

Worth, Pound Hill &
Maidenbower
**PARISH
MAGAZINE**

S^t Barnabas, Pound Hill

S^t Nicholas, Worth



February / March 2014

£1.00

After reading, please pass on to a friend or neighbour.

PARISH CONTACTS

Baptism, Wedding and general enquiries should be made to the Parish Office:

☎: 0300 111 8150



Worth Parish Web site:

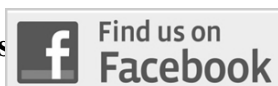
www.worthparish.org.ukoffice@worthparish.org.uk

CLERGY SERVING THE PARISH

Revd Canon Anthony Ball (<i>Rector</i>)	01293 882229
Revd Angela Martin (<i>Assistant Rector</i>)	01293 404127
Revd Canon Roger Brown	01293 520454
Revd Gordon Parry	07802 432398
Revd Canon Meurig Williams	01293 883051



www.facebook.com/WorthParish



Reg. Charity No. 1131090

REGULAR SERVICES AT S^t NICHOLAS AND S^t BARNABAS

	St Nicholas, Worth	St Barnabas, Pound Hill
Sunday	08.00 Holy Communion (<i>Book of Common Prayer, 1662</i>) 09.45 Sung Eucharist (<i>Common Worship</i>) 11.30 Nic's (All Age Prayer & Praise) (30 mins - 1 st Sun of each month)	10.00 The Eucharist (<i>Common Worship</i>) 10.00 Family Service (Informal, <i>Common Worship</i>) 3 rd Sunday of every month
Monday	07.30 Morning Prayer	17.00 Evening Prayer
Tuesday	07.30 Morning Prayer	10.30 Eucharist 17.00 Evening Prayer
Wednesday	07.30 Morning Prayer	17.00 Evening Prayer
Thursday	07.30 Morning Prayer 10.30 Eucharist	17.00 Evening Prayer
Friday	07.30 Morning Prayer	17.00 Evening Prayer
Saturday	08.30 Morning Prayer	17.00 Evening Prayer

Contributions for April 2014
by 14 March 2014 to Sue Perry
church@datamax.co.uk
(or by hand)
on Sunday 9 March 2014



The rain is lashing, the wind is howling and I need to go shopping.... Suddenly writing this page has become instantly more appealing than going out and braving the storm.

My RE lesson this week was on 'belief' and after in-depth discussions, which, with nine year olds, also included 'Bigfoot' and 'aliens' as well as Santa and the tooth fairy, we did come to the conclusion that belief was indeed based on what we wanted to

be true. Next week we are having a break from the syllabus to run a 'Deep Learning Day' for the whole school, on Candlemas, before returning to discussing belief without proof which, of course, results in faith. Having worked in many church schools, I am really hoping that the decision about the school in the new Crawley sector of Forge Wood, will be in our favour.

Another interesting topic which has cropped up over the coffee table this week has been 'developing a thicker skin'. Having a skin comparable with a rhinoceros myself, this is something I am often encouraging in others and our discussion led me to the inevitable 'google' which in turn harvested the following quotes which I felt may be worthy of a second glance.

A thick skin is a gift from God. Konrad Adenauer

'We must develop a thick skin. With an unshakable sense of self and a commitment to being compassionate, nothing will faze you.' Anon

Remember: It's not you; it's the situation

It's only now that I realize that it's all about developing a thick skin and a sense of humour. Anon

'The key to making things happen is 20% talent, 30% thick skin, and 50% hard work.' Anon

I could go on, but it's all on the net if you feel the need for more!

So we get to the new mag and what's in there. We have the usual highlights from various groups and some very welcome articles sent in by stalwart members of our congregation. I hope you enjoy reading the resumé of the Old Testament written by my mother's vicar. I found it quite stimulating – may be even enough to dip into a book or two! As we come into Lent I also found the Lent Calendar interesting and will pop a copy up on my board for reflection during those weeks.

When thinking of possible New Year's Resolutions or sacrifices for Lent, why not write an article or two on something that you find enjoyable – perhaps others will too!!

Belated New Year wishes

Sue x

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Thanks to Mikel Rice (See Genesis 3)

11-01-2013

AT THE EDEN NURSERY

Dear All,

Christmas is behind us and we are looking out across a bright New Year, well it will be once the sun begins to shine a bit more. When we begin a new year, a new job or move to a new home we are offered the opportunity to start afresh. Starting afresh doesn't always mean getting rid of all that has gone before, rather it is a time to re-evaluate all that has gone before and sort out what changes, if any, need to be made. But in doing so, in moving forward, we must always be careful not to 'throw the baby out with the bathwater'. We cannot move forward without taking stock of what has gone before.



During 2013 there has been a good deal of work done on our buildings. At St Nicholas we have completed some much needed tree work, the churchyard is looking better than it has for some time due to all the hard work of the grounds team and we have had a new sound system put in place. At St Barnabas we have replaced all the gutters, soffets and fascia boards with new UPVC fittings, the fence in the Jubilee Garden has been replaced, some of the outside doors have had a lick of paint and the office space, used by many, has had a new look.

In looking back over the past year, thinking about all the time and effort that has gone into the various building projects, we can all say with confidence that we have done well. However, in concentrating our efforts in this way maybe we have not had enough time to give to our spiritual growth - our own maintenance. So as we take stock of what has gone before, perhaps we could all look forward to giving some quality time to God in 2014.

We are not here simply to maintain our buildings, although we do need to as a means to resource our mission, our mission being to be a witness to all around that to know God is Good News! And as we all get caught up in the busy-ness of keeping things going, we get further away from spending time with God and further from that transforming maintenance work needed for our soul.

As we begin this bright New Year together my prayer is that we let the light of Christ in to cheer us and help us see the need for a bit more effort to make time for God. As we move towards Easter there will be a number of opportunities to get together to talk about and share our faith while spending time with the Lord. There will be the ecumenical group meeting each Tuesday at the CURC throughout Lent, the Friday Lent lunches and the midweek Meditations also with a light lunch. And of course there is also morning and evening prayer said daily in the parish (7.30am at St Nicholas and 5.00pm at St Barnabas). This offers each of us a chance to change, to be transformed by meeting God and with each encounter, each small transformation, we will be better equipped to live a Christian life.

I offer these two little prayers as a starting point, why not cut them out and keep them near your 'busy place' whether that's on the car dashboard, next to the computer or inside your coat pocket to surprise you! Wherever it might be, simply keep it with you, and this year let's concentrate on our own maintenance, on our spiritual health.

Lord, this moment is yours; mine for you and yours for me.

I need you, I cannot survive without you; and yet I go on rushing through life as if I could do everything
in my own strength.

Forgive me.

I know you care for me at all times, and that I am always in your hands; but I still need to pause and let
my heart and spirit be loved by you into loving you again.

by Angela Ashwin

Stay with me, and then I shall begin to shine as you shine: as a light to others.

by Cardinal Newman

With every blessing to you all,
Angela

x

The service of Preparation for Advent was well attended. Rev. Angela presided and gave a thought provoking address.

The A.G.M. is on Thursday 27th February. There will be an enrolment during the service and afterwards a discussion on 'What do we contribute to the parish?'

This year's Shrivings service is on Shrove Tuesday 4th March at 2.30 pm. at St. Margaret's Ifield.

Friday 7th March is the Women's World Day of Prayer which has been prepared by the Christian women of Egypt this year. The 10 a.m. service is at The Friary (town centre), the evening service, 7.30 pm. at St Barnabas Pound Hill. Everyone is invited.

