

St Mary's Church Kennington

Parish Magazine

MAY 2012

**Chocolate
Extravaganza**

**May
Miscellanies**

John's Epistles

**Archbishop
Rowan's
Easter Sermon**

**Crossword
Cookery
Gardening**

The Visitation

**Children's
Pages**

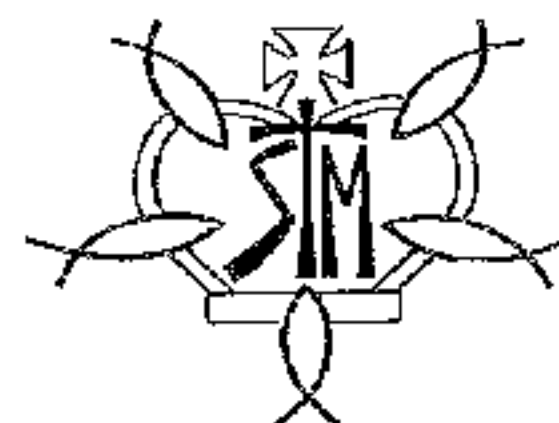
**Men's
Breakfast**



50p

OUR MISSION STATEMENT

**To proclaim the good news of the
Gospel of Jesus Christ to all the
people of Kennington, by word
and by deed**



Parish Priest Reverend Richard King 623334

The Parish Office is at St Mary's Hall, next to the Church. It is open Monday, Wednesday, Thursday and Friday from 9.00am to 12.00 noon, and is the first point of contact for all enquiries. Outside office hours and in case of urgency, please contact one of the Churchwardens.

Office telephone 01233 664820.

Office email address stmaryken@talktalk.net

Website is now at www.kennington-st-marys.org.uk

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THE EVIDENCE FOR THE RESURRECTION – PART ONE

Christianity holds that Jesus was raised from the dead. Is that credible?? Christianity collapses into being just another religion if Jesus did not rise from the dead, but, if he did, the world is changed and it demands we respond; be it to accept it or reject it. Ambivalence is not a worthy response of something so profound in world history, if it happened. So did it happen? What is the evidence? I will be looking at the evidence over the next several issues so that you can make up your own mind.

Firstly, we know Jesus lived. In fact the evidence for his life and death are overwhelming. His existence, activity and words are recorded by reliable historians of the period, including ones from Rome, Judea and Palestine. In fact, the evidence is so bountiful, there is more written evidence for Jesus than there is for Julius Caesar. For example, *Caesar's Gallic Wars* was written in 58-50 BC. The first copy we have is dated from 900AD and we have 9-10 copies. That might not sound like many documents but is common and deemed to be sufficient when it comes to historical documents of the period. *Livy's Roman History* was written from 59BC – 17AD. The earliest copy we have is dated 900AD, some 950 years or so after it was originally written and there are 20 copies. For Jesus – well the New Testament was written AD40 - 100. The earliest copy is 135AD, some 35 years or so after the original was written, but that's not a full manuscript. The first of those we have is dated 350AD, only 250 - 300 years after it was written. As for the number of copies – we have 5000+ Greek copies, 10,000 Latin and 9,300 others. Be in no doubt, Jesus really lived and died.

The issue is, what happened to the body of Jesus after it had been taken down from the cross. We know that it had disappeared after three days. So what happened – there are four options.

And that is where we begin next time. Until then...

With warmest best wishes from the Vicarage....

Richard

REGULAR SERVICES

(See Diary - Special Events, for other services)

St Mary's Church, Kennington

Every Sunday (except last Sunday in the month)

- 8.00 am. Holy Communion
- 9.45 am. Sunday Fun Club
- 10.00 am. Holy Communion

Last Sunday in the month

- 8.00 am. Holy Communion
- No Fun Club Young people meet in Church
- 10.00 am. Morning Worship

Every Wednesday

- 10.15 am. Holy Communion

St Mary's Community Centre

Every Sunday (except third Sunday in the month)

- 10.00 am. Morning Worship

Second Sunday

- 4.00 pm. Messy Church

Third Sunday

- 4.00 pm. Holy Communion

Everyone is welcome at all the services; the following may help you in your choice

- 8.00 am. Holy Communion – the Communion service using traditional language
- 10.00 am. Holy Communion – the Communion service with choir, using Common Worship
- Morning Worship – an informal style of worship without Holy Communion

The Healing Ministry of Laying on of Hands

2 nd Sunday of the month	10.00 am.	At the Church
3 rd Sunday of the month	4.00 pm.	At St. Mary's Community Centre
4 th Sunday of the month	8.00 am.	At the Church

If you are unable to attend services and wish to receive Holy Communion at home; or if you are going into hospital and would like a visit from the Hospital Chaplain whilst there, please contact Reverend Richard King (623334) in the first instance

FOR YOUR MAY DIARY

Weekly Events

Monday	9.30am	Parents and Toddlers – St. Mary's Community Centre (term time only)
Monday	2.00pm	Drop In (for company and chat) - St. Mary's Community Centre
Monday	7.30pm	Bell Ringers - St. Mary's Church Tower
Monday	8.00pm	Home Group – 77 Burton Road
Tuesday	2.00pm	Bible Study -- St. Mary's Community Centre
Tuesday	3.30pm	1 st Kennington Rainbows - St. Mary's Hall
Thursday	6.00pm	Generate Youth Club (term time only)
Thursday	8.00pm	Bible Study - 4 Tritton Fields
Friday	9.00am	Parents and Toddlers – St. Mary's Hall (term time only)
Friday	4.00pm	Bell Ringers – St. Mary's Church Tower
Friday	7.30pm	Choir Practice - St. Mary's Hall

Special Events

Wednesday	2nd	11.30am	Friends of St. Mary's Committee Meeting – St. Mary's Hall
Sunday	6th	7.00pm	Film Club -- St. Mary's Community Centre
Monday	7th	All day	Five Church Sponsored Walk
Tuesday	8th	7.30pm	Archdeacon's Visitation – Canterbury Cathedral
Thursday	10th	2.00pm	Standing Committee Meeting – St. Mary's Hall
	10th	7.30pm	Reflection – St. Mary's Hall
Saturday	12th	2.00pm	Friends of St. Mary's Beetle Drive – St. Mary's Community Centre
Sunday	13th	All week	Christian Aid Week 13th-19th
	13th	4.00pm	Messy Church – St. Mary's Community Centre
Monday	14th	7.30pm	Wedding Preparation – in Church
Tuesday	15th	7.30pm	Meditation – in Church
Wednesday	16th	11.30am	Friends of St. Mary's Soup Lunch – St. Mary's Hall
Thursday	17th		Ascension Day
Tuesday	22nd	7.30pm	PCC Meeting - St. Mary's Community Centre
Thursday	24th	pm	L'Arche arriving – St. Mary's Hall
Friday	25th	am	L'Arche leaving after service
Saturday	26th	8.15am	Men's Breakfast – St. Mary's Community Centre
	26th	3.00pm	Chocolate Extravaganza – St. Mary's Community Centre

All dates and times are correct at the time of publication; however, you may wish to check with the event organiser ahead of time.

FROM THE PARISH REGISTER

Baptism: Fraser James Haywood
Olivia Joy Bauchop
Chloe Victoria Collins

Departed: Ivan Lewendon
Maybell Wakefield

Thought for the month:

Surprises

No eye has seen, no ear has heard,
no mind has conceived
what God has prepared for those who love him.

