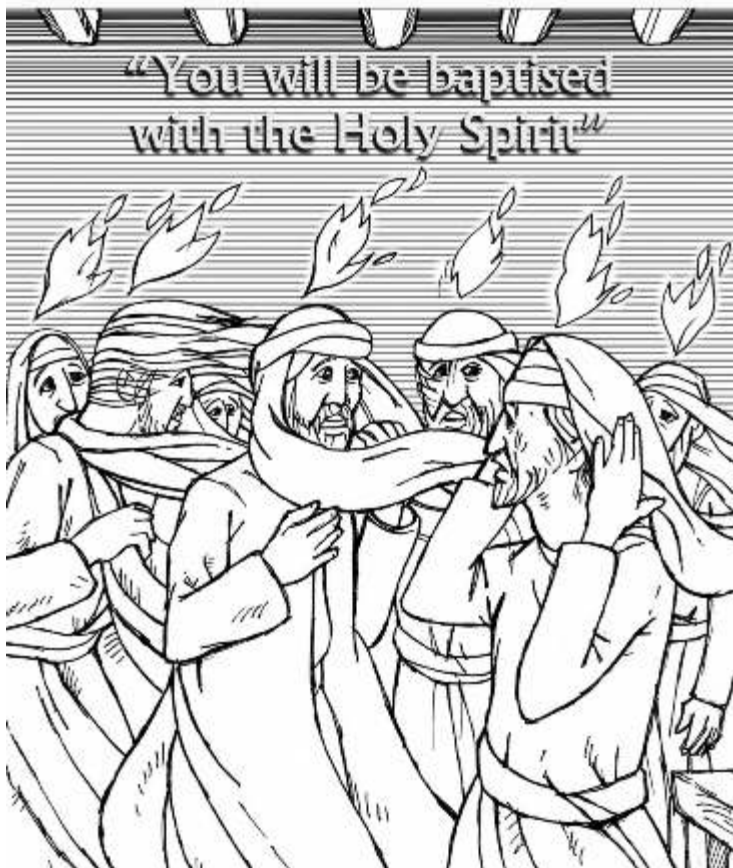




St Andrew's News



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



May 2018

St Andrew's Methodist Church

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Missed a Service?



If you miss a Sunday morning service most are now available to borrow on CD. Please look in the foyer for those which are available.

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 20th May

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

Come into the Garden....

I think this was the title of a song (well before my time) “Come into the garden Maud”. I really do love my garden at Belmont Road and it never fails to surprise me. Last Summer I thought I had dug all my tulip bulbs up and placed them in paper bags to be planted in pots later for a controlled show, neat tulips in nice rows of terracotta pots.

Only I discovered beautiful clumps of yellow tulips coming through in the beds of last year. They should not be there but I am not complaining — it really is a lovely thing to gaze at on a grey damp morning.

Garden stories are central to our faith, if we want to discover more about our creator God we need to immerse ourselves in the story of the garden of creation. The creative Spirit at work from the beginning of time, a God who creates from nothing. It is in a Garden, the olive press Gethsemane, we discover the true humanity of God made flesh. And in an Easter garden at the break of a new day we discover the risen Christ with this message of new life and new hope.

I love the work of the garden designer Capability Brown, who starts with an almost blank canvas on which he creates a new and beautiful landscape, planting trees, moving earth, forming hills and shaping water. The mind and hands of a great creator.

I am looking forward to creating in my garden this year. I am taming the wilderness at the top of the garden, hoping to plant a wildflower meadow. I’m no Capability Brown but I dream of what could be. A space where I can gaze on the beauty that points to the hand of the creator.

I invite you to **Come into my garden!** I will be holding my Annual Manse Garden Party on Saturday 7th July. Pop in anytime between 10:00am and 4pm. Put the date in your diary. More details to follow.

Enjoy the gardens you visit this Spring – Let God take you by surprise.

Richard



May

12th - 10.30-12.00 Christian Aid Coffee Morning & Mini-Market

18th - 19.45 Film on the Heath

26th - 10.30-12.00 Coffee on the Heath

Godparents – a real role to play

To be asked to become a godparent is a real honour. Ideally, it should go on to become a lifelong commitment that turns into a deep and loving relationship between godparent and child. Sadly, too often it wanes into a duty to be met by Christmas presents and birthday cheques.

A godparent is a member of the family ‘once removed’, and in an ideal position to enjoy the company of the young person without any parental responsibility. Godparents can share their life experiences, hobbies and past-times with the youngster, and thus greatly enrich their childhood.

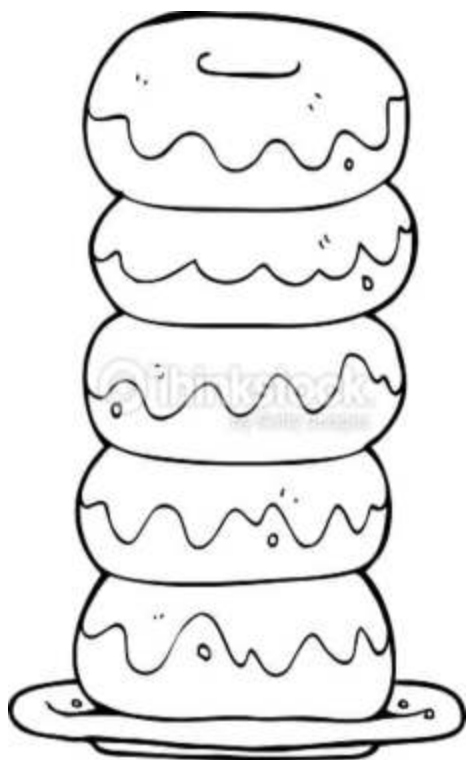
These days many godparents are chosen with the idea of guardianship in mind, in case anything ever happen to the parents. But the practise of appointing godparents goes back many hundreds of years.

