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The Spire

The Parish Magazine of
CHRIST CHURCH
— Southgate —

June 2020

Including material for a Self-guided Quiet Day

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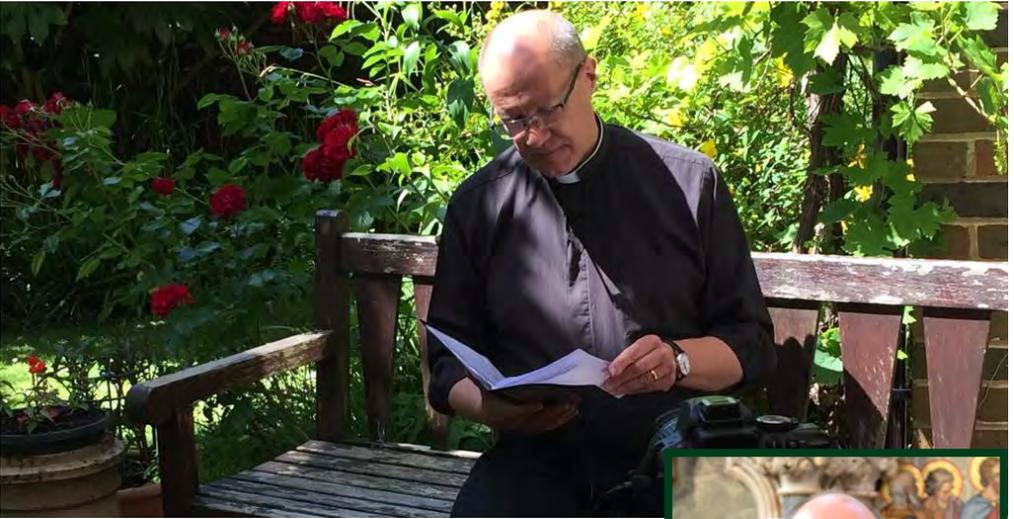
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Welcome!

From The Reverend Dr Chrichton Limbert Vicar of Christ Church Southgate



June is here again – but it has a very different feel this year. Normally we would be thinking about easing off in church over the summer, with almost all the liturgical fun and festivals done and dusted until Advent, and having a few celebrations. We certainly have had all the fun in our absence, with Pentecost happening last week, and the solid green days of Trinity stretching ahead. Sadly, we are also missing the usual summer events and the Vicarage garden is rather quiet without the VE day tea, the Sidesmen’s lunch and the Choir Barbeque. The first weekend of June was supposed to be the Parish Quiet Weekend at Buckden, which is why this month’s liturgical section is an outline for a self-guided quiet day. You may think that under lockdown a day alone being quiet was the last thing you needed, but have a read and see what you think. We had been considering God’s wonderful creation in Lent, so this continues the theme and as the weather has been so good it is an excuse to get out if you can and experience God all around us. This month also includes a Parish prayer card which will all

help us keep together as a community of prayer.

This week saw the start of the first tentative steps towards loosening lockdown. Despite all the excitement of being able to see small groups of friends and family outside, but suitably socially distanced, it is important to remember that for many, many people this is not a great deal of help yet, as they are having to stay shielded or relations are too distant for a day’s return trip. We must all hope and pray that the situation continues to stabilise so that the restrictions will continue to be eased for all.

If all goes well, and it is a very big if, we are still looking on schedule to restart services in July. In theory it means that the publication date of the July edition of Spire will be the first Sunday we are back in church for services. There are no clear guidelines yet as to how that will actually happen, but the few hints coming through so far are indicating that there will have to be a team effort from all of us to accept that we will need to

observe very unnatural social distancing (which will dramatically reduce our capacity) as well as being exceptionally careful about cleanliness. I've already ordered a large hanging rail ready for the vestment quarantine area – which they will need to go into for 72 hours after each service. We will all get together again but must be accepting of the restrictions which will be there to keep us safe.

takes me back to my BBC days and has reminded me why I always preferred directing complex live TV rather than agonising over the details of pre-recorded programmes. But it is worth it to know that many of you are finding it all helpful in these difficult and unprecedented times. I'm sure that the sunniest spring weather on record has been sent specially for vicars recording their sermons outside – it makes it much easier.

Can I say a big thank-you for all the thanks and positive feedback we have received for the written and recorded worship materials we have sent out and posted on-line. It rather

Stay safe and prayerful – July is not far away.
Every blessing,

Fr Chrichton

GOD'S GOOD CREATION ... An ECO Craft Challenge for all ages

What could you make from reusing whatever materials you have available to celebrate God's creation?

See <https://tinyurl.com/y6vstdqr> for ideas and more information

Virtual Church

We are continuing to work on ways of allowing our community to keep in contact and to pray and worship together.

Please visit <https://www.christchurch-southgate.org/virtual-church> where you will find a range of resources, including activities for children, that you may find helpful at this time. We will be updating these pages on a regular basis.

The Virtual Church YouTube Playlist is available at <https://www.youtube.com/user/ChristChurchN14/>

New resources will be publicised via the weekly email newsletter. If you do not already receive this you can sign up at <http://eepurl.com/do5wlv>

Support

If you need, or know anyone who needs, support at this time please get in touch by emailing churchwardens@christchurch-southgate.org or via the contact details for the Churchwardens in the Parish Directory.



DAILY HOPE a free phone line offering music, prayers and reflections as well as services from the Church of England. Available 24 hours a day on **0800 804 8044.**

Somewhere Over the Rainbow



I love rainbows, so I enjoy walking through the streets of Southgate admiring the children's Rainbow artwork stuck to windows, or drawn on the pavement.

We now live in a time when colours can be manufactured, but until relatively recently the only colours that people would have seen were those appearing in nature. The colours that are God given. Over the last few weeks, I have been wearing a different colour every day – I haven't been wearing black all the time, which, I must say is a pleasant change for me. God has enabled me to admire the colours of nature in my garden flowers, and those of my neighbours.

Recently the bible readings have referred to Noah and we associate him with rainbows. Noah was a man who had faith in God, and as Fr. Chrichton mentioned in his sermon, Noah's family self isolated, under God's instructions.

In the 'zoom' meetings of our Cub Scout pack, it was decided to work towards the artist badge. Rainbows would be drawn, which could be sent to our local nursing homes, to cheer up the residents. My Grandchildren, too, sent us some rainbows for our front window. This coincided with the home schooling project all about Noah. A very good choice, because

Noah has such significance not only for Christians but for Jews and Muslims alike. Our Muslim brothers and sisters have not only had the restrictions of lockdown, but it was Ramadan as well. There are always other people who are having a more challenging time than us.

I am pleased to say that most of us are gradually adapting to our new ways of life. We are learning that we don't have to be in Church to pray meaningfully. I find enlightenment being in the little Conway Recreation ground to say morning prayer. I used to *stand* overlooking the pond, watching the mother coot and the goose hatching and teaching their young to walk and swim. The goose has now gone, but the coots are growing up quickly, and I am now allowed to *sit* on a park bench for my morning prayer. Little by little there is progress. The world progresses. The water creatures learn to mobilise and my American Grandson, this week walked across the room all by himself and we have the video to prove it. God is good.

Hazel Miall

[Image of rainbow over Christ Church taken in early May and reproduced with permission. Examples of the cub's artwork can be seen in Parish Life in Pictures]

Leaving lockdown behind

What a strange, strange time it's been. We all left our old lives behind at relatively short notice to get used to life in lockdown and now we find ourselves after a few weeks of that, preparing for what might be many months of a 'new normal'.