1 Corinthians 2:9



BOOK THIS DATE

KENNINGTON SUMMER FAYRE AND GRAND RAFFLE SATURDAY 30TH JUNE on the Recreation Field



Please start collecting items for the church stalls and leave them in the boxes at Church or St. Mary's Community Centre. Mark your gifts with the name of the stall.

Bric-a-brac, Bottle Tombola, Jewellery, Toys, Plants and Cuttings, Books, Tapes, CDs, Toiletries, Loose sweets (Pick and Mix), Cakes 'n Produce (on the day).

Any questions call Margaret Moir (629450) or Michael Thompsett (624984).

Coming Soon: Look out for your personally addressed envelope containing Summer Fayre raffle tickets and a request for help on church stalls.

WYE PARISH CHURCH

FLOWER FESTIVAL

8, 9 & 10 June 2012

In celebration of

"THE GAMES"

Fun flower creations of participating sports
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Children free

All proceeds to Wye Church

Full Details from Diane Reece 01233 812130



St MATTHIAS

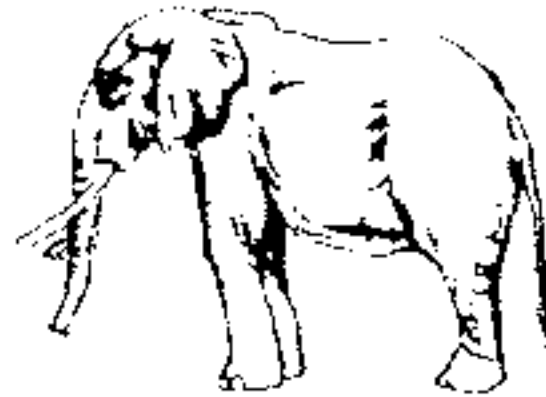
May 14th

There is no mention of a Matthias among the lists of followers of Jesus in the Gospels but we assume that he was part of the larger group, outside the 12 disciples, during Jesus' ministry.

According to chapter one of Acts, after Judas betrayed Jesus for 30 pieces of silver, the disciples sought to replace him. They nominated two men, Joseph called Barsabbas (also known as Justus) and Matthias to replace Judas out of a group of about 120. The disciples prayed, and then they cast lots, and the lot fell to Matthias; so he was added to the eleven apostles. Acts, chapter 1, verses 23-26.

And that is all we really know about Matthias. That he was chosen.

But we do know that he was one of the witnesses of Jesus's ministry. He was one of the great cloud of witnesses that includes us today, to the power of God in changing lives.



CHANGE OVER

Can you rearrange these letters to make the names of people mentioned in the Bible? Answers at the bottom of the page.

1. AC BOJ
2. NANA
3. MAT HAR
4. NI SOME US
5. HAT BATI
6. KOZAD
7. SHAM IT AT
8. LIRE BAG

What do you call a bee born in May?
A maybe.



What is green and fluffy?
A sea-sick poodle.

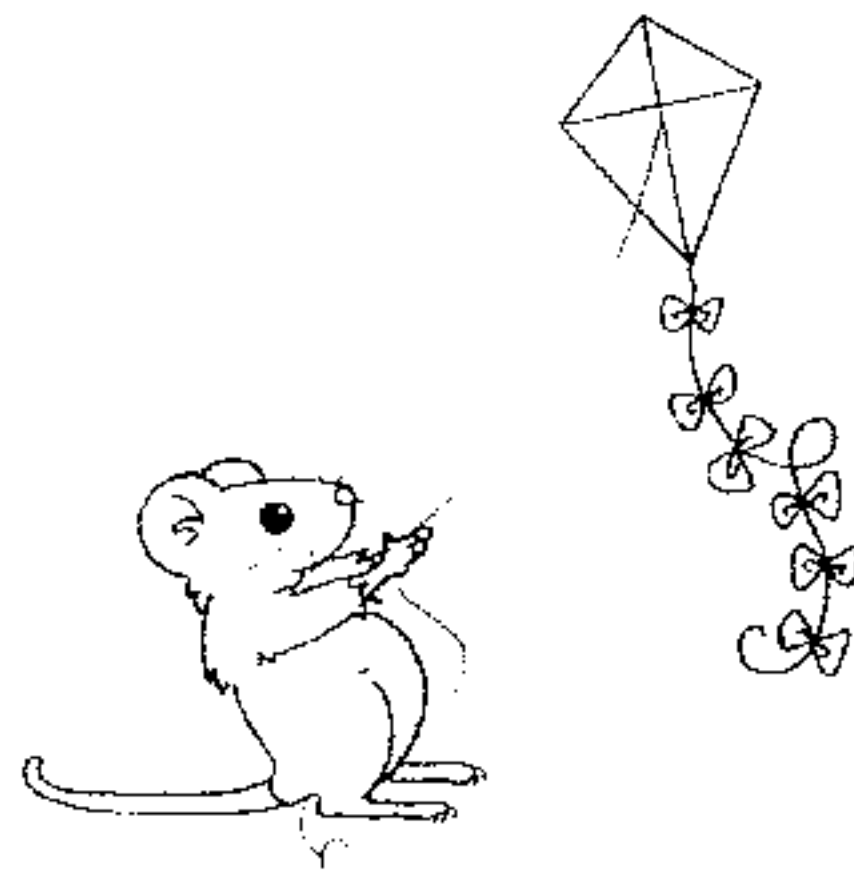
What do you call a person who can't weave?
Unbeweavable.

Answers: 1.Jacob 2.Anna 3.Martha
4 Onesimus 5.Tabitha 6.Zadok
7.Matthias 8.Gabriel

Children's Letters to God

*Dear God,
Why is Sunday School on Sunday?
i thought it was supposed to be our day of rest.*

Tom L.



The Friends of St. Mary's,
Kennington

Beetle Drive

Saturday 12th May 2.00pm

St. Mary's Community Centre

Tickets: Adult £3.00, child £1.50
to include refreshments

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QUEEN'S DIAMOND JUBILEE 'GRACE' RELEASED FOR COMMONWEALTH DAY



A specially-written grace has been released to use at Big Jubilee Lunches this summer. The Grace, made public on Commonwealth Day, gives thanks for the Queen's life of service to the nation and Commonwealth, and invites God's blessing on the food communities and on all those taking part in local Big Jubilee Lunches.

The Grace will be prayed by millions of people throughout the Commonwealth on Sunday, June 3rd, before they share a Big Jubilee Lunch in their communities. It can be used in part or in its entirety. By including words of blessing "on the people beside us", it doesn't assume that everyone will say the prayer, which is said in Jesus' name.'

The Grace Reads

O God, the author of peace and lover of concord, we give you thanks for the Diamond Jubilee of Her Majesty Queen Elizabeth; for her steadfast faith and for her royal service to this nation and all the peoples of the Commonwealth.

Bless the food before us and the people beside us; may the sharing of this meal strengthen our communities, and nurture the bonds between us of friendship, hope and trust.

We ask this in the name of Jesus Christ who reigns as servant of all.