Godparents were originally known as sponsors, from the Latin word *spondere*, meaning ‘to promise’. In pagan times a sponsor had to be known to the bishop when a person was introduced into the church. Godparents have the job of speaking up for the child. They must themselves have been baptised, though not necessarily confirmed.

Canon Law advises that ‘for every child there are no fewer than three godparents’

Often parents choose two people from the same sex as the baby, and one other male/female. They can be friends or even members of the family.

National Doughnut Week 12th – 19th May



Eat some doughnuts – and help raise money to help desperately ill children through the Children’s Trust.

That is the aim of National Doughnut Week, and this year you will find about 600 participating bakeries, cafes and shops, all over the country. There you can choose from all sorts of doughnuts with various toppings and fillings.

Through the support of these bakeries, cafes and shops, National Doughnut Week has raised more than £755,000 in the past 23 years for children’s charities. And it is hoped that at least £30,000 will be raised to make this the best year ever.

The Children’s Trust is a national charity working with children who have multiple disabilities and complex health needs.

*Jesus' death on the cross
rescued us from our sin.*

God is able to comfort

‘A Christian is one who is completely fearless, continually cheerful and constantly in trouble!’

Paul shares his experience in Asia, when writing to the Corinthians: ‘We were under great pressure, far beyond our ability to endure, so that we despaired of life itself. Indeed, we felt we had received the sentence of death’ (2 Corinthians 1:8,9). God proved able to comfort him in all his hardships.

God is a God of all comfort:

‘Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort’ (3). Comfort, which is inherent to God’s character, means ‘getting alongside to help’. It also describes the work of Holy Spirit as ‘comforter’ (John 14:16). Whatever our circumstances, God comes alongside with His presence, provision, protection, guidance and peace.

God is able to comfort us:

‘For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ.’ (5). God does not promise to keep us from suffering, but Jesus shares this experience with us. We have the assurance that God is present in our difficulties, setbacks and disappointments. God uses troubles to teach us trust and dependence, as well as building our character.

God enables us to comfort others:

‘...who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.’ (4). It’s easy to offer cheap comfort: ‘I know what you are going through!’ Yet sharing God’s comfort means telling our story and pointing them back to Him. We cannot offer comfort people at a distance, but need to be prepared to get alongside others in their troubles, whatever the cost to ourselves.

‘God comforts the disturbed and disturbs the comfortable.’

What is Holy Spirit all about?

At Pentecost, we remember the gift of the Holy Spirit to the first disciples. It was a powerful experience, when along with wind and fire, ‘all of them were filled with the Holy Spirit’ (Acts 2:4).

Power is experienced in two ways: it can be either unleashed or harnessed. The energy in petrol can be released explosively by dropping a lighted match into it. However, in the engine of a car, it will transport people in a controlled way! The Holy Spirit works in a similar way. At Pentecost, he exploded onto the scene and 3000 people were added to the church, because of Peter’s preaching. He also equips us with his gifts to engage in the mission and ministry of the church.

However, the Spirit's power also enables us so to grow in our faith. He assures us of God’s love and acceptance in our lives, despite our fears, doubts or failures: ‘God's love has been poured out into our hearts through the Holy Spirit, who has been given to us’ (Romans 5:5). The Holy Spirit is also committed to producing the character of Jesus in us, enabling us to live as Jesus would in our place ie job, family and time: ‘the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.’ (Galatians 5:22,23).

The Spirit gives us a new love for God, a longing to read the Bible and pray, a desire to meet with other Christians and a readiness to share our faith. He will also challenge wrong habits, attitudes, words or lifestyle in our lives.

‘Let the church return to Pentecost, and Pentecost will return to her. The Spirit of God cannot take possession of believers beyond their capacity of receiving Him’ (Andrew Murray).



Definitely not a Spook

This month the Church celebrates Pentecost (we used to call it ‘Whitsun’). It marks the occasion 50 days after Easter when the Holy Spirit was ‘poured out’ on the group of followers of Jesus who had obeyed his command to ‘wait in Jerusalem’ until they were ‘clothed with power’. The gift of the Holy Spirit was that ‘power’. It turned them from an anxious group of 120 men and women hiding in an upper room into a revolutionary movement. In their opponents’ words, and despite fierce persecution, they ‘turned the world upside down’. Within four centuries the Christian faith had captured the Roman Empire.

They took no credit for this. They saw it as the work of this ‘Holy Spirit’. The fact that today there are billions of people in the world who believe the same message suggests that it still is. I think the problem for many people is that they associate the word ‘spirit’ with ‘Ghost’, which was how for centuries he was named in English. I once deplored this at a meeting in Holland, only to be told by someone that we were lucky. In Dutch he used to be called the Holy Spook.

He is neither a ghost nor a spook, but the third ‘Person’ of the Holy Trinity. I refer to Him as ‘he’, but the word for Spirit in Greek is neuter. One scholar called the Spirit ‘the executive officer of the Godhead’ – the One who gets things done. God the Father created us, God the Son, Jesus, rescued us, and now God the Holy Spirit continues their purpose in the world until the kingdom comes.

Use it or lose it

If you are retired, or about to retire, beware: brain function declines rapidly as soon as people stop work and decide to put their feet up.

Recent research that tracked 3,400 retired civil servants found that short-term memory declined nearly 40 per cent faster once employees become pensioners. It seems that when you stop being regularly stimulated to think, your cognitive function slows down, and your memory loss and risk of dementia speed up.

And so, experts at University College London and King’s College London advise older people to keep physically and mentally active, and to make sure they also interact with people on a regular basis.

