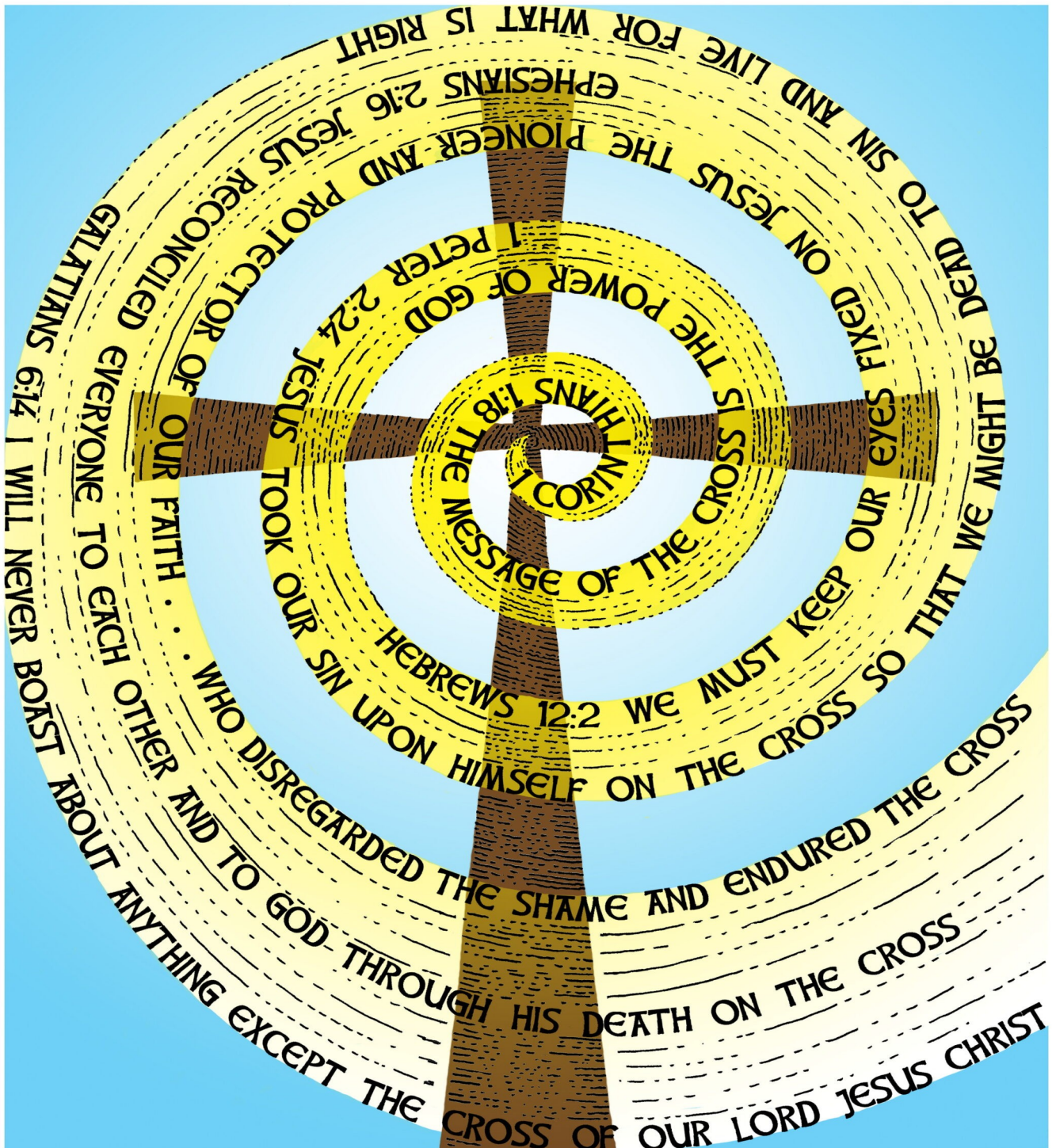


St Mary's Church, Bromley

Parish Magazine

April 2022

61 College Road Bromley BR1 3QG



www.stmarys-bromley.org.uk

Minimum donation 75p

Easter Day Activities for Families



**Sunday
17th April
10.30 am**

EASTER DAY ACTIVITIES FOR FAMILIES

On Sunday 17th April at 10.30 am (meet in church) there will be a special time for families to celebrate the wonderful Easter Story through crafts, Bible stories, prayers etc.

After the service there will be an Easter egg hunt, and parents are requested to accompany their children.

Further information will be available on the St. Mary's website www.stmarys-bromley.org.uk

Welcome to the April edition of the Parish Magazine.

Welcome to our April magazine, and another interesting selection of articles – and some new contributors! Thank you very much to everyone, and keep them coming in.

Spring is really here, we've changed the clocks, and it will soon be Easter. Do let us know if you do anything unusual / exciting / interesting over the break.

Jill Atkinson

Two donkeys

Two donkeys were walking the streets of Jerusalem. One said: "Just a few days ago I came down that hill carrying Jesus, and the people were all singing and shouting and throwing down their cloaks and palms for me to walk on. But today they don't even recognise me."

The other donkey replied: "That is how it is, my friend. Without Jesus, none of us amounts to much."

