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The Spire

September 2019



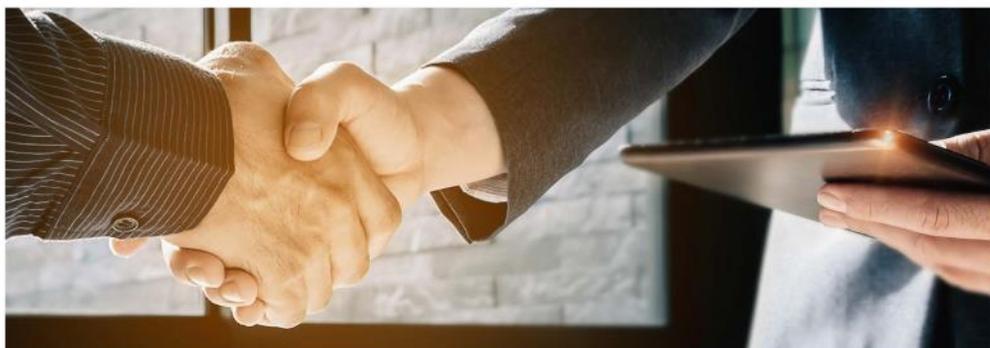
21-22 September
Open House weekend



5 October
Charity Lunch



6 October
Harvest Festival



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Welcome!

From The Reverend Dr Chrichton Limbert Vicar of Christ Church Southgate

Welcome to the Spire Magazine for September. If you have managed to get away, I hope you are returning renewed and refreshed. I hope that those of you who are on the Pilgrimage walk along St Cuthbert's way from the 12th to the 22nd of this month are particularly refreshed and raring to go. 62 miles is a long way – particularly if the weather in the borders and across to Holy Island is its usual “changeable” self. I've been doing some warm up walks to prepare for the “Big One”, otherwise it will all be a bit of a shock. Even preparing for a journey is a journey itself.

It is rather a well-worn cliché but life itself is a journey – with lots of different length individual stages. In Christ Church in September we are setting two new Christians off with their baptisms, as well as laying to rest a regular member in our garden of remembrance at the end of their journey here on earth. The path in

between the two end points has lots of other stages. If you would like to take the next step in your journey of faith and receive the sacrament of Holy Communion, I will also be starting an adult confirmation group, ready for a visit by the Bishop of Edmonton next year. This is an opportunity for an informal look at the basics of the faith, which you could also join just as an inspiring refresher, even if you are confirmed already. Speak to me if you want to know more. Also let me know if you know any young people (yr 6 and above) who would also be ready to continue their journey and come to confirmation.

When we are on our walk along St Cuthbert's Way we will be surrounded by the beauty and breadth of creation, which is the most obvious sign of God's love for us, as his spirit is the divine energy of life. This will get us warmed up for Harvest at the start of October, to enjoy and give

thanks for all the gifts that God has given us. As stewards of God’s creation it is our duty to care for the planet, which we have committed to do as a Silver-level Eco church. This is more than just a certificate and plaque but a statement that we are serious about doing God’s work of stewardship. We will shortly be reminded that caring for God’s creation covers every aspect of the life of our community from prayer and worship to reducing wasteful energy consumption, and recycling, as well as giving and sharing what we have been given for God’s work. Watch this space.

which seems to get sooner every year. I have to warn you that this one might feel like the worst ever. Over the weekend of the 28th and 29th, the church will be full of the sounds of all your favourite Christmas Carols when the choir record their next CD of Christmas Music. It will make an ideal present!

Welcome to the start of the end of the year. Wherever you are in your particular journey, come and let God inspire you to keep moving forward to get closer to the source of all love.

In September we start the run up to Christmas,

Fr Chrichton

New Website

Many of you will have noticed that a few weeks ago the Christ Church Southgate website changed and now has a completely new and updated look with new content and features. We invested time (and money) on this development for two main reasons:

- to improve the navigation so that visitors – whether or not they are regular church attendees – would it easier to find the information they needed. (People visiting our website may be complete strangers to Christ Church – people looking for information on how to arrange their wedding, or wanting to visit to look at the windows for example – and we want to be sure that everyone has a satisfactory experience and can easily find what they are looking for).
- to make it 'mobile friendly' – that is to make sure that visitors have the same user experience whether they are using their mobile, iPad or home computer.

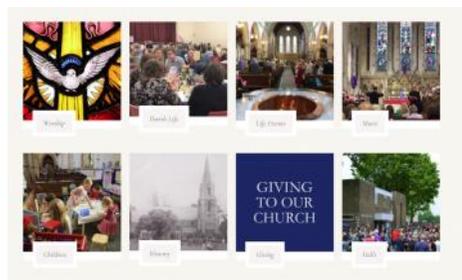
At the same time, we took the opportunity to develop the content. We updated all the text, added more images, and included a few new features such as the Events Calendar.

The Events Calendar, in particular, is a bonus! It allows us to add details of all our activities in one place – services, regular activities, special events, and so forth.

If you haven't already seen the new site please take a look. We hope you like it!

