

St Mary's Church, Bromley

Parish Magazine

May 2021

61 College Road Bromley BR1 3QG



www.stmarys-bromley.org.uk

Minimum donation 75p



Join us for Messy Church

craft, games, worship and food.

Cancelled until further notice due to Coronavirus

from 4 to 6 p.m. in the Warwick Hall

This is an all age event aimed mainly at families with primary school age children. So as long as you have not grown up too much you will enjoy it along with everyone else!

facebook – Messy Church! St. Mary's Bromley

Please note: we do ask that as a family event, all children are accompanied by an adult who will be responsible for them.

messychurchatstmarys@gmail.com



Some entries for the Easter Bonnet competition from Sally Adcock (left) & Chris Soper-more entries are shown throughout the magazine.

Welcome to our May magazine, yes, May already! If this issue has a theme, perhaps it is “Reminiscing” – with Olive’s memories of nursing in 1948; Mary’s of taking part in the Duke of Edinburgh’s Award Scheme and Anthia’s of her experiences as Pastoral Assistant. And then there are more recent memories – Anne talking about arranging the Easter flowers, and the Sunday Club committee on their Easter celebrations – via Zoom; not to mention the pictures of the wonderful Easter bonnet competition entries. But then there are articles looking forward, too – Alison’s thoughts on new ways of “doing Church” post-pandemic, and information about Christian Aid week and Thy Kingdom Come; as well as the regular favourites such as the Vicar’s letter, Peter’s View from a pew, & information about “What’s on” - not to mention Trine’s musings on the subject of bread. So, perhaps this is just another example of team work, and what a fascinating magazine we have when a dozen or more different people are prepared to contribute. Many thanks – and keep it up!

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

Postal service (10 months plus 2nd class postage cost) £14.00

A free pdf copy is available from Elaine Wakefield at admin@stmarys-bromley.org.uk.

This month’s editor : Jill Atkinson

Editor for June: Elaine Wakefield

Copy date: Tuesday 11th May 2021

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

CHURCH OPENING TIMES

Monday	Grace Café/Drop-in Via Zoom
Wednesday	Cancelled due to Coronavirus outbreak
Thursday	Cancelled due to Coronavirus outbreak

Table of Contents

Vicar's Article.....	1
Revd Alison Tyler	3
St Mary's Church On The Internet	5
Anthia Page-Some Reflections	7
Stewardship 2021	9
Zoom Over To Sunday Clubs!	11
Memories Of The Duke.....	13
Bread	15
Spring Flower Awakening	17
Choir Notes.....	20
Quarantine Experience Memories	21
Christian Aid Week	23
Letter To The Editor	24
Mothers' Union Matters	27
Mothers' Union Plant Sale	29
Thy Kingdom Come Global Prayer Movement's Plans For 2021	30
Grove Park Nature Reserve.....	32
Worship Diary	34



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.

Vicar's Article

IS BEING ONE HUNDRED PERCENT HUMAN ENOUGH?



In recent years I have been doing a bit of Facebook. Partly this is to be nosy about people that I know. Partly it is to share delightful things that I come across from time to time. However, it also means I become the target of advertising. One of the adverts I get from time to time is about humanism. I'm rather intrigued by what it is all about.

Before last Christmas I took up an invitation to join one of their local online meetings. They were going to be discussing a book called "The little book of humanism". This seemed to be a good introduction. The conduct of the meeting didn't seem that different from Bible studies I have been too, friendly people encouraging one another in what they believe. Although obviously the content was a bit different. There was a bit of having a dig at religion but not too much. During a period of chat, I introduced myself as the vicar of Saint Mary's Bromley. This obviously seemed to puzzle a few people. But I had a serious question "Am I not a humanist too?"

I get the feeling that humanism advertises itself as a sort of atheism lite. It is assumed that "there is no God but let's not get heavy about it". However there remain many questions about life to find answers to when you have left behind all that religious stuff. This is sort of how I became a Christian in the first place. I loved the study of science during my school days. But having a good description of how the material world works did not answer the question "How does my life work?"

During the humanist meeting the last thing I wanted was a conflict between faith and unbelief. I feel there is so much common ground we share so I wanted to talk about that. Some people understood the encounter. Some people were caught between their beliefs and their politeness. The good news was that politeness won! It was a good evening.