If you wish to make payment for the magazine online the bank details are:

Sort Code 09 01 51

Account 27769404 (St Marys Plaistow Parish Magazine)

Monthly cost 75p

Annual cost (10 months) £7.50

This month's editor: Jill Atkinson

Editor for May : Atlanta Topham

Copy date: 24th April 2022

Please support the editors by giving articles and notices to them by the copy date.



ST MARY'S CHURCH HOUSE

61 College Road, Bromley, BR1 3QG

HALLS and ROOM FOR HIRE

Warwick Hall (with stage) seats 360

Buchan Hall seats 60

Front Room seats up to 30

Shared use of well equipped kitchen

Further information and bookings contact

Atlanta Topham 07951 748155

e-mail: stmaryshouseandhall@gmail.com

Paul Tomlin.

Home Maintenance and Handyman
Services:

Plumbing, Building, Decorating,
Roofing, Patios, Fencing, Drainage,
Jet washing, Gutters to dripping Taps,
Flat packs to Tiling.

All trades covered. No job too small.

0208 460 6007. 07743680919 p

lumbpaul@hotmail.com



Table of Contents

Vicar's Article	1
Revd Alison Tyler	3
Letter to the Editor	5
Gillain Barre Syndrome.....	6
Christian Aid Week	7
Get going in Spring	8
Could it be you?.....	9
Mothers' Union Matters.....	10
Marvellous May.....	13
A view from the pew	15
Choir and Music.....	17
Colouring Page	18
Frankincense	19
APCM	20
Worship Diary	21

Memorial Book

St. Mary's Church has a memorial book in which may be inscribed names of people associated with the parish. If you would like to know more details please contact Alan or Jean Read on 020 8402 0886.

Fairtrade Easter Eggs

Let's celebrate Easter with a 'Real Easter Egg'. These are now available to order through St. Mary's, please complete the form at the back of church or contact Anne Yolland anne.yolland@outlook.com

Disclaimer

The opinions, beliefs and viewpoints expressed by the various participants in this magazine do not necessarily reflect the opinions, beliefs and viewpoints of the Editors.

Fortitude, solidarity and hubris



I grew up with the violence of Northern Ireland as a constant backdrop to news bulletins. One of the features of the reporting was journalists being lost for words. They were at the scene of another atrocity and they felt they had used all of the expressions they had to describe the horror.

With Russia's invasion of Ukraine there is the same sense of being appalled at the suffering, destruction and sheer inhumanity. We will all have seen the events building up. There were troops and weapons amassed on the border. Russian grievances being aired that didn't stack up. All of this then led to the invasion and an international crisis.

I remember seeing a chart in the newspaper that detailed Ukrainian and Russian forces. It looked like the situation David and Goliath would recognise. I thought I would reflect on some of the themes that have struck me that would probably have come as a surprise to the aggressors.

The first is that of fortitude. Seemingly weak Ukrainian found strength and ability that is truly admirable. Faced with an offer of evacuation the president Volodymyr Zelensky said "The fight is here; I need ammunition, not a ride".

But it has not simply been Ukrainians defending themselves. The Russian journalist Marina Ovsyannikova showed great courage by staging an extraordinary show of dissent by holding up an anti-war sign behind a studio presenter reading the news.

Both of these people demonstrate huge courage in the face of violent aggression and a very repressive society.

The second aspect of this war has been the solidarity of so many people against it. Countries have imposed sanctions that disrupt their own economies. Nations such as Germany have supplied weapons who have not done this since the Second World War. Civilians have donated money, materials and making their homes available to refugees. In Russia there are many people protesting against the actions of their rulers.

It seems to me that the question “will there be a third World War?” has to be answered with “yes”. It might not look like the conflicts at the beginning of the 20th century. But what is at stake is the world; will it know freedom or tyranny? The players might not all be military but their actions taking place in many countries will determine the outcome of the conflict.

My third theme is that of hubris. It is remarkable how many wars are begun with huge optimism, confidence and little understanding of the enemy. Aggressive leaders with strength and great resources all too easily imagine that other people will be weak, easily demoralised and beaten.

The war in Ukraine has made plain aspects of human nature that are to be admired and celebrated such as fortitude and solidarity. All too easily it is the horror and destruction that can grip us. It is possible for strength and power to appear unassailable. However, when put to the test the real nature of human life can surprise preconceptions and defeat what is vain and evil.

In terms of Ukraine these remain early days. There is evidently a lot still to play for and as I have heard a soldier say “no strategy survives contact with the enemy”. There might also be many, many more days of war and much suffering. But there are going to be many surprises. And the world will be looking a very different place when the dust has finally settled.

There will be many things to pray for not least peace and reconstruction. But may we also ask for a deeper view of humanity, a clearer view of how to live together and for our illusions to be put aside. With progress in these areas the prospect of future war will be diminished.

Best wishes

A handwritten signature in black ink that reads "A. Keeler". The signature is written in a cursive, slightly slanted style.