Nothing feels very 'normal' at all. I'm guessing that there have been highs and lows for us all throughout this imposed journey. However, as I've mentioned before a big high has to be the effects of a cleaner less polluted world where the air seemed fresher almost from day one. Noise pollution practically disappeared too and in the calm and quiet we heard more birdsong, noticed more butterflies and wildlife in general as the natural world had a break from the



pollution mainly caused by traffic and air travel. The natural world has seemed healthy and calm amidst our human distress. Many people started behaving differently too. Neighbours started talking to each other with offers of help becoming commonplace. Communities pulled together for the greater good. Throughout we have thought about the way things were, missing it all like crazy. But many of us gained some insight, proving to ourselves that we can be resourceful and live with so much less. In fact, it's been like an imposed experiment from an eco perspective. The choices were taken away from us without consultation: practically no transport, no retail shopping, no excesses (buy only what you need), share if you can,

and help your neighbours.

It's basically what we've been striving for; to clean up our world, our behaviour and our relationships, and what a difference it's made.

So, how do we keep all the good going as we progress into this 'new normal'? How do we keep this beautiful clean air that has benefited our wildlife and vegetation? How do we keep our new found calmness? How do we keep our community spirit going? What a challenge God has given us. This life-reset may have been imposed on us but it will be our personal choice to give these positive aspects priority from now on.

I don't know how each of us will make our adjustments. In our prayers we can talk to God, ask him what he wants of us and listen. We can see this natural beauty around us, even if we're just looking through a window. We've been shown how it can be. Surely this our inspiration for our eco efforts moving forward. Let's pray for the Holy Spirit to assist us with our challenges to keep this God given beauty alive. Every single one of us has our part to play.

Sandra Anderson

What we Sing in Church - A Hymn for Corpus Christi

We hail thy presence glorious,

(New English Hymnal, No. 310)

Although we won't be celebrating Corpus Christi together in church on June 11th this year, this is a Eucharistic hymn that we can consider privately, instead. It is a hymn that is likely to appeal to those of us of a more Catholic tendency as it celebrates the Real Presence of Christ in the Sacrament. I must emphasise that we do not believe in transubstantiation but in co-substantiation. We believe that the bread and wine remain physically as they were before consecration, but through the action of the Holy Spirit the presence of Christ is there too.



The first verse of the hymn starts off immediately by referring to Christ's presence in the Sacrament and to him as our great high priest – a reference to the Letter to the Hebrews (4:14). In fact, the whole hymn owes a lot to that Letter. The 'thanksgiving feast' in the hymn is of course the Eucharist - the word means thanksgiving. And the church offering his work of love is offering Christ's sacrifice of himself on the Cross.

Verse 2 links all Christians together in praise of our Saviour and joins us as 'one body with one head'. Christ is the head of his body, the Church (Col 1:18).

Verse 3 recalls the triple meaning of 'the body of Christ'. We can speak of his human body 'Hung on the cross of shame' and now, still bearing the wounds of crucifixion, in heaven; the church as the body of Christ; and the consecrated Host we receive in Communion.

Verse 4 links with Jesus' own parable identifying himself with the 'true vine' (John 15: 1-11).

There is a 5th verse of this hymn and I do not understand why it was left out of the New English Hymnal - here it is and you can see for yourselves that it rounds off the hymn very well.

*May we, thy word believing
Thee through thy gifts receive,
That, thou within us living
We all to God may live;
Draw us from earth to heaven
Till sin and sorrow cease,
Forgiving and forgiven,
In love and joy and peace.*

If we believe Jesus' words at the Last Supper when he instituted the Eucharist 'this is my body ; this is my blood; do this in remembrance of me', we will receive him in the Sacrament, he will live within us and we will be gradually drawn heavenwards from now on.

Music in the Lockdown: innovating the Anglican Choral Tradition



At Christ Church we have not allowed social distancing to get in the way of our choir singing and over the last two months we have revolutionised the way we create liturgical music.

After the initial shock of the sudden Lockdown in March, technology has allowed us to innovate in the era of social distancing and integrate music into Father Chrichton's *Virtual Church* pre-recorded service videos. In this article, I will tell you the choir's story in Lockdown, how we are creating new music and how I plan to continue our musical mission.

As in many spheres of life, music making in the Lockdown can be characterised by the Realpolitik phrase, "the art of the possible." Social media and video-sharing platforms have proven themselves essential forms of communication that have maintained and even extended our musical outreach, engaging with hundreds of new people across the internet. People have heard our choir sing across the world on YouTube, Facebook, and Twitter. To support our musical ministry, I have been able to draw upon a mix of new music and our extensive performance archive which has been created by Dave Hinitt over the last decade through a mix of live and CD recordings.

Our performance archive is a real treasure trove of music with recordings not only from Christ Church itself but also very special performances on our tours. It has been delightful having the excuse to go back through these recordings, listening to some gems including music from Holy Week 2018 and the beautiful performances from our 2019 Venice tour in those magnificent Italian acoustics. It is often been highly emotive for me as I am transported back to the moments we performed Mascagni's *Easter Hymn* or Stanford's *Beati quorum via* in Venice.

As special as our archive is, I obviously want us

to be able to collaboratively make new music together as well. The big technological problem with ensemble music over the internet is the time delay. The digital signals of video calls are actually delayed by a few nanoseconds which is crippling for live music from multiple locations. By the time the digital signals have been broken down and reformed from one computer to another there is significant delay. Add to that the problem of speaker feedback and live music making by musicians digitally in different locations is impossible.

However, my self-taught crash course in video- and sound-editing has allowed the choir to keep making music, giving us new musical objectives and keeping the choir together in these difficult times. In just a few weeks we have rapidly expanded our rate of production and the scale of our ambitions in creating new music for the *Virtual Church*. Creating new recordings is time consuming but certainly worthwhile. I have been delighted with the enthusiastic character that the choir has taken on in committing to the *Virtual Choir* and the courage they have all shown in recording themselves.

Home recordings today are relatively straightforward thanks to smart phones and tablets. The virtual choir performances that you see every week in the service videos and on social media are created through a process of multi-tracking. Effectively, when you watch a single virtual choir video, you are really seeing twenty videos run simultaneously.

There are three stages to creating these videos. First, Kate and I produce a new backing track at home. I conduct into the camera while Kate plays either the piano or organ. By recording our own backing tracks, we ensure that we create our own unique performance. The second stage requires sending



the backing track out to choir members who record themselves at home. Each singer listens to the backing track through their headphones on one device while recording their own singing onto a separate second device. They then return their recordings to me for editing. Although a few of our choir members own posh microphones most of us are just using our phones and computers to record our performances. Remarkable!

Once I have all the videos, I move to the final stage and edit them together. This involves carefully lining up each individual singer's video to be in sync with the original backing track. This is painstaking and time-consuming work but is made easier by a little trick we employ where we use a timed clap before the music starts to coordinate everyone. Once I have lined up the tracks, I then use some transformative effects to create the multi-screen effect you can see on the video. I am very careful not to excessively manipulate our sound. The main objective is to ensure the choir's voices sound balanced as singer's individual recording devices pick up their sound at different volumes. Once the voices are balanced, I then electronically add a little bit of echo to give the choir's performance some acoustic – as if they were in church. This is the same principle as studio recordings which are done in soundproof booths and have acoustic (technically called reverb) added afterwards.

Using this method, the choir has so far created anthems including *Ave verum corpus* (Byrd), *Locus iste* (Bruckner), *For the Fallen* (Guest), *O Lord, give thy Holy Spirit* (Tallis), *This Joyful Eastertide* (arr. Wood) and Psalm 23 (to a chant by C H Lloyd) in addition to hymns and other psalms. I have also enjoyed the opportunity to record some solo music myself including *Rise Heart* by Ralph Vaughan Williams and some tenor arias from Handel's *Messiah* in addition to several hymns. All of the choir's music released in the last two months is available to listen to for free on YouTube – search [ChristChurchN14](#) – or find links on the [church's website](#).