The Wave of Prayer (when branches in our Diocese and our linked African Dioceses of Owo, Niger Delta, Kimberley and Kuruman, Nyahararu, Kericho, Renk and Okrika are prayed for throughout the world) is on Thursday 20th March. Our 'slot' is 4- 5 pm. at St. Barnabas.

On 25th March a Lady Day service will be held at 12.00 noon. at St. Barnabas.

There is no service before the meeting on Thursday 27th March but a discussion on 'We are created by God – Being single or widowed'.

Meetings begin at 7.30 pm.



Our pre-Christmas cheese and wine evening was, as usual, a joyous occasion, with good food and a good natter. A raffle helped to pay our 'rent' for the year.

The New Year gave us the opportunity to hear and see Bill and Helen Puttick's presentation of 'Out and About in Austria' which had to be cancelled last year because of the snow. Staying in St. Gilgen access was available to the beautiful countryside. The lake had a pathway right round it (quite a walk). They saw (and heard) a brass band with a bass drum carried on a trolley, pulled by a young boy. On the shore of the Wolfgang See stands the famous White Horse Inn. Salzburg is an interesting city with many beautiful gardens and memories of Mozart and Franz Lehar. Then to the capital, Vienna, a lovely city, full of interesting churches and music venues. The Hoffnung Palace has 2600 rooms (I'm glad I don't have the job of cleaning them).

Thank you Bill for a memorable evening.

Our next meeting is on Thursday 6th February at 8pm. in the Pastoral Centre when Mr Tim Wilkins from the Carers Support Group of the Alzheimer's Society at Horsham speaks about 'It's Time to Talk about Dementia', a problem affecting so many people these days.

At the meeting on Thursday 6th March we will be whisked off to the Andes including a visit to Machu Picchu, with an illustrated talk by Gerald Sandwell.

Everyone is welcome to our meetings.

R.W.

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Thanks to Joshua Zambrano (See Genesis 19:23-26) 01-17-2014

IRONIC THING IS, SHE HAD JUST CUT WAY BACK ON HER SODIUM INTAKE





The Children's Society

making childhood better

The Children's Society

Despite the ongoing financial difficulties for everyone, the annual box count just completed came in at £515.26 i.e. £72.06 more than last year. Of this sum £430.86 was gift-aided producing a further £107.71 in reclaimed tax, effectively making a grand total of £622.97. Whilst our list of supporters numbered 21 on this occasion we are always keen to gain new supporters. Please contact your local box co-ordinator (myself, Mrs Brenda Booker) on 01293 886473. Grateful thanks to all concerned for their valuable support.

BMB

(My own collection of those annoying 1p and 5p coins, was not missed from my purse, but went a little way to achieving the above total. Ed)

Below is a note which was received from the Revds Steve and Pauline Barnes by Malcolm & Brenda, as many of you remember, Steve was Team Vicar at St Barnabas, some years ago.

90 Bradwell Road, Bradville, Milton Keynes, MK13 7AD.

Just throwing in a few words of catch-up: Ignoring the occasional arthritic and back ache and teeth falling out, we (and the animals) are all well, thank you! We're getting our fresh air a bit less from the tandem and a bit more from the allotment and walking. I joined Pauline for the last leg, into Birmingham, of her staged walk of the Grand Union Canal and she is now part-way along the Cotswolds Way with a school friend. She enjoyed a 50-year school reunion and spent much of the summer processing this year's phenomenal fruit harvest.



In September I turned 60. Pauline organised a surprise pub lunch attended by dad, Annette and Serge (sister and hubby, flown in from Majorca) and three school mates. It was a magic moment. I got my Senior Rail Card the following day and am surprised to find my prescriptions are now free! Our main holiday was with car, tent and folding bikes to Denmark and the wedding of nephew, Christopher, with attendant family reunion; followed by a week in Sweden.

Last year I retired from being president of the Hospice Chaplains' Association and this year my office in the hospice

has moved to a central location on the ward and I feel I've started a completely new, invigorating and more engaged job.

We are 10 minutes from junction 14 or Newport Pagnell Services on the M1. Work is even nearer, so if you're passing and it's time for a coffee, it would be great to see you.

God bless you this Christmas and throughout 2014.

With our love,

Pauline + Steve xx

Women's World Day of Prayer

Women's World Day of Prayer takes place on the Friday 7th March. This year's service has been written by the Christian women of Egypt. Canon Anthony Ball (our own Rector) will give the address at two services in Crawley – 10am at The Friary, in town centre, and 7.30pm at St. Barnabas Pound Hill and several people from our congregations will take part. This is a wonderful occasion and men, women and children of all ages are warmly invited.

The origins date back to the 19th Century when Christian women in the USA and Canada, despite strong opposition from all-male mission boards, founded numerous and effective women's boards for foreign and

home missions, whereby they could work with and for Women and children. They encouraged one another, not only to engage in personal prayer, but also to lead communal prayer within their

mission auxiliaries and associations. This led to annual days and even weeks of prayer within individual denominations. By 1887 the movement had become ecumenical. In 1922, two separate united days of prayer in Canada and the USA came together with a common date – the 1st Friday in Lent. In 1926 the women of North America distributed the worship service to many countries – the response worldwide was enthusiastic and the World Day of Prayer came into being.

After the Second World War the movement grew rapidly and by 1968, 127 countries were participating. Nowadays women from 170 countries use the same order of service which is translated into 60 languages and 1000 dialects. At international meetings the themes and writers for future years are chosen and allocated to countries who have expressed a desire to write a service. These are chosen in order to give as wide a geographical variation as possible. The date of the service was changed to the first Friday in March. The 'Wave' begins on the International Date Line, with Samoa, and travels westward throughout the rotation of the Earth, with the last service in American Samoa.



Through Women's World Day of Prayer all are encouraged

- To be enriched by the faith experience of other Christians
- To become aware of the situation of women in other countries
- To share the hopes, fears, joys, sorrows, opportunities and needs and to pray with and for them
- To turn their prayers into positive actions

B Somerville & R. Wakelin



Fundraising February
Saturday 8th February
7.30
Quiz Night

At St Barnabas Church
Hall
Worth Rd, Pound Hill,
RH10 3AF



Bring a team of 6 or join a team on the night
Tickets £5.00 each (01293 883362)
Bring your own nibbles and drinks
(glasses provided)
Raffle
In aid of Church Projects

Saturday Markets

Pastoral Centre



**St Barnabas Church,
Pound Hill**

10am - 12noon



1 March, 12 April, 3 May

FREE ADMISSION

Home Produce Books Refreshments

AWAY DAY

At
Rowfant House,
Wallage Lane
Rowfant, Crawley
West Sussex, RH10 4NG



Saturday 8th March 2014

Led by
Rev'd Dr Andrew Mayes

10.00	Coffee & Biscuits
10.30	Morning Session
12.30	Sandwich Lunch
1.30	Afternoon Session
3.30	Eucharist
4.00	Carriages

Booking Forms at the back of church or from
Joan Tick & Stuart Sharpe

Parish Jumble Sale



St BARNABAS CHURCH HALL
Worth Road, Pound Hill
In aid of Church Funds

09.30

SATURDAY 15th March

Refreshments available

Entrance 30p

Children free



'Fund Raising February'

Are you able to put on an event and raise much needed funds for our churches?

So far planned 1st February Saturday Market + Concert

8th February – a Quiz evening

15th February – a Valentine's Tea

Can you add to the list?

Suggestions include –

A coffee morning amongst friends – small charge for refreshments, a raffle or cake stall
Charity Dinner – invite 4/6 friends (not from our church) and ask them to pay £10 each for a 2/3 course meal

Talents? – use them or lose them!

The idea is to have as many activities as possible during February



If you feel able to put on an event please contact the Parish Office or Phyl Pennell
(01293) 883362

Strictly Inspiring?