Alan Keeler

The Vicar's Day off is Friday

Looking Forward



Last month I reviewed Desmond Tutu's book 'No future without forgiveness' and that phrase, the title of the book has remained with me as a key element of my own Lenten discipline, it actually goes really well with our Lent course on Grace. The connections between God's love, mercy, grace and forgiveness are the briefest possible summary of God's relationship with us. God made us, gave us life and loves us, and so has mercy on us, and the measure of God's love and mercy for us is the overwhelming generosity of his unearned grace continually given to us and his forgiveness, which culminate in the life and death and resurrection of Jesus. It all comes to fruition in Christ's sacrifice on the Cross at Easter, his willingness to die for us.

Our calling is to forgive one another as God forgives us, but it is a steep learning curve - there is always so much to forgive. It is hard enough to let go of pain and insult in ordinary everyday life, but this year Lent has coincided with increasing international conflict and the escalating distress of the widows, orphans and refugees. The essential required forgiveness has probably not yet even begun to be thought of and the shape of the future is not yet clear.

Lent has been made more difficult and more poignant because of the war and the suffering of the people of Ukraine, it is the backdrop of our journey with Christ in his suffering. The making of wastelands and deserts that is modern warfare, the death of innocents, the murder of children and the destruction of life brings home to us the impact of human sinfulness. The physical desolation of war, the spiritual and psychological vulnerability exposed and the ruination of so many lives is so costly, that we know already recovery will take many years, and the future will require costly labour and forgiveness on many levels.

The temptation is to despair and to give up. But God forgives us and so assures our future, we repent and are set free for service, Christ goes willingly towards Jerusalem and to suffering and wins for us eternal life. From ruin and desolation new life can be possible, from Jesus's self-offering and death will come Resurrection to that new life.

While we wait for both peace and for resurrection, we have to learn ways of holding on to hope, of living in faith, and of learning mutual love and forgiveness. In our prayers we remember God's love for us, God's presence with us, and we offer to God our fear and anger, as well as our praise and thanksgiving. Through the active presence of the Holy Spirit, we are sustained in our mission and ministry, one very small step at a time, through the dark places into God's light. Keeping faith is very hard work, especially after all the pain and problems of the pandemic.

This is a difficult time of endurance and lament, but Psalm 30 reminds us that 'weeping may endure for a night, but joy comes in the morning'.

Easter will soon be with us and when we come celebrate I wish for all of us fresh hope, energy and joy, with which to move forward.

Alison Tyler

Decorated Easter Egg Competition



Try your hand at blowing a hen's egg or a duck egg and then decorating it for Easter

(see some excellent YouTube videos on how to blow an egg)

Decorate your as you would like

Make sure it will be able to hang

Bring them to Church the Sunday before Easter 10th April

to be a given a number and put ready for the display on Easter Sunday 17th April

The one that most people like will win a Fair Trade Chocolate egg

Entry free – but donations towards the restoration of the murals are welcome

Letter to the Editor

What are we doing to help Ukraine?

As individuals we can donate clothes and money. We might even offer hospitality.

But what are we doing as a country?

We are providing some armaments, but “serious considerations” have prevented us sending troops/planes.

We did not treat Ukrainians as refugees seeking asylum, but as emigrants moving to a new job. They have had to apply for a UK visa, pay the usual fees, have a minimum salary and were required to be familiar with the English language. Some of these restrictions have been relaxed, but it revealed the mindset of officials – bureaucratic and penny-pinching.

But wait: is it only bureaucrats who think like this?

Does it sound familiar? Paperwork for paperwork’s sake; and a budget that doesn’t stretch to provide humanity? Is this a normal British trait? Could even our churches be like this?



Well, not all of them.

Morpeth Parish has created a Peace Wall with young people lining the church railings with ribbons as part of its ‘Prayers for Peace’ project.

In East Dulwich, St Clement with St Peter Church is supporting a collection of essentials items – from bandages and first aid equipment to powdered food and torches – organised by the local Polish centre. And the Croydon Health Services Chaplaincy is asking people to drop off essential items such as clothing and bedding as well as holding prayer services.

In the Parish of Berkswich in Stafford, worshippers are raising money for the First Baptist Church in Wroclaw, Poland, which is transforming its school’s classrooms into dorms to welcome Ukrainian refugees.



Meanwhile Lichfield Cathedral has announced it will be holding weekly prayers for Ukraine, every Thursday between noon to 12.30pm and has also set up a prayer station that will be available during its opening hours.



St Nic's church in the centre of Durham helped to organise a community rally in the Market Place in support of Ukraine (photo).

Vigils have been held in Lichfield Cathedral, Bradford Cathedral, Exeter Cathedral, in Brighton and in Peel, Isle of Man. Chester Cathedral is collecting for the UNICEF fund, with a vigil in the Town Hall Square followed by Evensong.

British churches ARE responding. Help St Mary's to be part of this compassionate action.

Peter Fall

Guillain Barre Syndrome

Some of you may be wondering what this is? A very uncommon reaction (1 in 100,000) occurring in some unfortunate people, including the partner of my daughter Susan. That explains why you may have read the name Paul Chandler on the prayer list?

He was taken ill over last Christmas and admitted to hospital in the New Year. He suffered paralysis of legs and arms and intense pain. Guillain Barre Syndrome (G.B.S.) was diagnosed in which the immune system attacks the nervous system. He was then moved to the Intensive Care Unit on a ventilator for several days.