We now know that even in the best-case scenario churches will not reopen until at least July, and only then in a phased approach



according to social distancing rules. Where this will leave choirs and music in churches is still unclear so we will have to remain flexible and creative in the way that we must operate. It is certainly not then all doom and gloom! We have already adapted to the realities of our circumstances and embraced the opportunity to temporarily transform ourselves into a twenty-first century virtual music ensemble making music with the wonders of technology.

Through innovation we have been able to support the new pre-recorded liturgy published on YouTube. In due course, we will adapt to support services in Christ Church in whatever form they take when we are allowed to reopen. In the process we can keep the spirit of our choir alive, provide ourselves with an outlet for our passion for singing, and grasp opportunities to increase the public profile of the church in the process.

Choral music has faced challenges before including the puritan Commonwealth when church choirs were disbanded and two world wars, so I am confident sacred music can recover in the wake of the disruption caused by the Covid-19 Lockdown. Our music really does matter and it makes a difference to the lives of people in our community. I am incredibly grateful to all the choir who have so enthusiastically and competently taken up the challenge of singing for the Virtual Choir. In addition, I would like to thank all the wonderful congregation members who have written such beautiful and supportive comments to me about the music. I very much appreciate it. Hopefully it will not be too long until we will be back together making music in Christ Church. Keep safe everyone.

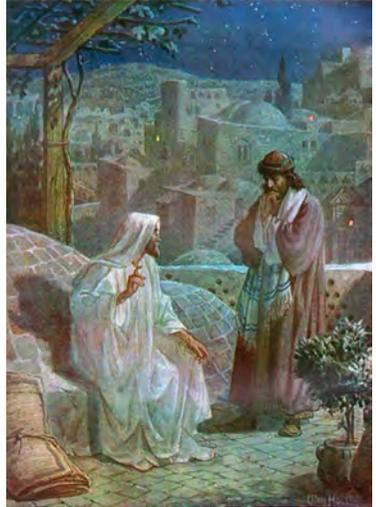
Richard Brain, Director of Music

Lines from *The Night* by Henry Vaughan

Were all my loud, evil days
 Calm and unhaunted as is thy dark tent,
 Whose peace but by some angel's wing or voice
 Is seldom rent,
 Then I in heaven all the long year
 Would keep, and never wander here.

But living where the sun
 Doth all things wake, and where all mix and tire
 Themselves and others, I consent and run
 To every mire,
 And by this world's ill-guiding light,
 Err more than I can do by night.

There is in God, some say,
 A deep but dazzling darkness, as men here
 Say it is late and dusky, because they
 See not all clear.
 O for that night! where I in Him
 Might live invisible and dim!



[Image: *Jesus and Nicodemus* by William Brassey Hole (1846-1917). Public Domain, U.S.A. (at Wikipedia).]

These are the final three stanzas of Vaughan's dazzling nine-stanza meditation on John 3.2 where, as Vaughan states earlier in the poem, 'Nicodemus saw such light / As made him know his God by Night'. In a stunning reversal of the conventional associations of light and dark, Vaughan reflects that the night is free from distractions whereas by day, things 'all mix and tire'. He associates dark with stillness, depth and revelation.

I love the way this poem holds together startling and spiritually resonant imagery with a sense of modesty. Vaughan emphasises the brashness of day and the simplicity of night, in which distractions are stripped away. The image of God's dwelling place as a 'dark tent' echoes the story of the Ark of the Covenant being housed in a tent before the building of Solomon's temple. However, Vaughan does more than allude to the tent of God as an Old Testament event: by praying that he might dwell 'unhaunted' as in God's 'tent', he makes the modesty of that temporary dwelling into a permanent quality of God's mercy.

And the poetic voice itself, in spite of its power, is self-effacing. The utterly compelling paradox, 'There is in God...A deep but dazzling darkness' draws us in to the depth of the poem's spiritual energy and yet the voice does not claim to know this for himself but states rather that 'some say' that this is so. Though Nicodemus found 'the land of darkness' the voice of the poem can only long for it and write of it by report. This humility prepares us for the final hope of the poem, which is that the voice might lose himself in God and become 'invisible and dim'.

The creative energy of this poem invites us to rejoice in the power and beauty of human imagination. At the same time, the poem invites us to put aside its own dazzling imagery, cease to 'wander' (is there perhaps a pun on 'wonder'?) and draw into darkness, stillness and 'peace'.

My Dad's Recovery

Dear Christ Church Community,

On 07.01.2020, my dad (Tibor Csontos) had a serious accident. He fell down from a roof during his work. His body was broken. For a couple of days his life was in danger, and as the consequence of the impact, he had a brain injury as well. We weren't sure for months, if his mental health will be the same as before, or he will need 24/7 care for the rest of his life. The doctors said the chances for him to be able to gain his mental health back are very low.

As a young adult, seeing your parents in a situation like this was really overwhelming emotionally. Fortunately, I was able to turn for advice, peace and prayers for this amazing community.

I am happy to share the news with you, that my dad was able to find the way out from the darkness and manage to get his mental health back as well! He will be able to leave the hospital soon, hopefully next month. This amazing miracle which took place in my father's recovery wouldn't happen without your prayers!

Thank you to all of you! I hope one day, I will have a chance to introduce my dad to the community, when he will visit me next time. I am sending you big hugs in the name of my father as well.

God bless you all, and stay safe! See you soon!

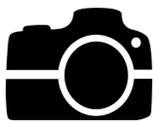
Gabriel Majorski

Prayer of the month

We are getting used to a nicer environment. The air is clearer, everywhere is that much quieter. We can breathe a freshness and hear the birds sing. But as with everything we become 'used to' we then tend to take it for granted. The only way this nicer state of affairs will continue is if we, children of God, take care of it as He envisaged when he first created it and gave it to us. And we need to do this without being told – even if it's sometimes inconvenient. This prayer written by the 12th century Edmund of Abingdon (almost a 'local' man for us – holy man and scholar, born 1175 in Abingdon near Oxford and buried in 1240 at Pontigny Abbey in France) comes to mind. The prayer reminds us so vividly of who and what we are, and of the need for us to constantly **be aware** – to **be sensitive** to the needs around us (not just the immediate needs of people but of the whole of God's creation). It reminds us of our daily duty to do what God hopes and expects we will do.

Lord, since you exist, we exist. Since you are beautiful, we are beautiful. Since you are good, we are good. By our existence we honour you. By our beauty we glorify you. By our goodness we love you.

Lord, through your power all things were made. Through your wisdom all things are governed. Through your grace all things are sustained. Give us power to serve you, wisdom to discern your laws, and grace to obey those at all time. Amen.



Parish Life in Pictures

May 2020



Supermoon over church; Hazel and Philip on VE Day; cards sent to parishioners who remembered VE day; VE Day artwork



A Creation Self-guided Quiet Day

Fr Chrichton Limbert

During Lent we were thinking about the wonder of God's creation and were thinking each week about different aspects of the story from Genesis of the six days when God made the heaven and the earth – and it was very good.

Sadly, we were not able to complete the series, so for our extra liturgical content this month, I'm suggesting that you might like to follow this simple pattern and spend a few hours in prayer and reflection to thank God for his bountiful creation. There are a few thoughts and three simple services of the word to guide you to think about the Holy Spirit at work within God's creation and open your senses to all that he has made. Mostly it is giving you a framework to deliberately take time in lockdown to just "be" and rest and relax in the presence of the Lord. You don't need to follow any of the material if you don't want to. Use any words or images as your own favourite start point for reflection. You might want to be creative and write, draw or paint to capture your thoughts and feelings. Be honest with God and be prepared to listen for something new from him.

I'm not suggesting you need to lock yourself away in a silent order for a day but, try for an air of calm and relaxation, where silence will come naturally rather than being enforced. A few hours without continual noise and chatter will allow us to be led by God and see where his spirit in creation will lead us.

