



# The Spire

## March 2021

*The Parish Magazine of*  
CHRIST CHURCH  
Southgate



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## Move, breathe and feel better!





# Welcome!

## From The Reverend Dr Chrichton Limbert Vicar of Christ Church Southgate

Welcome to *The Spire* magazine for March. Before writing this, I looked back to the letter I wrote for March last year. There was no hint of the lockdown to come during that month as I was exhorting you to come to the Lent course and follow a good Eco-Lent – both of which came to a sudden end after we had filled the church with leaves of Eco-promises tied on the trees. Those same trees returned to be the avenue of light the angels led us down to visit the crib at Christmas. So, it is with a hopeful heart that I can say that, after the recent Government announcement of the plans to ease the COVID restrictions, the Wardens Clare, Kate and I have decided to reopen the church for services from Mothering Sunday, the 14<sup>th</sup> March. Please join us at either 8am or 10am and return to Mother Church. The Thursday 12.30pm service will also restart from the 18<sup>th</sup> March. At the time of writing, a restriction is still in place that means no choir is permitted but we will have a single cantor voice instead.

In this edition you will find the times and dates of our Holy Week and Easter Services. These will be subject to some quite severe restrictions but we will do everything possible to keep the best Holy Week we can. I'm sure we are entering another period of rapidly changing guidance so by the time we actually get to Easter a lot will actually be possible.

In many ways there is a remarkable symmetry in the fact that our last service before the first lockdown last year was for Lent 3 on the 15<sup>th</sup> March, and we will be re-opening for Lent 4 on the 14<sup>th</sup> of March this year – picking up where we left off. History will reflect on the year that virtually disappeared, but all we can do at this stage is to keep offering to God all those who have suffered deprivation and loss and also give thanks for all the positives – continued health for many, the dedication of those on the front line and the community cohesion that has come about.

We are coming back together in person in the middle of Lent, so it is important that we pick up where we left off and go back to the strict social distancing, resisting the temptation to meet in groups and talk inside or outside. It will feel really odd to be back but staying distanced. There is not long to go, and Easter itself should see us able to meet in groups of 6 again.

This month you will find two free gifts inside the magazine – a bookmark for Mothering Sunday for you to keep and use or pass on as a gift, as well as a Palm Cross. If you are planning to join us on Palm Sunday, please bring it with you to be blessed during the service.

Finally, can I commend the devotional segment of the magazine, written by Anna Hughes. It is a self-guided devotion for half a day called “Bringing Tiredness to God”, which involves reflectively making candles out of sheets of beeswax while praying for others and yourself. I think we all have plenty of tiredness to bring to God in ourselves and others. If you would like to try it, contact the office and we will send you a sheet of beeswax to make the candles.

Have a prayerful, productive and positive Lent and stay safe.  
Every blessing.

*Fr Chrichton*



## Weekly Services

**(Services re-start on Sunday 14th March 2021)**

Sunday 8.00 am Said Eucharist  
10.00 am Choral Eucharist  
Thursday 12.30 pm Said Eucharist  
All welcome

All services are held in the Nave, please enter at the main door at the back of church

For your safety and that of those around you please wear a face covering and sanitise your hands as you enter and exit the building

# What We Sing In Church

## *Forty Days and Forty Nights* (New English Hymnal, No.67)

This Lenten hymn was written by George Hurt Smyttan (1822-77)<sup>1</sup> and first published in 1856 in Penny Post under 'Poetry for Lent'. George Smyttan was educated at Corpus Christi College Cambridge, ordained Deacon in 1848, ordained Priest in 1849 and became Rector of Hawksworth in 1850. He was a prolific hymn writer publishing 115 in English and several others in different languages. The NEH also credits Frances Pott(1832-1909) with the authorship of this hymn. Pott, it seems, made a number of alterations to the stanzas of Smyttan's original copy.<sup>2</sup>



Verse 1 tells us about the period of time Jesus spent being tempted in the Wilderness. The forty days mirrors the forty years the Jewish people spent in the Wilderness after their escape from slavery in Egypt before they reached the Promised Land. I thought at one time that they had got lost in the wilderness and it had taken forty years to find their way out. But we are told in the book of Exodus that they had got there quite quickly. But they had been intimidated by the large and warlike tribes inhabiting the land. They did not believe God's promises that they would conquer these tribes. God was angry with them and condemned them to wander in the wilderness for forty years until a new generation had grown up who would believe him. We, of course, keep the forty days of Lent to commemorate Jesus's time in the Wilderness, but in fact forty days in Jewish thinking meant a fair interval of time. We would say 'about six weeks'.

Verse 2 tells us about the physical conditions under which Jesus was observing his fast. St. Mark in his gospel does not tell us much about Jesus's time in the Wilderness, but it is from this gospel we learn about the wild beasts surrounding him (Mark 1:12-13).

Verse 3 is a prayer to Jesus asking him that we might share his suffering. Verse 4 refers to Jesus's temptations by the devil (Matthew 4:1-11, Luke 4:1-14) and asks that as he defeated Satan he will strengthen us so may we not give way to temptation.

Verse 5 asks that we may have peace and gladness and that Angels may shine around us just as they ministered to Jesus (Mark 1:13). Finally, verse 6 is a prayer looking forward to Easter and towards that eternal heavenly Eastertide.

Cathy Dallman

<sup>1</sup> Biographical details from Wikipedia

<sup>2</sup> John Julian *Dictionary of Hymnology* (1907). London: John Murray.

Image: From the Coptic Orthodox Church of the Southern United States

<https://suscopts.org/resources/interesting-facts/11/40-days-and-40-nights/>

## New Hope New Beginnings

Every Lent, Christians try extra hard to follow the example of Christ. We know that Christ spent 40 days in the desert wilderness undergoing temptation and we try to focus on how we change our lives and become closer to God. We may do this through prayer, sacrifice and good works, such as giving of ourselves, and giving alms.

Every year, Lent is a trying time for Christians, and this year brings its own challenges. Giving up things for lent has become a tradition, but there is also a school of thought that suggests taking things up for Lent is a good idea too.