I don't think humanism is necessarily atheism lite. I have always been interested in psychology and looking at some of the approaches helps me understand quite what humanism is seeking to do. Sigmund Freud approached the mind by what you might call psychodynamic. Within this he felt there were certain structures that determine how we think. In a way we

are defined by how our minds are wired. BF Skinner approach the mind by the things that had happened to people and he called his approach behaviourism. He felt our history defined us and we are conditioned to respond in certain ways as a result. Carl Rogers founded a humanistic approach also called person centred. It was his conviction that although the wiring of a person's mind and their experiences mattered, they were not defined by them. A person has to be understood for their character and their sense of meaning. Each person has an original contribution to make to the world. A person is far more than the makeup of their mind or the experiences they have been through.

I don't think I would have put it like this in my late teens. This is when I began to read the Bible. I found Jesus to be humanistic. By this I mean he did not just take people in the way his society constrained them as I say unclean or foreign or sinful. He sought to understand the people he came across for who they were. He taught in a way that drew people to think for themselves and make a personal commitment from their reflections. When Jesus spoke of God it was with a sense of intimacy and relationship. He did not have a religion with just a formal set of activities. Indeed, Jesus' key word was that of love and this was tender, understanding, merciful and personal.

Whether it is Carl Rogers or Jesus, both were convinced to be human is to be greatly valued. But is that enough? To speak of something being human is also to know it is flawed. All of this individuality and uniqueness can lead to mistakes being made, disagreements being encountered and hostility being experienced. The freedom we have in our humanity also gives us challenges. We have responsibilities and we cannot reduce them by appealing to our nature or past experience.

When I read the Bible, I found that Jesus gave us something more than valuing our humanity. He showed us that even when that gift was flawed or broken it was still precious and could be healed and restored. This is the love of God given as a gift that is more than human and we are set free to be fully alive.

Best wishes



Alan Keeler

The Vicar's Day off is Friday

Revd Alison Tyler

“ALL SHALL BE WELL,



and all shall be well, and all manner of thing shall be well.” So wrote Julian of Norwich in response to her visions following her near death experience, the outcomes of which still resonate in our own times. She is, as you can see, a ‘go to’ writer for inspirational quotations, not least because they are often insightful.

So now we are well into the Easter season and ‘the unlocking’ following the vaccination ‘roll out’. We can start to plan to try and make sure that all will indeed be well. We will have a lot to do and to take in. We need to realise that things will have changed, as will we. The world we might like to return to no longer exists as it did. Complacency for Christians is never an option – we cannot look at our church or our community and say, ‘well, it will see me out’. That may be true, but Dietrich Bonhoeffer (hanged by the Nazi Government in 1945) whose commemoration falls this week said not; he wrote “The ultimate test of a moral society is the kind of world that it leaves to its children.” It is not acceptable to do nothing; we shall be harshly judged by the generations after us, and rightly so, if we do not work for a new and positive set of changes. So how to begin.....?

We start exhausted, and there will be tears and anger to come when we realise what we no longer have; so we should rest, when and while we can. Then take stock, listen to one another and to our community, and look for ways to serve it. List our assets as a Church community and work out how we can use them for the benefit of others, after all we have them in trust from those who went before us. Review what we currently do, at a meeting I went to on-line, Bishop Simon said that we should learn to “practice death and resurrection, not life support - if it doesn’t work, let it go” .

In the short term we could audit our resources and assets and look for ways to improve or increase them. We should be looking for areas of need that we could meet and developing our strengths to do it. For example, we might recognise grieving and bereavement support as real needs and go on to build up in ourselves the spiritual resources to deal with them in our church and community.

We can inform ourselves about our faith and how best to witness to it, but

also how to manifest it in action, sensitively and attractively developing forms of social action that may involve and include others. St Mary's has a good record in doing things like this in the past, so maybe we could do it again. One thing we can do more of is to integrate and improve our online offerings and activities, as we have been doing recently, because a hybrid style of Church is here to stay but face-to-face church will not go out of date. It's impossible to say here just what we will discover when we start to look at the future of our Church and what we have to leave for our successors. It will be exciting and interesting to find out.

We may well have to build up our pastoral input in the face of increasing social loneliness, using our buildings even more than we do now, and fostering social inclusion. Younger people in particular join bodies that blend community/social action with self-awareness and faith. This sounds very like developing Social Hubs and involving the Church in making and developing those connections. As work patterns may also change with increasing home-working, it will be interesting to discover what innovative local resources or activities are needed.