Suggested plan for a day

10.30 am – Settle with a mug of your favourite tea or coffee before saying Morning Prayer
 11.00 am – Reflection and Contemplation
 12.30 pm – Say Prayer During the Day
 12.45 pm – Lunch (listening to peaceful music.)
 1.30 pm – Reflection and Quiet Walk
 3.00 pm – Closing Evening Prayer



Morning Prayer



God saw everything that he had made, and indeed, it was very good. *Genesis 1.31*

Opening Sentences
O Lord, open our lips
and our mouth shall
proclaim your praise.

The night has passed, and the day lies open before us; let us pray with one heart and mind.

Pause for reflection as you offer the day to God.
As we rejoice in the gift of this new day, so may the light of your presence, O God, set our hearts on fire with love for you; now and for ever. Amen

Bible Readings:

Psalms 23

1 The Lord is my shepherd; therefore can I lack nothing.

2 He makes me lie down in green pastures and leads me beside still waters.

3 He shall refresh my soul and guide me in the paths of righteousness for his name's sake.

4 Though I walk through the valley of the shadow of death, I will fear no evil; for you are with me; your rod and your staff, they comfort me.

5 You spread a table before me in the presence of those who trouble me; you have anointed my head with oil and my cup shall be full.

6 Surely goodness and loving mercy shall follow me all the days of my life, and I will dwell in the house of the Lord for ever.

Glory to the Father and to the Son and to the Holy Spirit; as it was in the beginning is now and shall be for ever. Amen.

Matthew 6.25-33

Jesus said to his disciples, 'Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a

single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore do not worry, saying, "What will we eat?" or "What will we drink?" or "What will we wear?" For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.'

Responsory

Your salvation is near to those who fear you;
that glory may dwell in our land.

Your salvation is near to those who fear you;
that glory may dwell in our land.

Mercy and truth have met together;
righteousness and peace have kissed each other.

That glory may dwell in our land.

Glory to the Father and to the Son
and to the Holy Spirit.

our salvation is near to those who fear you;
that glory may dwell in our land.

[from *Psalms 85*]

The Benedictus

Consider the lilies of the field,
yet even Solomon in all his glory was not
clothed like one of these.

1 Blessed be the Lord the God of Israel,
who has come to his people and set them free.

2 He has raised up for us a mighty Saviour,
born of the house of his servant David.

3 Through his holy prophets God promised of
old

to save us from our enemies,
from the hands of all that hate us,

4 To show mercy to our ancestors,
and to remember his holy covenant.

5 This was the oath God swore to our father
Abraham:

to set us free from the hands of our enemies,
6 Free to worship him without fear,

holy and righteous in his sight
all the days of our life.

7 And you, child, shall be called the prophet of the Most High,
for you will go before the Lord to prepare his way,
8 To give his people knowledge of salvation by the forgiveness of all their sins.
9 In the tender compassion of our God the dawn from on high shall break upon us,
10 To shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace.

[Luke 1.68-79]

Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.
Consider the lilies of the field,
yet even Solomon in all his glory was not clothed like one of these.

Prayers

Almighty and everlasting God, we thank you that you have brought us safely to the beginning of this day. Keep us from falling into sin or running into danger; order us in all our doings and guide us to do always what is righteous in your sight; through Jesus Christ our Lord. Amen.

Eternal God, you crown the year with your goodness and you give us the fruits of the earth in their season: grant that we may use them to your glory, for the relief of those in need and for our own well-being; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen.

The Conclusion

The Lord bless us, and preserve us from all evil, and keep us in eternal life. Amen.

Let us bless the Lord. *Thanks be to God.*

Morning Reflection



We are going to think today about using all our human senses to become more aware of the Spirit of God around us and within us – throughout all of his creation.

In Acts 2 at Pentecost, the disciples became aware of the Spirit through all their human senses.

First they *heard* the sound of a rushing wind; then they *saw* divided tongues like fire; then they each *felt* the touch of a tongue as it rested on them, and also felt that Spirit filling them from within; they probably *smelt* the smoke that comes with fire, and then later, after 3,000 people had repented and been baptized, they sat together to break bread and then *tasted* the presence of the Spirit among them.

While we are in lockdown, we are a bit like the disciples in the upper room. The disciples were waiting for and expecting the Holy Spirit to come upon them. You might know that you already have received the Spirit, but today could be an opportunity for a renewed awareness of his presence in your life. We can help this by opening all our senses to him because that is how the Spirit came to the first disciples.

This morning, may I suggest that you visit in your memory and imagination a place where you felt particularly close to God. A “thin place” where the space between heaven and earth feels particularly thin. It might be a place of exceptional natural beauty or grandeur, where you were struck by the majesty of creation, or a man-made structure like a cathedral. As well as remembering the place, try and engage all your senses in the memories. Remember the sights, sounds, smells, touch and tastes. If you need help to bring back a place, try looking out pictures or books, or even search on the web to remind you what this place was like.

Once you have fully remembered the place and

experienced it again, simply hold the place before God and let him work in you again. Let him use all your senses.

Prayer During the Day



Opening Sentences

O God, make speed to save us. *O Lord, make haste to help us.*
Your love, O Lord, reaches to the heavens, *And your faithfulness to the clouds.*

A Song of Praise

We praise you, O God, we acclaim you as the Lord;

all creation worships you, the Father everlasting.

To you all angels, all the powers of heaven, the cherubim and seraphim, sing in endless praise:

Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory.

[from *Te Deum Laudamus*]

Psalm 8

O Lord our governor,

how glorious is your name in all the world!

2 Your majesty above the heavens is praised out of the mouths of babes at the breast.

3 You have founded a stronghold against your foes,

that you might still the enemy and the avenger.

4 When I consider your heavens, the work of your fingers,

the moon and the stars that you have ordained,

5 What is man, that you should be mindful of him;

the son of man, that you should seek him out?
6 You have made him little lower than the angels

and crown him with glory and honour.

7 You have given him dominion over the works of your hands

and put all things under his feet,

8 All sheep and oxen,

even the wild beasts of the field,

9 The birds of the air, the fish of the sea

and whatsoever moves in the paths of the sea.

10 O Lord our governor,

how glorious is your name in all the world!
Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.

Genesis 1.1-5.

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, 'Let there be light'; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

Prayer

God be in my head, and in my understanding;

God be in my eyes, and in my looking;

God be in my mouth, and in my speaking;

God be in my heart, and in my thinking;

God be at my end, and at my departing.

Amen

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen.

May Christ dwell in our hearts by faith. Amen.

Afternoon Reflection



This morning we brought to mind a place from our past and remembered using all our human senses to become more aware of the Spirit of God around us and within us – throughout

all of his creation. At Evening Prayer we will use Psalm 104 that shows clearly how the Spirit of

God as a dynamic and energizing life force behind and within all things. This is just an extract:

O Lord, how manifold are your works!
In wisdom you have made them all;
the earth is full of your creatures.
Yonder is the sea, great and wide,
creeping things innumerable are there ...
When you send forth your spirit, they are created;
and you renew the face of the ground.

[*Psalm 104.24–25, 30*]

This afternoon use one of your exercise periods to go outside – either just in your garden or a longer walk, which might include the churchyard – to let the sights, sounds and smells of nature fill your senses to have a full experience of God’s creation.

When you first arrive at where you want to go, spend some time becoming still and quiet so that you can put to one side the thoughts and concerns you have brought with you. Then one by one open your senses to what is around, starting with your sense of hearing.

Open your ears to listen to the sounds of nature, note them down what you hear if you would like. How many different sounds are there? How would you describe each one?

Open your eyes to what you can see: look around and see the diversity of vegetation, insect and animal and bird life, the terrain of the land, any natural features, the kind of sky and cloud formation above you and its colours. Again, list what you see to help you pay attention and notice everything in turn.

Walk around the place where you are and touch and feel the texture of the different plant life and vegetation, rock and soil of the place. Try to feel the breeze on your cheeks, the sunlight on your face, and sense the quality of the air, whether it is damp or dry. Can you feel any rain or mist? Notice the hardness or softness of the ground you are standing on.