I am aware that it's human nature to feel guilty when we perceive failure, and we can easily slip into despair, thinking we are doing it all wrong. There is no right or wrong way of spending Lent, but there are better ways of doing things. What is my better way may not be yours. This year in particular, I suggest a better way is to try to look after our own Mental Health and that of our families and friends.

Cheering others may be quite a task. We don't all laugh at the same thing, but it's worth a try. I share with you the photo of my show-off husband, Philip, tossing a pancake on Shrove Tuesday. We both laughed a lot and then enjoyed eating them together before Lent started the next day. If we were each to pass on some good, or funny news to a few other people we could brighten up several people's day.

I am happy to share with you a picture of some of the plants in my garden – some I planted myself, and others were bought or received as presents. Even if I cheat a bit, the sight of spring flowers boosts my spirits, and I'm then more likely to be able to help another person. Springtime is my favourite season. For me, the sooner it comes the better. It's a sign to me of God's graciousness to us. The new beginnings bring new hope.

We are living through a time when it's 'alright not to feel alright', and it's perfectly acceptable to phone a friend to say so. Together, we can share our experiences, and make our world that little bit better.



Hazel Miall

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reflections and prayers

**DAILY HOPE** a free phone line offering music,  
prayers and reflections as  
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**0800 804 8044**.

## 'Spring' by Gerard Manley Hopkins

*Nothing is so beautiful as Spring –  
When weeds, in wheels, shoot long and lovely and lush;  
Thrush's eggs look little low heavens, and thrush  
Through the echoing timber does so rinse and wring  
The ear, it strikes like lightnings to hear him sing;  
The glassy pear-tree leaves and blooms, they brush  
The descending blue; that blue is all in a rush  
With richness; the racing lambs too have fair their fling.*

*What is all this juice and all this joy?  
A strain of the earth's sweet being in the beginning  
In Eden garden. – Have, get, before it cloy,  
Before it cloud, Christ, lord, and sour with sinning,  
Innocent mind and Mayday in girl and boy,  
Most, O maid's child, thy choice and worthy the winning.*



I hope that by the time you are reading this, you will have seen or heard some spring life and shared the mood of Hopkins's bold opening - 'nothing is so beautiful as spring'. When I read Hopkins, I feel that nothing is so beautiful as his verse - which can 'rinse and wring' the ear with its insistent rhythm, melodious rhyme and devotional energy. This sonnet is so dense with sound and meaning that it strains against containment in fourteen lines: it is, itself 'a rush/ With richness'. This capturing of abundance in a small space is echoed in the thrush's eggs which 'look little low heavens' as though all the glory of a blue sky flecked with clouds can be held in a little flecked blue egg.

The first eight lines (the octave) rejoice unreservedly but the final six lines (the sestet) anticipate Eden-like freshness becoming cloyed and clouded with sin. And yet, although the poem does not explicitly state that unsullied new life will return, the hope is implicit. Hopkins celebrates a seasonal renewal - the opening line is a generalisation about all springs. And the image of a world made 'sour with sinning' is neither the first nor the last note but embedded in the middle of the sestet. 'Sinning' rhymes with 'winning', echoing the transformation of sin into victory by the 'maid's child' - and that final rhyme also harks back to 'beginning' - a 'winning' that returns us to the exquisite opening imagery of a 'fling' of innocence.

On my first reading, I assumed that Hopkins is addressing the reader for the first ten lines and that the call on Christ in the sestet is a switch. But perhaps he speaks to Christ throughout, delighting in capturing an echoing energy for the author of all freshness and renewal - the abundant renewal that bursts against the confines of this lovely sonnet.

*Anna Hughes*

### Sources:

Text 'Spring' from the Poetry Foundation website: [poetryfoundation.org](https://www.poetryfoundation.org/poem/17700/spring); Image Thrush eggs at <https://www.dreamstime.com/photos-images/thrush-eggs.html>

## Social Responsibility Committee

**Cooking Champions** continues to serve many meals and to provide food parcels to hungry needy families in the borough. On Wednesdays they are serving free hot meals, from 1 to 2 pm, from Palmers Green United Reform Church in Fox Lane. Each month they also have a fund-raising weekend, cooking a specialised menu on selected Friday and Saturday evenings for collection or delivery. For Chinese New Year we enjoyed a delicious meal delivered to our door. They raised £1,500 that weekend. They are still in need of rice, pasta, cereals, tinned fruit and veg, pasta sauce, coconut milk, biscuits, crisps and snacks. Donations can be left on Tuesdays and Thursdays from 10am till 4pm at St Peters church hall, Grange Park.

<https://www.facebook.com/cookingchampions/>

This year the Bishop of Edmonton has chosen 'Challenging Youth Violence' for **The Bishop's Lent Appeal 2021**. Details of the charities involved can be found on the opposite page. Some money has started to come in, or been promised. Please continue to save coins in your jar if that is possible. We are happy to receive cash or cheques (made out to Christ Church Southgate Social Responsibility Committee) until just after Easter.

We have received Newsletters from two overseas charities that we have supported in the recent past. Both have continued working through the past year, living with the pandemic. They are grateful for our donations and for our continuing prayers. **The Amara Charitable Trust** is working in rural Kenya. Through the past year, they have provided school meals, given out 2,300 food parcels to needy families, and planted almost 1,000 trees – mainly fruit trees. They are hoping to equip two schools with kitchens and dormitories in the coming months. **IIMC** is working in Kolkata in India. They, too, are providing meals and equipment in schools, as well as education and accommodation and running clinics. Free Covid vaccinations for the most vulnerable have now started there.

Our own **fundraising** is still restricted but I have sold a few goods. And socially distanced local delivery or collection is possible. At present I still have some marmalade and also some large jigsaws, including one still life, 1,500 pieces; a village scene and several nature inspired pictures of 1,000 pieces; and one smaller with 500 pieces. I'm open to offers.



Judith at the vicarage has been busy making cards to order on eco and recycled paper. She has various Angel designs and also some William Morris block-style (see images on the opposite page). Please contact her if you are interested, all proceeds are going to the Lent Appeal.



Thank you for your continuing support. If you have any unwanted knitting yarn or craft items, or you wish to make a contribution to any of our ongoing charitable works, please contact myself or another member of our committee. Many thanks!