THE WAY I SEE IT: Telling the Time

I was having a little button problem with the ATM. A message appeared on the screen. ‘Would you like more time?’ I clicked the ‘yes’ button, eventually collected my cash, and spent the rest of the afternoon thinking about that profound question. Well, would I? As an elderly man, do I really want more time, or am I content to face the fact that time is the raw material of our lives and eventually it runs out?

We exist within a framework of time: days, weeks, months, years. We can’t imagine life without it, and yet God, the Creator, is eternal, He simply and gloriously exists. That’s his Name – ‘I AM’. So if the end of time for us is to be with him, will we at last be free from its tyranny?

Most of my working life was dominated by time, so that seems a pleasant prospect. But in an unpredictable world our hearts break for those who lose a child or who die as we say ‘prematurely’. Sometimes those of us of riper years feel a kind of guilt: why not us? Thankfully, age will not be an issue in heaven. God doesn’t grow old. There will be no more dying, young or old. Like Him, we shall just sublimely be.

All of that, of course, is a matter of faith, and may seem irrelevant to those whose immediate concern is living in the here and now. But time simply ticks on, and one day that question may arise: Would you like more time? It’s easy to answer when life is full of promise, or as yet unfulfilled goals. It’s not quite so simple when early onset decrepitude threatens. For me, every hour of life is a gift of God, so it’s still the ‘yes’ button until a wiser hand intervenes: ‘your time is up’.



Venetian blinds were
invented in Japan

Well dressed!

Where do you go to hear the terms pettling, flowering, barking or puddling?

Derbyshire, of course – where the tradition of ‘well dressing’ goes right back to 1394, when two annual displays in Tissington and Buxton began. Nowadays, there are dozens of well dressings held across Derbyshire each summer.

So - how does one dress a well?

First, you take hard board, and wet it for up to three weeks. Then clay is puddled into just the right consistency and mounted on the board. The clay is then barked (dot to dot) so that you can plan the display in great details. Next, pettling – when flower petals, dried fruit and veg is pricked out onto the clay board. Finally the display is mounted next to the historical well.

Well dressing can be a reminder to thank God for the blessing of water, as well as a fun activity for the whole community, and it certainly keeps an old tradition alive and well. It can also raise money for charity.

In many communities the churches join in by offering to organise hymns and prayers at the well dressing, as well as some tea and cake. One lady who had gone through a difficult time was so warmly welcomed by the church when she visited her local well dressing that she went on to join the church.

Happy teenagers

This may sound unlikely, but the happiest teenagers are those who spend just under an hour a day on social and other digital media.

A recent survey of more than a million children aged 13 to 18 found that their unhappiness began to increase after they had spent more than an hour looking at screens. Those children who spent more time on sports or with friends, were most content.

Researchers at San Diego State University believe it was the screen time that drove the unhappiness, rather than vice versa. However, the researchers do not recommend no digital media, just that it is kept in balance, and not allowed to take over a young person’s life. ‘Try to increase the... time you spend seeing friends face to face...’ one researcher urged.

Keep-fit gear is best kept in the gym

Do you wear yoga leggings and crop tops to exercise? Be careful if you wear them for too long. They can give you eczema and acne.

It seems that working out in tight-fitting gear, and then leaving it on you, traps the sweat and rubs it into your skin, which can aggravate skin conditions.

Health experts advise: 'it is a good idea to get into the habit of showering immediately after exercise to minimize the risk of developing skin problems.' Your cuffs, neckline and waistline are especially at risk.



Don't like having an injection?

Here's a tip: try coughing to minimise any pain you might feel. Researchers have found that jabs often cause less discomfort if you cough just as the needle pierces your skin. Hope it works for you!



Dogs prefer baby talk

Do you talk to your dog as if it were a baby? You know how your voice goes a bit higher, and gets warm and emotional? Well, that is good – your dog will appreciate it.

In fact, scientists at the University of York have found that such 'dog speak' is important for helping owners form a bond with their pets. Dogs prefer to spend time with people who speak to them in a friendly, soft voice, rather than with people who speak to them conversationally, as if to another adult. The research was published in the journal *Animal Cognition*.

Hay fever?

Rubbing a little petroleum jelly inside your nostril can often stop a runny nose caused by hay fever. Hope it works for you!

Slowly does it

Here's a fairly easy way to diet – just eat more slowly, cut out after-meal snacks, and don't eat for two hours before going to bed.

Research has found that people who eat at a normal speed are 29 per cent less likely to be obese than those who eat quickly. The research was done at a medical school in Fukuoka Japan.

Hello all!

It has been an egg-citing month as we have celebrated Easter together! Here's a quick run down of what has been going on...

On Palm Sunday, we had a parade service at Bushey and Oxhey that was attended by the local Beavers and Cubs. They shared stories about what activities they had been doing over the last few months and the palm tree leaves made by their hand prints decorated the church.

On Easter Sunday during breakfast church at St. Andrews, we worked together to create prayer flowers and fingerprint bees, reminding us to share the good news of Easter with everyone. At Bushey and Oxhey, our collective prayers decorated the wooden cross with flowers. In case you weren't able to make it on the day, I've included a couple of pictures this month for you to see!