Go to <https://www.christchurch-southgate.org/>

Clare Boulton



'Give us this day our daily bread...'

On the July 16th my daughter and I attended a local sustainability event at the Millfield Theatre. The subject for the evening was 'Sustainable Food and Packaging'. The evening, which had been organised by Sonya Meagor (who has a local catering company called Eco Cuisine), included a number of speakers who were all dedicated to this cause.



There are some 821.6 million people in the world who are chronically undernourished. 99% of these live in developing countries, but there are some who are almost on our doorstep. It has been brought to our attention in the Sunday notices how difficult it is for some parents to feed their children adequately during the school

holidays. This is the tip of a local iceberg and it is more common than we, who have all we need, think. Now is the time to give generously to our local food banks.

One of the main topics for the evening was food waste. This really strikes a chord with me as I grew up in a household where food waste was not tolerated. To me, throwing food away is just not acceptable. So, I was delighted that the 'Charity in the Spotlight' was the Felix Project. This organisation collects surplus fresh food from retailers and wholesalers, sorts it and delivers it free of charge to charities and schools which provide hot meals and food parcels for those in need. The Felix Project state that four million adults in the UK live in a low or very low food security household and in London seventy thousand children go to school

hungry each day. What the project does to help food poverty is amazing – look them up:

www.thefelixproject.org

Another point that was highlighted during the evening was that we need to get used to eating seasonally. We have become used to having access to any food item at any time. Much of our 'out of season' food comes from other countries (probably in a refrigerated container), and has possibly been subjected to preservatives to add to its lifespan. The journey also adds to our carbon footprint. The message is buy local produce, eat what's in season here, grow your own if possible, and reduce the carbon footprint. This is good for us in every way and helps our local producers.



I left the evening feeling very positive that so many local people are already doing so much to address food poverty. I'm sure that we can all play a part.

A prayer from the Tearfund organisation:

Lord, you made us to know what hunger is, but also to know the goodness of your provision. We pray for those who share the earth with us but for whom hunger is a crippling, life threatening danger. We pray for those who have nothing and those who have too little to eat. Through your grace Lord help them and allow us to be part of the solution.
Amen.

Sandra Anderson

FARMS FOR CITY CHILDREN

HUXHAM BARN, HUXHAM, EXETER, EX5 4EJ
Telephone: 01392 276381 e-mail: tracy@farmsforcitychildren.org

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8th August 2019

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Dear Judith

What a pleasure it was to recently speak to you and then to receive your letter enclosing the very generous donation of £2,500 given towards our work with children. This gift is so greatly appreciated and will be put to immediate use enabling 8 children to spend a week with us on our farm in Pembrokeshire this year.

As I'm sure you are aware the farms have been very busy with lots to do in each of our productive kitchen gardens. Throughout the summer the children have been potting up seeds and growing vegetable seedlings in the polytunnels ready for crops in the autumn thereby keeping our food bills to a minimum. They have enjoyed harvesting new potatoes, rhubarb and of course the various soft fruits like strawberries – not many of these actually make it to the kitchen though!



There are still lambs, piglets, calves being born and goslings, chicks and ducklings being hatched so as you can probably imagine, it's a very exciting time for the children staying. The children are witnessing new life coming into the world, something most will never experience again in their lifetime.

Please do pass on heartfelt thanks to all the congregation of Christ Church Southgate for such wonderful support and for enabling city children to enjoy a week of Muck and Magic that will stay with them for ever. I will write again once the official cheque presentation has taken place with Chris and Dan once the new term starts and the first group of children attend the Cathedral.

With warmest wishes,

Jane Foy

Jane Foy
Head of Fundraising and Communications
jane@farmsforcitychildren.org

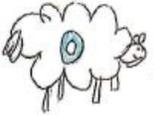
On the facing page is a poem written by two pupils from a school in London following a visit to Treginnis Farm in Pembrokeshire.

There's Only One Tree in Treginnis

I once went to a place, where my biggest dream
came true. Away from city lights, somewhere completely
new. Where sparrows freely sing their bird song,
where magical friends are made, where flowers smile
towards the sun, it all starts with a spade.



I slowly reached my hand out, my bravery grew
inside, what is this natural paradise? It's something
called the country side. Animals surrounded me,
with happiness and joy. With care filled in our
hearts and mind, we worked hard to satisfy, and



as soon as we finished, we felt so proud, so new, so
wise.



Waking up at sunrise, a tear pricked in my eye,
no more open spaces, bright flowers on clear skies.



A thought grew inside of me, as we loaded up the
coach, there's only one tree in Treginnis, and that
tree is hope.



Written by M
and K

School - London.

age 10, B age 9
age 10. All Souls Primary

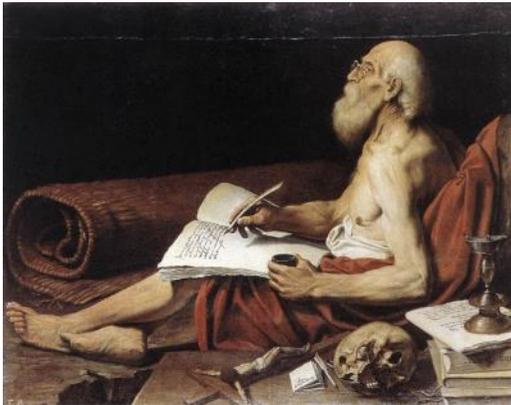
NEWS FROM THE COMMITTEES

Over the summer, as you would expect, there has been less committee activity than is often the case. But that does not mean that nothing has been going on! Far from it.