Chocolate

Extravaganza

26th May 2012
St Mary's Community Centre
from 3pm

Chocolate Fountain

Chocolate Cake Stall

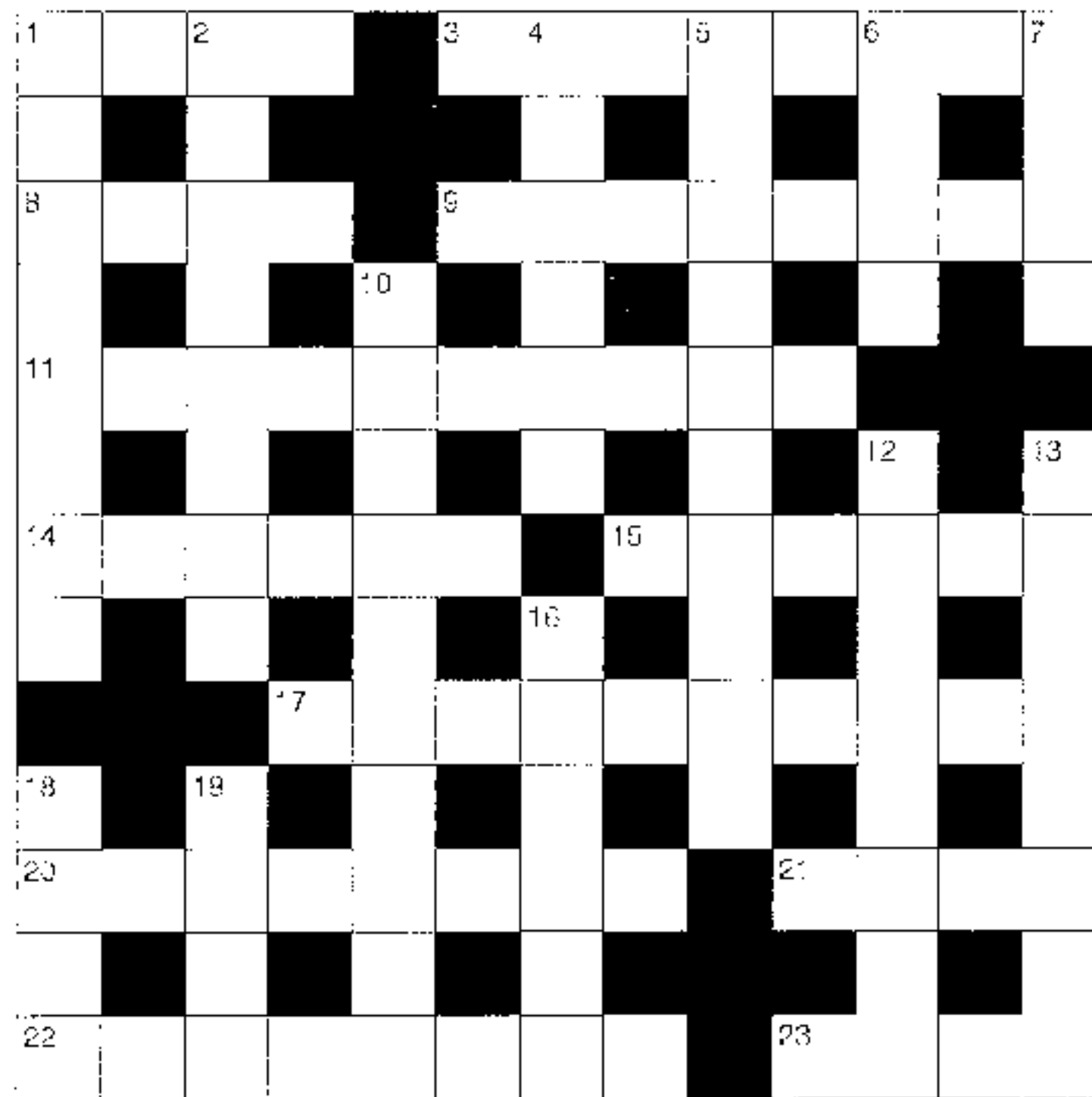
Raffle (Chocolate prizes)

Refreshments (Hot Chocolate and Biscuits - Chocolate of course!)

Recipes (Chocolate - of course!)

Choc Ices

MAY CROSSWORD



Across

- 1 Infant (Luke 2:12) (4)
- 3 Luis must (anag.) (8)
- 8 What Jesus called the devil (John 8:44) (4)
- 9 'My God, my God, why have you — me?' (Matthew 27:46) (8)
- 11 Anglican form of church government (10)
- 14 'Those who hope in the Lord will renew their strength. They will soar on wings like — ' (Isaiah 40:31) (6)
- 15 Ministers of religion (6)
- 17 Make stronger (1 Thessalonians 3:13) (10)
- 20 Devoutness (1 Timothy 2:2) (8)
- 21 The father of Jesse (Ruth 4:22) (4)
- 22 Pool where Jesus healed a man who had been an invalid for 38 years (John 5:2) (8)
- 23 '[Jesus] said to them, " — here and keep watch"' (Mark 14:34) (4)

Down

- 1 Follower of Christ (Acts 16:1) (8)
- 2 One of the punishments endured by Paul (2 Corinthians 6:5) (8)
- 4 Soldiers (Exodus 14:9) (6)
- 5 Scholarly study of melody, harmony and rhythm (10)
- 6 'I am God, and there is none — me' (Isaiah 46:9) (4)
- 7 'And how can they preach unless they are — ?' (Romans 10:15) (4)
- 10 Favourable reception (1 Timothy 1:15) (10)
- 12 Hip orbit (anag.) (8)
- 13 End of life (Isaiah 22:14) (5,3)
- 16 'About midnight the sailors — they were approaching land' (Acts 27:27) (6)
- 18 He married Jezebel (1 Kings 16:30–31) (4)
- 19 'According to your great compassion — out my transgressions' (Psalm 51:1) (4)

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WHAT'S THE BIG IDEA? AN INTRODUCTION TO THE NEW TESTAMENT: JOHN'S EPISTLES

The three letters of John were written by the apostle in the latter half of the first century. Their message is simple: loving God is to obey Jesus Christ, and to obey Jesus is to love others and let go of sin.



John was opposing false teaching called Gnosticism, which stressed the importance of the spiritual over the physical, and so they denied the humanity of Jesus as the Son of God. Salvation depended on having the right kind of knowledge, further denying Jesus' sacrifice for sin.

John's first letter encourages believers to be faithful to Jesus Christ, by living in obedience, loving one another and avoiding sin (2:4-17). Antichrists will arise who deny that Jesus is the Christ (2:18, 22-23; 4:1,3), but John urges his readers to persevere in their faith. In responding to God's love, John's readers are to leave sin behind (3:1,3,9; 5:18) and love like Jesus (3:11,16). True belief is shown in loving behaviour because God is love, as demonstrated by Jesus on the cross (4:7-10). In this way, love for God results in obeying God's commands.

John's second letter repeats the call to faithfulness in love and obedience to God (5-6). He highlights the danger from those who do not teach that Jesus came in the flesh. Such people are deceivers and antichrists (7-8).

3 John is written to a friend and church leader Gaius, reminding him of the importance of encouraging teachers (v8) and imitating their faith (11-12). In summary, John reminds us of the priority of love: 'Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God.' (1 John 4:7).

In a world where spirituality without Jesus is becoming increasingly popular, the message of John's letters is still relevant. The church is in danger on the one side from those who advocate that anything goes in belief and ethics. On the other side it is in danger from those who attack Jesus and his atoning sacrifice. John has a message for us in light of these false teachings. It matters who Jesus Christ is. His true followers believe in him and his atoning sacrifice. We must obey his teaching and express our love for God in how we treat other people. Finally, we look forward to Jesus' return, and this ought to motivate us toward holy living.