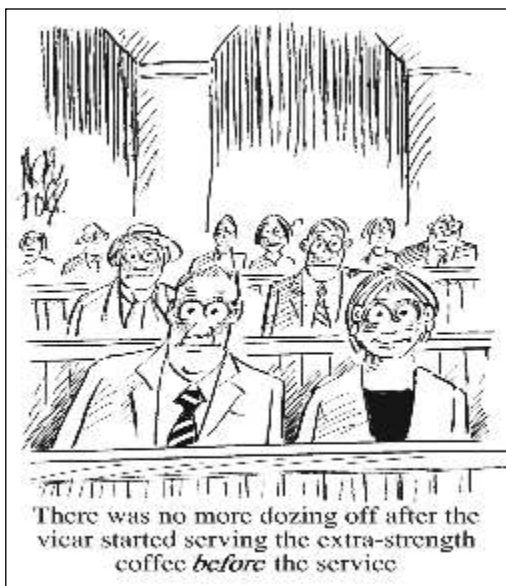
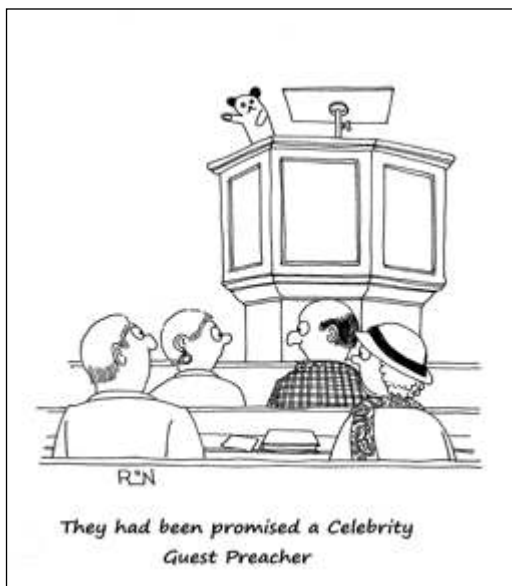
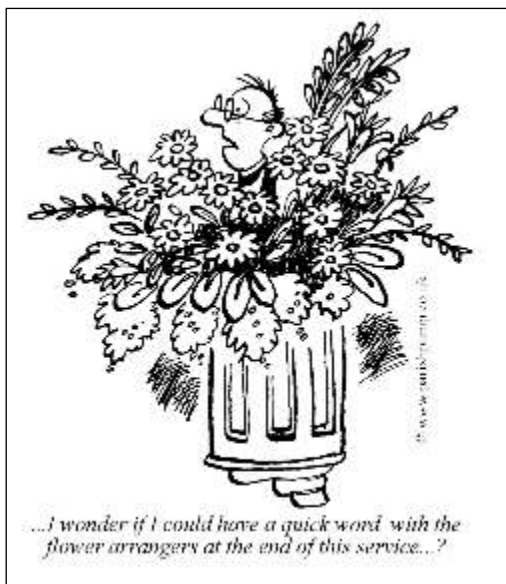
We held an Easter Trail event for toddlers, where they visited 6 stations exploring different elements of the Easter story. With around 20 children attending, this was a lively event as they went to each station, collected an egg and did an activity. Lots of crafts were made, including palm leaf hands, play-dough last suppers, Easter egg prayers, decorated biscuits and tissue paper crosses. This was followed by a short re-telling of the Easter story and singing. A big thank you to all who were involved for their time and help!

Messy Church also explored Easter this month, and there were lots of activities themed around eggs and new life. This included making parachutes for eggs (luckily, they were hard-boiled!), decorating egg shaped biscuits and a classic egg and spoon race. A bright group collage of the empty tomb was also made. Next month, we will be thinking about the ascension and great commission. This will be held on the 2nd Sunday, 13th May at 3:00 – 5:30pm, so spread the word and we hope to see you there!

I look forward to updating you again next month!

Blessings,

Nicola



数独

sū doku

"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 for further tips and help about how to play - and good luck!"

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

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Solution on page 31

The Front Pew

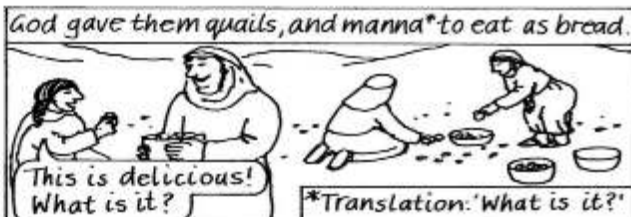
For the younger members of our church family

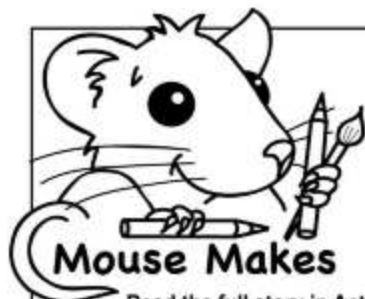
Bible Bite

A short story from the Bible

It can be read in the Bible in Exodus chapters 15: 22 to 19: 2

God had rescued the Hebrews from Egypt, and was leading them to their new land. But after 3 days.....