Finance & Standing met on 12th July, followed by the final **PCC** of the year on 23rd July, and agreed the Common fund for 2020, discussed work to be done that is still outstanding from the 2016 Quinquennial Review, identified additional roof work, and noted that a new Diocesan approved architect is now needed, following the resignation of Colin Kerr. **Resources** met and also **Plant & Fabric**. However, beyond noting work that has yet to be done, nothing major can be accomplished until a new architect is in post. There is nothing specific to report from either **Outreach** or **Pastoral** at this point, but **Social Responsibility** had been active over the summer as usual and you can read all about its activities in Hilary Meur's report.

Patricia Ashby

Saint of the Month – *Saint Jerome* (Feast day 30th September)



Jerome (Eusebius Hieronymus), c.347-420, was a Father of the Church and Doctor of the Church. He was born at Stridon on the borders of Dalmatia and Pannonia into a well-to-do Christian family. His parents sent him to Rome to further his intellectual interests, and there he acquired a knowledge of classical literature and was baptized at the age of 19.

Shortly thereafter he journeyed to Trier in Gaul and to Aquileia in Italy, where he began to cultivate his theological interests in company with others who, like himself,

were ascetically inclined. About 373, Jerome set out on a pilgrimage to the East. In Antioch, where he was warmly received, he continued to pursue his humanist and monastic studies. He devoted himself exclusively to the Bible and theology, including the learning of Hebrew. He was ordained priest in 379 by Paulinus II, Bishop of Antioch.

In Constantinople, where he spent three years around 380, he was influenced by Gregory of Nazianzus. When Jerome returned to Rome, Pope Damasus I appointed him confidential secretary and librarian and commissioned him to begin his work of rendering the Bible into Latin. Jerome was able to translate both the Hebrew of the Old Testament and the Greek of the New Testament.

The writings of Jerome showed a scholarship otherwise unknown in the early church and helped to create the cultural tradition of the Middle Ages. He developed the use of the study of languages and geographical material in the study of the bible. He also recognised the scientific importance of archaeology.

A difficult and hot-tempered man, Jerome made many enemies, but his correspondence with friends and enemies alike is of great interest, particularly that with Saint Augustine.

Like all biblical interpreters of the early church, Jerome affirmed a threefold (historical, symbolic, and spiritual) meaning of Scripture and repudiated an exclusively historical interpretation as "Jewish." What he demanded was only that the historical interpretation should not be considered inferior to the allegorical (or spiritual). Jerome was no creative theologian, no great teacher of the church. He engaged in one bitter controversy after another with vindictive passion. Yet for all his personal weaknesses, Jerome's reputation as a biblical scholar endures.

He wrote 'Now we have to translate the words of Scripture into deeds; instead of talking about holy things we must enact them'.

Cathy Dallman

Social Responsibility Committee Report

At the August **Lunch Fellowship**, a Beetle Drive caused much hilarity and laughter for a small number of regular attendees. The next meeting, on Wednesday 11th September, will be memories of WW2. Some of our members have great stories to tell of what they got up to on and around VE day. Please note that the cost of lunch at these meetings will go up to £5 (including raffle ticket) from September, as sandwiches are going to be bought in. Everyone is welcome.

The next **Charities Lunch** will be held on Saturday 5th October. This will be in aid of Mary's Meals. For this charity, £13.90 feeds one child one meal each school day for a year, which gives these children a better opportunity to learn in their lessons. A simple solution to reduce world hunger. The October menu will be Somerset pork casserole with the usual choice of desserts. Other arrangements as usual — see the Lunch Box for details.

With respect to other SRC activities, I already have 30 covered shoeboxes. To put in these, we've already received: several lovely sets of hats scarves & gloves, two dozen knitted & embroidered girls' bags, and an array of other gifts. Two hundred pounds has been donated for postage, so we are doing well. More of all the usual items will be gratefully received until the beginning of November.

Money collected from coffee on Fridays & Sundays until Christmas is going to the local charity *Grief Encounters*.

Thank you, too, for continuing to supply food and toiletries for the Food Bank. These are still very much needed.

Sales from the stall in church continue. Cards, marmalade and jewellery bring in most of our income. Please continue to donate unwanted gifts, jars, wool etc. to enable us to continue our charitable giving. Many thanks to everyone.