All *can* be well if we work at it and focus on those who need us the most. Possibly, or almost certainly, after Covid it will be younger people and abuse survivors of various kinds, those dealing with grief and bereavement, and people who are not present in our Churches already who will need us the most. We will learn to ask ourselves - what good news might look like for them?

It will be hard work, but many things are achievable in small steps taken together.

Our Christian life is after all about love - love of God and love of neighbour, we do not have to like each other, but to love each other, to intend only good for them. Before we can get those right, we first need to recall that our relationship with ourselves sets the tone for all our other relationships, those with God, with others and with our community. We are called to love ourselves, to forgive ourselves, and not in general to judge ourselves too harshly, to take rest and have holidays, enjoy God's gifts.

The overarching call is to healthy relationships - to worship God in three persons in mutual relationship, to know God in Christ as an incarnational relationship, and now as Christ's body on earth to recognise that we are in interdependent relationship with each other. If we are not in open and welcoming relationships, with ourselves and with each other, and with God, we are not fully being the Church. To begin the transformed post-Covid life in an engaging and serving mode, we need to be learning to love . Alison Tyler.

Saint Mary's Church on the Internet

When the lockdown happened last year it was evident that church life could still continue in many ways. One of those taken up by many churches has been to put services online. I hope most people in our congregation have had the opportunity to see what has taken place at Saint Marys. It might be you have some questions about what goes on. I thought it worth describing a few things that have been put in place which might explain what has been going on.

Initially the lockdown meant we were simply not allowed in the church building. Services were recorded in the vicarage and edited with readings and prayers from members of the congregation.

The next stage was to record in church and then edit the service together and post on the Internet. Once back in church I installed Wi-Fi in the church to enable access to the Internet

The term Live Streaming has been used. This means putting pictures and sounds on the Internet much like a television programme would be broadcast. It also means the once the live event has finished it remains available much like we are now used to catch up television. We do this for our Sunday services. We have also been putting services of Compline on the Internet but these are recorded and are not live.

The first Live Streaming we did was with an iPad on a tripod . The advantage was using one simple and portable device. The disadvantage was that there was only position the recording could take place from without being intrusive and quite a few people found the spoken work was not very clear.

Live Streaming 2.0 has taken our productions forward with two cameras being installed, a new audio mixer with remote capability and a laptop computer.

The cameras have a very good quality picture, can be pointed in many directions and can zoom in and out. They are controlled by the laptop.

The audio mixer means that the microphones people are speaking into have the sound fed directly to the laptop. The sound is not recorded from a distance. The laptop can also change the volume levels. One issue we have struggled with has been recording the sound from the chancel with organ and singing. But having obtained a new type of microphone and learning more about the process this has been overcome.

The laptop takes the video and audio signals, controls the camera and sound

mixer and feeds the results out on a Live Stream. The laptop software also has capabilities to add other information such as the words of the service, images and other audio and visual recordings.

All of these technical endeavours have taken place with the skills from St. Mary's Church which has meant the cost has been kept very low.

The first kind of Live Streaming was demanding as it required learning new social media skills as well as being a camera operator. Live Streaming 2.0 has added many new demands as the resources are quite a lot more complicated. I'm sure we're all very grateful for how Gill Keeler and Paddy Costigan have stepped forward to enable our Live Streaming services to take place.

We would love to hear from people who would like to get involved in sharing the production of these online services in the future and working on a rota. It might all seem rather daunting but it can all be explained and you will be well supported.

The future of the church is described as being hybrid. This means having a life in our traditional way with buildings and meeting. It also means about reaching out through the Internet with creativity and imagination. Saint Mary's Church has taken many initiatives in the last year, they won't be the last.

Alan Keeler

*If your troubles are deep-seated or long-standing,
try kneeling. – Anon*

Marigold Senior Support

Quality Home Help Service

Cleaning - Ironing - Laundry

Shopping - Running Errands

Call Lena on : 0203 609 2417

www.marigoldseniorsupport.com



Anthia Page – Some reflections

I recently had a chat with Anthia and the conversation turned to reminiscing about the many activities she has been involved in at St. Mary's Church over the years. With the passage of time comes change, new tasks taken up and seasons coming to an end. Recently Anthia has stepped back from her work with children and young people, serving on the House and Hall Committee and BATS. But there was one key point; Anthia is still very committed in her contribution to the pastoral work of our church and I was very pleased to hear that. Anthia remembered:



When we arrived in Bromley early 1980's, I met Mary Fall at the school gate who started to talk to me and when I told her we were looking for a church she suggested St Mary's. I was very quickly asked by Peter Henwood to help with the Sunday School. This very quickly became known as Sunday Clubs. I have found a letter from Peter Henwood dated 1981 asking me to revamp the Children's Worship. This must have been when we changed the name.