Has Strictly Come Dancing got your feet tapping?
Do you think you have two left feet?
Have you danced in the past, but think you've forgotten how?
Or have you never learned in the first place?
Do you like Tea & Cake?



If your answer to any of these questions is YES, then come and join Gill Osborne's 'I'll show you how' Tea Dances, supporting 'Fundraising February'. Come to any or all.

St Barnabas Church Hall

Sundays

9th, 16th, 23rd

February

3.00pm to 5.00pm

Cost? a donation to reflect your enjoyment
Please book to give us an idea of numbers, by
calling Gill on 01293 513421 or the Parish
Office 0300 111 8150



Bellringers' AGM

On Thursday 16th January, instead of their usual practice, Worth Bellringers held their Annual General Meeting. Containing nothing very exciting or contentious, it is as much a social event as a formal meeting although there is an agenda, minutes are taken and officers are elected (or, as is more usual and the case again this year, re-elected). You may be interested in reading the Tower Captain's (i.e. my) report for the year, which is shown below.



Among other things discussed were:

- what would happen in the event of a fire and how we could reduce the risks of being trapped (which is part of our Risk Assessment),
- how we could increase our “visibility” (figuratively speaking, not literally!), for example by reinstating a ringing section on the website,
- our annual dinner and where we might go,
- the possibility of having branded polo shirts for the ringers (helpful when we make our way through assembled wedding guests), and
- more seriously, how we, as ringers, might commemorate the centenary of the start of the Great War, and specifically remembering the Fallen who are recorded on the memorials in and around Worth. More of this later in the year.

Do come and talk to us if you want to know more about what goes on “upstairs”. In the meantime, here is my report.

Captain's Report 2013

Ringling is not easy. It requires teamwork and commitment. It can take months, even years, to learn properly. Our lightest bell is 2½ times the weight of an average man; the heaviest 6 times. They are rung full circle, through 360 degrees. To quote an old text “The coil of the rope, which it is necessary to hold in the hand, before and whilst raising a bell, always puzzles a learner; it gets into his face, and perhaps round his neck (in which case he may be hanged!)”. It requires skill and concentration; all our complex patterns (our “music”, if you like) have to be memorised. There are no visual aids.

In the past year, we've been locked in following a wedding (there is no internal keyhole on the tower door) and had the lights in the choir room turned out on us, making the descent from the ringing room a bit more hazardous. When the weather is particularly wet, the rain comes in and makes the ringing room damp (not to mention damaging the plasterwork). In Summer, it can get unreasonably hot, as we have limited ventilation and need two fans and air conditioning to make the cramped conditions bearable. We wait patiently for weddings of indeterminate length to finish, so that we can start. Yet still we come to ring.

There were 46 practice nights, 49 Sunday morning services (only missing one, because there were not enough ringers available), 9 other services (all the major Christmas services, for example) and 39 weddings when the bells were rung. We rang 9 quarter peals including one for Bishop Geoffrey's retirement and one for the 25th anniversary of the re-opening after the fire. We rang a quarter peal to celebrate the birth of Prince George of Cambridge and another to celebrate the life of Mark Rogerson. For the 16th year in succession we succeeded (just!) in ringing a half muffled quarter peal on New Year's Eve. Average attendance was 8 ringers every Sunday morning; more on practice night. In all we clocked up around 1,000 man hours of attendance over the year. The attendance records, including wedding ringing and a record of the quarter peals are on the ringing room notice board, if anyone is interested in the detail.

This year we tried the idea of having a different ringing master on the first Thursday in the month, although this did not happen every month. I will be interesting to hear your views on whether to continue with this; the intention is to give everyone some experience and also to add variety. I'm sure you must get fed up with hearing my voice!

July saw the start of Caroline's ringing career and she has made remarkable progress since then and is a welcome addition to the band. Not only that but she brought along Gary who could already ring! Unfortunately, a couple who started to learn in 2012 fell by the wayside, but we hope the experience will stand them in good stead should they decide to take up the ropes again! Pippy, who started at around the same time continues to progress, but requires more regular attendance than her many other activities currently allow to become a competent and confident ringer.

2014 sees the centenary of the start of the Great War and bellringing is likely to feature in the commemoration. In addition, it is 25 years since the re-opening of Worth church after the fire and a number of events are being planned. With the usual crop of weddings, it is likely to be another busy year.

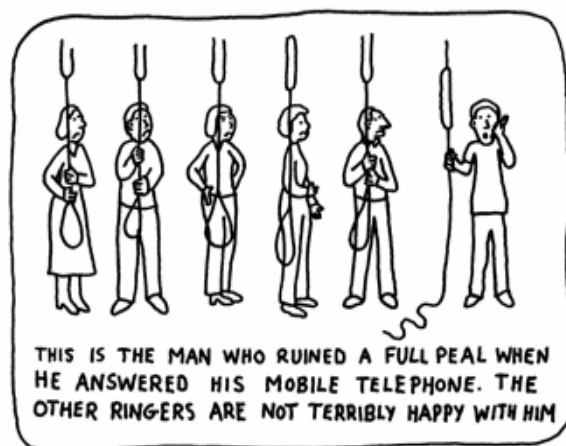
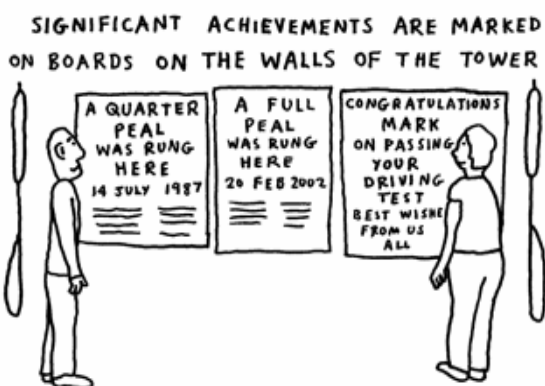
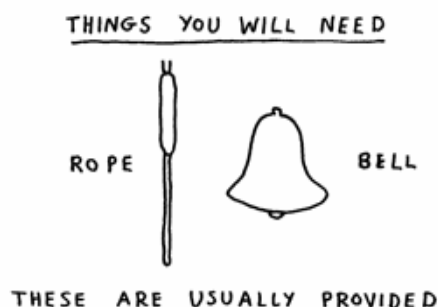
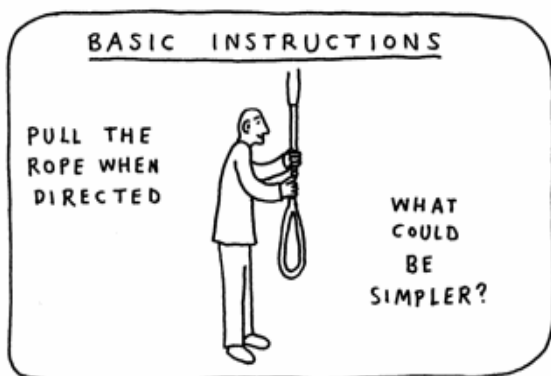
Thank you, ringers, for your support in 2013 and for your continued support in 2014.