Hilary Meur for SRC

PRAYER OF THE MONTH

Francis Paget (1851–1911) – a theologian with very strong views on both social and church reform – was the 33rd Bishop of Oxford. In these turbulent times, when national leadership in so many parts of the world is in turmoil and when nations are divided within themselves, his prayer for love, peace and wisdom seems especially appropriate:

Almighty God, from whom all thoughts of truth and peace proceed, kindle, we pray thee, in the hearts of all men the true love of peace, and guide with thy pure and peaceable wisdom those who take counsel for the nations of the earth; that in tranquility thy kingdom may go forward, till the earth be filled with the knowledge of thy love; through Jesus Christ our Lord. Amen

Back to Jerusalem: Revival and Renewal

I first heard about the expression 'Back to Jerusalem' in a book entitled *The Heavenly Man*. This was about a Chinese Christian who bravely stood up for his faith amongst great hardships in China. He said that there ought to be a return to Christian life in society. How true, isn't it? The dear Jesus loves him, this man called Yun.

If we repent sincerely and return to Jesus and his life for us in all its truth according to the Bible, we will be forgiven any backsliding.

'I am the true vine', 'I am the Vine and you are the branches, if you abide in me you will bear much fruit'.

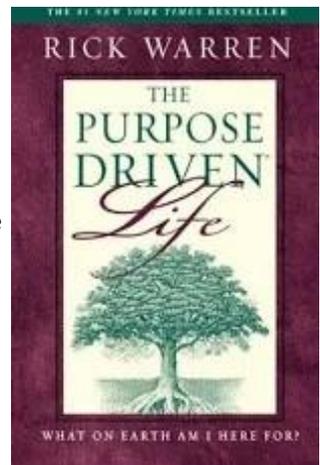
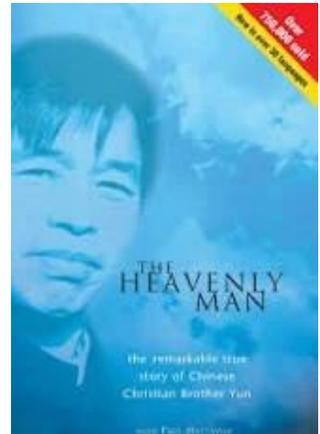
This is about renewal and revival for us Christians, isn't it? Jesus is the husband of the Church. Our authority and WINNER! He LEADS us in all his splendour – He is the Victory and the Majesty. The one who gives us hope in our life. Christian hope – God's providence. What beauty this is, my fellow brethren.

Lead the way Jesus, I will follow you in every sphere of existence. That has always been true for me in all its wonderful ways – the Christian life. I have always striven for perfection. *The Purpose Driven Life* is a book by Rick Warren. It really inspired me. I am very driven in Jesus Christ – my beloved – my Word – the Word of God – Jesus. How is your Christian walk with the beautiful Lord Jesus these days? We have our lovely Christ in our midst – to guide, love, and uphold us. To cheer, bless, and redeem us. He forgives us and loves us always.

As it says in the liturgy: *To whom all desires are known and from whom no secrets are hidden, cleanse the thoughts of our hearts by the inspiration of your Holy Spirit that we may perfectly love you and worthily magnify your holy name – through Christ our Lord. Amen.* Do we think of this as we pray this prayer? **Please...** it is only right to do so – then He can work in our lives. For His will for us – His Glory!

Anyway, I love the work in which I am engaged. Bless Your will for me Lord Jesus – as I work and serve you in my life – as your dear friend and believer. Guide and Lead me in all honour and service for Your sake, my blessed Lord.

Amen.



Lynda Corcoran

Stewardship – update

Parish Giving Scheme

The number in the **Parish Giving Scheme** continues to increase slowly. There are now 65 parishioners donating in this way and I thank those that have responded recently. It really is much appreciated.

Standing order donors

I hope that the remaining donors in this category will choose to switch to the **Parish Giving Scheme** as the earliest opportunity. As stated before, the **Parish Giving Scheme** is a much more efficient way of paying from our point of view. It saves a significant amount of administration time, speeds up the repayment of Gift Aid, and also has the option of a regular inflationary increase each year.

The need for an existing standing order to be cancelled by donors personally seems to be a barrier. If you are thinking of switching but are put-off because you think this is difficult, please speak to me so I can assure you that it is not as much of a problem as you might think.

Blue Gift Aid envelopes

Donors that use the blue envelopes regularly were invited to join the **Parish Giving Scheme** and I thank those that responded positively. But to be frank, the response has been disappointing.

These envelopes were introduced primarily for use by visitors to Christ Church or for additional donations by those already in Stewardship. For this reason, regular church attenders are encouraged to formally join the Stewardship programme. This means that you contribute towards the overheads which are still there even if you are not attending church each week.

REMEMBER our bank is now charging us for paying in cash, every £100 we pay in is charged at 1.5%. Last year we paid in almost £20,000 from the weekly collections at a cost of £300. We have made progress in reducing this, but we need to reduce the cash paid in as much as possible. If you use the blue envelopes regularly please consider changing by formally joining the Stewardship programme and making your donations via the **Parish Giving Scheme**.

Parish Giving Scheme application forms along with information sheets are in the rack at the back of church, please return them to me in the envelope provided, thank you.