Deanery Eucharist for Ascension Day 17th May 7.30 pm
St Nicholas Church Pluckley

THE MERRY MONTH OF MAY

Admire the bluebells; hear the cuckoo; feel full of the joys of spring

Yes it's feel-good time again with the annual Five Church Walk on Bank Holiday Monday May 7th. Come with the family and friends and enjoy a walk through bluebell woods and along footpaths and bridleways, some not open at other times. We go anti-clockwise this year, ie Chilham to Boughton Aluph (5m), Boughton Aluph to Challock (3m), Challock to Molash (3.5m) and Molash to Chilham (4.5m). You can start when you like (after 10am) and where you like, do as much or as little as you wish, and take as much or as little time as it suits. But please start and finish at one of the churches.

All the churches provide tempting refreshments and a chance for a breather. Entry is by donation (min. £5 please) or sponsorship, and the money raised goes to the participating churches, Kent Air Ambulance and/or The Pilgrims' Hospice according to your wishes.

For entry/sponsorship forms or for further information telephone village organisers: Chilham (01227 738539), Boughton Aluph (01233 627117), Challock (01233 740356), Molash (01233 740631) or Chartham (not on route, 01227 738591). Or just turn up on the day!



Friends
of
Kingswood

Friends of Kingswood start their activities in earnest this month. We have two bluebell walks, the first on Wednesday May 2nd from 6.30pm - 8, '**Bluebells at Twilight**', led by Mick Shirley which leaves from the lower car park on White Hill Road. The next '**Haze of Bluebells**', also led by Mick is on Sunday May 6th 10am-12 noon, ideal for a family outing. Kingswood is one of the best spots in the area to see bluebells so come along and enjoy one of the splendours of the Kent countryside.

Also in May we have an expert on bats, Shirley Thompson, coming to conduct a walk to the areas in the woods known to attract these creatures. The details of this event will be announced later. Places on this walk are limited so please call 07523 203458 and leave a message or email enquiries@friendsofkingswood.org if you are interested.

TOPICAL TIPS FOR THE GARDENER (MAY)

By P H Newtrall

Late frosts are still possible. If forecast, earth up any potatoes showing leaf. They may shrivel. Plants will still survive but they'll be slower in coming to fruition. It's best to have earlies early.

In these days of drought we need to conserve as much moisture as possible. Annual weeds should be hoed off and, provided they haven't seeded, can be left on the surface to wither away. Any mulch is better than none.

Those shrubs whose flowers have finished, like forsythia and flowering currant, should be pruned back to make new buds for next year's display and to keep trim shape. I saw an interesting white flowered currant in a garden centre last month. I nearly took a cutting. Lawns should now be cut on a weekly basis if growing well.

Do you have the problem of flowers drooping and flopping over when it's windy? Before plants get too big, push in a few birch or hazel twigs for support. When it's flowering time you won't see the sticks. Herbaceous plants that would benefit include paeonies, delphiniums, oriental poppies and ornamental onions.

Watch out for birds taking soft fruit. They'll lull you into thinking they're not interested until one day, when they are fully ripe, they will strip the whole lot in one morning. Cover with nets before the avian harvest arrives.

Keep pulling rhubarb. It's more tender and succulent during the first half of the year. Delicious in a pie or crumble.



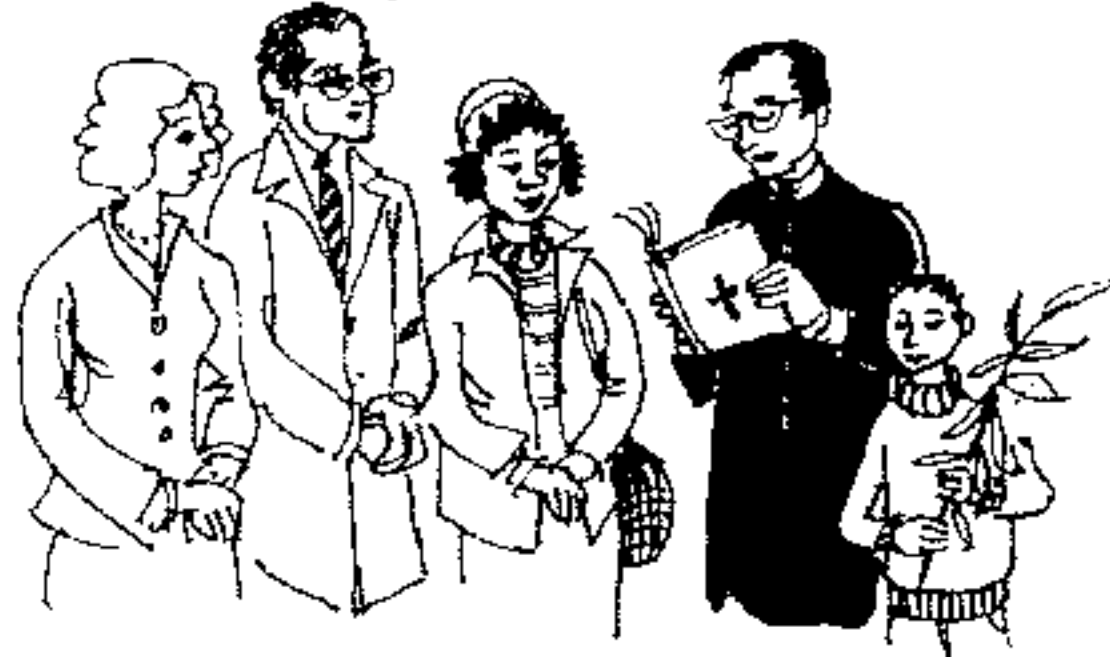
Grow a few swiss chard plants. Don't need many. Just cut and come again. Cut the green part from ribs for a delicious substitute for spinach. And just as good for you. Boil the ribs separately as they take a bit longer. I like it cooked, cut up and spread on toast with grated cheese on top. Good for the biceps. If you don't have swiss chard, use beetroot leaves instead.

Keep hedges trimmed. Keep a look out for birds' nests and leave those bits for later.

Plant a variety of herbs in large pots on the patio, near the house for kitchen use. Basil, mint, parsley, thyme, chives, sage, whatever your fancy.

Do you have a bare wall? Break the monotony with a climbing plant.

Cheerio.



Sonnet for Springtime

The scents of spring are in the air,
 The birds are darting here and there
 To build their nests and raise their young.
 Just now, my neighbour's fence is hung
 With mauve wisteria. Beside
 The big plum tree (his dearest pride),
 Is frothing, white cascading may,
 Quite ready for St. Crispin's Day.
 Nearby, in fields, three horses graze
 On this, the loveliest of days,
 Knee-deep in sweetly-fragrant grass,
 So lazily the hours pass.
 The spring is on the scented air,
 And on I go without a care! **PAT HAIGH**

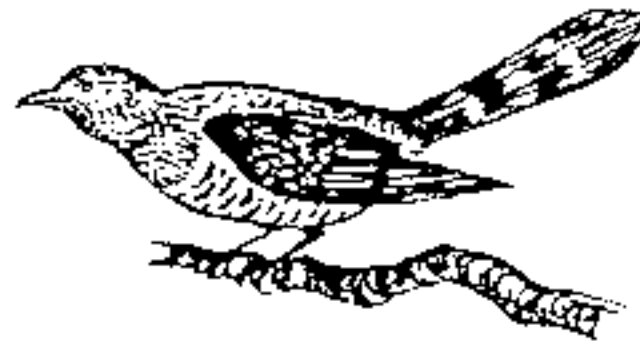
Jesus is the bread of life, not
 the cake for special
 occasions.
 **

Fight truth decay - study the Bible daily. anon

Have you leant upon a gate, without
 a need for words,
 To take in Nature's wonder, and to
 listen to the birds?
 Yes, leaning on a gate is a thing we
 ought to do.
 It helps us to unwind and such
 moments are so few.