No sooner had I got my teeth into this when Peter talked to me about ordination; no way did I see that coming! I did however agree to attend a pre-vocational course with three others from St Mary's and at the end decided that God needed me more as a PA than as a REV.

So, after training as a Pastoral Assistant, I was authorised in 1989 but Peter did not give up. He then published many papers on Local Ordained Ministry and although nothing came of it then, he still continued to take me outside my comfort zone and did encourage me to explore and encourage worship with children and young people. And so started a Thursday morning pram service at 9.30am which later became Toddler Praise in church on a Sunday at 10.10-10.20am.

Because we were getting a few families by now and there was nowhere for them to be other than in the pews, I, together with Sharon Hudson, created an area in the North Transept for parents and under 4s. By now other groups were meeting in Church House.

Early 1990's saw the first Good Friday Club. There was also the Triangle Club on Saturdays with Trish Goodwin and Mike Evans. On occasions a

Saturday performance of Daniel Jazz, Joseph. They were all rehearsed, costumes made, songs learned in a day!!!! About this time, I together with Sharon Hudson started BATs. Children's ministry has continued for me but taking a step back when a Youth Worker was appointed. I then later began working with Frances Boyden as the Children and Young people's co-ordinators.

As well as a children's ministry I have been part of the original Care Group working for Mary Mills and then training as a Bereavement Support Worker. I have been on endless committees including Safeguarding, House and Hall, PCC, Parish Weekend planning, Twinkles go Large fund raising, helping Chalice Assistants, family services and so on.

I learnt a lot about the past of St. Mary's and discovered people I had not heard of before. This may stir many memories from other people on this and other aspects of our church. It will be delightful if other parts of our history and community could be shared by those who have been involved.

Alan Keeler



Lukas and Anna's hats. Lukas decorated his Spanish hat with eggs and Anna made a pond with duck and tissue paper flowers.

Stewardship 2021:



...firstly, thankyou whoever it was who put two buttons in the collection plate last week - they turned out to be early Victorian, and I've just sold them on 'ebay' for £800 each!

By now you will all have received - & maybe lost in a heap of correspondence – a letter from the vicar explaining our latest Stewardship campaign. (Or if you haven't, do let me know!) Being “retired” & therefore allegedly having rather more free time, I offered to process the replies. So, how have we done?

Has the post come yet?

Although I suggested that the replies were returned to me, it came as quite a surprise when

the first envelopes came through my door almost as quickly as my copy of the letter, hand-delivered by some local and energetic members of the congregation. It wasn't until then that I realised that my post for the next few days or maybe weeks might be rather more interesting than usual! One day I had as many as ten envelopes in one delivery. Several “careful with money” friends returned their envelope by hand unsealed, so I have a small stock of unused SAE for future occasions. One reply came as a pdf. There was a slight lull, then some gentle reminders prompted some more activity. So, how many replies? At the time of writing, out of some 96 “households” contacted, I have heard back from 48%; but judging by recent promises, by the time you read this that figure will be higher. Bear in mind that a “google search” revealed that a response rate of 50% should be considered excellent and indicates a “strong personal relationship between business and customer”.

How much is the increase?

Another thing I hadn't anticipated is that some people, whilst unable to start to give in a more regular manner or to increase the amount of their donation, did feel motivated to make a “one-off” donation instead. And that has been very valuable, as the increases in standing order didn't start in January, so there won't be a full year's worth of increase in 2021. But these donations have actually made up for that, so that the 2021 increase looks likely to be very similar to that for a full year. And even among those who

felt they were not in a position to help at the moment, there were replies offering good wishes, and support as and when this proved possible, as well as others promising to continue their existing support. And remember, all that was asked was that we gave some thought to our contribution, and I am so grateful to everyone who did so. Anything I say now would be very out-of-date, so I shall be reporting the latest increase figure to the APCM, and you will have to wait until then to find out how well we have done!

Jill Atkinson

P.S. You will, I am sure, be glad to hear that all the envelopes returned are being recycled, likewise the used stamps!



