

'Pearl of Africa Child Care' charity. It's a small UK charity working to improve health, welfare and education for over 2,000 children enrolled in The Molly and Paul Foundation schools in Uganda. From their children's homes, a choir is formed to visit the UK annually. They stay with local families and fundraise with their singing, dancing and sale of items. The dozen young people were so energetic that the church vibrated.

Shrewsbury, with its medieval streets, shuts, passageways and gory history is said to be one of the most haunted towns in the UK. For most of October, there were guided walks, talks, meals, music, river sailings and films to tell the stories of ghostly events at Hallowe'en. A free booklet, 'After Dark in Shrewsbury', gave all the events and known hauntings around the town. From Bear Steps Hall, a walk by the Civic Society entitled 'Ghouls, Crypts and White Walkers' had been advertised. On arrival, due to the many walks, they had changed it to an enlightening talk with power point.

In November, the 6<sup>th</sup> Chocolate Festival showcased some of the UK's best Chocolatiers products. Most handmade truffles, chocolates, Bean 2 Bar products, chocolate food and drink, many with allergy-free ingredients, could be tasted. There were also talks, demonstrations and children could make chocolate lollipops. Joanne

Harris, author of 'Chocolat' promoted her latest book, 'The Strawberry Thief'.

For Advent, Bayston Hill Methodist Church staged an Angel Festival. Each group using the church or hall set up a display with for example: paintings, models, knitted angels. It was a lovely surprise to see Kay Goodwin visiting with her mother.

The Firework display was planned for the Showground on 2<sup>nd</sup> November and then the 9<sup>th</sup> due to the road being closed by flooding. It was eventually held on a dry 7<sup>th</sup> December, with a colourful festive twist to fit in with the other Christmas events.

In mid-November, the town was busy with late night shopping, choirs, bands, musicians, street hawkers, an illuminated giant 'Shrewdolf' and the Rotary's Santa sleigh. A workshop had been held for the children to make paper or willow lanterns which they then proudly carried down to the Town Square. Judged the winner of the lantern parade, 9 year old Millie, then switched on the Christmas lights. Later, the tree and post box for those letters to Santa appeared.

Walking beside the river one morning, I noticed the short-lived banner for 'Aladdin'. For several years, the pantomime dame has been played by local resident, Brad Fitt but it read Brad Pitt. I enjoyed the panto with colourful costumes, sets and even a high-wire magic carpet ride for Aladdin. For the

71 performances, more than 42,500 tickets were sold. In mid-January, it was reported that 18,000 tickets had already been sold for the 2020 pantomime, 'Beauty and the Beast'.

I mentioned some Christmas events in the last issue. In a variety of venues, carol singing could be enjoyed on a daily basis. A Victorian dressed group supported the Severn Area Rescue Association hoping that extra funds would extend cover to Shrewsbury. St Chad's church with a circular nave held a Christmas tree festival but not as good as St Andrew's. The 40 trees were sponsored by local businesses and lacked imagination with or some without decoration. A variety of markets, late night shopping and Christmas food tastings were also enjoyed.

From 7<sup>th</sup> to 16<sup>th</sup> February, it was 'The DarwIN Shrewsbury Festival' because Charles Darwin was born on 12.2.1809 and grew up in Shrewsbury. To celebrate his birthday, various activities were planned. Cancellation of the ones we'd chosen to do was forced by storms Ciara and Dennis.

With best wishes,

*Janice*

Hello All,

Happy New Year! I hope you enjoyed the festivities over the Christmas period and are looking forward to the adventure of 2020. Here's a few highlights from the last couple of months:

At the end of November I headed up to Southport to volunteer at 3Generate, the Methodist Children and Youth assembly. Around 1200 young Methodists from across the country gathered for a weekend of workshops, worship and fellowship. The theme for the weekend was 'Where is God in my story?' and the young people had the opportunity to reflect on this. From the event, a children and youth manifesto will be created. The aim of this is to share with the wider Methodist church the voice of the young people in our congregations: what they are thinking about and what they'd like to see happen. I have included the 2019 manifesto that was created from 3Generate in 2018 to show you. I look forward to sharing this year's manifesto when it is published. We had a busy time over Christmas, but wasn't it worth it! We were pleased to welcome a local school to visit the Christmas Tree festival up at St Andrew's to see their tree and play an eye-spy game among the trees. As you can imagine, there was a lot of excitement in the room and they got involved in singing carols at the end. We had a great time again at Toddler Carols, with many attending both at Bushey and Oxhey and St Andrew's. The children had the opportunity to make crafts, hear the nativity story and sing nursery rhymes and carols. It was another lovely way to get into the Christmas spirit and remind us of why it is such a special and important time of year. We further reflected on this at our Christingle service. There's something special about making your own Christingle but everyone sitting together gathered as one; what a reminder that Jesus came for each of us but also for all.

I'm excited to see what 2020 brings for our churches and local communities!

Blessings,

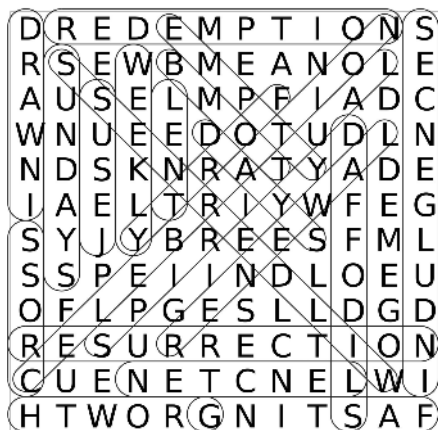
*Nicola*

*Loving Father, we thank You for never  
leaving or forsaking us in our darkest times.*

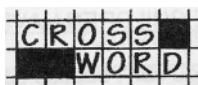
## Puzzle Solutions

数独  
sū doku

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



WORDSEARCH



**ACROSS:** 1, Planet. 4, Rugged. 7, True. 8, Augustus. 9, Attitude. 13, Bed. 16, Participation. 17, War. 19, Hillside. 24, Baldhead. 25, Bede. 26, Census. 27, Arisen.

**DOWN:** 1, Path. 2, Adulterer. 3, Tract. 4, Rigid. 5, Gust. 6, Exude. 10, Irish. 11, Uriel. 12, Esau's. 13, Blindness. 14, Deny. 15, Spew. 18, Awake. 20, Ideas. 21, Lydia. 22, Odes. 23, Lean.



Services this quarter (9:30 a.m. unless stated)



**March**

1st - Rev'd Richard Lowson (Breakfast Church 9.00am) [Lent 1]

8th - Dr Roy Swanston [Lent 2]

15th - Rev'd Richard Lowson (Holy Communion) [Lent 3]

22nd - Local Arrangement (Mothering Sunday) [Lent 4]

29th - Mr Mike Lees [Lent 5]

**April**

5th - Rev'd Richard Lowson  
(Breakfast Church/Parade Service 9.00am) [Palm Sunday]

12th - Rev'd Richard Lowson (Holy Communion 9.00am) [Easter Sunday]

19th - Mr John Farrow [Easter 1]

26th - Rev'd Mark Hammond [Easter 2]

**May**

3rd - Local Arrangement (Breakfast Church 9.00am) [Easter 4]

10th - Rev'd Richard Lowson (Holy Communion) [Easter 5]

17th - Dr Jonathan Wakelin [Easter 6]

24th - United Service @ Bushey & Oxhey MC (11.00am) [Easter 7]

31st - Mrs Sheila Billings [Pentecost]