Hilary Meur  
Tel 02083602362  
Email [ccsocres@gmail.com](mailto:ccsocres@gmail.com)

# CHALLENGING YOUTH VIOLENCE

The Diocese of London Lent Appeal 2021 will focus on Youth Violence.

It aims to both raise awareness of the issue and raise money for the following charities

- **XLP** 'The eXceL Project' works with over 4,500 young people each year through education, mentoring, sport and the arts.
- **TLG** (Transforming Lives for Good) works through a network of partner churches reaching out to some of the most vulnerable children in the UK.
- **Redthread** embeds specialist youth workers in hospital A&E departments across London meeting people during times of crisis, fear and trauma.

<https://www.london.anglican.org/lentappeal2021>

# Still Creating at Home: Grayson Perry's Art Club Challenge

I wrote in the Spire magazine last June about how I was coping with the lockdown by creating art at home, at a pace that worked for me. Fast forward 6 months and many things in my life have changed yet I find myself still cooped up indoors and with lots of free time to create art! I have moved back with my parents and I am living in the vicarage, but it is a part of London I am still quite unfamiliar with. I have found slowing down and taking the time to explore local parks and outside spaces has been peaceful and a source of inspiration.



A TV programme that captured the zeitgeist of this pandemic last year was Grayson Perry's Art Club on Channel 4. The premise of the show is that each week there is a theme to help spark creativity. Viewers are encouraged to choose a theme and share their art works, with the artist Grayson Perry sharing his take on the theme and then his favourite submissions. One of my resolutions this year was, to help with facing another long stint of being locked down and furloughed, starting a sketch book and painting much more regularly. So, when I saw that the Art Club had been picked up for a second series and had new themes for submissions, I thought I would give it a go!

My artwork was inspired by the theme of 'Nature', and I have called it '*A walk through Southgate Cemetery*'. I wanted to try drawing some of the evergreens and leaves so I went back with my camera to take some photos of the most 'gothic' overgrown parts of the cemetery. Some of the headstones are being sucked into hedges or engulfed by masses of tendrils and leaves. There are a few of the older graves that have been pushed out of the ground by tree roots. It is amazing to me to think that plants can literally crack stone – something we believe can last hundreds of years.

For my submission, I decided to use some of my photographs as a base collage on the canvas. I then added more layers of fabric and paint. I felt that I wanted to add more texture and try something different, so I sewed wool and thread into the canvas to imitate the climbing branches of ivy. The cemetery is also not just all grey and miserable - nature injects colour despite the winter months so I created lots of little drawings of the red berries that cover many headstones. I may have added too much, but the flora and fauna of the cemetery keep layering on top of each other too!

I didn't really have a plan when starting this piece but wanted to reflect my walks through the cemetery. I wanted to give a sense of how nature was taking over the graves. Some may find that this is an uncomfortable feeling, but I think that it's quite comforting to know that life and



nature continue and evolve. To me the cemetery is a place of rest and calmness, making it a good place for a contemplative walk and creative inspiration.

Who knows whether my work will be featured on the programme in a few weeks, but that was not the point of the painting. It gave me permission to try out something new and be creative - to continue to ground me through the changes and uncertainty.

*Bea Limbert*

## Prayer of the month

We have a 'road map'! For some people this is unsettling, for others it's scary, but for many... getting out of lockdown just can't happen soon enough. However, this need for speed will try people's patience, giving rise to the danger of going too far, too fast. We've been living like hermits for a very long time now... and if you've missed seeing people, going places, doing things, it's only natural to want to get back into the swing of it. You may have been vaccinated. This can boost your confidence – you feel much safer. There may be a really important family event – a golden wedding, a watershed birthday... This is where we all need to take a step back. We need to continue to exercise our patience. And that is where God can help. You will read elsewhere in this month's magazine about the need for patience, but in relation to hastening the end of the pandemic, patience is going to be our best weapon, our ally. Don't be tempted, bolstered by the newfound feeling of 'vaccine security', into stepping out of line. A mask and a vaccine doesn't give any of us the right to run towards normality when we are still being told to take baby steps... we always need to remember that when we run, we could be taking with us the very thing we are trying to get away from – the invisible Covid 19.

March is a long month, and it is Lent. There is plenty of time to pray for help – help to get us all safely to the destination of normal freedom again. The scholar, Charles Vaughan was a nineteenth century Anglican priest and prolific writer. One of Vaughan's prayers seems almost to have been written with our situation in mind.

*Set before our hearts and minds, O heavenly Father, the example of our Lord Jesus Christ, who when he was upon earth, found his refreshment in doing the will of him that sent him, and in finishing his work. When many are coming and going, and there is little leisure, give us grace to remember him who knew neither impatience of spirit nor confusion of work, but in the midst of all his labours held communion with thee, and even upon earth was still in heaven; where now he reigneth with thee and the Holy Spirit world without end, Amen*

Charles Vaughan (1816 – 1897)

# HOLY WEEK AT CHRIST CHURCH, SOUTHGATE

## The Church on the Green N14

### **28 March**

10.00 am

### **Palm Sunday**

Blessing of Palms and Eucharist.  
Please bring your Palm Cross with  
you for blessing.

### **29 - 31 March**

7.30 pm

Said Eucharist with Homily

### **1 April**

8.00 pm

### **Maundy Thursday**

Eucharist followed by a Watch

### **2 April**

2.00 pm

### **Good Friday**

The Solemn Liturgy

### **3 April**

8.00 pm

### **Holy Saturday**

Great Vigil, with the New Fire,  
renewal of Baptismal Promises and  
First Eucharist of Easter.

### **4 April**

8.00 am

### **Easter Sunday**

Said Eucharist

10.00 am

Family Friendly Eucharist  
(Booking required)

## Bringing Tiredness to God

### Making and Praying

This is a reflection on tiredness which is intended to take about a third of a day - a morning, afternoon or evening. It contains prompts to pray about our own tiredness and to pray for others who are weary. The prayers are linked to making candles out of a sheet of beeswax. (Contact the Office if you would like to receive a sheet of beeswax to make candles.) I hope that handling the textured and perfumed sheets of beeswax and watching and smelling the flickering flame when they are lit will be a restful activity – and that its sensory simplicity will give focus to prayer. I found making the candles absorbing – especially handling the softly architectural hexagons and it rested me by making me present in the present moment. It seems appropriate to pray about something that tests our patience while handling something that is such a production of patience.