Use your sense of smell: are there any

distinctive smells from the plants, flowers, soil, moss, animal life?

Finally, with all these impressions in your senses and in your mind, try to become aware of how all these different elements work together and how God is behind and within all of it – including you.

Return home prayerfully and enjoy Evening Prayer – with the whole of Psalm 104.

Evening Prayer



O God, make speed to save us. O Lord, make haste to help us.

A Song of Worship (Psalm 134)

1 Come, bless the Lord, all you servants of the Lord,
you that by night stand in the house of the Lord.
2 Lift up your hands towards the sanctuary and bless the Lord.
3 The Lord who made heaven and earth give you blessing out of Zion.
Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.

That this evening may be holy, good and peaceful,
let us pray with one heart and mind.
Silence is kept.

As our evening prayer rises before you, O God,
so may your mercy come down upon us to cleanse our hearts
and set us free to sing your praise now and for ever. **Amen.**

Psalm 104

I will sing to the Lord as long as I live.
1 Bless the Lord, O my soul.

O Lord my God, how excellent is your greatness!

2 You are clothed with majesty and honour, wrapped in light as in a garment.

3 You spread out the heavens like a curtain and lay the beams of your dwelling place in the waters above.

4 You make the clouds your chariot and ride on the wings of the wind.

5 You make the winds your messengers and flames of fire your servants.

6 You laid the foundations of the earth, that it never should move at any time.

7 You covered it with the deep like a garment;

the waters stood high above the hills.

8 At your rebuke they fled; at the voice of your thunder they hastened away.

9 They rose up to the hills and flowed down to the valleys beneath, to the place which you had appointed for them.

10 You have set them their bounds that they should not pass, nor turn again to cover the earth.

11 You send the springs into the brooks, which run among the hills.

12 They give drink to every beast of the field, and the wild asses quench their thirst.

13 Beside them the birds of the air make their nests

and sing among the branches.

14 You water the hills from your dwelling on high;

the earth is filled with the fruit of your works.

15 You make grass to grow for the cattle

and plants to meet our needs,

16 Bringing forth food from the earth and wine to gladden our hearts,

17 Oil to give us a cheerful countenance and bread to strengthen our hearts.

18 The trees of the Lord are full of sap, the cedars of Lebanon which he planted,

19 In which the birds build their nests, while the fir trees are a dwelling for the stork.

20 The mountains are a refuge for the wild goats

and the stony cliffs for the conies.

21 You appointed the moon to mark the seasons,

and the sun knows the time for its setting.

22 You make darkness that it may be night, in which all the beasts of the forest creep forth.

23 The lions roar for their prey and seek their food from God.

24 The sun rises and they are gone to lay themselves down in their dens.

25 People go forth to their work and to their labour until the evening.

26 O Lord, how manifold are your works! In wisdom you have made them all; the earth is full of your creatures.

27 There is the sea, spread far and wide, and there move creatures beyond number, both small and great.

28 There go the ships, and there is that Leviathan

which you have made to play in the deep.

29 All of these look to you

to give them their food in due season.

30 When you give it them, they gather it; you open your hand and they are filled with good.

31 When you hide your face they are troubled;

when you take away their breath, they die and return again to the dust.

32 When you send forth your spirit, they are created, and you renew the face of the earth.

33 May the glory of the Lord endure for ever; may the Lord rejoice in his works;

34 He looks on the earth and it trembles; he touches the mountains and they smoke.

35 I will sing to the Lord as long as I live; I will make music to my God while I have my being.

36 So shall my song please him while I rejoice in the Lord.

37 Let sinners be consumed out of the earth and the wicked be no more.

Bless the Lord, O my soul. Alleluia.

Glory to the Father and to the Son and to the Holy Spirit;

as it was in the beginning is now and shall be for ever. Amen.

I will sing to the Lord as long as I live.

Luke 12, 22-30

Jesus said to his disciples, 'Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will

wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you— you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them.

The Magnificat.

You have done great things, O God, and holy is your name.
 1 My soul proclaims the greatness of the Lord, my spirit rejoices in God my Saviour; he has looked with favour on his lowly servant.
 2 From this day all generations will call me blessed; the Almighty has done great things for me and holy is his name.
 3 He has mercy on those who fear him, from generation to generation.
 4 He has shown strength with his arm and has scattered the proud in their conceit,
 5 Casting down the mighty from their thrones and lifting up the lowly.
 6 He has filled the hungry with good things and sent the rich away empty.
 7 He has come to the aid of his servant Israel, to remember his promise of mercy,
 8 The promise made to our ancestors, to Abraham and his children for ever.
 Glory to the Father and to the Son and to the Holy Spirit;
 as it was in the beginning is now and shall be for ever. Amen.
 You have done great things, O God, and holy is your name.

Prayers

Let us pray to God the almighty, the King of creation.
 God said, 'Let there be light.'
 Eternal God, we thank you for your light and your truth. We praise you for your fatherly care in creating a universe which proclaims your glory.
 Inspire us to worship you, the creator of all, and let your light shine upon our world.
 God of life: *hear our prayer.*

God said, 'Let there be a firmament in the midst of the heavens.'
 We thank you for the vastness of the universe and the mysteries of space.
 We pray for all scientists and astronomers who extend the boundaries of our knowledge.
 As we contemplate the wonder of the heavens, confirm us in the truth that every human being is known and loved by you.
 God of life: *hear our prayer.*

God said, 'Let the waters be gathered together, and let dry land appear.'
 We thank you for the beauty of the earth, for the diversity of land and sea, for the resources of the earth.
 Give us the will to cherish this planet and to use its riches for the good and welfare of all.
 God of life: *hear our prayer.*

God said, 'Let there be lights in the sky to separate the day and the night.'
 We thank you for the warmth of the sun, the light of the moon, the glory of the stars.
 We praise you for the formations of clouds, the radiance of dawn and sunset.
 Save us from wasting or abusing the energy on which all life depends.
 Open our eyes to behold your beauty, and our lips to praise your name.
 God of life: *hear our prayer.*

God said, 'Let the waters bring forth living creatures, and let birds fly across the sky.'
 We thank you for the teeming life of the seas, and the flight of the birds.
 Help us to protect the environment so that all life may flourish.
 God of life: *hear our prayer.*

God said, 'Let the earth bring forth living creatures of every kind.'

We rejoice in the variety of animal life. Grant us grace to treat all animals with respect and care; to protect endangered species, to preserve the variety of habitats, and to honour the delicate balance of nature. God of life: *hear our prayer.*

God said, 'Let us create human beings in our own image.'

We pray for the human family. We exult in its diversity and giftedness, we repent of its sins, divisions and violence.

By the power of your Spirit, restore your image within us, through Christ who came to remake us by his death and resurrection. God of life: *hear our prayer.*

Heavenly Father, you have filled the world with beauty: open our eyes to behold your gracious hand in all your works; that, rejoicing in your whole creation, we may learn to serve you with gladness; for the sake of him through whom all things were made,

your Son Jesus Christ our Lord. Amen.
(Common Worship intercessions for Creation)

Lighten our darkness, Lord, we pray, and in your great mercy defend us from all perils and dangers of this night, for the love of your only Son, our Saviour Jesus Christ. Amen.

The Lord's Prayer

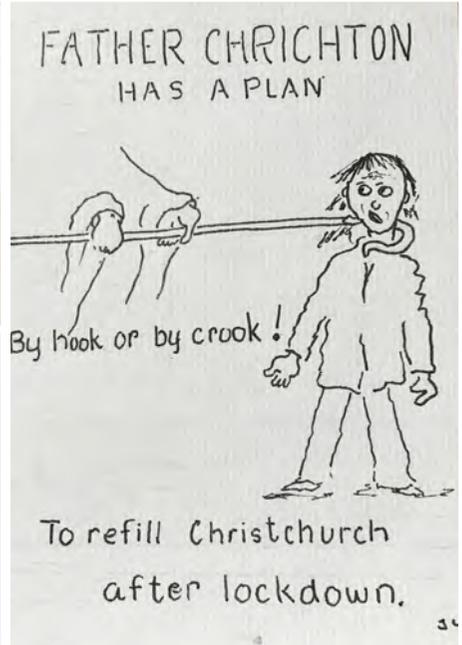
Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen.