The one who kneels to the
 Lord can stand up to
 anything.



No God --
 No Peace,
 Know God --
 Know Peace

If you're headed in the wrong direction, God allows U-turns." anon

Author unknown

Happiness is made to be shared.

French proverb



Mistle thrush

In May I go a-walking to hear the linnet sing,
 The blackbird and the throstle, a-praising God the King;
 It cheers the heart to hear them, to see the leaves unfold,
 And the meadows scattered over with buttercups of gold.
 Anon

Whitsuntide Festivals

Whitsun comes seven weeks after Easter, but the date varies as Easter is a 'movable feast' and so Whitsun must follow suit. If Easter has been late, Whitsun may fall in June.

Whitsun is one of the great festivals of the Church, and from Stuart times it was celebrated with much eating and drinking. A special kind of ale was brewed, which the Church wholeheartedly approved of as long as the congregation remembered to attend church.



When you've seen one shopping centre you've seen a mall.

ARCHBISHOP ROWAN'S EASTER SERMON 2012 – GOD RAISED JESUS TO LIFE

The Archbishop of Canterbury, Dr Rowan Williams says that the ultimate test of the Christian religion is not whether it is useful, beneficial or helpful to the human race but whether or not its central claim – the resurrection of Jesus Christ – actually happened.

Delivering his Easter morning sermon at Canterbury Cathedral, Dr Williams said that no other understanding of Easter morning made any sense:

"Easter makes a claim not just about a potentially illuminating set of human activities but about an event in history and its relation to the action of God. Very simply, in the words of this morning's reading from the Acts of the Apostles, we are told that 'God raised Jesus to life.' "

Any understanding of the significance of the resurrection which fell short of this truth would be to misunderstand it:

"We are not told that Jesus 'survived death'; we are not told that the story of the empty tomb is a beautiful imaginative creation that offers inspiration to all sorts of people; we are not told that the message of Jesus lives on. We are told that God did something – that is, that this bit of the human record, the things that Peter and John and Mary Magdalene witnessed on Easter morning, is a moment when ... we see through to the ultimate energy behind and within all things. When the universe began, prompted by the will and act of God and maintained in being at every

moment by the same will and action, God made it to be a universe in which on a particular Sunday morning in AD33 this will and action would come through the fabric of things and open up an unprecedented possibility – for Jesus and for all of us with him: the possibility of a human life together in which the pouring out of God's Holy Spirit makes possible a degree of reconciled love between us that could not have been imagined ... for the Christian, the basic fact is that this compelling vision is there only because God raised Jesus"

Hostility towards faith and religion in public life might recently have become tempered with an appreciation of the part that religion plays in shaping and sustaining human existence, he says, and this is to be welcomed:

"there is plenty to suggest that younger people, while still statistically deeply unlikely to be churchgoers, don't have the hostility to faith that one might

expect, but at least share some ... sense that there is something here to take seriously – when they have a chance to learn about it. It is

about the worst possible moment to downgrade the status and professional excellence of religious

education in secondary schools – but that's another sermon..."

Even so, this was not the measure of its real significance:

"Easter raises an extra question, uncomfortable and unavoidable: perhaps 'religion' is more useful

than the passing generation of gurus' thought; but is it true?"

The answer was found, not in instant scientific analysis but in a longer measure of the effect of belief in the lives of believers:

"How do we know that it is true? Not by some final knock-down would-be scientific proof, but by the way it works in us through the long story of a whole life and the longer story of the life of the community that believes it. We learn and assimilate its truth by the risk of living it; to those on the edge of it, looking respectfully and wistfully at what it might offer, we can only say, 'you'll learn nothing more by looking; at some point you have to decide whether you want to try to live with it and in it.'"

This he said, led Christians to search for deeper answers in response; exploring far more dangerous intellectual and physical territory in the search for the love of

God at work, especially where easy answers are in short supply:

"A visit to Yad Vashem, the Holocaust Museum in Jerusalem, will convince you why the state of Israel exists and must go on existing. A visit to any border checkpoint will convince you that the daily harassment and humiliation of Palestinians of all ages and backgrounds cannot be a justifiable or even sustainable price to pay for security. Listening to a rabbi talking about what it is like to witness the gathering up of body parts after a terrorist attack is something that can't be forgotten; neither is listening to a Palestinian whose parent or child has been killed in front of their eyes in a mortar bombing."

That commitment would involve hard conversations:

"If we believe in a God who acts, we have to go beyond this. We have to put immense energy into supporting those on the ground who show that they believe in a God who acts – those who continue, through networks like One Voice and the Bereaved Families Forum, to bring together

people from both sides and challenge them to discover empathy and mutual commitment We have to prod and nag and encourage the religious leadership in the Holy Land on all sides to speak as if they believed in a God who acts, not only a God who endorses their version of reality.

We have to pray, to pray for wisdom and strength and endurance for all who are hungry for peace and justice, pray that people will go on looking for a truly shared future. And we Christians in particular have to look for ways of practically supporting our brothers and sisters there through agencies like the Friends of the Holy Land or

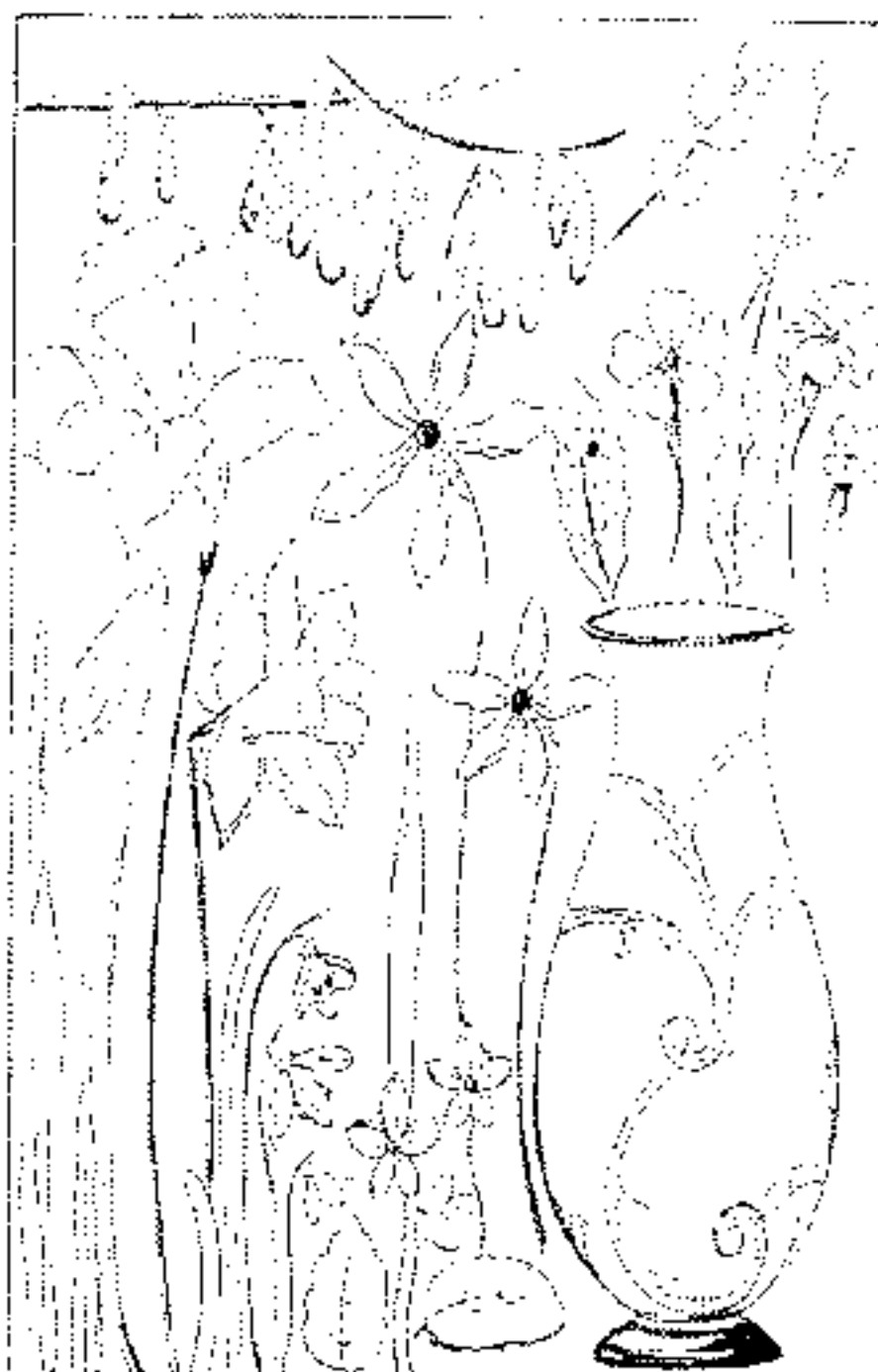
the Jerusalem and Middle East Church Association – to help them stay in a context where they feel more and more unwelcome, yet where so many of them remain because they want to play a full part in creating this unimaginable shared future – because they believe in a God who acts."