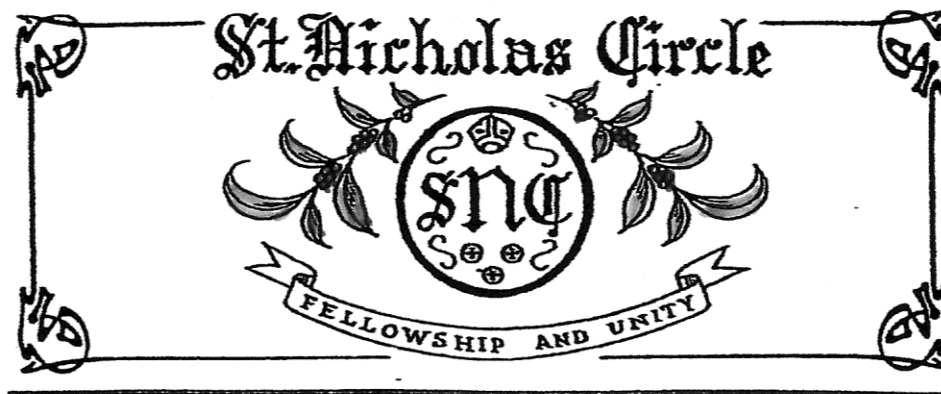
Neil Dobson, Tower Captain

January 2014

THE BELL-RINGERS

USEFUL INFORMATION FOR NEW RECRUITS





A short history of 'The Circle'.....

This social group of mixed members was first formed at Worth way back in the Autumn of 1975.

When it started, in the Rev'd Tony Andrews' day, informal meetings were held in The Rectory. When he left in 1982, Philip Barnes (our Parish Lay Reader - at the time) took over as Chairman and we moved to The Pastoral Centre as the venue for our meetings.

Our evenings have varied - from slide shows on topics varying from 'The Oberammergau Passion Play' to 'The America's Cup'. Other evenings have included Travelogues and Powerpoint Presentations together with all types of interesting speakers - we then also used to have the occasional meal.

Towards the end of 1996 Philip decided to 'retire' as Chairman and handed the role over to Malcolm Booker to be effective from the start of 1997. Pam Newley kindly continued as Secretary of the group.

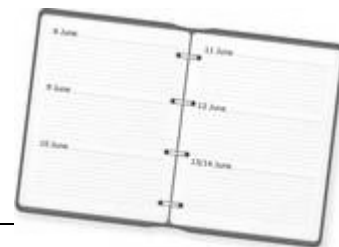
Nowadays, we have two regular 'meal meetings' during the course of the year. The first is the 'Summer Supper Night' which is usually held in June and then, later, we have a 'Festive Occasion' early in December - with cheese and wine. We also have raffles on those two nights.

We continue to operate on a format which has, we hope, been both enjoyable and succesful from the very beginning. Membership is open to all not just church members or those who are part of the St Nicholas or St Barnabas congregations.

RW/MEHB.

Our current annual subscription only costs £2.00 - yes, two pounds per person! For further information, please contact either Pam Newley on 01293 882558 or Malcolm Booker on 01293 886473.

DATES FOR YOUR DIARY
including PARISH EVENTS AND FUND RAISING 2014



<u>February</u>			
Thursday 6	St. Nicholas Circle - Dementia	Pastoral Centre	20.00
Friday 7	Lunch	Pastoral Centre	12.30
Saturday 8	Quiz Night	Hall	19.30
Sunday 9	Tea Dance	Hall	15.00-17.00
Friday 14	Lunch	Pastoral Centre	12.30
Saturday 15	Valentine's Afternoon Tea	Pastoral Centre	3.00 – 5.00
Sunday 16	Tea Dance	Hall	15.00-17.00
Friday 21	Lunch	Pastoral Centre	12.30
Sunday 23	Tea Dance	Hall	15.00-17.00
Friday 28	Lunch	Pastoral Centre	12.30
<u>March</u>			
Saturday 1	Coffee morning/Saturday Market	Pastoral Centre	10.00 am
Wed 5	Lenten Soup Lunch (after Eucharist)	Pastoral Centre	12.30
Thursday 6	St. Nicholas Circle – Out in the Andes	Pastoral Centre	20.00
Friday 7	Lunch	Pastoral Centre	12.30
Saturday 8	Parish Away Day	Rowfant House	10.00
Wed 12	Lenten Soup Lunch	Pastoral Centre	12.30
Friday 14	Lunch	Pastoral Centre	12.30
Saturday 15	Jumble Sale	Hall	9.30 am
Wed 19	Lenten Soup Lunch	Pastoral Centre	12.30
Friday 21	Lunch	Pastoral Centre	12.30
Wed 26	Lenten Soup Lunch	Pastoral Centre	12.30
Friday 28	Lunch	Pastoral Centre	12.30
<u>April</u>			
Wed 2	Lenten Soup Lunch	Pastoral Centre	12.30
Friday 4	Lunch	Pastoral Centre	12.30
Wed 9	Lenten Soup Lunch	Pastoral Centre	12.30
Saturday 12	Coffee morning/Saturday Market	Pastoral Centre	10.00 am
Wed 16	Lenten Soup Lunch	Pastoral Centre	12.30

Come in for a Cuppa

The St. Barnabas Pastoral Centre Coffee Shop,
Worth Road, Pound Hill, RH10 7EB
is **re-opening on Tuesdays**
On this date we will be offering a
hot drink and cake or biscuits for
£1. We hope you will join us. **10.30am
to 12.30pm**



'Nip in for a Natter' (and drinks and snacks)
Toddler in tow? No problem, everyone welcome whatever your
age! A warm welcome awaits!

LENTEN SOUP LUNCHES

Wednesdays in Lent

5th, 12th, 19th, 26th March, 2nd, 9th, 16th April
in the Pastoral Centre
at 12.30 pm



Donations in aid of
World Team Bank
(charities)

please give generously (GIFT AIDED
IF POSSIBLE)














Lent

<http://www.explorefaith.org>

Someone once said that to recognize the signs of God, pay attention to your stirrings. Look closely when you feel the swell of joy within, or the tightness as your throat closes up in sorrow. Live in that moment, poke around in its corners, and feel the texture of its walls. Sit with it for awhile, long enough to sense the presence of God sitting with you.

For many of us, this attention falls in the realm of discipline. We are so consumed with the goings-on around us that slowing down and looking inward requires a determined act of will. For Christians, Lent is a time to do exactly that.

1		③	4	5	6	7
				stillness		
8	9	10	11	12	13	14
self-examination						
15	16	17	18	19	20	21
						
		attention				
22	23	24	25	26	27	28
						prayer
36	37	38	39	40	41	42
		hope				
43	44	45	46	47	48	49
	④④				new life	

Beginning 40 days before Easter, Lent has traditionally been a time of looking inward, a time of self-evaluation and self-examination in order to identify one's sins and go through a process of repentance and renewal. Many Christians have fasted during portions of Lent, others have found ways to mark the days by "giving up" something that is particularly delightful to them, even if not sinful. For some it's giving up sweets or red meat, for others cigarettes or alcohol, habits which oftentimes are picked up again when Easter rolls around.

In recent years, there has been less emphasis on *giving up* and more emphasis on *taking on*. Some will choose to go to church more often, or serve the poor, or be more disciplined in meditation.

Using this Lenten calendar is another way to observe this season with intention and presence. Each week of Lent is devoted to reflections on Lenten themes: stillness, examination, attention, prayer, suffering, hope, and new life. As you use these quotes to work through the days and weeks of the Lenten season also keep in mind three things that may help you develop interior peace:

First, **live attentively**. The Buddhists call this *mindfulness*. All it means is to be aware of life. Hear the silence of the snow. Feel the cracks in the earth. Look into one another's eyes. Pay attention to every single moment and that moment alone. Feel it. Take it into your bones. Let it transform you.

Second, **learn to let go**. Start to simplify your life. Simplify your possessions, your thoughts, your desires, your expectations. When you can let go, your arms are open and ready to receive all the good things God longs to give you.