My hope is that where a reading or reflection speaks to your own condition you might use it (and the candle) to pray for yourself – and that where the readings describe feelings you do not share you could use them to pray for others. I hope that you will be able to adjust the balance as best suits you.

#### **Opening: short readings**

'You have made us for yourself, and our hearts are restless till they find their rest in thee.' St. Augustine

'Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.' Matthew 11.28-29

'I cannot go so fast as I would, by reason of this burden that is on my back'

'I seek ... even to be rid of this heavy burden; but get it off myself, I cannot; nor is there any man in our country that can take it off my shoulders' John Bunyan, *The Pilgrim's Progress*

#### **Opening Prayer**

Lord God, give us grace to trust that we will find our rest in you. Help us to be patient when we are tired and to serve you in stillness as well as in work. We commend to your loving protection those who are wearied by poverty, conflict, illness, isolation, pain and sadness. Accept our prayers for the sake of your son, our Lord, Jesus Christ who shared our bodily frailty. Amen

Name to God in your heart those known to you who are weary and in need of rest.

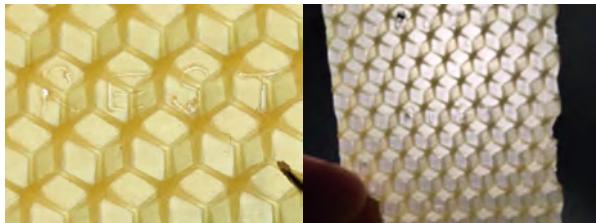
### **Making**

Choose one name from those whom you have just thought of and pray for that person while making this beeswax candle.

- 1) Cut the beeswax sheet into half and then cut one half into four strips of equal width.



- 2) I used a needle to scrape the name of the person I was praying for into the wax – one letter per hexagon. The letters are too small and faint to see unless you know they are there – you can see in the close-up the size needed to make the word 'rest' faintly legible. I held the piece of wax up to the light to see the name with the light coming through it. I was taken aback by the dull glow of the wax and the way in which the pattern of hexagons turns into a pattern of stars when the sheet is back-lit.



- 3) Cut a piece of wick and place it along the width of one of the strips. There should be a bit of excess wick at one end. Then use the warmth of your hands to soften the wax and roll up the sheet into a candle.



- 4) Trim the wick to make it very short. Put the tiny candle somewhere it is safe to burn: it will burn out fairly quickly and will leave a mess of melted wax on whatever surface it is on. At first the candle will burn very faintly because the wick is short but as the wax melts the flame gains strength and becomes steadier and stronger.



The candle will take about twenty minutes to burn.

'So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous hand.' Isaiah 41.10

## Being Patient and Being A Patient

### Recovering from illness: some extracts from *This is My Body* by Jennie Hogan

'The desert is a place to wait and stop in order to move forward towards recovery. It is not a time to prepare to be useful in the world again'. p. 22

'When our bodies are sick there is a lot of waiting to be done, which can be frustrating and infuriating. For some people a time of illness may be the first time they experience a sense of powerlessness. It can be easy to presume that this kind of powerlessness through illness is like mistakenly finding ourselves in the longest, slowest queue in the supermarket. But rage at our loss of power slows our recovery and traumatises us even more' p. 27

'The lure of complete well-being is pervasive and sold as the ultimate form of salvation. Sick bodies cannot be rushed or rubbed better. Shamed by physical weakness, we may strive for strength but our bodies can often feel the strain of 'too much too soon'. Others – our friends and our employers – often collude in our premature flights into health because illness is boring and inconvenient.' p. 41

### Reflection

- What might we say to people instead of 'get well soon'?
- What can we offer God while we are resting? How can we serve him without using periods of tiredness or convalescence as time to 'prepare to be useful in the world again'?

**Prayer**

Lord God, we remember before you all those who are resting after illness, especially those recovering from COVID 19. Comfort them in their difficulties and help those who care for and support them. Amen.

**Making**

The next candle is for all those who are not known to us, but known to God, who are struggling with tiredness after COVID 19. We pray especially for those who are struggling to come to terms with their tiredness or who are under pressure from themselves or others to appear stronger than they are.

Use one of the smaller strips of beeswax again. There are some texts below which you might like to read as the candle burns - or you may prefer just to watch the flame grow and burn.

***The Pulley* George Herbert**

When God at first made man,  
Having a glass of blessings standing by,  
"Let us," said he, "pour on him all we can.  
Let the world's riches, which disperséd lie,  
Contract into a span."

So strength first made a way;  
Then beauty flowed, then wisdom, honor,  
pleasure.  
When almost all was out, God made a stay,  
Perceiving that, alone of all his treasure,  
Rest in the bottom lay.

'The Lord has heard my cry for mercy; the Lord accepts my prayer.' Psalm 6.9

'In addition to its many religious forms, healing also includes many arts and sciences. There is the art of listening, the art of smiling, the art of empathy, of knowing just what people need, and not rushing in to offer help that is not suitable.' Jim Pym, quoted in *Quaker Faith and Practice (Third Edition)*

***A Better Resurrection* Christina Rossetti**

I have no wit, no words, no tears;  
My heart within me like a stone  
Is numb'd too much for hopes or fears;  
Look right, look left, I dwell alone;  
I lift mine eyes, but dimm'd with grief  
No everlasting hills I see;

My life is in the falling leaf:  
O Jesus, quicken me.  
My life is like a faded leaf,  
My harvest dwindled to a husk:  
Truly my life is void and brief  
And tedious in the barren dusk;

"For if I should," said he,  
"Bestow this jewel also on my creature,  
He would adore my gifts instead of me,  
And rest in Nature, not the God of Nature;  
So both should losers be.

"Yet let him keep the rest,  
But keep them with repining restlessness.  
Let him be rich and weary, that at least,  
If goodness lead him not, yet weariness  
May toss him to my breast."