But even when the contribution faith can make is acknowledged within the secular context, that shouldn't distract from the reality that it is the truth of the resurrection that counts, not its effect:

"When all's said and done about the newly acknowledged social value of religion, we mustn't forget that what we ultimately have to speak about isn't this but God: the God who raised Jesus and, as St Paul repeatedly says, will raise us also with him. Even if every commentator in the country expressed generous appreciation

of the Church (and we probably needn't hold our breath...), we'd still be bound to say, 'Thank you – but what matters isn't our usefulness or niceness or whatever: it's God, purposive and active, even – especially – when we are at the end of our resources.'" April 8th 2012

Gems of Spring



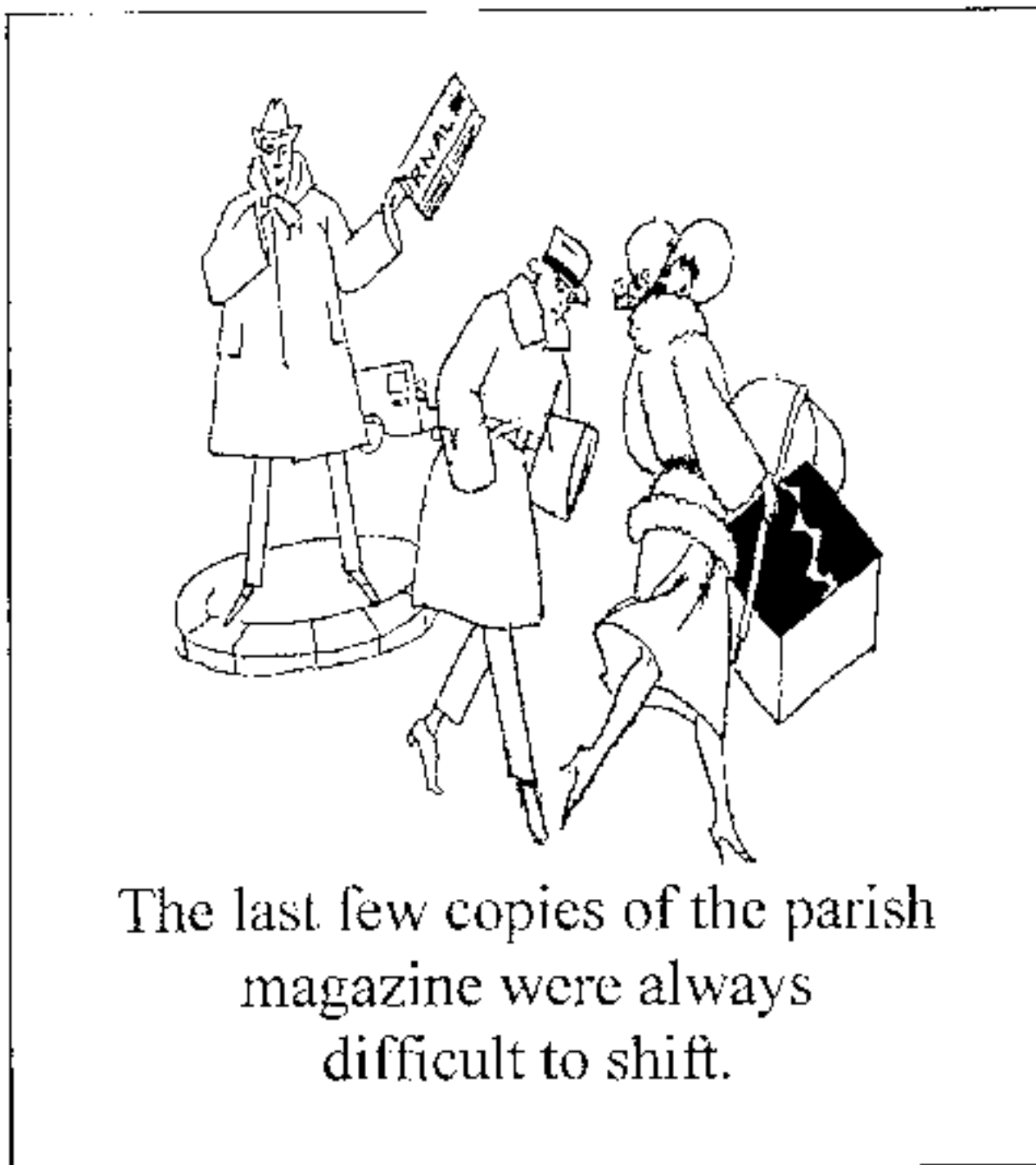
To climb up where the breezes blow
And see the freshness down below;
To stand beneath the green beech trees
Among the pure anemones;
To see the bluebell's shady hue
Excel the distant waves of blue;
To smell the faint sweet scents of Spring
When everything is blossoming;
To hear a cuckoo's call nearby
And thrill with joy to hear his cry;
I would not, these best gems of spring
Exchange for any other thing.

F.E.J.

MAY MISCELLANY

High blood pressure? Have 8 cups of tea

The British have long enjoyed de-stressing over a hot cup of tea. Now scientists in Australia have found that tea really does lower the blood pressure. In tests it was found that drinking eight cups of black tea a day 'significantly' cuts blood pressure, according to research from the University of Western Australia. So – put the kettle on!



Next time your train is delayed....

Autumn blows wet leaves onto the line; winter dumps the "wrong kind of snow" on the line. Now that it is May, a new threat stalks our railways.... beware the dandelions!

Millions of dandelion seeds become tiny parachutes that are swept up into the air and start gusting about in clouds. When a train ploughs into this cloud, it sucks up vast numbers, which block the air filters. The train then overheats, stopping it in its –er – tracks. A spokesman for York-based Grand Central Trains says that when this last happened, the engines were so packed with dandelion seeds that "they looked like Shaun the Sheep."