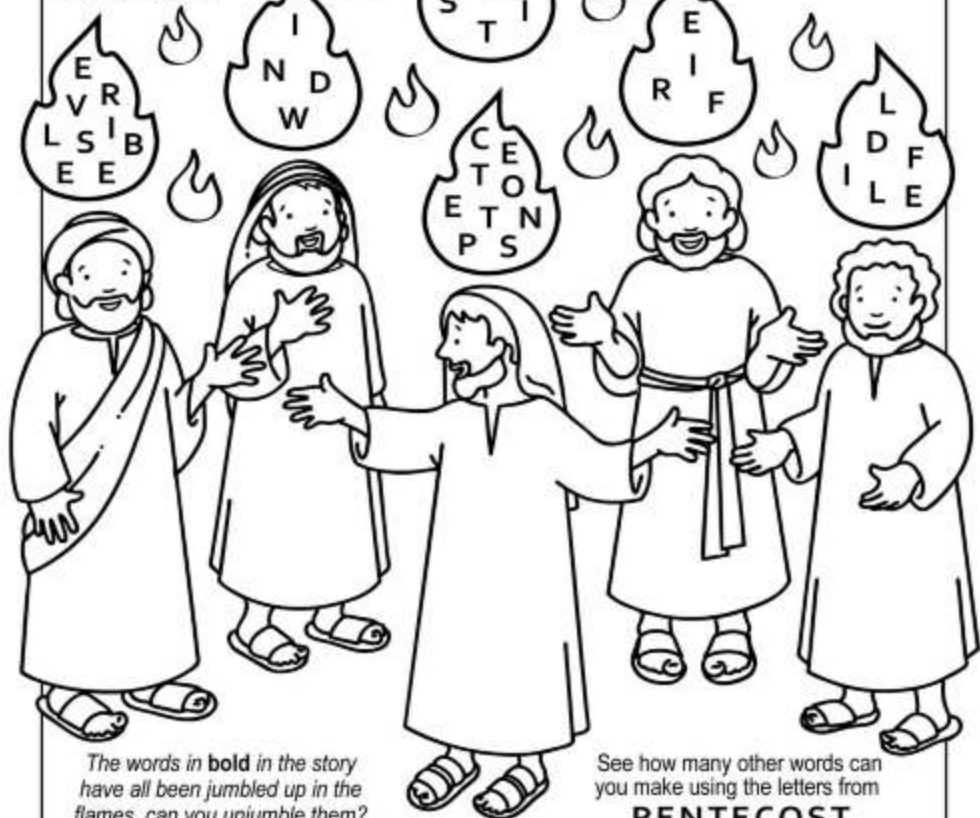
Mouse Makes

Read the full story in Acts 2

Which city were they in?
Which countries had people come from?
Who spoke to the crowd?
How many were
baptised that day?

It was the festival of **Pentecost** and the Apostles and other believers were all together in one place, when they heard a sound like a strong **wind** and saw what looked like flames of **fire** which spread out and touched each person. They were all **filled** with the Holy **Spirit** and began to talk in other languages as the Spirit enabled them.

A crowd gathered outside, they were excited and confused because each of them heard the **believers** speaking in their own language about the great things God had done.



The words in **bold** in the story have all been jumbled up in the flames, can you unjumble them?

See how many other words can you make using the letters from

PENTECOST

The parable of the FIG TREE



JESUS OFTEN TOLD
STORIES WITH
HIDDEN MEANINGS

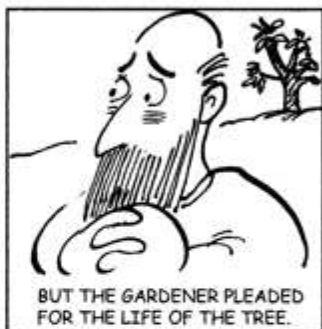


ONE STORY WAS ABOUT A FIG TREE

THE MAN WHO OWNED THE
FIG TREE WAS VERY
DISAPPOINTED WITH IT



HE ORDERED HIS GARDENER TO
DESTROY THE TREE BY DIGGING
IT UP.



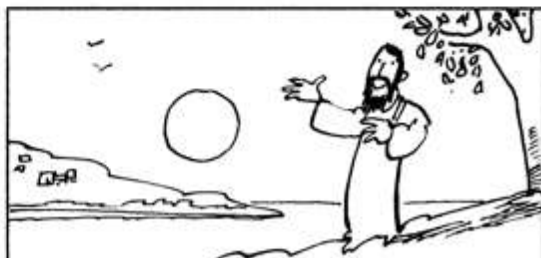
BUT THE GARDENER PLEADED
FOR THE LIFE OF THE TREE.

HE EXPLAINED THAT THE TREE
SHOULD HAVE ANOTHER CHANCE



THE GARDENER PROMISED HE WOULD LOOK AFTER THE
TREE TO THE BEST OF HIS ABILITIES...

...THEN IF IT BORE FRUIT A YEAR LATER
- THEN THE TREE WOULD BE ALLOWED
TO LIVE.



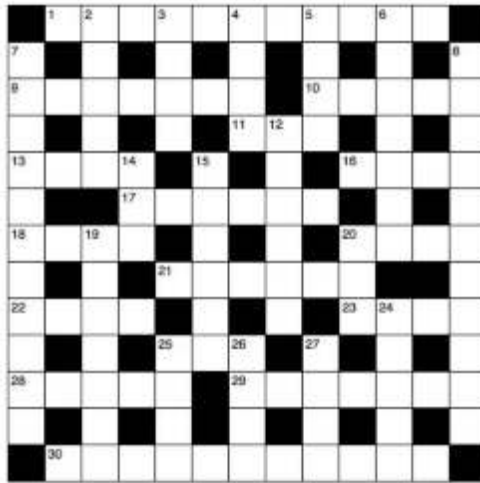
THIS WAS JESUS' WAY OF SAYING THAT GOD IS
ALWAYS WILLING TO GIVE US ANOTHER CHANCE...



The story of
PENTECOST
Acts chapter 2



(solution on page 31)



Across

- 1 Overpowered (Deuteronomy 11:4) (11)
- 9 'The — are mantled with corn' (Psalm 65:13) (7)
- 10 'Each man—a sword to his side'(Exodus32:27)(5)
- 11 On the death of Jesus the curtain in the temple was torn from— to bottom (Matthew 27:51) (3)
- 13 Stagger(Isaiah 28:7)(4)
- 16 'Anyone,then,who knows the good he ought—and doesn't do it, sins' (James 4:17) (2,2)
- 17 Stir up or provoke(Acts13:50)(6)
- 18 Burden(Luke11:46)(4)
- 20 'As far as the east is from the—,so far has he removed our transgressions from us' (Psalm 103:12) (4)
- 21 Sign(Luke23:38)(6)
- 22 'After that,Jesus poured water into a basin and began to—his disciples' feet' (John 13:5) (4)
- 23 The nature of the seven ears of corn which swallowed up the good ears in Pharaoh's dream (Genesis 41:23) (4)
- 25 Has(anag.)(3)
- 28 'This is the account of Shem,Ham and Japheth,—sons' (Genesis 10:1) (5)
- 29 'I will...make them drunk,so that they...sleep for—and— awake' (Jeremiah 51:39) (4,3)
- 30 Paul said of him,'he often refreshes me and is not ashamed of my chains' (2 Timothy 1:16) (11)