My life is like a frozen thing,  
No bud nor greenness can I see:  
Yet rise it shall—the sap of Spring;  
O Jesus, rise in me.

My life is like a broken bowl,  
A broken bowl that cannot hold  
One drop of water for my soul  
Or cordial in the searching cold;  
Cast in the fire the perish'd thing;  
Melt and remould it, till it be  
A royal cup for Him, my King:  
O Jesus, drink of me.

**Naming Friends in our Hearts****Reflection on a Window**

Look at a postcard of a stained-glass windows from Christ Church Southgate, especially the figure of Charity ('Caritas' - the figure on the right). Charity holds a flame in one hand and a baby in the other. Her body is in a slight S-shape as her hips have shifted to counterbalance the weight of the child in her left arm. Nevertheless her left hand does not hold the baby but is held upwards and open as though making a gesture of generosity to someone standing on her right. She cannot move because two further children are holding on to her knee. She looks downwards, partly at them but also beyond them to whoever is standing below the window, to her right in the church. I find the image of Charity both carrying



her responsibility and immobilised by the claim that the children at her feet make upon her – and yet looking out beyond those immediate responsibilities – quite daunting.

## Naming Friends

Does this figure of Charity remind you of anyone you know? Can you pray for someone who carries a weight of responsibility for others?

Did you think of anyone you know who is exhausted by illness or exhausted after illness when you read the extracts from *This is my Body*?

John Bunyan's great spiritual allegory *The Pilgrim's Progress* describes a man called Christian making an arduous journey with a heavy burden towards the Celestial City. Christian's journey is beset by difficulties - in a passage I find particularly powerful he falls into the slough (bog) of despond and cannot lift himself out of it because of the weight he carries on his back.

'I cannot go so fast as I would, by reason of this burden that is on my back'

'I seek ... even to be rid of this heavy burden; but get it off myself, I cannot; nor is there any man in our country that can take it off my shoulders' John Bunyan, *The Pilgrim's Progress*

Bunyan's 'heavy burden' is an image which has resonated with many readers over hundreds of years. Does it make you think of any one you know?

Does the image of Charity, or the reflection on recovering from illness, or Bunyan's image of a heavy burden remind you of something in your own situation or experience?

## Making

### Sending a message

Have you thought of anyone who might be glad to receive a postcard message from you? If so, write it now - on the postcard you have just been looking at!

### Making and Praying

You should have two small strips of beeswax left to make into candles now (don't use the big piece yet), remembering those known to you (perhaps including yourself) who are weary or tired.

#### *Psalm 4*

1 Answer me when I call to you, righteous God.  
Give me relief from my distress; have mercy on me  
and hear my prayer.  
2 How long will you people turn my glory into  
shame? How long will you love delusions and seek  
false gods?  
3 Know that the Lord has set apart his faithful  
servant for himself; the Lord hears when I call to  
him.  
4 Tremble and do not sin; when you are on your  
beds, search your hearts and be silent.

5 Offer the sacrifices of the righteous and trust in  
the  
Lord.  
6 Many, Lord, are asking, "Who will bring us  
prosperity?" Let the light of your face shine on us.  
7 Fill my heart with joy when their grain and new  
wine abound.  
8 In peace I will lie down and sleep, for you alone,  
Lord make me dwell in safety.

## The Last Candle

The last candle, made with the large piece of wax, is for use in the future so that by lighting it you can bring to mind the people you have just prayed for

As you make the final candle, concentrate on the restful, sensory pleasure of handling the sheet of wax.

'Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.'

Matthew 11.28-29

## Music for Holy Week and Easter Day

We are fast reaching the anniversary of the Choir's first virtual recording, *This Joyful Eastertide* arranged by Charles Wood, which was released on Easter Day 2020. Up until that point, we had been making use of the choir's extensive archive as we experimented with integrating music into our new online worship. One year on, and the Choir has recorded over 70 hymns, 34 anthems, and 40 psalms, many through the magic we call the Virtual Choir.



The biggest musical casualty of the last year has of course been congregational singing, the power of which can all too easily be taken for granted. Hymns not only allow us to express joyful feelings, but also serve a very important role in accompanying our journey during the long season of Lent and the story of Christ's Passion and Resurrection. I have found great comfort in knowing that our YouTube services have provided us a medium by which to keep our proud tradition of hymn singing alive.

From my perspective as Director of Music, the period of Holy Week to Easter Day presents the largest canvas over which to paint the most imaginative picture of sacred music. I seek to create a seamless musical painting that takes the congregation on a four-day journey from the intimacy of the Last Supper on Maundy Thursday to the celebration of the Resurrection on Easter Day, via the penitence of Good Friday and the drama of the Easter Vigil. Some pieces, including John Sander's *Reproaches* and Maurice Duruflé's *Ubi caritas*, lend themselves to becoming fixed parts of the liturgy in their own right.

This year, though the medium of our worship may well be online, the same musical picture remains to be painted to accompany our worship during Holy Week and Easter Day. Our online worship will take the form of a special service, similar to the BBC programme *Easter from Kings*, and complementing our own on pre-recorded Festival of Nine Lessons and Carols last Christmas. Included in our special service will be the usual Passontide hymns *My Song is Love Unknown*, *There is Green Hill far away*, and *When I Survey the Wondrous Cross* in addition to the Easter hymns *The Day of Resurrection* and *Thine be the Glory*. Accompanying these hymns will be choir items including Sanders' *Reproaches*, Stainer's *God so loved the World*, and Ralph Vaughan Williams' *Let all the World in every corner Sing*.

At the time of writing, the musical form of our live worship remains uncertain and liturgical music will follow national guidelines. We may well only be allowed to use an organist and a solo cantor but if large groups are allowed, then the Choir will swiftly return. In the meantime, I encourage you to sing along in a loud and enthusiastic manner to our online worship.



*Richard Brain, Director of Music*

## Stewardship

Since my February report, I have been considering how I can impart some fresh thinking on our current stewardship position. Most of you probably don't know that I used to work for the Archbishops' Council in the Research & Statistics Department; this is the reason why my email address includes the dreaded word "statistics". So, it was with interest that I saw that the Church of England has recently published the finance statistics for 2019. The myriad of facts and figures include a section that is most pertinent to us... this is the detail of planned giving which is the area I have been reporting on for many years. The following data is based on our estimated 2021 average giving per week compared with the whole of the C of E and the London Diocese in 2019.