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

Let us bless the Lord. *Thanks be to God.*



Examples of the creative ways in which we have been occupying our time during lockdown including a selection of the cub's rainbows and a cartoon drawn by John Clarke



A summer of no sport

Like all areas of society, sport has not been immune to the impact of the coronavirus pandemic. Never in peacetime has the global sporting calendar been ripped apart in the way it has been in 2020. Major football leagues? All on hold. Olympic Games and European Championships? See you in 2021. Wimbledon? No strawberries and cream this year. The list goes on.

One of my favourite ways to describe sport is that it is life's greatest triviality. That feels particularly relevant at the moment as while it is nowhere near the most important thing to be thinking about or contemplating at this time, I'm missing it immensely. In much the same way that going to church helps give structure to our weeks with a focal point for worship, watching sport gives supporters a regular place or time for their expression of 'fandom'.

As sport slowly returns later this year, it will look very different with spectators unlikely to be permitted for a while yet. This is one of the many challenges facing sporting authorities as they look to restart action again. Working in the sports industry, I've already seen how some major organisations have had to furlough, or even let go of, a significant number of staff. Valuable broadcasting contracts will have to be refunded due to events not taking place and sponsorship deals will be lost.



Exercise has still been encouraged during the lockdown, but the majority of sports can't be played when socially distant. Premier League

football might return in June because they're able to afford the testing and can safely control the environments of the training grounds and stadium, but that won't be the case for grass roots clubs. Some of these will be pillars of local communities that serve a hugely important social function for many people, but they are likely to remain closed while social distancing is still necessary.

Like many of you, I have been watching the virtual church services on the parish YouTube channel and listening to the choir's virtual pieces that have been brilliantly put together. I have found some of them very moving and I'm sure that when we're able to congregate again in the church building, the organ strikes up and we're able to belt out a hymn again, I might not be the only one with a tear in my eye. It will be the same when I'm able to return to a football stadium, see the team emerge from the tunnel and hear the roar of the crowd.

I've been watching plenty of old classic sporting moments and reruns to fill time during lockdown. For all that following a sports team can be frustrating a lot of the time, and it really has been for me this season supporting Arsenal and Saracens, it is good to have these reminders of the drama and the life-affirming moments it can provide. That can be the case if you are supporting or participating.



It is summed up by a quote from broadcaster John Inverdale, when anchoring coverage of London 2012's Super Saturday on the BBC. He said: "Sometimes you love sport, sometimes you hate it... but basically you love it." The landscape of the sports industry might never look the same again because of the pandemic, but sport will return and I'm sure it will be worth the wait.

Sam Limbert

***In Search of Alfred The Great. The King, The Grave, The Legend.* By Edoardo Albert and Katie Tucker. Stroud, Gloucs: Amberley Publishing, 2015.**

When King Alfred (849-899 AD) was born, Christianity was the official religion in Britain and, having a strong personal faith, he followed Christ's teachings in public and private. The youngest in a family of six boys and a girl, he was unlikely to become king. He might have been a bishop - a position of wealth and influence - and had travelled to Rome twice as a boy, meeting Popes Leo IV and Benedict III, but all senior members of his family died or were killed and Alfred became king in 871.

Britain was under attack by Viking raiders and would-be settlers, whose religion, headed by Odin, was based on vengeance and killing enemies without mercy. When Alfred became king, he was in retreat from a Viking army, his brother had been killed, and his followers would probably side with whoever won. The turning point was Alfred's victory at the Battle of Edington (878 AD).

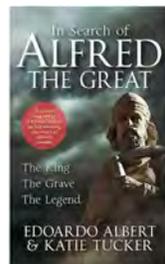
Alfred had fought alongside his father and brothers. Throughout his reign he defeated marauders in battle and through defensive strategies. He established a standing army which could attack immediately, he built a navy, and constructed a chain of fortified settlements - the burhs - to keep raiders at bay. He innovated and was successful.

As a Christian, he treated his captives with clemency. Rather than killing his adversary Guthrum, he baptised him, became his godfather and installed him as his vassal in East Anglia. He sent home, unmolested, the captured wife and children of the Viking leader Haesten.

He also loved learning, insisting that his nobles become literate, setting up schools, and studying Latin.

This book is a very readable account of Alfred's life. The first twelve chapters by Edoardo Albert cover his achievements; the last two by Katie Tucker discuss archaeological attempts to find Alfred and his family's remains, which moved from Winchester Cathedral to Hyde Abbey to - who knows where? Radiocarbon dating suggests that a bit of his pelvis might have been found recently.

Jill Holiday



Note from the Editors

Who would have thought it! Back in February, as we sat together in the office, preparing the files for the March edition of *The Spire*, we never dreamt that – like everyone – we would be working ‘at a distance’ to prepare the April edition... then May... and now June! But we’ve got a new routine, and we’re managing fine! We would like to say a big thank you to everyone who has contributed to these subsequently socially distanced productions – for the generous supply of materials, the printing and the distribution. Again this month, we’ve been sent all kinds of pieces, from prayers to book reviews and everything in between. We are delighted that everyone is so engaged and we are doing our very best to fit everything in (even if pieces have sometimes had to be shortened, or wait a month for publication). Thank you all!

Clare & Patricia

The Copy deadline for the July issue is 23rd June

Memories of VE Day



My appointment to join the Oil tanker M V SAN ELISEO arrived. The ship was in dock at the Cammell Laird ship yard in Birkenhead. On my arrival on the 15th of April 1945 a policeman in the dock office gave directions to get to the ship. As I climbed over cables, rail tracks, and endless piles of construction materials, I was amazed at the apparent shambles in working shipyards. Passing huge cranes, gantries and sheds I finally arrived on the dock side, and there she was – MY VERY FIRST SHIP!

The Captain welcomed me on board adding my name to the ship's papers. As first on board I became the Senior of two new Apprentice Deck Officers. Duties included assisting the Chief Steward in all medical matters.

The following day I reported to HMS EAGLET, a naval base, for instruction in maintaining and firing a 4.7 naval gun mounted on the stern of our ship. In one day, I became the ship's gunnery officer!

We sailed three days later and proceeded to the Liverpool Bar in the Mersey river estuary, and waited for a convoy to assemble. The Eliseo was duly placed in the middle of the convoy, and the convoy followed a zig zag course to a tight schedule, shepherded by Canadian destroyers. As an apprentice my duties included working with the boatswain, studying time on the bridge, and watch keeping.

On the 8th of May the great news of VE Day was sent to us from one of escort ships by Morse code (using an Aldis lamp). I was at the helm steering at the time. A great feeling of joy and relief swept through the crew and we could hear cheers ringing out from ships nearby. Life on board had to go on as usual. The Captain gave all the crew a free can of beer to enjoy, but only when off duty. We apprentices were too young to be allowed beer. We contributed to the celebrations by hanging toilet paper streamers all around the mid ship saloon and pantry. The next day the convoy began to disperse and we headed for Venezuela.



As I approached a foreign coast for the very first time, I was taken aback by the white sands and waving palm trees, they looked exactly like book illustrations I remembered. Sadly, it was the first and last time I saw such a wonderful sight. Oil loading jetties, because of fire risks, are generally fairly isolated.