Facts & Figures

Estimated giving by category in 2019 is as follows:

- **Parish Giving Scheme** £45,000 annually from 65 donors; average giving per month £60
- Standing Orders £16,000 annually from 35 donors; average giving per month £30
- Cash from blue envelopes and in the collection plate £14,000

Mick Meur, Stewardship Recorder



Parish Life in Pictures July & August 2019



**Walker School leavers service where they said
thankyou to their 'Lollipop Lady' Rose**



**Sidesmen after their
annual lunch**



**Presentation to Dementia Club UK of
money raised at the May Day Fair**



Wedding of Rebecca & Gregory



The Choir

A relaxing barbecue in the vicarage garden

Residency at Westminster Abbey



Bellringers

On Saturday 14th September there will be a striking competition at Christ Church in which seven bands representing ringing associations in the South East will take part. If all goes to plan the ringing should start shortly after 10.00 am and finish by 1.30 pm. It will not be continuous, but will take place in stretches of up to about ten minutes. Each band is allocated a half hour interval in which to go up to the ringing room, have a short practice, ring the test piece, and leave the tower. There are two judges who decide on the order of merit and award a trophy to the winning band.



This competition, the Essex Trophy, is for ringing on ten bells. It was started in 1979 as part of the centenary celebrations of the Essex Association of Change Ringers at the instigation of one of their past masters, Frank Lufkin. It has been held yearly ever since, mainly at towers in Essex, Kent, Surrey and Sussex. Although the Middlesex Association has often sent bands to compete, as far as I know this is the first time the competition has taken place at one of our towers. The ringing should be of a good standard and we hope it will be enjoyed by those of our neighbours who like hearing the bells.

Martin Sutcliffe

Note from the Editors

Welcome back! By the time you read this, the summer holiday period will already be behind us and the new academic year stretches ahead... the church year is almost half way through, and the calendar year will soon enter its final quarter. All these different calendars bring different content to *The Spire*, of course, but the one thing that doesn't change is the monthly production cycle. We did pretty well last year with deadlines and printing and we hope we will be able to do as well – if not better – in the next twelve months.

To that end, remember that copy is always welcome (around 400 words maximum, unless you have discussed this with us first) and the deadline is printed in the Sunday pew leaflets...

Please don't think that we are asking for your pieces way in advance, we can assure you that is not the case at all. In order to have the magazine ready for collection in church on the first Sunday of every month, it has to be ready for printing by the previous Wednesday. This means that we meet to assemble it on the Saturday before that. But before we can even assemble it, we have to check and edit each file (sometimes typing them first, when they are submitted in handwriting), find illustrations, etc. We each start our own part of this preliminary preparation during the week running up to 'Assembly Saturday'. So, our deadlines are real! They are the only way we can fit editing *The Spire* into the rest of our lives! We do actually both enjoy working together to do this. And we are both immensely grateful for your help in keeping the ball rolling – thank you!

Clare & Patricia

Diary dates

Parish Pilgrimage 13 - 22 September

A group of pilgrims will be walking the St Cuthbert's Way in aid of Homeless Action in Barnet

Please pray for them as they walk the 62 miles from Melrose to Lindisfarne

Donations in support of their fundraising with the Parish Pilgrimage Walk can be made online at

<https://uk.virginmoneygiving.com/fund/stcuthbertswaypilgrimage>

via the contactless at the back of Church or by speaking to Pat Hawkins or Ronald Lo

Thank you



Open House Weekend 21 - 22 September

Church open
Saturday 10 am - 5 pm
Sunday 1pm - 5 pm



Harvest Festival Sunday 6 October

Family Eucharist with bee blessing
Followed by bring & share lunch in Church House

All welcome



The Lord's Prayer in Action

On Sunday 28th July, the set Gospel reading for the 6th Sunday after Trinity from Luke included the words of the Lord's Prayer. During the Parish Quiet Weekend in May we had learnt a version with hand movements, which we used during the 10am Eucharist. This is how it goes!

Commentary:

Words:

Actions:

	<i>Our Father, which art in heaven,</i>	– point up with one hand and keep it up
And we need reminding how holy God is, so we say that his name is hallowed:	<i>hallowed be thy name;</i>	– point up with the other hand so both arms are raised
We ask God to make things better on earth, so we say:	<i>thy kingdom come;</i>	– as you're speaking bring your hands across your body, crossed in front of you, and then let them spread out to either side
	<i>thy will be done;</i>	– a continue the movement till your arms are open wide
	<i>on earth,</i>	– turn hands palms down
	<i>as it is in heaven.</i>	– turn hands palms
We ask him for the good things we need:	<i>Give us this day our daily bread.</i>	– bring your hands together like a bowl in front of you
And we ask him to make us right with him and with each other:	<i>And forgive us our trespasses,</i>	– wipe one hand across the other twice as if wiping away dirt
	<i>as we forgive those who trespass against us.</i>	– turn hands over and repeat the action four times in a rhythm with the words
We ask for protection and safety:	<i>And lead us not into temptation;</i>	– clench a fist and place one arm firmly across your chest
	<i>but deliver us from evil.</i>	– clench the other fist and cross that one across your chest
And we finish with a shout of praise:	<i>For thine is the kingdom,</i>	– open arms wide again
	<i>the power,</i>	– make a 'strong man' pose with clenched fists
	<i>and the glory,</i>	– make a full circle with your hands from as high as you can to as low as you can in front of your body
	<i>for ever and ever.</i>	– push out arms forwards and indicate the start of a 'timeline' with your left hand. Continue the timeline over to the right with a spiralling 'on and on' movement with your left hand
	<i>Amen!</i>	– Finish with both hands together in front in prayer