### Average giving

Christ Church	£12.22 weekly / £52.95 monthly Standing order £6.95 / £30.11 – PGS £14.30 / £61.97)
London Diocese	£25.20 / £109.20
C of E 2019	£14.10 / £61.10

These figures put us in the 21<sup>st</sup> position out of the 42 dioceses in England

The Christ Church figure is an estimate of this year's expected giving and only includes those 106 of you that pay through the bank, either using the Parish Giving Scheme or by standing order. It does not include anyone using the blue gift aid envelopes or the collection plate. Both of the latter are, of course, not available at present which is why it is giving electronically is so vital, even more important.

We have not had a stewardship campaign for a few years. In these campaigns we highlight the financial position and provide detailed information to encourage new donors to come forward ,and existing ones to review their present donations. Such campaigns are a very time-consuming and some have proved not to be as rewarding as others. At the present time, when campaigning would be difficult, I have been trying to keep the issue of stewardship in the forefront by my regular *Spire* articles.

Several of our previous campaigns were entitled TRIO which stood for "The Responsibility Is Ours" this was to indicate that the present congregation should be making sufficient contributions to enable the running of Christ Church. We should not be relying on the generosity and legacy of previous congregations to keep us solvent.

Whilst there were many one-off donations last year which helped to reduce the 2020 shortfall in income, I am concerned this may not be repeated again this year. Please give some thought as to how you can help – for example, by considering joining in stewardship, or increasing your existing donation, or by conversion to the Parish Giving Scheme.

I am always happy to receive comments and provide further information by telephone or email.

*Mick Meur, Stewardship Recorder*  
[mikestatistics@gmail.com](mailto:mikestatistics@gmail.com)

## HOW YOU CAN HELP!



For those willing to **join the Parish Giving Scheme now**, this can be set-up easily over the telephone. All you needed to do is **make one call to their dedicated helpline number 0333 002 1271**. When calling please quote our parish code 230623352.



We have recently received our latest 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.

## The Will of Holy Jesus Christ. *My thoughts...*

Why are we waiting for Jesus to return? Because we love Him and seek His favour - we only want to please our Blessed Saviour - Author of mankind - Holy Jesus.

Daffodils in bloom now - William Wordsworth and his lovely poem. Robert Hedrick wrote a poem about daffodils as well.

I can love you my beloved Deity.  
We adore you. Jesus Christ Himself.  
With all my love and with all my devotion and honour I serve the Living God. The Risen Christ.

Ash Wednesday marks the beginning of Lent - when we prepare for Easter.  
Flowers at this time. Spring is here and warm weather.

Precious and sacred - beautiful- Royal King - Priest - Sacrifice on the Cross. You gave Your Life that we might live. How wonderful - this promise of eternal life.

Grant us life, grace, privilege to serve Thee and bestow on us what pleases Thee - humble Jesus - meek and mild.

A song from Premier Radio 'My King has died for me.' He rose again. His kingdom will have no end.

My devoted Jesus helps me always as I honour him and trust in him, I know I can succeed in Life!

Now - this Spring -Easter I will dance and sing and eat for Him who is my Risen Lord. Run and cheer, for Thou dost live eternal God.

Celebrate with the new wine - the covenant you gave us in 1 Corinthians 11.

This speaks of the Eucharist - as you declared at the Passover where you gathered with the twelve apostles for the last time.

Grace, mercy and peace be upon us and all who behold us.

Thy loving kindness lasts forever dearest Lord - Thy will is my will and always has been as you are fully human and fully divine.

The Living God, you are my sweet Jesus!

Now I end my epistle -  
My Psalm of praise -  
This Easter  
Passover

Our Passover sacrificed for us  
He shall not be hurt by the second death

My Lord -  
From you friend and disciple, *Lynda Corcoran*

# Marvellous Mid-March Munching

Simmel cake, traditionally given by servant girls to their mothers when they returned home on Mothering Sunday, has now become a classic Easter cake.

This quick and easy fruitcake recipe fits with the Shropshire tradition that a couple called Simon and Nell fell out over whether to boil or bake the cake for Mothering Sunday, and ending up doing both... hence SimNel! Another theory is that it refers to the Latin *similia*, meaning 'fine flour'.

We take one on self-catering holidays for picnics – portable, tasty, and keeps well. (If it gets dry you can butter your slice!)

## SIMNEL CAKE – The Family Recipe

Using volumes – 250 ml or half a pint or one American cup or a biggish mug – will make an 8-inch cake.

### Ingredients

4 oz butter or margarine

One cup water

One cup brown sugar

Two cups mixed dried fruit (*Soak the fruit in brandy, rum or any spirit of your choice if you like an alcoholic flavour.*)

Three teaspoons of mixed spice

Two cups flour

One teaspoon bicarbonate of soda

One egg

450-500g block of readymade marzipan

Jam to brush top of cake

Modelling-icing and food colouring to make decorations (*Optional*)



### Method

- Grease and line an 8-inch circular baking tin.
- Put water, sugar, margarine, fruit and spice into a saucepan and boil gently for 20 mins, stirring it to mix, before removing it from the heat and setting aside to cool.
- While the fruit mixture is cooling, prepare 11 small balls of marzipan by rolling between your palms. Divide the remaining marzipan into two equal portions and roll each into an 8-inch disc. (Wrap the balls and one disc with foil to keep moist.)
- When the fruit mix is cold, add flour, baking powder, and beaten egg, mixing well.
- Put half the cake mixture into the prepared tin. Lay one of the marzipan discs on top and then add the remaining mixture on top of that.
- Bake at Gas Mark 4, 360F or 170C for about 90 Minutes. (Check it at 70 as it can dry out – insert a skewer into the centre of the cake; if this comes out clean, the cake is ready.) Once ready, remove from the oven and leave to cool.
- Turn out, removing the greased paper. Brush the top lightly with jam and lay the second round of marzipan on top. Crimp the edge of the marzipan using your finger and thumb, a teaspoon or a fork. Place the eleven balls, representing the eleven faithful apostles, around the edge of the cake, sticking each in place with a tiny dab of jam.
- Lightly brown the marzipan balls and the top under a hot grill. (Use a blow torch, if you prefer, or take the easy way out and just paint it with food-colouring!)
- Optionally, you can have fun making little flowers or chicks with modelling-icing, arranging them on top, between the balls. Serve on a pretty plate.