John Clarke

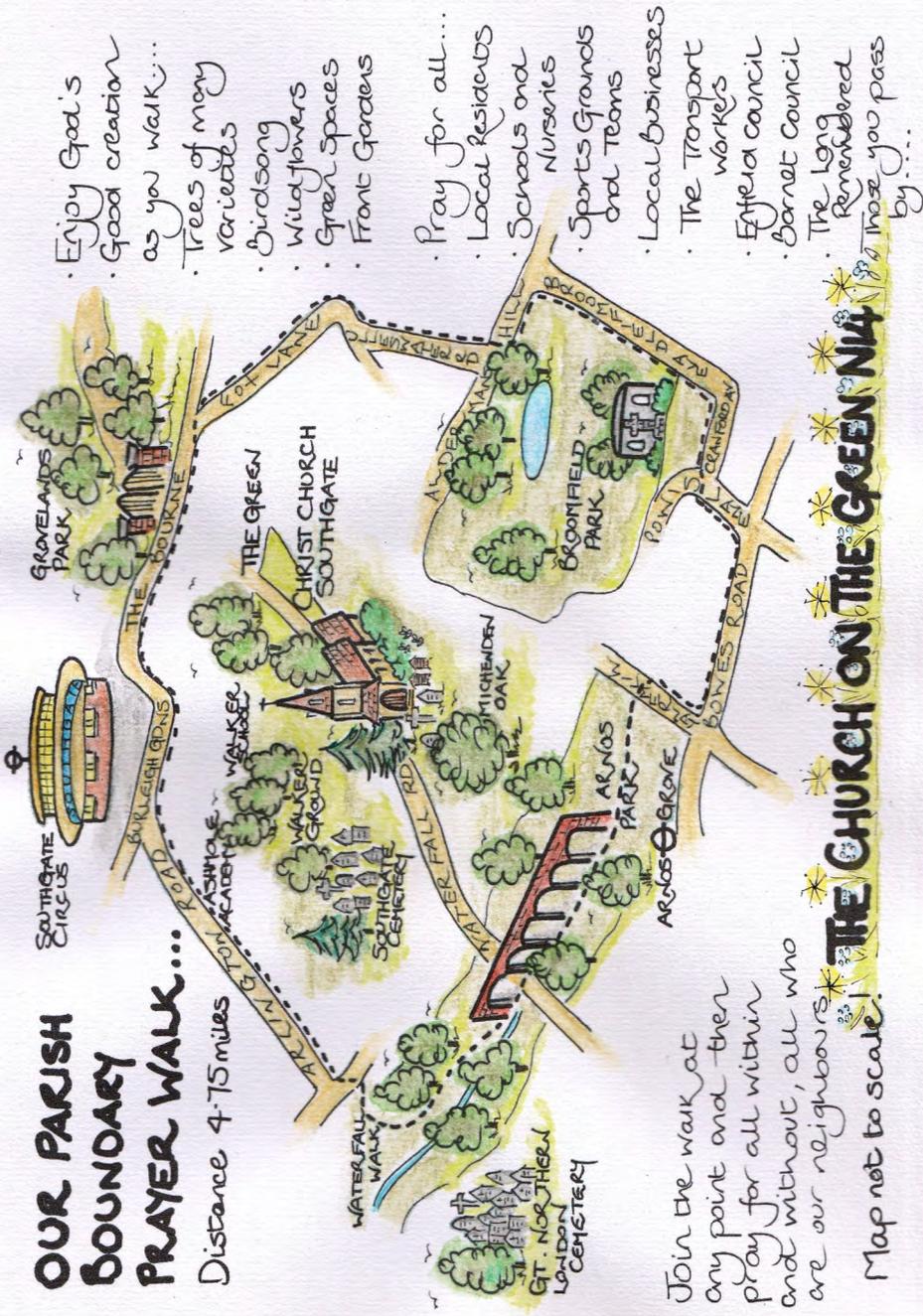
Images:

John's family photograph, showing left to right: Mom, me, elder sister Joyce, Dad, younger sister Paddy.

MV San Eliseo [Photo Courtesy of Library of Contemporary History, Stuttgart]

OUR PARISH BOUNDARY PRAYER WALK

Distance 4.75 miles



- Enjoy God's Good creation as you walk...
- Trees of many varieties
- Birdsong
- Wildflowers
- Green Spaces
- Front Gardens

- Pray for all...
- Local Residents
- Schools and Nurseries
- Sports Grounds and Teams
- Local Businesses
- The Transport workers
- Egham council
- Barnet Council

The Long Remembered
those you pass by...

Join the walk at any point and then pray for all within and without, all who are our neighbours.

Map not to scale!

THE CHURCH ON THE GREEN NIA

Stewardship News

It is now more than three months since we were last able to go into Christ Church, since when our weekly cash collections have dried up. However, I am able to report that in the last couple of months we have had a number of generous donations by post and our sincere thanks go to the people concerned. These were prompted by the despatch of almost 200 copies of *The Spire* to everyone on the Electoral Roll and many others known to be interested in Christ Church and its activities. Shortly, this June edition will be sent out and perhaps this will prompt some more donations.



During the last month there has also been some further interest in joining our Stewardship and some increasing of regular contributions too, for which we are very grateful.

There are now 30 of the 42 Church of England dioceses (so, over 70%) using the Parish Giving Scheme (PGS) with almost 50,000 regular gifts processed, of which 55% opted for the annual inflationary increase. Last month the total giving forwarded to the 2,884 parishes in the scheme totalled £3.8 million, with an additional £900,000 in Gift Aid reclaimed from HMRC. All this from a small, dedicated, cost-effective team which enables all the parishes involved to save administration costs and much time and effort.

In my article in May I repeated my message about the PGS. It has recently been made even easier to join. The PGS has now launched a new telephone service. The scheme is designed to enable prospective donors to set up a regular Direct Debit donation to parishes over the phone. It has certainly proved very popular – the team received over 350 calls in the first ten days!

If you normally donated in cash to Christ Church during the collection and wish to give thanks for the continuing work being carried out by the clergy, choir and others during this difficult time why not pick up the telephone and ring the PGS on their dedicated number 0333 002 1271. To find out more, please visit their website www.parishgivingscheme.org.uk

Mick Meur, Stewardship Recorder
mikestatistics@gmail.com

Amazon Smile

We have now received our first donation from Amazon as a result of purchases made via Amazon Smile where Christ Church is the linked charity, thanks to all those of you who helped make this happen!

Amazon Smile is Amazon's way of donating to the causes their customers care about. When you shop via the dedicated Smile website (<https://smile.amazon.co.uk/>) Amazon will donate 0.5% of the cost of eligible purchases to your nominated charity. It's no different to shopping on the regular Amazon site. You pay the same prices and enjoy the same benefits (for example if you're signed up to their Prime service). However, you must checkout via the Amazon Smile website for us to receive a donation.

To select Christ Church as your charity on the Amazon Smile website, login with your usual Amazon details and then when prompted type 'Christ Church Southgate' in the search box. Thank you!

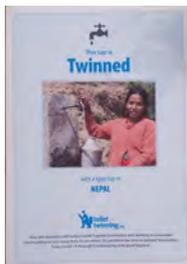
Clare Boulton

Social Responsibility Committee Report

As I write, we are expecting schools to begin to return in a small way. This feels like a step in the right direction for us, thinking about returning to our church building. It remains as we left it on our eco-Sunday 15th March with our fig branches & leaves still in place. Blossom messages will be added to enhance them 'When we meet again'.

I hope that you have made a **Jar of Hope** & that you will bring it with you when we return. We will pass the contents to Christian Aid who had their usual week early in May.

We are all aware of the importance of hygiene and of washing our hands in particular at the current time. For some this is really difficult as they don't have taps. **Tap Twinning** is a sister project to Toilet Twinning, run by Tearfund,



which is working with vulnerable communities in 45 countries to provide hygiene promotion and support by providing 'tippy taps' and training on how viruses spread. We have twinned one of the taps in church in support of this very worthwhile project.