Third, **develop intimacy with God**. Gather in yourself a phrase or thought from the calendar. Let the thought or phrase filter through your heart and mind throughout the day. Say it when you stand in the grocery line, when you eat your lunch, when you scrape ice off your car. Let it settle deeply in your heart so that it can work from within to bring you into closer intimacy with God.

Lent need not be a time to live in guilt and shame. Instead it may be a time when we find ourselves in the place where we pay attention to our stirrings—in that place of deep stillness where the hunger of our souls and the heart of God meet.

*So shall we have peace divine:
holier gladness ours shall be;
Round us, too, shall angels
shine,
Such as ministered to thee.*
—Hymn #150
The Hymnal 1982

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TOGETHER IN ZAMBIA	4 March Shrove Tuesday	5 Ash Wednesday Why do we put ashes on our head today?	6 Read the story in your newsletter about Anna from Zambia	7 Take home a little Red Box and start collecting coins in it	8 Arrange a special surprise for someone today	9 Say a private prayer. Is there anything you want to ask God's help with?
10 What sacrifice could you make today for someone else?	11 Write a newspaper article about life for children in Zambia	12 Plan something kind for someone this week	13 What does fasting mean? Find out why people fast during Lent.	14 Keep an eye out for someone who needs cheering up	15 Can you put a coin in your Mission Together box and say a special prayer?	16 Tell God about three things that are special to you
17 St Patrick's Day What can you find out about St Patrick?	18 Share any worries you have with God and remember that He loves you.	19 St Joseph's Day This is the day to remember fathers	20 First day of Spring! Plant some seeds today	21 Perform a song or dance with your friends	22 Can you play outside today instead of watching TV?	23 What did Jesus mean when he said he would give 'living water'?
24 Remember to put another coin in your Mission Together box	25 Think of something you are thankful for and thank God for it	26 What can you find out about Zambia?	27 Try the Mission Together Lent Activity. Who can you serve today?	28 Say a sorry prayer for anything that has gone wrong this week	29 Find out why we give chocolate eggs at Easter	30 Mothering Sunday!
31 Make some Easter decorations using colourful materials	1 April A new month, a new start. Start something new today	2 Think of a kind thing to say to everyone you meet today	3 Who are you going to pray for today?	4 How old are you? Can you make that many people smile today?	5 Make the effort to take care of a family member today	6 Jesus helped Lazarus and his family. Who can you help today?
7 Find out what the colours on the Mission Together logo stand for	8 Write a story or draw a cartoon about what you think heaven is	9 Turn over a new leaf today and resolve to do something good	10 Jesus said to love your neighbour. Who is your neighbour?	11 Make a poster showing signs of new life	12 Pray for the children in the world who don't have families	13 Palm Sunday What are we celebrating today?
14 Try to make a new friend today	15 Draw a picture of something that makes you happy	16 Count all the money you raised in your Mission Together box. Thank you!	17 Maundy Thursday What happened in Gethsemane?	18 Good Friday Thank God for sending his son to us	19 Holy Saturday Make an Easter card for your family	20 Easter Sunday!

Mission Together is the Church's official charity for children's missions overseas. It helps more than 4 million children worldwide. Its unique motto is children helping children.



CHILDREN HELPING CHILDREN

God calls us to work together to make a better world. Through Mission Together, children can follow the example of Jesus by feeding the hungry with food and hope, giving the thirsty water and faith, providing the sick with medicine and prayers, and welcoming strangers by seeing Christ in others.



This year, Mission Together is focusing on Zambia and on building homes for children. You can order a whole range of FREE Mission Together educational materials by phone, email or online

Mission Together, Missio, 23 Eccleston Square, London, SW1V 1NU Tel: 020 7821 9755 Web: www.missiontogether.org.uk Email: missiontogether@missio.org.uk

"Mission Together" is the Roman Catholic Church's official charity

Wordsearch for February 2014

February opens with Candlemas – the naming of Jesus in the temple. Simeon and Anna praised God to see the promised Messiah, sent by a loving God to save his people. February also celebrates the love between men and women: Valentine cards and wedding fayres abound. 'Love' as in social compassion is also remembered: Fair Trade fortnight, World Leprosy Day, Education Sunday and National Nest Box Week.... Love is truly needed by everyone!

naming	coffee
Christ	bananas
Candlemas	chocolate
Simeon	justice
Anna	poverty
temple	nest box
love	marriage
Valentine	wedding
romance	leprosy
Matthias	education
Fairtrade	sunday
Fortnight	

N R S U N D A Y S I N R C N
A O F O R T N I G H T N H U
M M A T T H I A S A Y M R E
I A I O L E L M T N N O I P
N N R O A H O F T N A A S O
G C T T H O L O C A U S T V
C E R N E D U C A T I O N E
T V A L E N T I N E C L E R
W E D D I N G E D M O S S T
H L E P R O S Y L P F E T Y
C M A R R I A G E L F L B T
J U S T I C E A M E E O O T
C O C H O C O L A T E V X A
S M B A N A N A S I M E O N

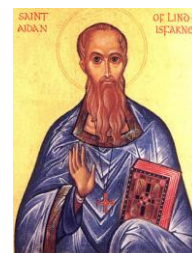
Northern Lights

No, probably not the ones you are thinking of.

I was listening, intently I may add, to Canon Meurig's sermon the other week and my ears pricked up even more when he mentioned "Northern Saints" I 'cut my teeth', as the saying goes, on Northern Saints. Having spent the majority of my educational years and misspent youth, living in the North East, R.E lessons were not just scripture but also 'local religious history'. Aidan, Bede & Cuthbert and to some extent Columba and Hilda were the "Northern Lights" in this history and my own. School trips to Holy Island & Hadrian's Wall!

Aidan lived as a monk on the island of Iona and on request from the then king of Northumbria, Oswald, arrived in Northumbria around 635 and established a monastery on Lindisfarne (Holy Island) the same year that Cuthbert was born. Aidan died at Bamburgh in 651 and it is said that Cuthbert, then 16 years old, had a vision of angels carrying Aidan up to heaven.

Aidan's feast day is August 31st, the date of his death and he is / was known as 'St. Aidan, Apostle of the North and Light of the Celtic Church'.



Cuthbert began his 'working' life as a shepherd-boy in the valley of the Tweed, he was a good sportsman until an infection in his knee prevented him from running and even walking was difficult. One day, it is said, that a stranger on horseback saw him and told him how he could heal his knee with a hot poultice, he tried it and after a few days the infection improved. Cuthbert joined the army but was not happy fighting and left, going back to being a shepherd; he would spend his time in prayer, thanking God for answering his previous prayers, sending the angel to heal his knee and saying prayers for other people. At this time Cuthbert had the vision of angels carrying a soul to heaven, then shortly afterward he heard that Aidan had died and he knew it was God's message to him to serve God as Aidan had. Cuthbert went to Melrose to become a monk, travelling around, meeting people in out of the way places and telling them about God. Eventually Cuthbert was sent to Lindisfarne as the Prior and then became the Bishop.

Cuthbert's 'light' in the lives of the people of Northumbria was to teach about God and to share what he had, knowledge of the Bible and food with everyone. He died on March 20th, 687 on Inner Farne.

Bede was born in 673 in Monkton, Durham, when he was 7, Bede's family dedicated him to God, as Samuel's had done a thousand years before. Bede moved to the monastery of St Peter at Wearmouth (Sunderland) with Bishop Biscop caring for and educating him; 2 years later he went to the monastery at Jarrow. By the time he was 19 he became a deacon, and at 30 was ordained priest.

Bede loved music and singing, he loved chanting and singing the psalms, he also became a great writer and amongst his best known works are *Lives of the Abbots*, *Life of Cuthbert* and *The Ecclesiastical History of the English People*.