He made a slow recovery with the aid of a marvellous team of NHS staff and has now transferred to a Rehabilitation Centre undergoing intense physiotherapy with another excellent team, to ensure (hopefully), a return to normal mobility.

There is a charity GAIN, which supports people and their families with this problem and tells some interesting stories. (<https://gaincharity.org.uk/>)

Paul and his family and friends would like to thank all members of St Mary's for their continual prayers. They are much appreciated.

Julia Ash

Christian Aid Week 2022

Runs from 15 to 21 May and as usual the St Mary's congregation and the wider parish will be invited to support the charity's work which this year concentrates on alleviating problems of climate change in Zimbabwe. This is the story of one of the individuals featured in this year's publicity ...

Jessica Mwedzi smiles with love for her children as she stirs a single bowl of porridge for them, but she knows they are hungry for more. This one bowl of porridge is all she and her family can eat today: 'My children crave a decent meal, but I cannot provide. We often go to bed on an empty stomach. It pains me to send them to bed hungry.' Jessica says that 'women are at the mercy of climate change and disaster', and for her drought means every day is a struggle for survival. Like many women in rural Zimbabwe - 7 out of 10 rely on farming for income and food - she toils on her farm, but nothing can grow in her ashen, dry land. Drought starves, and intensified by the climate crisis, drives families into hunger. Jessica recalls that 'One year, we had no rain. The scorching sun burnt my crops just as they were about to bloom. It was so painful and disheartening.'

You can help this loving mum turn hunger into hope. It is unjust that drought robs Jessica of the power to provide for her family. Her husband is unwell, so she's the only breadwinner. Her children look up to her, but she has nothing left to give. Once before, when things were desperate, Jessica asked her neighbours for food, but she came home with nothing. But Jessica is anything but helpless. In the face of drought, her love for her family gives her courage to stand strong - and we stand with Jessica. Together, we can restore justice to our world.

My children give me the power to go ahead... I pray they have a better future. As the golden sun fades across the sky, Jessica watches her much-loved sons and daughters sing, dance and play outside. Can you imagine how it feels for her to know her children are hungry, but have nothing left to give? She finds a ray of hope that she will overcome this tough time - and be able to provide her children with good food, and a full life, free from hunger.

Could you give today, and help this loving mum provide food and hope for her family? How your gift could help:

Jessica could grow drought-resistant crops, set up water taps on her farm, learn how to grow food in the harsh climate. Her dry, dusty land could transform into a garden of hope, abundant with fresh food like tomatoes,

beans and cucumbers. She'll be proud of the fruits of her work, and she'll see her children enjoy their first full meal in months.

With your gift this Christian Aid Week, families like Jessica's won't go to bed hungry tonight. If you would like to encourage donations in neighbouring streets please contact Peter Boyden (84644086).

To donate online and for further information on Christian Aid Week 2022 visit christianaid.org.uk.



Get going this Spring!

One thing you need to put at the top of your list this Spring is to simply MOVE.

Whether you like gardening, cycling, jogging, walking or any other activity, make certain that you do some of it every day.

As Prof James Goodwin, of the Brain Health Network in London explains, “Only 25 per cent of our ageing – both physical and mental – is determined by our DNA. The other 75 per cent is lifestyle and our environment, over which we have a lot of choice.”

He goes to explain that aerobic exercise indirectly stimulates the brain, and thus rejuvenates it. “Prolonged daily sitting down is the enemy of brain health.”

Prof Goodwin also advises people to develop a healthy routine and stick to it. “Constantly varying bedtimes, drinking and eating excesses, and irregular habits are bad for you.”

Could it be you?

Once upon a time – a long time ago (think of Michael Clements as a toddler), the then vicar of St Mary's approached me and asked if I would consider becoming Church Treasurer. I consulted my father – for many years a Church Treasurer, who, I must admit, was less than enthusiastic. But even now I remember after I had agreed to accept the role, the said Michael's grandmother Ruth Paine coming up to me and saying "I am so glad you are going to be Treasurer. As Treasurer you get to know everyone in the church." And she was right. Over the years I have had the privilege of getting to know and working with so many different people.

I am not planning on retiring just yet, so I am not trying to persuade you that being church treasurer should be the summit of your ambition. Nor am I saying that having any particular role in a church is without its problems. But I would like to suggest that it has its rewards, too. Everyone nowadays is very short of time (maybe that was always the case). But no one is asking anyone to give more time than they are able. Other members of the church family are very generous with their support and are more than willing to share their expertise. Age isn't a barrier – I have known PCC members of every age from teenager up to those in their 90s. And unlike many voluntary roles, there is a built-in time limit to membership of the PCC, Synod and even for being a Church Warden.

You may be very new to St Mary's, you may have had a role before, you may have been asked to consider a role before & decided against it. But please think again, please talk to others around you who you think might be suitable. The church has been running well without any wardens, so there are plenty of people to share the load and the responsibility for the bits you can't manage. Talk to former members of Synod, PCC and former church wardens, and they will tell you (honestly!) about the rewards of having some responsibility, however small. Not to mention the opportunity, as Ruth said, to get to know everyone.