(*You could use muffin tins to make individual cakes with an Easter decoration on top for local delivery to friends or family.*)

Angela Parker

## Virtual Church

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.

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

Our weekly pre-recorded service and other new resources are 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](mailto:churchwardens@christchurch-southgate.org) or via the contact details for the Churchwardens in the Parish Directory.

### CHRIST CHURCH —Southgate—

#### EXCLUSIVE GIFTS based on our Pre-Raphaelite Stained Glass by Morris & Co

Christ Church Southgate is delighted to launch this collection of gifts depicting some of our famous windows by William Morris & Company.

Specially commissioned from a company that supplies cathedrals and museums around the world and specialises in Pre-Raphaelite stained glass, these unique gifts depict our "Patience" and "Peace" windows by Edward Burne Jones and a floral roundel from our St Francis & King David window by John Henry Dearle. Framed with traditional stained glass lead and hand painted in the borders of Scotland & Cumbria, these high quality gifts make perfect presents and come in an attractive gift box. Available now in church!

A	12.5" Lancet (Peace)	£25.00
B	6" Roundels (Patience/Peace)	£20.00
C	Paperweight (Patience /Trefoil)	£12.00
D	2.5" Roundel (Patience)	£7.50
E	5.5" Window Cling (Patience/Pax)	£5.00

(Image not to scale)



Please contact the office if you are interested in purchasing any of these gifts!

## Oyez! Oyez! Read all abah' i'!

It seems no time at all since we Editors wrote to you in February. The big difference is that we now have a clearer idea of where we are going, and – all being well – by the time we reach the summer double issue, we may be able to work again together, in the Parish Office! That will definitely call for a celebratory coffee break and biscuits!

Thank you as always to everyone who submitted their contributions on time, to the Office. This is so helpful. Could you also please remember to hand in Word documents, and not to include any fancy formatting in your files – *Publisher* (our desktop publishing software) can't cope with your instructions, and unless we reformat them, pieces end up looking radically different from the rest of the magazine... Photos should arrive as separate jpeg files – if you are worried, you can add a note in the text to suggest where you would like the picture to appear. You may be trying to be helpful, but in fact it can make many hours of work for us – even a piece in 9pt Arial, for example, has to be changed to 9pt Calibri! (The two fonts are actually very different in size once they get into *Publisher*.) Likewise, it's always best to submit a complete text, rather than notes – we are editors, not authors. And finally, at the risk of repeating ourselves, if you include anything in your text that is already published, please add the reference source at the end – we **must** acknowledge sources, even if you think something is out of copyright.

Thank you!

The deadline for submitting contributions for the April edition of *The Spire* is 23<sup>rd</sup> March, 2021.  
(The magazine will be ready for Easter Sunday.)

Clare & Patricia

## Spire Style Guide

- 9 pt Calibri Font
- No complex formatting (i.e. don't insert pictures into your text, etc.)
- Use only a single word space 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](mailto:churchwardens@christchurch-southgate.org)  
[p.d.s.ashby@gmail.com](mailto:p.d.s.ashby@gmail.com)

## Weekly email

If you think you should be receiving the weekly parish email but are not finding it in your inbox every Friday, please check your Spam folder.

Also, please let Caroline in the office know if your email changes, so that we can update your record and make sure you keep receiving the latest news from us.

## PARISH DIRECTORY

<b>Parish Office</b>	<i>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.</i>		
<i>Mail</i>	1 The Green, London N14 7EG		
<i>Phone</i>	8886 0384		
<i>Email</i>	office@christchurch-southgate.org		
<i>Website</i>	www.christchurch-southgate.org		
 <b>Clergy</b>			
<i>Vicar</i>	The Reverend Dr Chrichton Limbert		
<i>Address</i>	1 The Green, Southgate, London, N14 7EG		
<i>Phone</i>	8882 0917		
<i>Email</i>	frch138@btinternet.com		
 <i>Assistant Priest</i>	The Reverend Hazel Miall		
<i>Address</i>	85 Conway Road, Southgate, London, N14 7BD		
<i>Phone</i>	07980 740587		
<i>Email</i>	hazelhmiall@btinternet.com		
 <b>Lay Readers</b>			
	Cathy Dallman, 4 Greenacre Walk, Southgate, N14 7DB	8886 5918	
	Jackie Anderson	8245 0305	
	Sandra Anderson	07947 027265	
 <b>Churchwardens</b>			
	Clare Boulton, 321 Gladbeck Way, Enfield, EN2 7HR	8367 5961	
	Kate Carroll, katecarroll1@aol.com	07974 437966	
 <b>PCC</b>			
<i>Secretary</i>	Caroline Robertson	8886 0384	
	office@christchurch-southgate.org		
<i>Treasurer</i>	Clare Boulton (as above)		
<i>Stewardship</i>	Michael Meur, 136 Green Dragon Lane, N21 1ET	8360 2362	
 <b>Music Department</b>			
<i>Director of Music</i>	Richard Brain	07979 850546	
	music@christchurch-southgate.org		
<i>Assistant Director of Music</i>	David Hinitz, 19 Mercia Rd, Baldock, Herts, SG7 6RZ	07734 209662	
<i>Treasurer</i>	Ian Winton, 7 Foxgrove, N14 7EA	8882 3680	

**Sacristan** Vacancy

**Sidesmen** Judith Lo 8882 3335

**Sub-committee Chairs/contacts**

<i>Outreach</i>	Fr Chrichton Limbert (as above)
<i>Plant and Fabric</i>	Kate Carroll (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 Miali, 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
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**Friday Coffee Morning** *Every Friday morning 10.30 a.m. – 12.15 p.m. in Church*