The books that Bede wrote have served as a wonderful insight into a time when some special men lived and worked to the glory of God and churches and monasteries founded in the northern half of the country and are an important source of knowledge of Christianity in Britain. Bede died in 735 on Ascension Eve, May 25th. In 836 he was given the title of The Venerable, 'worthy of honour'; his 'light' is his writings and recorded above his tombstone in Durham Cathedral is – "Christ is the morning star who when the night of this world is past will bring his saints to the promise of the light of life and everlasting day".



I pray that the lights in your journey to faith are as bright as the "Northern Lights" in mine. *Joan Tick*

Bite-Sized Bible Guide 1 by Rev A Rowland (St Mary's West Moors)

Each unit is called a book, originally written on papyrus scrolls. Here's a brief guide to each.



Old Testament – the happenings before Jesus. The first five books are the Law. Then come some history books, some poetry (Job-Song of Songs) and finally the many prophets, Major and Minor. Don't try reading from the beginning to end; you'll get bored by Numbers! Beware the Books are not particularly arranged in historical order, but it does all start with creation. Read Genesis, Exodus and Isaiah first. Leave Numbers and Leviticus until last.

Genesis – The creation, Adam & Eve, serpents and apples, Babel towers and Noah's Ark - the earliest sagas are all here. God calls Abram from Ur in Chaldea (Iraq) to begin a journey of enormous consequence and the story of faith begins. In their 100's Abram and Sarai produce a miracle child, as God makes an eternal covenant with Abraham. Ha! God changes their names. Sarah laughs, so she calls the boy 'Isaac' (she laughed). Abraham is prepared to sacrifice Isaac, but doesn't have to. The next son Jacob's life is a struggle (having stolen his older brother Esau's birthright) and he becomes Israel. Note: Esau's descendants, the Edomites, are claimed as the forefathers of the Arab peoples. Later still Jacob's son, Joseph, has a jealous argument with his many brothers over a colourful coat and is sold into slavery by them - but rises to Pharaoh's right hand as the action moves to Egypt.

Exodus – Years later Jacob's descendants 'Israel' end up enslaved in Egypt. Moses, like Joseph, rises from slave to prince, then has to flee to Midian where he too meets God in a burning bush on The Holy Mountain. Many years later Moses returns to Egypt and with his brother Aaron, calls on Pharaoh to 'set my people free'. They, guided by God, lead the Hebrews through sea, sand and scarcities to the Promised Land.

Leviticus – Dry! Rules for worship and social development of the Hebrew tribes. Written by Moses during the Exodus. Understanding this is important to understanding early Judaism.

Numbers – What went on for 40 years in the desert wilderness under Moses.

Deuteronomy – Moses speaks mainly about being faithful to God, the covenant and the consequences of unfaithfulness. Probably heavily edited hundreds of years after the events, it describes and is very influential in codifying Jewish life and faith.

Joshua – The next generation of leadership - a warrior, trumpets and all. The Jews enter into their Promised Land. A bit too much divinely ordered violence for modern sensibilities? With a sound of trumpets, Jericho's walls tumble, reality is nothing like the rhetoric though.

Judges – Stories of Hebrew/Israelite leaders including the hairy story of Sampson. Judges: male and female wise patriarchs, but not kings, preside over the Twelve Tribes of Israel.

Ruth – A foreign Moabite woman becomes kosher and from her comes the Davidic line.

1 & 2 Samuel – Two history books about the change from Divine to Earthly rule – God is no longer good enough, so here are very fallible Kings; Saul, David and Solomon who ruin things, even with Samuel's advice and God's help. Samuel tells them it will all end in tears.

1 & 2 Kings – The stories of the mainly appalling kings thereafter – the peoples of the Northern Kingdom and Judah are torn apart between the major powers Egypt, Assyria and Babylon - exile and destruction is the inevitable result. Elijah and Elisha are truly great and interesting prophets featuring in Book 1 and are required reading.

1 & 2 Chronicles – more stories parallel to Kings, written from a different perspective.

Ezra – a Priest who leads the return from exile after 50 years in Persia as God works through King Cyrus of Babylon.

Nehemiah – Rebuilds Jerusalem's broken walls in 52 days despite heavy opposition.

Esther – A young maiden prevents a holocaust by being in the right place at the right time and being brave. She is still commemorated today at the Jewish feast of Purim.

Job – a very early saga stranded in the middle of the Old Testament, heavy going but very influential. About suffering, why does God allow it? Early philosophy.

Psalms – A collection of 150 poetic songs and hymns from King David's era. Well loved down through the ages. Monks had to sing all 150 in a day! Ugh. Quite a mixture of themes and emotions, many used as a foundation for our famous hymns.

Proverbs – Fascinating collection of truisms and wise sayings – quite fun really, on a dull day. Something for everyone! Many still oft quoted in everyday speech.

Ecclesiastes – What's the point...? Nothing makes sense – musings of a doubter?

Song of Songs – A sensual love song dressed(?) in religious terms. Quite obscure.

Isaiah – Presented as one scroll, but prophecies from three eras. Often known as the 'Fifth Gospel', reinterpreted and treasured by Christians. A towering book; Exile, Return, Messianic prophecies, Servant Songs...truly inspirational. No 1 Prophet!

Jeremiah – The reluctant but important prophet who predicts and witnesses Jerusalem's fall. "Can a leopard remove its spots?" – apparently not, the leopard being the people of God. Jeremiah is thrown down a well! Important book.

Lamentations – lots of regrets in retrospect for the distraught Jewish peoples. Sad!

Ezekiel – A doom & gloom merchant (Priest/Prophet) with weird visions, many which are realised, but then Ezekiel predicts better times and is hopeful. The valley of dry bones is the famous bit. God restores life in the midst of death.

Daniel - Twelve chapters from two distinct eras. Two well known stories; 'Daniel and the Lion's Den' and the 'Fiery Furnace'. Last six chapters need decoding much like Revelation from the New Testament.

Hosea – The prophet who marries a prostitute, who is unfaithful despite her chance for honour. The children are named *God Scatters*, *No Mercy* and *Not my People*! An analogy of the relationship between God and the Israelites. Love prevails, all is well, the children will be called, *Children of the Living God*, *Shown Mercy* and *My People*.

Joel – The judgement day of the Lord: swarms of locusts - is not this natural disaster God's judgement? Beating ploughshares into swords and pruning hooks into spears.

Amos – Prophet who stood up for the poor, who had no voice, God hears their cries.

Obadiah – God will see that eventually the bad guys won't win. He is just.

Jonah – Whales and reluctant prophets, but great fun and well known to this day. Laugh as you read it. A humorous Jewish self-critique and recognition that God is not exclusive property of the Jews.

Micah – paints a portrait of God. God stands against evil and the nation consequently will fall, but he loves them nonetheless. Famous bit about beating swords into ploughshares and spears into pruning hooks in more peaceful times to come.

Nahum – Middle East reign of terror to end as Assyria's fall is prophesied.

Habakkuk – poses the question, where is God when his people suffer? The only answer, the wicked will be judged. This prophet questions God more than delivers His message.

Zephaniah – The end of the world for Judah. Depressing stuff.

Haggai – Mainly about rebuilding the Jerusalem Temple 18 years after return from exile.

Zechariah – Mainly about rebuilding the Temple (also).