Please don't let us come away from another Annual Church Meeting without two people prepared to be named as Church Warden on the occasions when such things actually matter.

Jill Atkinson

Mothers' Union Matters

Mothers' Union has no active links in Ukraine and so is not accepting humanitarian donations directly. However, in addition to prayer, and action in welcoming and supporting refugees as they arrive in the UK, many MU members will wish to provide financial support to those in immediate crisis. This is best done through the Disaster Emergency Committee's Appeal. All funds will be channelled to member charities and local partners in Ukraine and neighbouring countries. Essential supplies, such as clothes, first aid and sanitary products are being collected by many charities and community groups. The nearest hub to Bromley is Lewisham's Polish Centre at 8 Waldram Park, SE23 2PN. There is also a centre at Forest Hill.



They have an extensive list of items needed, which I will append to this article.

The UK government has announced the 'Homes for Ukraine' scheme, that "will offer a route to those who want to come to the UK who have someone here willing to provide them with a home." This will enable those who want to support by offering a pathway to host refugees for a certain amount of time whilst they rebuild their lives.

If you are interested, you can register your interest as an individual here: <https://homesforukraine.campaign.gov.uk/>

Our members worldwide continue to fervently pray for the safety of people in Ukraine and for peace to prevail.

Essential supplies for Lewisham Polish centre:

- Thermal blankets
- Sleeping bags
- Bedding
- Military mattresses
- Blankets
- Raincoats
- Pillows
- Personal hygiene products
- Toothpaste
- Toothbrush
- Wet wipes
- Nappies
- Paper towels
- Antibacterial fluids
- Medical spirit
- Disposable and reusable masks
- Dressings (i.e. granules for quick staunching)
- Wound disinfectant
- Bandages
- Tourniquets to stop blood
- Field tents
- Camp beds
- Coal furnaces/fires
- Cooking cauldrons
- Microfibre towels
- Reusable tableware sets i.e. plates and cutlery
- Batteries of various sizes
- Candles
- Flashlights

They are also seeking food, packaging and boxes.

Peter Fall

MU Programme during April

Thursday 21st April—10.30am	Front Room	Knit and Knat- ter for Charity	Knnit and Knatter over cof- fee: wool, needles and pat- terns available for experi- enced and beginners. Cake often accompanies the cof- fee!
Saturday 23 rd April	Paddock Wood	Diocesan Spring Council	Annual meeting for all mem- bers, this year at Paddock Wood. More details from Margaret.
Saturday 14th May—10.00am.	Warwick Hall	Plant Sale	Our annual spring sale of plants, with bric-a-brac and books. Refreshments avail- able.

As part of Marvellous May, when the church will be open, Knit and Knatter will be every Friday morning in the church between 10 and 12 noon. We aim to knit 96 squares in order to make a large blanket for refugees.

Marigold Senior Support *Quality Home Help Service*

Cleaning - Ironing - Laundry
Shopping - Running Errands

Call Lena on : 0203 609 2417



Marvellous May *at St. Mary's*

During the month of May, St Mary's will be offering a varied programme of activities. This is to enable people to visit our lovely church building, enjoy refreshments and events which include music, dance, knitting and exploring the Bible.

A full description will be available from the beginning of April by way of a paper programme and an electronic version online. The aim is to reach the people of our parish and to do this you are invited to be a distributor of the programme in the streets of our parish. There will be bundles available in the church.

Marvellous May is to enable us all to move on from the lockdown of the pandemic and invite people who do not know our building or community to visit us.

Save the date



Marvellous May Cream Tea in St. Mary's Church

SUNDAY 1ST MAY

2.30 pm - 4.30 pm

**Proceeds to the St. Mary's
murals restoration fund**



THE EGG THAT SHARES THE EASTER STORY



Special Edition
(RRP £9.99)

White
(RRP £5.00)

Dark (RRP £5.50)



Fun Pack
(RRP £5.00)

Original
(RRP £4.50)

New 24 page Easter story-activity book

Our theme for this Easter is 'Let's Celebrate'. For many, this Easter will be a return to familiar Easter celebrations.

All Real Easter Eggs come with an Easter story in the box. The stories range from simple guides to 24 page activity book versions.

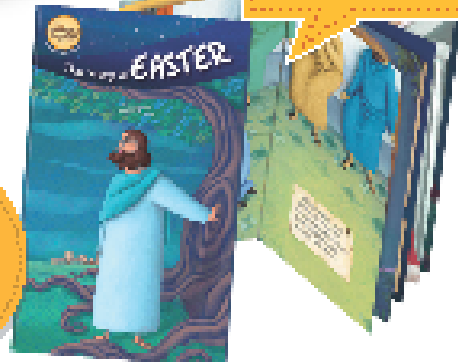
So, buy a Real Easter Egg this spring and encourage others to give one to their loved ones, a school or sponsor a food bank donation.

Where to buy

The full range can be ordered at www.realeasteregg.co.uk or by calling 01948 831043.

Supermarkets lose faith

The 2022 Real Easter Egg will not be available in any supermarket. If you are one of the 80,000 people who usually buy at the supermarket then you need to order direct. But be quick as there will not be enough eggs to go round this year.