<i>Contact</i>	Hilary Meur (as above)
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**Lunch Fellowship** *Usually on 2<sup>nd</sup> Wednesday in the month at noon in Church*

<i>Contact</i>	Cathy Dallman (as above)
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<b>Scout Group</b>	The Reverend Hazel Miali, <i>Cubs</i> 07980 740 587
	Stephen Smith, <i>Group Scout Leader</i> 8882 0991

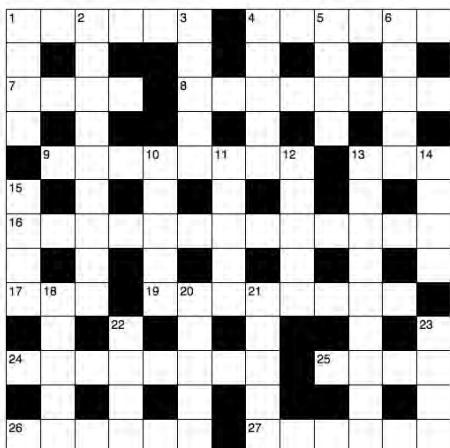
**Bellringers** *Practice held Wednesdays 7.30 p.m.*

<i>Captain</i>	Martin Sutcliffe, 46 Brookdale, N11 1BN 8368 1974
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**Young Fogeys** *For the active and retired, though you need not be either!*

<i>Contact</i>	Jean Thomas, 1 Bramford Court, N14 6DH 8882 8133
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## MARCH CROSSWORD



### ACROSS

1. The earth is one (6)
4. 'On a hill far away stood an old — cross' (6)
7. 'I am the — vine and my Father is the gardener' (John 15:1) (4)
8. The Caesar who was Roman Emperor at the time of Jesus' birth (Luke 2:1) (8)
9. 'Your — should be the same as that of Christ Jesus' (Philippians 2:5) (8)
13. Jesus said that no one would put a lighted lamp under this (Luke 8:16) (3)
16. Involvement (1 Corinthians 10:16) (13)
17. Armed conflict (2 Chronicles 15:19) (3)
19. Where the Gaderene pigs were feeding (Mark 5:11) (8)
24. What jeering youths called Elisha on the road to Bethel (2 Kings 2:23) (8)
25. The Venerable — , eighth-century Jarrow ecclesiastical scholar (4)
26. 8 Across issued a decree that this should take place (Luke 2:1) (6)
27. Come into prominence (Deuteronomy 13:13) (6)

### DOWN

1. Where some of the seed scattered by the sower fell (Matthew 13:4) (4)
2. Sexually immoral person whom God will judge (Hebrews 13:4) (9)

3. Gospel leaflet (5)
4. Physical state of the boy brought to Jesus for healing (Mark 9:18)
5. Tugs (anag.) (4)
6. To put forth (5)
10. Nationality associated with St Patrick (5)
11. Leader of the descendants of Kohath (1 Chronicles 15:5) (5)
12. 'After this, his brother came out, with his hand grasping — heel' (Genesis 25:26) (5)
13. At Dothan the Lord struck the Arameans with — at Elisha's request (2 Kings 6:18) (9)
14. 'Peter, before the cock crows today, you will — three times that you know me' (Luke 22:34) (4)
15. Spit out (Psalm 59:7) (4)
18. 'When I — , I am still with you' (Psalm 139:18) (5)
20. Concepts (Acts 17:20) (5)
21. Thyatira's dealer in purple cloth (Acts 16:14) (5)
22. Does (anag.) (4)
23. The second set of seven cows in Pharaoh's dream were this (Genesis 41:19) (4)

### FEBRUARY SOLUTION





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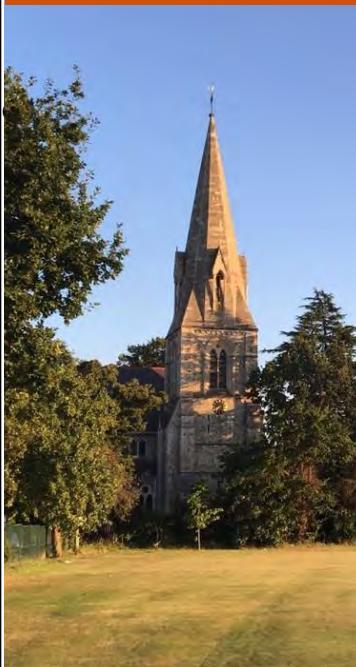
Please contact Martina Ward, Margaret Iwasyszyn or John Macrory  
telephone: (020) 8440 3258  
e-mail:  
[martina@macroryward.co.uk](mailto:martina@macroryward.co.uk)  
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[margaret@macroryward.co.uk](mailto:margaret@macroryward.co.uk)

Macrory Ward is one of the sponsors of the annual May Day Fair

# Christ Church Southgate

## The Church on the Green N14

### Where everyone is welcome



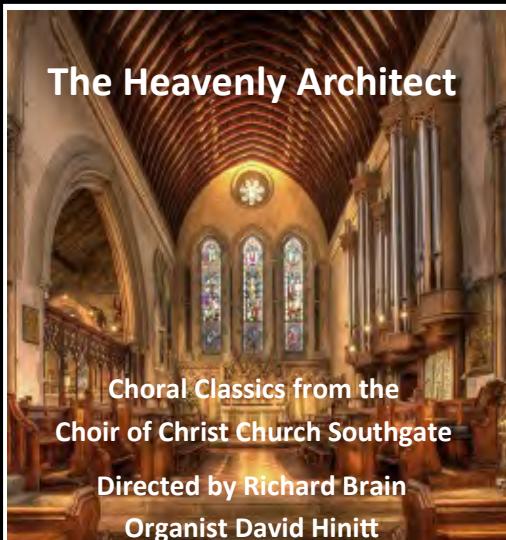
Christ Church Southgate  
is an Eco-Church, we have  
recently achieved the  
Silver Award.

We are  
committed to caring  
for God's earth in the  
different areas of our  
life and work and are  
actively working  
to reduce our  
environmental impact



"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."

### The Heavenly Architect



Choral Classics from the  
Choir of Christ Church Southgate

Directed by Richard Brain

Organist David Hinnit

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