Down

- 2 Worth (Matthew 13:46) (5)
- 3 'A bruised — he will not break' (Matthew 12:20) (4)
- 4 'Suddenly a great company of the heavenly — appeared with the angel' (Luke 2:13) (4)
- 5 Slip (anag.) (4)
- 6 'Take an awl and push it through his — into the door, and he will become your servant for life' (Deuteronomy 15:17) (3,4)
- 7 Bountiful (2 Corinthians 8:2) (11)
- 8 'Therefore, as we have —, let us do good to all people' (Galatians 6:10) (11)
- 12 Acquire(2Timothy2:10)(6)
- 14 Container cover(Numbers19:15)(3)
- 15 'He...became obedient to death,even death on—!' (Philippians 2:8) (1,5)
- 19 Refrain(1Peter2:11)(7)
- 20 'She began to—his feet with her tears'(Luke7:38)(3)
- 24 One who worships Brahma,Vishnu or Shiva(5)
- 25 'Give to everyone who—you'(Luke6:30)(4)
- 26 'I lift up my eyes to the hills;where does my—come from?' (Psalm 121:1) (4)
- 27 One of those whom the Lord said would be taken from Jerusalem and Judah as judgment on them (Isaiah 3:2) (4)

WORDSEARCH

(solution on page 31)

After the Ascension

The disciples had spent 40 days with Jesus and now they were called to share that experience with others. Jesus told them to wait for the gift of the Spirit to empower them as witnesses. *'Do not leave Jerusalem, but wait for the gift my Father promised, which you have heard me speak about.'* The Spirit also equips us to display Jesus' character (fruit) and enables us to witness (gifts). How does our life demonstrate the difference Jesus makes? The early Christians were called to witness for Jesus in ever-increasing circles of influence. For us, this will mean family and friends, workplace and community, and the wider world. Where is God calling us to serve Him?

Ascension
Disciples
Forty
Jesus
Share

Experience
Wait
Gift
Spirit
Empower

equip
Witnesses
Jerusalem
Father
Early

Christians
Demonstrate
Difference
Family
Friends

Workplace
Community
World
Calling
serve





**MOVIE
MOMENTS**

Nick and Carol Pollard from EthosMedia.org share thought-provoking reflections on the latest films.

Forgiveness and restoration

It is clearly coincidental, but perhaps providential, that *Paddington 2* was released whilst the media has been driving the #MeToo hashtag. We continually read new salacious stories revealing people's hidden depths of wickedness, with an implicit expectation that we should now vilify and exclude them. Then, along came *Paddington 2*, with its heart-warming story of a little bear who looks for the hidden depths of goodness in vilified and excluded people, with the explicit expectation that they should be recognised as part of the society which we all share.



The film's storyline is simple, but beautifully developed. Paddington is working hard as an accident-prone window cleaner to earn enough money to buy a pop-up book from an antiques shop to give to his aunt for her birthday. However, the book contains a secret message about the location of hidden treasure, and the villainous Phoenix Buchanan (Hugh Grant) steals it away. Wrongly convicted of Buchanan's crime, Paddington is sent to prison, where he faces the violent Knuckles McGinty (Brendan Gleeson).

Many children's films operate at two levels: obvious visual slapstick for young viewers, and subtle verbal humour for adults. *Paddington 2* has a much more connected integrity, with an underlying message for young



and old. As much as many of us have been hurt, in different ways, by the wicked behaviour of other people, there is good in everyone. And, as much as evil within people's hearts must be recognised and repented, the goal must be forgiveness and restoration. Many films utilise a redemptive story-arc for key characters. *Paddington 2* applies this to everyone. And, thereby, has an important message for us all.



**ETHOS
MEDIA**.org

EthosMedia.org provides free resources to help people explore spiritual, moral, social and cultural issues through the latest feature films.



Prayers and Poems



The Day of Pentecost

(Acts 2)

From prophecy to fulfilment,
from fear to courage,
from confusion to conviction,
from despair to certain hope,
from head to heart,
from longing to knowing,
from weakness to strength,
from paralysis to power.

What a difference a day makes -
The Day of Pentecost
when the Spirit came
and everything was different and possible...

by Daphne Kitching

Grace to be not like porridge

O Lord, grant that we may not be like porridge
Stiff, stodgy and hard to stir
But like cornflakes: crisp, fresh and ready to serve.. *Anon*

Your dwelling-place

Lord, grant me a simple, kind, open, believing, loving and generous heart,
worthy of being your dwelling- place.

By John Sergieff, Russian priest, 1829 – 1908

Meals with Jesus

The tax collector had climbed a tree
Trying to see what it was all about
'Come down Zaccheus, I'll eat at your house',
And Zaccheus' life was turned inside out.

Simon the Pharisee invited the Lord
And at the meal a woman came in,
With tears and perfume she anointed His feet
And Jesus responded forgiving her sin.

Breakfast was ready, fish on the coals
They'd toiled all night and were cold and tired,
'Put your nets down again' the Master called
And fish were caught on the other side.

And now we come to the feast of all feasts,
The Marriage Supper of the Lamb,
Hallelujahs resound over victories won
As we celebrate with the great I Am.

By Megan Carter

Pentecost Prayer

Father,

Thank you for sending Jesus to be one of us and to show us how you want us to live.

Thank you that He chose to live for us and to die for us.

Thank you that when He returned to you, He didn't leave us to flounder but sent us
His Spirit to live in us and to equip us to continue the work He had begun.

Thank you for that Day of Pentecost when the Spirit became freely available to
everyone who believes in Jesus and is willing to receive Him.