Malachi – by 450 B.C. Animal sacrifice in the Temple is not really what God wants

Valentine Tea

Saturday 15 February

3.00 pm – 5.00 pm

In the Pastoral Centre



Good food

Entertainment



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**Saturday 10 May
10.00 am – 12 noon**



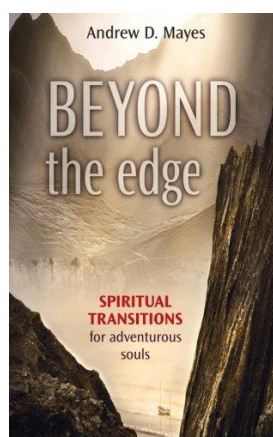
**In the next few months
when you are preparing your gardens and
greenhouses, please have the Plant Fair in
mind. If you can plant a few seeds for us, take
some cuttings, etc - anything that would mean
we have a good stock of plants to sell, we would
be very grateful. Thank you.**



LENT COURSE 2014

Ecumenical Bible study

Jubilee room – Crawley URC



**Tuesdays from
March 11th to
April 8th
7:30 to 9pm**

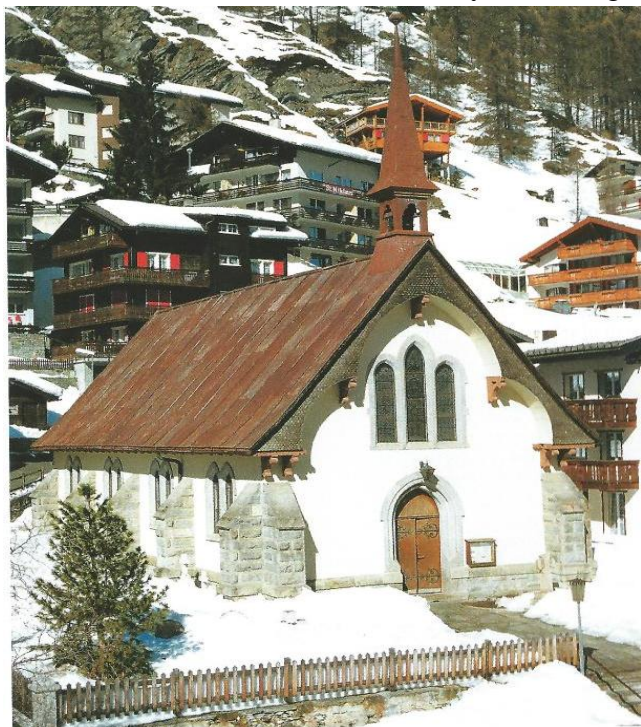
**Tea & Coffee
available from
7.30
Bible Study 7.45**

**Led by the Revds Anthony, Angela, Bridget,
Chris and Gerard**

**Copies of the book required available from Canon
Anthony**

“A CHURCH IN THE ALPS”

We had a splendid holiday in Switzerland last autumn finishing up in Zermatt, a place with which we very quickly fell in love. A major attraction is that cars are banned and transport from the station, where we arrived, to our hotel was by a sort of golf buggy. The small hotel was welcoming and we



the handbook which describes the great day.

had wonderful views from the windows – the Matterhorn dominated the whole place, although the summit was often hidden in cloud.

We are always interested in churches when we are travelling and to our amazement came across an Anglican “Church in the Alps”. I don’t imagine that Bishop Geoffrey or, indeed, Meurig would have been surprised and probably found it one of the more attractive places to visit in their diocese.

The foundation stone was laid on St Peter’s Day, June 29th, 1869 on land purchased by the Colonial and Continental Church Society and was opened for services on June 29th the following year. The dedication was somewhat delayed and took place on 6th August 1871, when the Suffragan Bishop of Dover, Edward Parry, came out to perform the ceremony. There was great excitement in Zermatt and a firework display took place the previous evening in celebration. Here is an extract from

Stuart Sharpe

Dedication of St. Peter's Church

Sunday dawned a perfect alpine day; there was not a cloud in the sky and the surrounding peaks can never have looked more beautiful. At 11 o'clock Bishop Parry, attended by four clergy and four laymen, representing the English and American visitors, walked in solemn procession up the little hill to the church. In the churchyard at the entrance to the church, the Rev. Francis Moran, Assistant-Secretary of the Commonwealth and Continental Church Society, read the petition, addressed to the Bishop of London, asking that the church might be dedicated. The commission granted by the Bishop of London to Bishop Parry was then read; the door of the church was opened and clergy and laity walked in procession up the nave reciting Psalm 24. Bishop Parry then took over and conducted the service and dedicated the church to St. Peter.

Britons and Americans are well known for the excellence of their hymn-singing in a foreign country; this occasion was no exception and they were accompanied on the harmonium by a lady who was visiting the village. Bishop Parry took as his text the first verse of Psalm 75 — *Unto Thee O God, do we give thanks; yea, unto thee do we give thanks* '. The Bishop made it clear during the course of his address that it was the responsibility of the visitors to clear off the debt still remaining on the church at the earliest opportunity. Incidentally, in the light of present church building costs, it is interesting to note that the complete bill for the land, architect's fees, church furniture and actual building totalled £1,575.

There was now an English churchyard in which those unfortunate enough to perish on the mountains could be laid to rest. The body of Charles Hudson was moved from the village cemetery and now lies beneath the Holy Table in the English church. The service book he used as an Army chaplain in the Crimean War was presented to the church by the family and is still used today on special occasions by the chaplain in residence.

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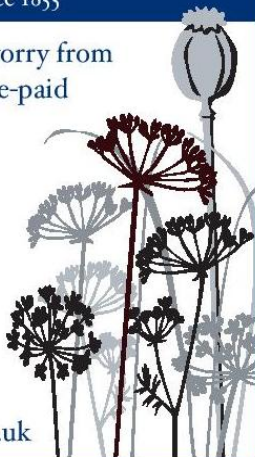
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Why should I care about Deanery Synod Elections?

In Spring 2014 elections will take place at Annual Parochial Church Meetings which will shape the future of the Church of England. Each local church will elect representatives to Deanery Synod, who in turn will elect members of General Synod in autumn 2015 for 2015-2020.

The General Synod debates matters of national and international importance, engages with key ethical and social issues, decides new forms of worship, passes legislation affecting the whole of the Church of England, and approves the annual budget for the work of the Church at national level. It is often the shop window through which the nation views the Church and its priorities.

When the legislation enabling women to be bishops did not get through General Synod in 2013, many people felt that the House of Laity had failed to represent the views of the majority of church attenders. If a more broadly representative House of Laity is to be achieved in 2015, the Deanery Synod elections this coming Spring are a vital first step towards that goal. Should this opportunity be missed, it will not come again for another five years.

If you are a member of the Church of England who cares about its future, about its mission in God's world and the way in which it communicates and lives out the Gospel, please take seriously this opportunity to bring about change by:

- ensuring that you are on your church's Electoral Roll (or you won't be able to vote at your church's Annual Meeting);
- considering standing for election as a Deanery Synod member *or*
- encouraging someone else who would represent your church well to stand;
- attending your Annual Parochial Church Meeting in Spring 2014;
- voting for someone who will work to ensure that the breadth of the Church of England is fully represented at General Synod;
- thinking about whether you or someone you know might stand for General Synod in 2015.



Nic's - First Sunday of Every Month

2 Mar / 6 Apr / 4 May

St Nicholas

11.30



A 30 minute non-eucharist service for the whole family



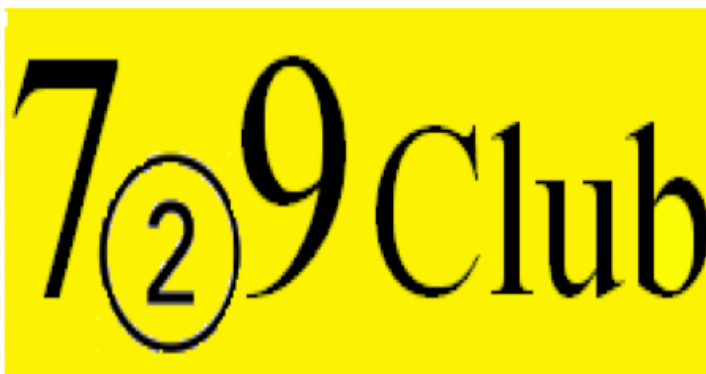
Wednesday Feb 26th 2014

Zacchaeus - a story about a small man in a BIG tree

We start @ 3
with a cup of tea!