We have received an up-date from **Homeless Action in Barnet** (HAB). The centre is closed but a few HAB and **Together in Barnet** (providers of the night shelter) volunteers are packing &

delivering food parcels, about 200 a week. Supplies are running low and we will resume our support as soon as we are able. Most rough sleepers have been placed in temporary accommodation since the start of the pandemic and agencies in Barnet are working together to develop a plan to prevent as many as possible from returning to their streets. HAB know it will be very difficult to re-open their centre and run it as before, but they are already working on a plan to deliver their services observing social distancing when they are advised they can re-open.



If you are shopping, most supermarkets have a trolley near the door where you can leave a donation of non-perishable food for a **food bank** or similar centre.

With charity shops closed and organisations that give to good causes not meeting, charities are finding funds really difficult to come by. Please continue to give to your favourites through this very hard time. And please put any donations you wish to go through us in your 'Jar of Hope' and we will pass it on in due course. Charitable giving cheques should be made out to 'Christ Church Southgate Social Responsibility Committee'.

Keep well and safe. Thank you for your continuing support.

Hilary Meur

Spire Style Guide

- 9 pt Calibri Font
- No complex formatting (i.e. don't insert pictures into your text, etc.)
- Use a single word space only after a full-stop
- Ideally not more than 400 words, unless this has been invited, or discussed in advance
- Photos should be sent as .jpeg files
- Respect Copyright – always cite sources if you have quoted text or reproduced images from elsewhere (internet, books, etc.)
- Any questions, please email the editors: churchwardens@christchurch-southgate.org or p.d.s.ashby@gmail.com

PARISH DIRECTORY**Parish Office**

*Open on Wednesdays and Fridays 10 a.m.—1 p.m. and 2.30—5 p.m.
Please phone beforehand if you have any special requests or needs.
N.B. Notices for the Sunday pew sheets should reach the Office no later than
10 a.m. on a Friday. If possible, please e-mail them.*

Mail 1 The Green, London N14 7EG
Phone 8886 0384
Email office@christchurch-southgate.org
Website www.christchurch-southgate.org

Clergy

Vicar The Reverend Dr Chrichton Limbert
Address 1 The Green, Southgate, London, N14 7EG
Phone 8882 0917
Email frch138@btinternet.com

Assistant Priest The Reverend Hazel Miall
Address 85 Conway Road, Southgate, London, N14 7BD
Phone 07980 740587
Email hazelhmiall@btinternet.com

Lay Readers

Cathy Dallman, 4 Greenacre Walk, Southgate, N14 7DB 8886 5918
Jackie Anderson 8245 0305
Sandra Anderson 07947 027265

Churchwardens

Clare Boulton, 321 Gladbeck Way, Enfield, EN2 7HR 8367 5961
Catherine Harvey, 1 Ruby Road, Walthamstow, E17 4RE 07872 493556

PCC

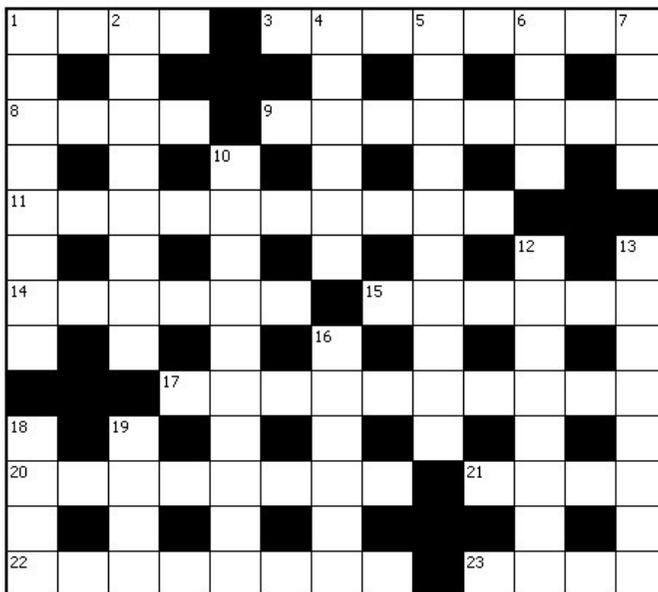
Secretary John Macrory 8440 3258
john@macroryward.co.uk
Treasurer Clare Boulton (as above)
Stewardship Michael Meur, 136 Green Dragon Lane, N21 1ET 8360 2362

Music Department

Director of Music Richard Brain 07979 850546
music@christchurch-southgate.org
*Assistant Director
of Music* David Hinit, 19 Mercia Rd, Baldock, Herts, SG7 6RZ 07734 209662
Treasurer Ian Winton, 7 Foxgrove, N14 7EA 8882 3680

Sacristan	Peter Holiday, 61 Arnos Grove, Southgate, N14 7AG	8886 4126
Sidesmen	Judith Lo	8882 3335
Sub-committee Chairs/contacts		
<i>Outreach</i>	Fr Chrichton Limbert (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

JUNE CROSSWORD



Across

1. See 23 Across
3. Where the thief on the cross was told he would be,
with Jesus (Luke 23:43) (8)
8. Invalid (4)
9. Blasphemed (Ezekiel 36:20) (8)
11. Adhering to the letter of the law rather than its spirit (Philippians 3:6) (10)
14. Shut (Ecclesiastes 12:4) (6)
15. 'This is how it will be with anyone who — up things for himself but is not rich towards God' (Luke 12:21) (6)
17. Mary on Isis (anag.) (10)
20. Agreement (Hebrews 9:15) (8)
21. Native of, say, Bangkok (4)
22. Deaf fort (anag.) (5-3)
23. and 1. Across 'The Lord God took the man and put him in the Garden of — to work it and take — of it' (Genesis 2:15) (4,4)

Down

1. Struggle between opposing forces (Habakkuk 1:3) (8)
2. James defined this as 'looking after orphans and widows in their distress and keeping oneself from being polluted by the world' (James 1:27) (8)
4. 'The one I kiss is the man; — him' (Matthew 26:48) (6)

5. 'Be joyful in hope, patient in —, faithful in prayer' (Romans 12:12) (10)
6. St Columba's burial place (4)
7. Swirling current of water (4)
10. Loyalty (Isaiah 19:18) (10)
12. 'God was pleased through the foolishness of what was —, to save those who believe' (1 Corinthians 1:21) (8)
13. Camp where the angel of the Lord slew 185,000 men one night (2 Kings 19:35) (8)
16. 'There is still — — Jonathan; he is crippled in both feet' (2 Samuel 9:3) (1,3,2)
18. David Livingstone was one (4)
19. Driver and Vehicle Licensing Authority (1,1,1,1)

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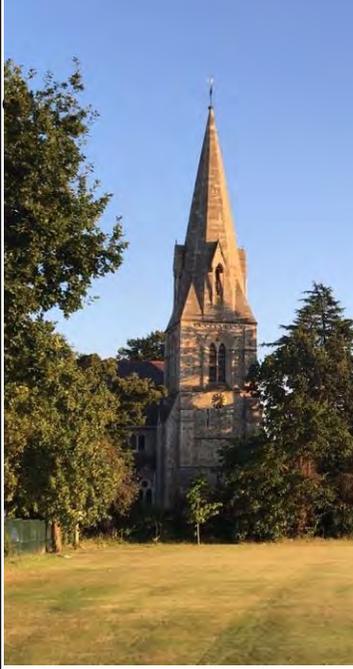
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via the Parish Office

office@christchurch-southgate.org

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“We believe in inclusive Church – church which does not discriminate, on any level, on grounds of economic power, gender, mental health, physical ability, race or sexuality. We believe in Church which welcomes and serves all people in the name of Jesus Christ; which is scripturally faithful; which seeks to proclaim the Gospel afresh for each generation; and which, in the power of the Holy Spirit, allows all people to grasp how wide and long and high and deep is the love of Jesus Christ.”

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