The prize for daft reasons for stopping trains, however, still remains with the train driver who stopped his train for half an hour between Fenchurch St and Southend, complaining that the sun was "too bright".

Stop Press: Reading Football Club returns to Premier League

Sportsmanlike

During a game, the coach asked one of his young players: "Do you understand what cooperation is? What a team is?" The little boy nodded yes. "Do you understand that what matters is winning together as a team?" The little boy nodded yes. "So," the coach continued, "when you are out first ball, you don't argue or curse or attack the umpire. Do you understand all that?" Again, the boy nodded yes.

"Good," said the coach. "Now go over there and explain it to your mother."

The Lakeland Beasts

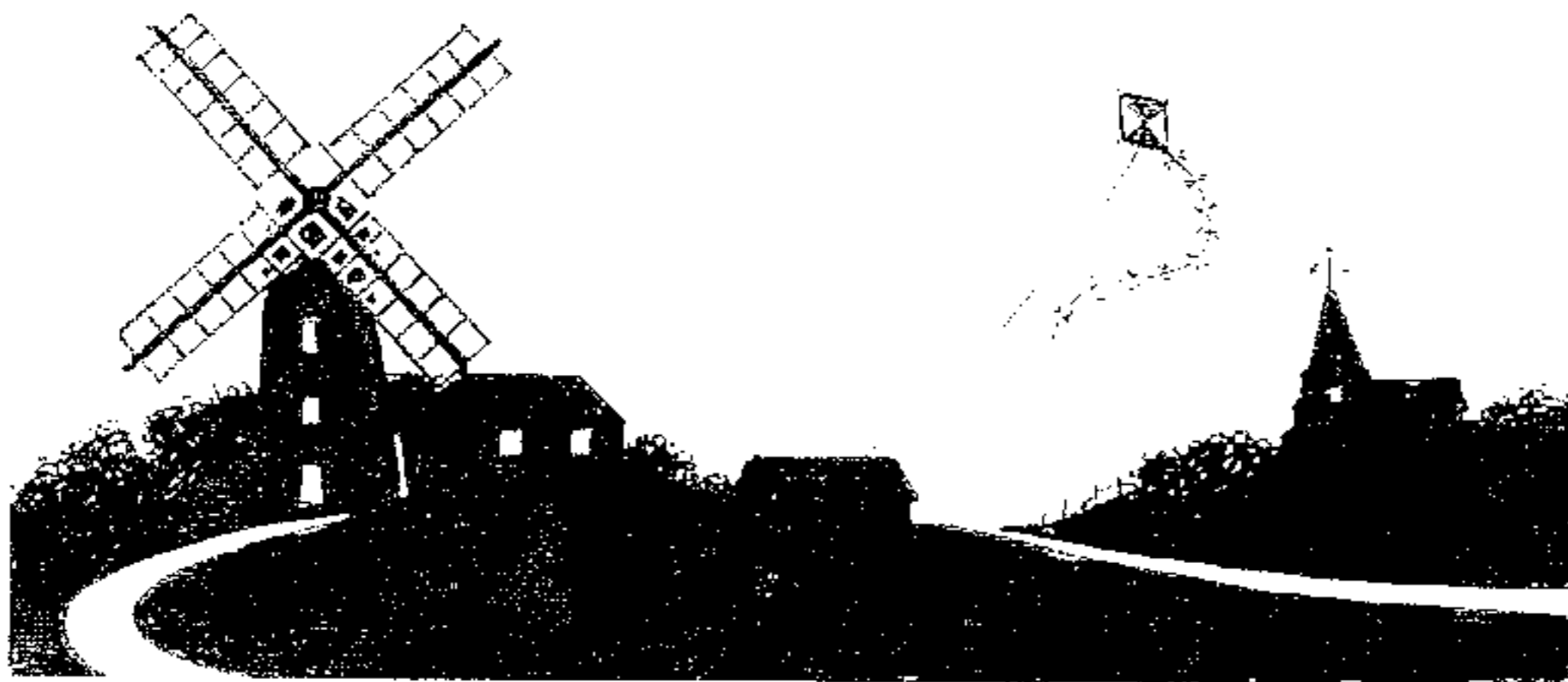
The sheep that live in Lakeland
The rams, and e'en the ewes -
They feel the grass is unsurpassed
But just ignore the views!

The cows that graze in Lakeland
They ruminant all day.
They stand in mud and chew the cud
But lakes they don't survey!

The dogs that visit Lakeland
Just love the Lakeland smells -
They roll and pong - they know it's wrong -
But never see the fells!

The God that gave us Lakeland
His hand is clear to see -
He made a feast for all the beasts
Not just for you and me!

Nigel Beeton



CROSSWORD ANSWERS

ACROSS: 1, Baby. 3, Stimulus. 8, Liar. 9, Forsaken. 11, Episcopacy. 14, Eagles. 15, Clergy. 17, Strengthen. 20, Holiness. 21, Obed. 22, Bethesda. 23, Stay. **DOWN:** 1, Believer. 2, Beatings. 4, Troops. 5, Musicology. 6, Like. 7, Sent. 10, Acceptance. 12, Prohibit. 13, Dying day. 16, Sensed. 18, Ahab. 19, Blot.



Pilates & You! – Kennington

St.Mary's Hall, Church Road.

Thursday 11.am–12.10–13.30

Small group classes starting

8th March

Elizabeth Davies

Qualified Level 3 matwork

Pilates teacher

Former dancer English

National Ballet

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MAY 31 MARY, THE BLESSED VIRGIN, VISITS ELIZABETH



Mary – the virgin mother of Jesus. For centuries the eastern and western churches have considered her pre-eminent among all the saints.

In the gospels, Mary makes her first appearance as a teenager. Nothing is known of her childhood, and what we do know of her is found mostly in Matthew 1 – 2 and in Luke 1 – 2. If you read both accounts, you'll notice that Luke's account seems to give the story from Mary's standpoint, whereas

Matthew concentrates more on Joseph's side of things. In both accounts the virginal conception of Christ is clearly stated. Mary's quiet devotion to God and her total acceptance of his will shine forth.

Her visit to Elizabeth, when both were pregnant, is a moving and poignant account of two humble, ordinary women, suddenly caught up in a great event which would shape world history. Their trusting faith in God and acceptance of his will, shine through.

After Jesus is born, Mary fades into the background, and makes few appearances: when the family visits Jerusalem and she loses her son on the way home; when she urges him to help the wedding party in Cana with its wine problem; and when Jesus gives her into the keeping of the beloved disciple when he is dying on the cross. Mary's last appearance is in Acts chapter one, just before Pentecost.

Mary obviously joined the early Church, but her role was never one of teaching and preaching, and indeed she remained so much in the background that nothing more about her is known for certain. Both Ephesus and Jerusalem have claimed to be the place of her death.

Misery has company

If you feel sad, you are not alone. One in ten adults has been diagnosed with depression, and the number of prescriptions issued for anti-depressant drugs has risen four-fold in the past 20 years. Recent figures from the Office for National Statistics show that doctors in England issued 39.1 million prescriptions for anti-depressant drugs such as Prozac in 2009; four times higher than the 1991 level of nine million.

The Bible urges us to turn to God when we are unhappy. It invites us to pray along with the Psalmist: **“Be merciful to me, O Lord, for I am in distress; my eyes grow weak with sorrow, my soul and my body with grief... My times are in your hands; deliver me from my enemies...save me in your unfailing love.”** (Psalm 31: 9,15)

Mouse Makes

When the Holy Spirit came at Pentecost there was a noise from the sky which sounded like the blowing of a **violent wind** and what looked like **tongues of fire** which spread out and touched each person.