May we be willing Lord, willing and confident that whatever challenges life throws at
us, we can face them and overcome them because you are with us and in us.

Please fill us afresh daily with your Spirit, that we may overflow with your love and
peace and joy. In Jesus' name,

Amen.

By Daphne Kitching



Laughter Lines



Canterbury monks

My boyfriend was working as an attendant in Canterbury Cathedral when one afternoon he was approached by two American tourists. "Are you a monk?" one of the women asked eagerly.

"No," he replied, "I wear this robe as part of my job, but I'm not a member of any religious order."

"Then where are the monks?" asked the woman, looking around.

My boyfriend explained: 'Oh, there haven't been any monks here since 1415.'

Hearing this, the woman looked at her watch and announced to her friend, 'Betty, we missed the monks.'

Signs of the times

My 10 year-old niece says her prayers every night and instead of 'amen', she says 'click, send.'

Applied Law

A Sunday school teacher was discussing the Ten Commandments with her five and six-year olds. After explaining the commandment to "honour thy father and thy mother," she asked 'Is there a commandment that teaches us how to treat our brothers and sisters?'

Without missing a beat, one little boy answered, 'Thou shall not kill.'

As good as it gets

A shipwrecked man spent five years on a deserted island. One day he was overjoyed to see a ship drop anchor in the bay. A dinghy approached, and a ship's officer handed the sailor The Times, The Financial Times and The Daily Telegraph. "The captain suggests," said the officer, "that you read what's going on in the world before you decide if you wish to be rescued."

Bank Holiday break

It's always nice to see people with plenty of get-up-and-go, especially if some of them are visiting you.

Say yes

We accompanied our son and his fiancée when they met with the priest to sign some pre-wedding ceremony papers. While filling out the form, our son read aloud a few questions. When he got to the last one, which read 'Are you entering this marriage at your own will?' he looked over at his fiancée.

'Put down "yes,"' she said.

Oh dear

The clergyman shuffled along, bent over at the waist, as his wife helped him into the doctor's waiting room. He groaned at every step, and the receptionist eyed the scene with sympathy. "Arthritis in the back with complications?" she finally ventured.

The wife shook her head briskly. 'Do-it-yourself in the garden,' she replied, 'with concrete blocks.'

Some miscellaneous one-liners ...

In democracy your vote counts. In feudalism your count votes.

The best vitamin for a Christian is B1.

The Church: under the same management for over 2000 years.

Soul food served here.

Don't give up on yourself. Even Moses was once a basket case.

Satan subtracts and divides. God adds and multiplies.

What he lacked in depth as a preacher he made up for in length. Mark Twain

Was Noah's wife called Joan of Ark?

Lead me not into temptation. I can find it myself.

The things that come to those that wait may be the things left by those who got there first.

Accept that some days you're the pigeon, and some days you're the statue.

Always keep your words soft and sweet, just in case you have to eat them.

If you lend someone £20, and never see that person again, it was probably worth it.

Birds of a feather flock together and mess on your car.

Bank holidays

Therefore, do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day.... (Colossians 2:16)

There were Jewish public holidays in New Testament times such as Passover. As Palestine was also occupied by the Romans, there were festivals and public games in honour of the Emperor as well. This caused a problem for Christians, because Roman Emperors were thought to be divine. Christians have often struggled with questions about what to join in and what to avoid. St Paul seems to be saying do not worry too much about what other people think about what you join in and what do not touch. These things are not important compared to what we have in store for us. (Which is like a really good holiday!)

I think we need at least one more Bank Holiday. Currently they are eight. Try to count them! I think we need another in October, to tie in with the school half term. Other parts of the UK have different holidays. The Queen decides which days are holidays. In past years we have had extra ones.

Although it is a public holiday, there is no legal right to have the time off. You have to rely on your contract or employment conditions. There is a right to 5.6 weeks annual paid leave, but bank holidays are included in that total. The law about Bank Holidays really just says the banks don't have to work and that means most people do not have to work.

As always this is light-hearted guide and always get proper professional advice.

Bank Holidays: New Year's Day, Good Friday, Easter Monday, May Day, Spring Bank Holiday, August Bank Holiday, Christmas Day and Boxing Day.

All in the month of MAY

It was:

400 years ago, on 23rd May 1618, that the Thirty Years' War (Central Europe, mainly present-day Germany) began. One of the longest and most destructive conflicts in European history. Millions of people were killed. Finally ended on 15th May 1648.

200 years ago, on 4th May 1818 that Britain and the Netherlands signed a treaty on the prevention of the slave trade.

Also 200 years ago, on 5th May 1818 that Karl Marx, influential German revolutionary socialist, sociologies, economist, philosopher and journalist, was born. Best known for his pamphlet *The Communist Manifesto* and his book *The Capital*.

150 years ago, on 26th May 1868 that the last public execution in England took place. Irish nationalist Michael Barrett was hanged at Newgate for his role in the Clerkenwell explosion in London in December 1867, in which 12 people were killed.

75 years ago, on 16th & 17th May 1943 that the Dambusters Raid took place. Britain's RAF launched Operation Chastise, deploying bouncing bombs to bypass anti-torpedo nets and breach dams, causing catastrophic flooding in Germany's Ruhr Valley.

70 years ago, on 14th May 1948 that Israel was declared an independent state as the British mandate in Palestine came to an end. (Several Arab states invaded Israel the following day.)

50 years ago, on 8th May 1968 that British gangsters the Kray twins were arrested for murder. They were convicted in 1969 and sentenced to life imprisonment.

20 years ago, on 23rd May 1998, that in a referendum, the people of Northern Ireland voted to accept the Good Friday Agreement. 75% were in favour of a Northern Ireland Assembly.