Out of the 80 million Easter eggs sold in this part of the world every year, The Real Easter Egg is the only one which has a copy of the Easter story in the box, is made of Fairtrade chocolate and which supports charitable projects.

The Original, White and Dark eggs include a 24 page Easter story-activity book. They are Palm Oil and plastic free, and include a competition. The Dark also contains a simple Easter guide, designed for adults and 3 dark Mini Squares.

The Fun Pack has an Easter story activity poster and 6 milk chocolate eggs.

The Special Edition has a designer Easter card, a simple guide to Easter, an orange milk chocolate bar and a luxury milk chocolate egg.

See the full shop list or order at www.realeasteregg.co.uk

A view from the pew



Some of us appear to be happy, busy and fulfilled in their work. We have successful careers, yet below the surface, there is a nagging feeling that it is all a facade. Pretending can be exhausting. When careers are being juggled with families, professional updating clashes with social activities, and work brought home intrudes on nearest and dearest, frustration can boil over into arguments. Tiredness can lead to a lack of concern for others in our life. Home becomes a battlefield, and more time is spent away to avoid the clashes.

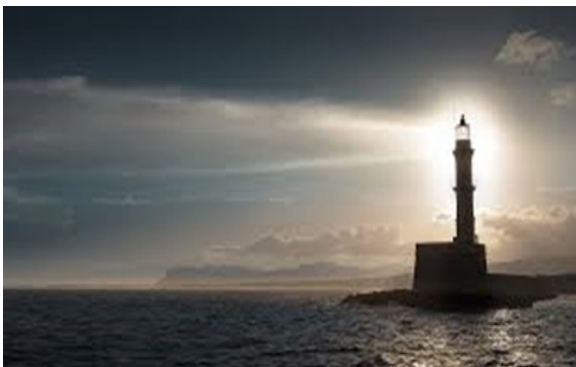
A lack of clarity over priorities is often one cause of this distress. What do we really want from work/home/life? What is it that gives us fulfilment? Asking us to create a vision, make a plan, set goals and monitor outcomes doesn't work when we don't know what our objective is.

And this is where the ***lighthouse*** comes in.

If we want to make a life change and have no idea what it should be, think of that change as a lighthouse far away. We do not know what the lighthouse looks like, nor where it is. We can only see its dim, distant light. To reach it, we need to step offshore, point our boat in the direction of the light, and row.



Of course, most of us set a goal and plan our attack, whether it is to lose weight, find a new job or pass an exam. It is so easy if we know what the goal is. But if we are unsure about the destination, we are stuck .



And it is the lighthouse that can illuminate our problem.

To start the lighthouse method, we need to get into our boat and pick a direction.

The best way is to do something that is purely enjoyable. Dig the garden, knit those mittens, tackle Wordle, even if we don't think that we have the time to be indulgent. Doing pleasurable things is critical. It makes us happier and revitalises us. Once gratifying activities are part of our life, we will feel emboldened to seek out more, while abandoning those that don't satisfy. We will be able to take more risks.

Now we have pushed offshore, and are exploring what gives us satisfaction, we may run into obstacles. These usually stem from doubts about the direction we are taking. After all, there is still only a glimmer of light from the lighthouse.

We keep moving by rowing small, frequent and consistent strokes. Don't stop altogether – it's harder to get momentum up for a stalled boat. And don't try and beat the world speed record: we tire easily, and can become disillusioned.



So if we want to get fitter, we shouldn't start with a full strict exercise programme. We can just walk around the block, or climb a flight of stairs. If we want a new job, we don't spend hours over our CV. It is better to invite someone in for coffee who

is in a field that interests us, or whose advice we trust.

All this may seem counterintuitive, but if we don't know what we want, we should just lose the map, enjoy the scenery, adjust our sails, let go of the anchor and gently row. The lighthouse may be closer than we thought.

Peter Fall



"It's not as picturesque as the old steeple but it's saving a fortune in electricity bills!"

Choir and Music

The choir has continued to lead the music at St Mary's services on a weekly basis, singing the hymns and performing a choral anthem appropriate to the season. One of our members, Beatrice, introduced us to a setting of the Kyries (Lord have mercy) from Ukraine. This was immediately accessible and appealing, both musically and because of its provenance. The choir introduced this setting during Lent and received a positive response, encouraging them to continue using it while Ukraine needs so much prayerful support.

Although there is again no Festival Choir performance of a Passion Cantata on Good Friday, the choir is working hard to provide an appropriate musical backdrop to the stirring events of Palm Sunday and Easter Day. This includes a choral introit for both of these services, adding to the joy of the palm procession and to the triumph of bursting from the tomb.

Looking forward, there will be "Music in May", the month that the Vicar has set aside to open the church doors for all the community. A concert is being planned for Sunday afternoon



29th May, when St Mary's people will



display their considerable talent. The other Sunday afternoons in May will reverberate with the resonance of the organ played by our organists. Programmes and publicity will become available. The recitals and concert will be free admission. However, donations will be invited for ongoing

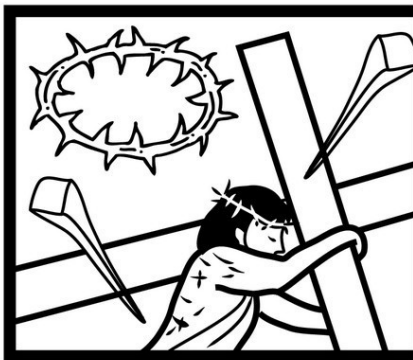
work to restore the church murals and to maintain the organ.