Parish Pilgrimage - *The Celtic Saints of Northumbria*

Our pilgrimage walk this month brings me to look at the lives of saints relating to the Kingdom of Northumbria. We will be tracing the journey of Cuthbert from his roots in the Cheviots to Melrose and eventually to Lindisfarne in the 7th century.

A few decades earlier, the Kingdoms of Bernicia and Deira stretched over an area from the Forth to the Humber, an area divided by the Tees. Bernicia was based at Bamburgh & Lindisfarne with Aethelfrith as king, and Deira was at York with Edwin as king. Edwin later killed Aethelfrith and became King of a united Northumbria. He was baptised at York by Bishop Paulinus and became the first Anglo-Saxon Christian king. This allowed the spread of Christianity in the area. But the unification of Northumbria was unstable at best and later the children of Aethelfrith again took the throne. One of these, Oswald, was king when Aidan (an Irish monk from the monastery of Iona, invited by Oswald to convert the pagans to Christianity) began his ministry to Northumbria.



Aidan took a different and gentler approach from his predecessors, and with the support of King Oswald he later established a monastery on Lindisfarne, becoming Bishop in 635 AD, the year of Cuthbert's birth. Aidan established churches, monasteries and schools in the area, going about on foot whatever the distance. This put him on a par with the ordinary people, making it easy to establish rapport with all he met. He lived out the Gospel and earned a reputation for his pious charity and care for the less fortunate. The Lindisfarne monastery became a centre for learning and scholarship, training many for the priesthood.

The vision of Aidan's soul ascending to heaven at the time of his death in 651 AD caused the awakening of Cuthbert to the ministry, leading to his becoming a monk at Melrose Abbey. His qualities were recognized and he was put in positions of responsibility early in his training. He lived a life of fasting, prayer, work and teaching, and gained a reputation for his holiness. Miracles were attributed to him even during his life time. He followed the footsteps of Aidan, and amongst many other projects, helped to establish the monasteries at Ripon and Jarrow, finally becoming a hermit, establishing his cell on the Island of Inner Farne. He was reluctantly made Bishop of Lindisfarne in 685 AD. His death in 687 AD marked the end of an era. He was buried at the Abbey of Lindisfarne and many more miracles were attributed to him at his shrine. This shrine became a holy place of pilgrimage and a major centre of Christianity. When his coffin was opened 11 years after his burial with the intention of having his bones put in an ossuary for veneration, it was found that the body and clothes were uncorrupted. The shrine also survived later Viking invasions and together with Cuthbert's coffin it was eventually moved to a safer place.

In the process, the relics and its entourage (the Cuthbert Folk) moved from place to place in Northumbria for many years, staying in Chester-le-Street until 995 AD when they had to move again due to an uprising. A member of the group had a vision of Cuthbert indicating an island-like hill on the River Wear which led to the coffin of Cuthbert coming to rest in a church they



built there in 999 AD. Eventually Durham Cathedral was erected on this site and Cuthbert's coffin and other relics were translated there in 1104 AD, the body of the saint still remaining uncorrupted. Today, we can still pay homage to Cuthbert there.



We would not have known much about Cuthbert and other historical personalities of 7th century England were it not for the writings of Bede who was born in 673 AD at the height of Cuthbert's ministry. *The History of the English Church and People* is a unique record of the Christian Church which Bede finished in 731 AD, having worked on it for 29 years. He wrote the *Life of Cuthbert* in 721 AD. These represented his research of written records and interviews with involved

persons. He was born in the local area, and started his monastic training at the age of seven, becoming a monk in the monasteries at Wear and then Jarrow. He was ordained deacon at the age of 19 and made a priest at 30. He spent his whole life in the monasteries doing research, writing commentaries on the Scriptures, and teaching. He died in 735 AD.

We have much to thank St. Aidan, St. Cuthbert, the Ven. Bede and St. (King) Oswald for. Each played a significant role in the introduction of Christianity to the northeast.

Ronald Lo

Spire Style Guide

- 9 pt Calibri Font
- No complex formatting (i.e. don't insert pictures into your text, etc.)
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- Photos should be sent as separate .jpeg files
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THE LUNCH BOX!

Charity Lunches

Held on Saturdays in Church House,
12 for 12.30. £5.00
(Main course & dessert, a glass of wine or fruit juice, followed by tea or coffee.)
All proceeds to a good cause.
Everyone welcome – Come and support us!