I WILL POUR OUT MY SPIRIT ON ALL PEOPLE
ACTS 2:17

Read the story of Pentecost in Acts 2:1-41

The wind has mixed up these puzzle pieces. Cut them out and rearrange into a flame shaped picture

May 2

SAUDI'S GRAND MUFTI CALLS FOR DESTRUCTION OF ALL CHURCHES IN ARABIAN PENINSULA

One of Islam's most influential spiritual leaders has called for the destruction of all churches in the Arabian Peninsula, sparking alarm for the region's vulnerable Christian minority.

The Grand Mufti of Saudi Arabia, Sheik Abdul Aziz bin Abdullah, declared on 12th March that it is "necessary to destroy all the churches of the region". His statement came in response to a query from Kuwait about proposed legislation to prevent the construction of churches in that country. The ruling is in accordance with sharia; it is based on a hadith in which Muhammad on his deathbed declared, "There are not to be two religions in the [Arabian] Peninsula".

Churches have always been banned in Saudi Arabia, but they do exist in other Arabian lands, albeit subject to severe restrictions. The Grand Mufti's statement not only justifies the destruction of churches in the region but requires it. He is the president of the Supreme Council of Ulema (Islamic

scholars) and chairman of the Standing Committee for Scientific Research and Issuing of Fatwas. Ironically, Saudi Arabia has recently partnered with Switzerland on an institute of tolerance.

There has been no condemnation of the grand mufti's pronouncement by Saudi Arabia's Western allies. The *Washington Times* wrote on 16 March:

If the pope called for the destruction of all the mosques in Europe, the uproar would be cataclysmic. Pundits would lambast the church, the White House would rush out a statement of deep concern, and rioters in the Middle East would kill each other in their grief. But when the most influential leader in the Muslim world issues a fatwa to destroy Christian churches, the silence is deafening.

The declaration comes as Christians in the Middle East are under intensifying pressure as a result of the Arab Spring, which has resulted in increased political influence for Islamist groups.

Wise Sayings of St Francis

By Andrea Skevington, LionHudson, £4.99

The latest in the new '**Wise Sayings of**' series from Lion, offering illustrated hardback gift books with quotes and verses of wisdom. Each book is beautifully presented with decorative colour illustrations. Chapters in this book are: "In the beginning, God", "The Lord's Prayer", "Be completely humble and gentle", "Blessed are the peacemakers", and "The earth is the Lord's, and everything in it". *Lord, grant that I might not so much seek to be loved as to love.* Also in the series: **Wise Sayings of Jesus, Wise Sayings from the Psalms, Wise Sayings of St Paul, Wise Sayings from Proverbs, Wise Sayings of the Celts.**

BYBROOK WI



Tuesday 10th April saw Bybrook WI hosting their monthly meeting. After a warm welcome from the president and some updates to monthly business our guest speaker was introduced. Pru Anderton talked of her memories of her years at a convent boarding school in the 1950's in Worthing. She regaled us with stories of nuns who were remembered for various reasons, some loved and some feared. There were many funny stories about uniforms and weekends of picnics and swimming in the sea after the holiday makers had returned home for the evening. She told us of how all incoming and outgoing letters were read by the reverend mother and after reading one letter sent by her brother being asked to tell him to not use such language when writing to her again, needless to say he didn't write again. After a vote of thanks, members were asked to get into groups and create a school uniform made from newspaper and bin liners. One member from each group modelled some very different ideas of school uniforms.

Our next meeting is at St Mary's Community Centre, Rylands Road on May 8th at 7.30pm. If you would like to join us please come along and you will be made very welcome.

Toni Lockwood

How to be thankful

If you wish to establish the habit of doing a certain thing, you take pains to do that thing, upon every possible occasion, and to avoid everything inconsistent therewith. Now, then, if you wish to form the habit of thankfulness, just begin by being thankful – not next year; not for some great event or experience, but for whatever has just occurred, whatever has been pleasant, yes, and (also) for whatever has been painful. **John Broadus, 1891- 1938**

Lord... help my unbelief - *considering the case against Christ*

By John Young with David Wilkinson, John Polkinghorne & Richard Bauckham, BRF, £9.99

Attacks on Christianity are not new; the difference today is the aggressiveness of the attacks and their media attention. Christians need to be armed with an informed defence. John Young's *The Case Against Christ* has been providing the ammunition to help since it was first published in 1986. *Lord... Help my Unbelief* is a completely revised and updated edition of this bestselling classic.

With help from prestigious experts, including Professors Richard Bauckham, John Polkinghorne and David Wilkinson, Young offers a unique blend of accessibility and scholarship to tackle the relationship between Christian belief and science, faith and suffering, the reliability of the Bible, the uniqueness of Jesus, the evidence for his resurrection, and the extent to which we can 'prove' the existence of God. The approach is jargon-free and includes some rather good jokes along the way!

SPRING COOKERY

This month our Cookery Editor has chosen three simple, seasonal recipes to delight the palate, keep the cold out or remind you of the fruitfulness of Kent

Salmon Steaks

4 slices salmon – salt, pepper – 2 tbsp melted butter – parsley, lemon

Wipe the salmon slices with a damp cloth and brush over with the melted butter. Season with salt and pepper on both sides. Place the slices under a hot grill. Grill each side for 5 minutes or so, as necessary. Serve garnished with parsley and sliced lemon.

Chicken Hot-Pot

An all-in-one farmhouse dish with new potatoes included

4 large chicken joints – 1 oz seasoned flour – 2 oz butter – 1½ lb scraped small new potatoes – 1 clove garlic, crushed - 12 baby onions, peeled – 4 rashers streaky bacon, diced – 4 sticks celery, sliced – 4 oz button mushrooms – salt, black pepper – 1 pt chicken stock – 1 tsp mixed herbs – 1 tsp paprika pepper – 1 bay leaf – chopped fresh parsley

Set oven to 350F or gas mark 4. Toss the joints in seasoned flour. Melt butter in large frying pan and brown the joints until golden all over. Place the joints in a large casserole with the potatoes. Put the garlic, onions, bacon, celery, mushrooms in the pan and cook for a few minutes. Add the remaining flour and stir in well. Add the stock gradually, stirring constantly. Add the herbs and paprika and check seasoning. Pour over the chicken and potatoes. Add bay leaf, cover and cook for about 1 – 1½ hours until the meat is tender. Remove bay leaf, garnish with parsley and serve with carrots. **Serves 4**

Cherry and Almond Pie

Just right for an early taste of summer. Frozen cherries are excellent

**1 lb cherries - 1 egg – The weight of the egg in each of the following ingredients: butter – self-raising flour – caster sugar – ground almonds
A few drops of almond essence**

First weigh your egg! Set oven to 350F or Mark 4. Wash and destalk cherries and remove stones. Grease a shallow oven proof dish and place the cherries in it. Cream the butter and sugar together in a bowl. Beat the egg and fold in the flour, almonds and almond essence. Spread the mixture over the fruit, put in the oven and bake for 20 – 25 mins until the mixture is risen and golden brown. Serve with custard or cream.

Lasagne Trionfante. Hosted by Dick Houghton and Mike Wharrad, a magnificent Lasagne evening raised over £800 to buy state-of-the-art ramps to improve disabled access to St Mary's. It only remains for 2 rows of pews to be removed from the front of the Church for wheelchair users to be accommodated in safety and comfort.