Peter Fall

Choir anthems in April 2022

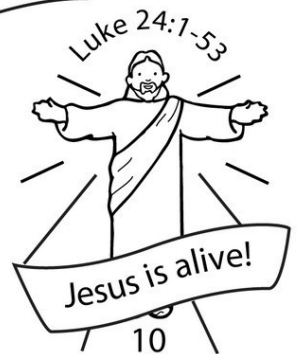
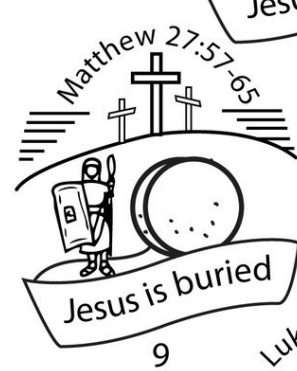
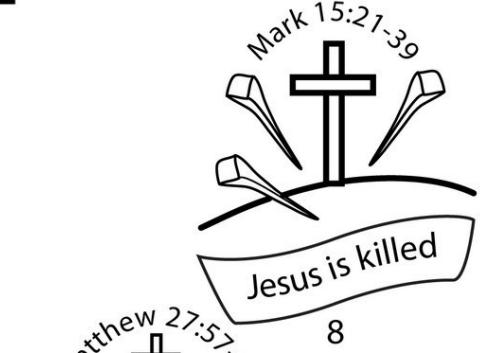
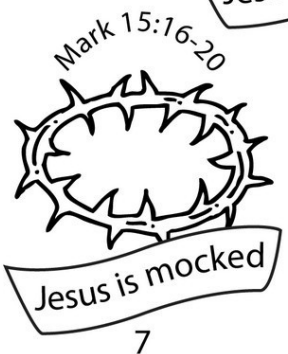
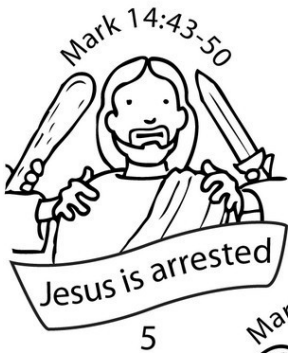
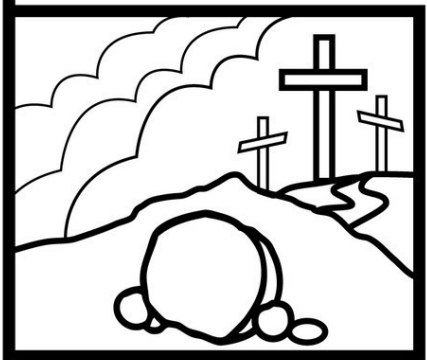
3 rd April	"Is it nothing to you?" Ouseley
10 th April (Palm Sunday)	<i>Introit:</i> "Hosanna to the Son of David" Hutchings. <i>Anthem:</i> "God so loved the world" Stainer
17 th April (Easter Day)	<i>Introit:</i> "Christ is risen from the dead" Elvey <i>Anthem:</i> "This glorious Eastertide" Wood
24 th April	"All in the April evening" Robertson
1 st May	"The Lord is my shepherd" MacFarren

JESUS IS ALIVE!



“God loved the world so much that he gave his one and only Son so that whoever believes in Him may not be lost, but have eternal life.”

John 3:16



Frankincense



Frankincense, the gift of Kings and one of the gifts traditionally assigned to the Three Wise Men

Our relationship with frankincense goes back a long way. It has been traded out of southern Arabia for at least 5,000 years both within the area and along the silk road as far as China.

In the beginning, frankincense was used as a cleansing agent as well as for its fragrance, the Egyptians using it to clean out the body cavity of their mummies. It is still used as a cleansing agent in many creams and lotions. In fact, if you look on the internet, you would think that it is still mainly used as a medicine. The oil is recommended for all sorts of inflammatory conditions as well as a cleansing agent. This, however, gives a false impression as most frankincense is still used for the purpose its name suggest – Incense.

Frankincense is mainly smouldered to give off its perfume. In the Yemen and Horn of Africa it is used to perfume ordinary houses, but elsewhere it is an intrinsic part of religious services. Its use in a religious context in China was documented 4,000 years ago, after which its use spread all over south and eastern Asia, then to India and Indochina, then the Middle East and later westwards to be used in the Roman Empire.

The Christian church came late to its use, the Eastern Church using it in the 5th Century and the Western not until the 7th . However, once the Western Churches started they soon got the hang of it and now the Roman Catholic

church alone uses 50 tonnes a year. Mostly this is in modest amounts, but in Santiago de Compostela, Spain, they have a giant 80 kg censor and it takes six men to swing it.



The Arminian Orthodox church is also a great user and you can tell that you are in an Arminian church by the festoons of censors all over it.