5 October
30 November

Lunch Fellowship

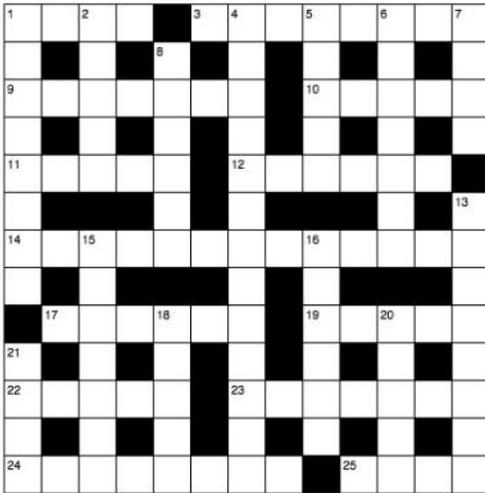
Held in church – 2nd Wednesday of the month, following the 11 o'clock service. Sandwiches + dessert. Followed by a raffle, with a talk, quiz or a discussion.
Everyone welcome – Come and join us!

11 September
9 October
13 November
11 December

SEPTEMBER 2019 CALENDAR				
	Day	Eucharists	Other Services	Liturgical Colour
1	Trinity 11	8am (said); 10am (sung)	6.30pm Choral Evensong	Green
2	<i>Martyrs of Papua New Guinea, 1901, 1942</i>			Green
3	Gregory the Great, Bishop, Teacher of the Faith, 604	7.30pm (said) Including Healing and Wholeness.	5.30pm (Evening Prayer)	White
4	<i>Birinus, Bishop, 650</i>	11am (said)	8.30am (Morning Prayer) 5.30pm (Evening Prayer)	Green
5		12.30pm (said)	8.30am (Morning Prayer) 5.30pm (Evening Prayer)	Green
6	<i>Allen Gardiner, Missionary, Founder of the South American Mission Society, 1851</i>		8.30am (Morning Prayer) 5.30pm (Evening Prayer)	Green
7		9am (said)	8.30am (Morning Prayer)	Green
8	Trinity 12	8am (said); 10am (sung)	6.30pm Choral Evensong	Green
9	<i>Charles Fuge Lowder, Priest, 1880</i>			Green
10		7.30pm (said)	5.30pm (Evening Prayer)	Green
11		11am (said)	8.30am (Morning Prayer) 5.30pm (Evening Prayer)	Green
12		12.30pm (said)	8.30am (Morning Prayer) 5.30pm (Evening Prayer)	Green
13	John Chrysostom, Bishop, Teacher of the Faith, 407		8.30am (Morning Prayer) 5.30pm (Evening Prayer)	White
14	Holy Cross Day	9am (said)	8.30am (Morning Prayer)	Red
15	Trinity 13	8am (said); 10am (sung)	6.30pm Choral Evensong	Green
16	Ninian, Bishop, c.432 <i>Edward Bouverie Pusey, Priest, 1882</i>			White
17	Hildegard, Abbess, Visionary, 1179	7.30pm (said)	5.30pm (Evening Prayer)	White
18		11am (said)	8.30am (Morning Prayer) 5.30pm (Evening Prayer)	Green
19	<i>Theodore, archbishop, 690</i>	12.30pm (said)	8.30am (Morning Prayer) 5.30pm (Evening Prayer)	Green
20	John Coleridge Patteson, Bishop, and Companions, Martyrs, 1871		8.30am (Morning Prayer) 5.30pm (Evening Prayer)	Red
21	Matthew, Apostle and Evangelist	9am (said)	8.30am (Morning Prayer)	Red
22	Trinity 14	8am (said); 10am (sung)	6.30pm Choral Evensong	Green
23				Green
24		7.30pm (said)	5.30pm (Evening Prayer)	Green
25	Lancelot Andrewes, Bishop, Spiritual Writer, 1626 <i>Sergei of Radonezh, Monastic Reformer, Teacher of the Faith, 1392</i>	11am (said)	8.30am (Morning Prayer) 5.30pm (Evening Prayer)	White
26	<i>Wilson Carlile, Founder of the Church Army, 1942</i>	12.30pm (said)	8.30am (Morning Prayer) 5.30pm (Evening Prayer)	Green
27	Vincent de Paul, Founder of the Lazarists, 1660		8.30am (Morning Prayer) 5.30pm (Evening Prayer)	White
28		9am (said)	8.30am (Morning Prayer)	Green
29	Michael and All Angels	8am (said); 10am (sung)	6.30pm Said Evening Prayer	White
30	<i>Jerome, Translator of the Scriptures, Teacher of the Faith, 420</i>			Green