Then we listen to the story,
sing a song and have some fun
creating our Make-n-Take to
remind us of what we've been
thinkina about.

FOR YOUTH



Date	Theme	Venue
14th Feb 14	St Valentine	Pastoral Centre
28th Feb 14	Early Pancakes!	Pastoral Centre
Spring	Half Term	Holiday
14th Mar 14	Mystery Hike - TBC	The Hawth Car Park
28th Mar 14	Junk Modeling	Pastoral Centre
11th Apr 14	Pic-Pire (a fun mix of Empire & Pictionary!)	Pastoral Centre
18th Apr 14	Good Friday - Walk of witness	
	Easter	
25th Apr 14	Egg Hunt!	TBC
9th May 14	(EXAMS) Film night	Pastoral Centre
23rd May 14	(EXAMS) Games night	Pastoral Centre
Summer	Half	Term
13th Jun 14	(EXAMS) Make a Kite to fly in the park	Knepp Close Playing Field
27th Jun 14	(EXAMS) Games night	Pastoral Centre
11th Jul 14	GROUP OUTING - Lazar Quest? tbc	
25th Jul 14	Summer holidays	

Across

- 8 Interrogated (Acts 12:19) (5-8)
 9 'Burn it in a wood fire on the — heap' (Leviticus 4:12) (3)
 10 Tobit, Judith, Baruch and the books of Esdras and the Maccabees are part of it (9)
 11 Science fiction (abbrev.) (3-2)
 13 Clay pit (anag.) (7)
 16 Went to (John 4:46) (7)
 19 'Therefore, I urge you, brothers, in view of God's mercy, to — your bodies as living sacrifices' (Romans 12:1) (5)
 22 David's plea to God concerning those referred to in 14

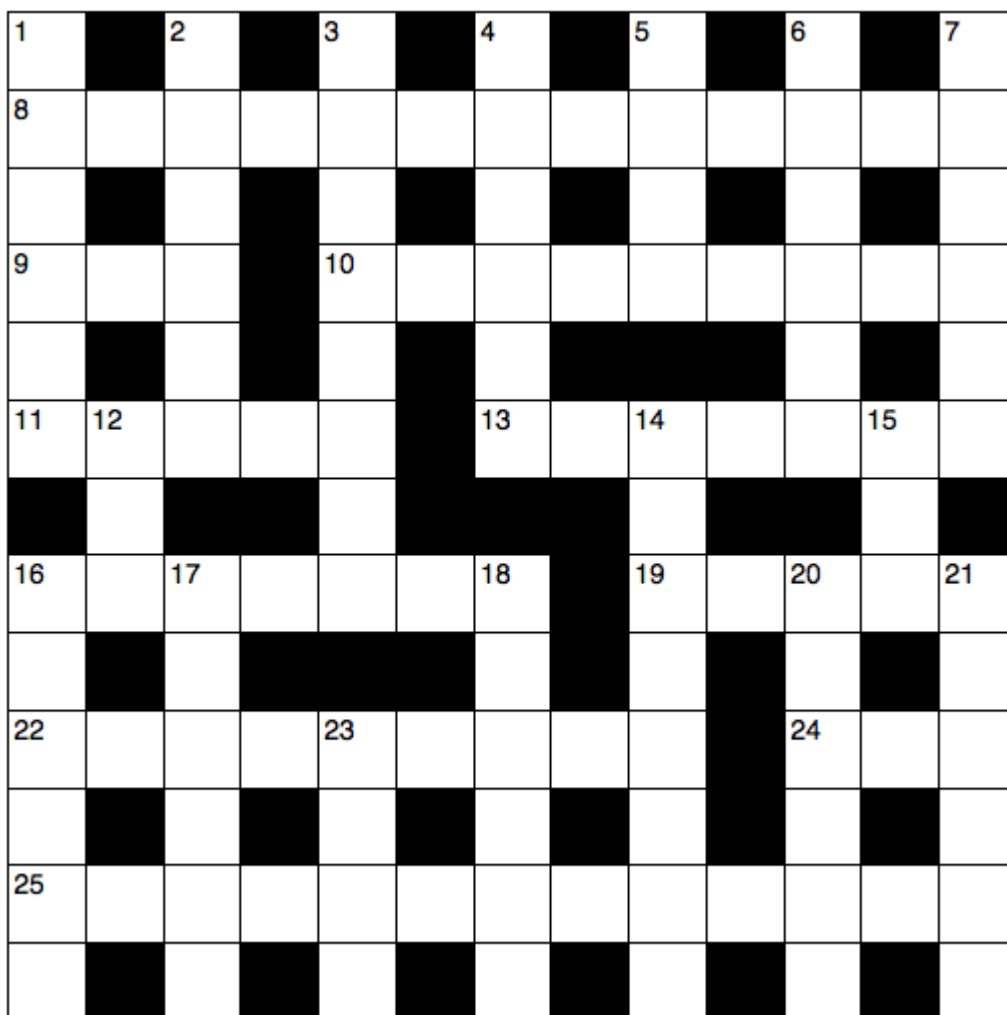
Down: 'On — — let

them escape' (Psalm 56:7) (2,7)

24 Royal Automobile Club (1,1,1) 25 How the book of Ezekiel refers to God more than 200 times (Ezekiel 2:4) (9,4)

Down

- 1 Seas (Proverbs 8:24) (6)
 2 One of the sons of Eli the priest, killed in battle by the Philistines (1 Samuel 4:11) (6)
 3 Specialist in the study of the Muslim religion (8)
 4 'Do not rebuke an older man harshly, but — him as if he were your father' (1 Timothy 5:1) (6)
 5 One of Esau's grandsons (Genesis 36:11) (4)
 6 Taking a chance (colloq.) (2,4)
 7 God's instructions to the Israelites concerning grain offerings: ' — salt to — your offerings' (Leviticus 2:13) (3,3)
 12 Confederation of British Industry (1,1,1)
 14 'All day long they twist my words; they are always — to harm me' (Psalm 56:5) (8)
 15 The crowd's reaction to Jesus bringing back to life a widow's son in Nain (Luke 7:16) (3)
 16 Disappear (Psalm 104:35) (6)
 17 How Jeremiah was likely to die if he wasn't rescued from the cistern where he was imprisoned (Jeremiah 38:9) (6)
 18 What the prophets do to a wall, with whitewash (Ezekiel 13:10, RSV) (4,2)
 20 Made by a plough (Job 39:10) (6)
 21 Noah was relieved when the flood waters continued to — (Genesis 8:5) (6)
 23 Jesus gave the Twelve the power and authority to do this to diseases (Luke 9:1) (4)



BRITISH FOOD 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!



ACROSS:

8, Cross-examined. 9, Ash. 10, Apocrypha. 11, Sci-fi. 13, Typical. 16, Visited. 19, Offer. 22, No account. 24, RAC. 25, Sovereign Lord.

DOWN:

1, Oceans. 2, Hophni. 3, Islamist. 4, Exhort. 5, Omar. 6, On spec. 7, Add all. 12, CBI. 14, Plotting. 15, Awe. 16, Vanish. 17, Starve. 18, Daub it. 20, Furrow. 21, Recede. 23, Cure.

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