10 years ago, on 25th May 2008 that NASA's Phoenix robotic lander spacecraft landed on Mars. It searched for environments suitable for microbial life and studied the history of water on Mars.



The Centre for Social Justice estimates that the annual cost of family breakdown is £47 billion. Half of all children born today will experience family breakdown by the age of 16; this breakdown is particularly acute in the most disadvantaged communities. Dysfunctional family life and chaotic relationships can ruin the lives of those involved and damage children, particularly in their earliest years. Action for Children can help, if they act at the first signs of distress, by providing practical and emotional support that helps young families nip problems in the bud.

Their Family Partners scheme is a 22-week early intervention that works by: developing a relationship based on trust; identifies the issues and agrees goals; reviews and reports progress at regular intervals; connects parents to support services in their area and involves the needs of young children at the centre of all activity.

This month, their story relates to Molly who is a single mum, aged 26, with four children. The youngest child has cerebral palsy and a fifth child was born prematurely and sadly died the following day. Struggling to grieve, and exhausted by frequent house moves, hospital visits and the pressures of bringing up four children on her own, Molly's children were showing the early signs of neglect. At risk of losing her four young children to care, Action for Children stepped in with its unique Family Partners programme.

Molly explains, "I was sticking my head in the sand; really angry and argumentative with the schools and others, they saw me as difficult as I didn't want to hear what they had to say. Then Lorna stepped in – my Family Partner from Action for Children. She helped me with hospital appointments, school and nursery drop-offs which were all over the city and I couldn't cope. Lorna sorted it out quickly. She came to meetings at the school with the health visitor and was amazing. She even came to the hospital with me on Christmas Eve, something I will never forget. She explained my situation with the professionals and we made a plan of how I could deal with everything. If it wasn't for Action for Children, I wouldn't have my kids with me today. I wouldn't have seen them grow up; they wouldn't have had their mum."

If I haven't opened your Home Collecting Box yet, please let me have it as soon as possible. I will soon be visiting their office, so any recycling items will be gratefully received.

Thanks for your continued support,

Janice Stephens

Why children find pencils difficult

Here is an unexpected problem: children are struggling to use pencils these days, because the excessive use of touchscreen phones is damaging their dexterity.

Now paediatric doctors, handwriting experts and orthopaedic therapists are warning that although kids may swipe a screen, they no longer have the hand strength and agility to learn to write correctly when they start school. It seems that the traditional skills of writing, drawing, painting, and cutting-out boost fine motor skills and co-ordination.

But now ‘children coming into school are being given a pencil but are increasingly not able to hold it, because they do not have the movement skills,’ says a paediatrician from the NHS. ‘They need to manipulate playdough, hold scissors, scribble with pencils, and so develop muscles in their shoulder, elbow and wrists.’




How many snacks is enough?

When your children get hungry between meals, what do you do? Public Health England (PHE) advises just two snacks a day, each of 100 calories or less.

PHE points out that the erosion of meal times has meant that children are snacking throughout the day. Each year, a child on average gets through 400 biscuits, 120 cakes and buns and pastries, around 100 portions of sweets and nearly 70 chocolate bars and ice creams, washed down with 150 drinks, including fizzy pop. A child can easily consume 660 calories in snacks alone – a third of their daily requirement.

PHE is urging parents to provide meals at set times and stop the ‘grazing culture’. The average child eats three snacks a day, each of which may have hundreds of calories in it.



A bonus when joining Bushey & Oxhey's Lent Group is the chance to enjoy homemade soup for lunch. David Evans supplied this popular recipe:

Cucumber, Pea and Mint soup

Serves 4

Preparation and cooking time: 45 minutes

Can be served ice-cold or warm

2 tablespoons extra virgin olive oil
2 medium onions, finely chopped
1 garlic clove, crushed
175g / 6oz potato, peeled & chopped
400g / 14oz frozen peas
450g / 1lb cucumber, peeled & chopped
425ml / 3 quarters of a pint of vegetable stock
1 tablespoon of lemon juice
50ml / 2 fl oz milk
200ml / 7 fl oz single cream
2 tablespoons chopped fresh mint

Heat the oil & cook onions & garlic gently for 10 mins in pan with lid

Add potato, peas & cucumber, cover & cook gently for 2 mins

Add stock, lemon juice & season with salt & black pepper to taste

Cover, bring to boil & simmer gently until vegetable are tender (10 mins)

Cool slightly, puree in liquidiser until smooth & pass through fine sieve

Stir in milk, cream & half the mint, gently reheat without boiling

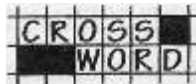
Serve garnished with remaining chopped mint

Puzzle Solutions

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

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sū doku

WORDSEARCH



ACROSS: 1, Overwhelmed. 9, Valleys. 10, Strap. 11, Top. 13, Reel. 16, To do. 17, Incite. 18, Load. 20, West. 21, Notice. 22, Wash. 23, Thin. 25, Ash. 28, Noah's. 29, Ever not. 30, Onesiphorus.

DOWN: 2, Value. 3, Reed. 4, Host. 5, Lisp. 6, Ear lobe. 7, Overflowing. 8, Opportunity. 12, Obtain. 14, Lid. 15, A cross. 19, Abstain. 20, Wet. 24, Hindu. 25, Asks. 26, Help. 27, Hero.



Services - May
All services 9:30 a.m. unless stated



6th - Mr Mike Lees
(Breakfast Church 9.00am)

13th - Local Arrangement

20th - Mrs Sheila Billings
(Pentecost/United Service)

27th - Revd. Richard Lawson
(Holy Communion)

Coffee on the Heath

**2nd and 4th Saturday of the month
10.30 a.m. - 12.00 noon**

**Everyone is welcome to come and meet old friends
and new over a cup of coffee or tea and home
made cakes.**