Sacristan	Peter Holiday, 61 Arnos Grove, Southgate, N14 7AG	8886 4126
Sidesmen	Judith Lo	8882 3335
Sub-committee Chairs/contacts		
<i>Outreach</i>	Clare Boulton (as above)	
<i>Plant and Fabric</i>	Catherine Harvey (as above)	
<i>Social Responsibility</i>	Jackie Anderson (as above)	
<i>Resources</i>	Ronald Lo	8882 3335
<i>Pastoral</i>	Cathy Dallman (as above)	
Electoral Roll Officer	Patricia Ashby	8886 2528
Parish Magazine "The Spire"		
<i>Editorial Team</i>	Copy to be sent to the Parish Office (see above)	
<i>Treasurer</i>	Hilary Meur, 136 Green Dragon Lane, N21 1ET	8360 2362
Flower Arrangers	Contact the Parish Office (see above)	
Parish Centre/Church Halls		
<i>Chairman</i>	Philip Miall, 85 Conway Road, N14 7BD	8882 6738
<i>Secretary</i>	Clare Boulton (see above)	
<i>Lettings</i>	christchurchparishcentre@gmail.com	
<i>Treasurer</i>	Michael Meur (as above)	
Christ Church Association Bar		
<i>Contact</i>	Clive Woodhouse, 41b Osborne Road, N13 5BT	8882 0014
Friday Coffee Morning	<i>Every Friday morning 10.30 a.m. – 12.15 p.m. in Church</i>	
<i>Contact</i>	Hilary Meur (as above)	
Lunch Fellowship	<i>Usually on 2nd Wednesday in the month at noon in Church</i>	
<i>Contact</i>	Cathy Dallman (as above)	
Waterfall Group	<i>1st Tuesday 8.30 p.m. – informal women's meeting</i>	
	Frances Wyatt	8361 5379
	Glenys Rodway, 14 Dawlish Avenue, N13 4HP	8882 5970
Scout Group	The Reverend Hazel Miall, <i>Cubs</i>	07980 740 587
	Stephen Smith, <i>Group Scout Leader</i>	8882 0991
Bellringers	<i>Practice held Wednesdays 7.30 p.m.</i>	
<i>Captain</i>	Martin Sutcliffe, 46 Brookdale, N11 1BN	8368 1974
Bridge Club	<i>Thursdays 7.30 p.m. – 10 p.m.</i>	
<i>Secretary</i>	Jean Jobson, 26 New River Crescent, N13 5RF	8882 5619
Young Fogeys	<i>For the active and retired, though you need not be either!</i>	
<i>Contact</i>	Jean Thomas, 1 Bramford Court, N14 6DH	8882 8133

SEPTEMBER CROSSWORD



- 24 Surrounding area (Luke 24:50) (8)
- 25 'Righteousness will be his — and faithfulness the sash round his waist' (Isaiah 11:5) (4)

Down

- 1 Elegant and creative (Exodus 31:4) (8)
- 2 'Listen, I tell you a mystery: We will not all —, but we will all be changed' (1 Corinthians 15:51) (5)
- 4 'I... delight to see how orderly you are and how firm your — — — is' (Colossians 2:5) (5, 2, 6)
- 5 Enlist (2 Samuel 24:2) (5)
- 6 Of the Muslim faith (7)
- 7 Sharp intake of breath (Job 11:20) (4)
- 8 Woven cloth (Ezekiel 16:13) (6)
- 13 Plentiful (Romans 5:17) (8)
- 15 CIA char (anag.) (7)
- 16 Paul and Silas stopped him committing suicide after an earthquake in Philippi (Acts 16:27–28) (6)
- 18 One of the ingredients in the making of incense for the Lord (Exodus 30:34) (5)
- 20 Episcopal headwear (5)
- 21 Inhabitant of, say, Russia, Ukraine, Poland, Slovakia or Bulgaria (4)

Across

- 1 'A little later someone else saw Peter and said, "You — are one of them"' (Luke 22:58) (4)
- 3 Giving (1 Peter 2:5) (8)
- 9 They came to Jerusalem seeking an infant king (Matthew 2:7) (3, 4)
- 10 'An athlete... does not receive the victor's crown unless he competes according to the —' (2 Timothy 2:5) (5)
- 11 Pacifist, temperance advocate, open-air preacher, leading 20th- century Methodist, Donald — (5)
- 12 'Come quickly to — —, O Lord my Saviour' (Psalm 38:22) (4, 2)
- 14 'The God of Abraham, — — —, the God of our fathers, has glorified his servant Jesus' (Acts 3:13) (5, 3, 5)
- 17 Sear by intense heat (Revelation 16:8) (6)
- 19 'It is better to take refuge in the Lord than to trust — —' (Psalm 118:8) (2, 3)
- 22 Goods (Nehemiah 13:15) (5)
- 23 i.e. train (anag.) (7)

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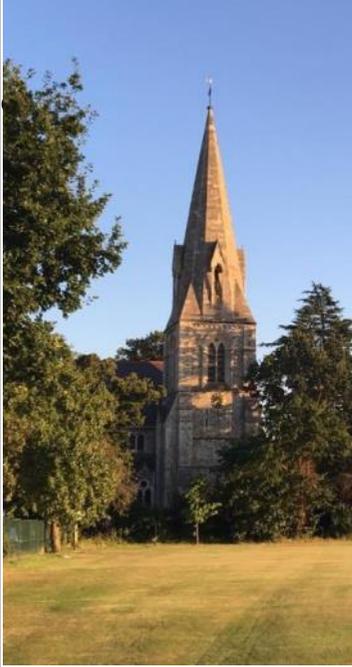
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