Frankincense is made from the resin of the Boswellia family of trees. Unfortunately, they are endangered. The trees are getting old and also, cattle are eating them. The amount of Frankincense is dwindling and the production of it is set to halve in the next twenty years. All I can say, is enjoy it when you smell it.

Trine Hevezi

APCM

St Mary's Annual Parochial Church Meeting will take place after the morning service on the 24th of April. This is an opportunity to review our life in 2021. There are also a number of positions vacant and we will hold elections to fill them. We will require two Church Wardens, one ordinary PCC member and one representative for the Deanery Synod. Please think and pray about who to appoint for these positions. Our most crucial need is for the two Church Wardens.



Perhaps he's heard that we're losing our churchwarden

Worship Diary

We are conscious that the pandemic is not over and numbers of infections have continued to rise. We would like people to continue to wear masks until they are in their Pew. Refreshments have been reinstated. We will continue to have a one-way system in the church and be seated in alternate pews. We will have masks and gel available as people enter the church. We will continue to monitor the situation and be grateful to hear of people's thoughts and experience.

Our Sunday Clubs continue to meet when we do not have a Family Service or at times during school holidays.

Our services will continued to be live streamed and can be viewed on our Facebook page unless otherwise stated:

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

The words of the service can be found on our website:

<https://www.stmarys-bromley.org.uk/lockdown/st-marys-worship/>

The services of worship for April will be as follows:

Sunday 3rd – 5 Sunday in Lent

10.30 am Family Communion

Sunday 10th – Palm Sunday

10.30 am Family Communion

Monday 11th – Monday in Holy Week

8.00 pm Compline

Tuesday 12 – Tuesday in Holy Week

8.00 pm Compline

Wednesday 13 – Wednesday in Holy Week

8.00 pm Compline

Thursday 14th – Maundy Thursday *

8.00 pm Holy Communion

Friday 15th – Good Friday

2.00 pm An Hour at the Cross

Sunday 17th – Easter Day

10.30 am Family Communion – with Easter activities for families

Sunday 24th – 2 Sunday of Easter – with Sunday Clubs
10.30 am Morning Worship and APCM

* For many years we have had a meal on Maundy Thursday followed by a Eucharist. With the Covid situation and some other practicalities it has been decided there will be a conventional service of Holy Communion but no meal.

During Lent, Alan and Alison took a break from posting services of Compline on Facebook. With life now opening up a great deal more we have decided not to restart these services of Compline. We greatly enjoyed providing these and hope that they were appreciated. If you have views about Compline or our online worship please do let us know.

What's So Amazing About Grace?

There is one final session of our Lent Course in April. We meet on the Thursday between 10.30am - 11.30am with a repeat event between 8.00pm – 9.00pm. Join us in the Buchan Hall.

Remaining Programme

7 April Dispensing Grace – How can we do it?

CTCB Lent Course

There is also the final session of the Churches Together in Central Bromley Lent Course. On Tuesday 5th April. The Course is entitled God's Big Picture

The Zoom login for this course is as follows:

<https://us02web.zoom.us/j/83387585756?>

pwd=ZmtPSFhldSt3NkQraFdXY2ExZmJsQT09

Meeting ID: 833 8758 5756

Passcode: 259248

St John's Lent Lecture

Sadly this will not run this year as the principal speaker and two reserve speakers are now unavailable.

St Mary's (Plaistow) College Road Bromley

Vicar	Revd ALAN KEELER	020 8460 1827
<i>Day off Friday</i>	74 London Lane BR1 4HE e.mail:agkeeler@tiscali.co.uk	
Associate Priest	Revd ALISON TYLER	020 8249 8843
	59 Bishops Avenue BR1 3ET ar.tyler@ntlworld.com	
Readers	Mr JOHN COX	020 8464 8269
	47 Mooreland Road, Bromley BR1 3RD	
	Mr MIKE EAMES	020 8851 5180
	4 Powster Road, Bromley BR1 5HF	
	Dr KEITH NYE	020 8464 9346
	61 Wharton Road, Bromley BR1 3LE	
Pastoral Assistant	Mrs ANTHIA PAGE	020 8460 1960
	21 Rodway Road Bromley BR1 3JJ	
Churchwardens	Positions Vacant (contact Vicar)	
Parish Administrator	Mrs. ATLANTA TOPHAM)	020 8466 6969
	e.mail: admin@stmarys-bromley.org.uk	
Church House	ATLANTA TOPHAM	07951 748155
Bookings	email:stmaryshouseandhall@gmail.com	
Concerts & Choir	Mr PETER FALL	020 8464 1239
Organist	Mrs ANNE CLEMENTS	020 8464 2355
CarePlus	Mrs MIRANDA SUIT	07930 955398
	e.mail:info@careplusbromley.org.uk	

Magazine Committee

Jo Clark	Editor email:joc1947@msn.com	020 8289 6535
Position Vacant (contact Vicar)	Editor, Postal distribution, Advertising email: admin@stmarys-bromley.org.uk	020 8466 6969
Jill Atkinson	Editor email: jilleatk@aol.com	
Lesley Speller	Distribution Manager	020 8460 5569