This is Alison's amazing creation. She hand knitted, crocheted and felted all the beautiful flowers. So talented!

Zoom over to Sunday Clubs! Palm Sunday and Hot Cross Bun Service

Palm Sunday came to the Sunday Clubs a week early this year!

The Sunday Clubs Committee had already planned to hold another 'Zoom over to Sunday Clubs!' session on 21 March 2021, and we decided it was important to cover Palm Sunday in the lead-up to the Hot Cross Bun Service. We made palms out of paper under the expert guidance of Ellen and Harry. We then waved these at the appropriate point during the reading. Everyone also brought along a coat to put on the donkey (for Jesus to sit on) and then on the floor. Some people had a picture of the donkey to display when the word 'donkey' was read out, and others made 'donkey ears' and shouted 'hee haw'. It certainly brought the story to life! The children said it made them feel happy to be waving the palms and shouting 'Hosanna' and 'Hooray'. We thanked God that we can still cheer Jesus today.

Michael led us in singing two songs from the Twinkles song bag. Later we also enjoyed singing along to 'We sing Hosanna' from Maynard's Groovy Bible Tunes, which was displayed as a video on a shared screen. This song includes Zechariah's message that the King was going to come to Jerusalem riding on a donkey.

Thanks to Frances for planning the service, Merle for the reading, Michael and Daniel for the singing and Harry and Ellen for the craft and the prayers.



The Hot Cross Bun Service was planned and led by Nina, who also delivered some craft activities beforehand to those who might take part. Frances invited the attendees onto Zoom and Anne lit a candle, saying 'God is with us', reminding us that God is the light in the world. Michael led two songs from the Twinkles song bag. The songs were chosen by James on behalf of

Oliver (The wise man built his house upon the rock and The wheels on the bus).

The reading by Jacqui was entitled 'The Saddest and Happiest Day'. We had decided that we needed to include the events of Easter Sunday as well as Good Friday, otherwise the story would be incomplete for the children. Ellen and Harry encouraged us to cut out and decorate the paper crosses that Nina had supplied. We discussed how Jesus's death on the cross shows how much God loves us.

Everyone enjoyed singing 'Jesus is our King!' from Maynard's Groovy Bible Tunes. This song is becoming more familiar to us, as we first sang it at our January 'Zoom over to Sunday Clubs!' service.

Harry and Ellen led the prayers and invited us to hold up our crosses. We also held up sad and happy faces as appropriate.

Then it was time to get our hot cross buns out. We learnt that different parts of the buns have a certain meaning, including the cross representing the crucifixion of Jesus and the spices inside signifying the spices used to embalm him at his burial.

Finally, we enjoyed eating our hot cross buns together!

Thanks to everyone who took part. There were 15 Zoom screens on our display, and we counted 13 children who attended, plus a couple of babies. We hope to see you all again soon, so look out for the next 'Zoom over to Sunday Clubs!' on Sunday 2 May at 3pm.

The Sunday Clubs Committee

(Nina Arcuri, Frances Boyden, Jacqui Harney, Anne Yolland, Jill Spence)



Carole Beale's birds nest hat

MEMORIES OF THE DUKE

The death of Prince Philip, apart from the sadness of it, has set off some particular memories for me. Fifty-six years ago, I received the Duke of Edinburgh's Gold Award from him at Buckingham Palace, and I delved into my box of treasures to remind myself of what I did.

At that time the girls' award had only just started and it was different to the boys' scheme. It had to be completed by the 20th birthday. The programme was very flexible but required sustained effort over a certain period of time and had to be at an advanced level from what had been done previously. I did the award through my Land Ranger Company and being in Guiding it certainly helped to have had some experience of the out of doors.

One of the extra requirements for the Gold Award was a 7-day Residential Course which I did at the YMCA centre on Lake Windermere. We learnt to sail and canoe and went rock climbing. In the middle of the week in small groups we went on an expedition to the Langdale Pikes. We carried tents, sleeping bags, food to cook etc. and a string of grid references to use with a map. I seem to remember we were tired before we got to the end of the drive. We got lost several times creating a record by taking 5 hours to walk what should have been 4 miles. My log book notes we were duly ashamed!

One of the lectures we had was given by Dr. Howard Somervell who in 1924 got within 900ft of the top of Everest without oxygen. They set up a tent for two of their companions Mallory and Irvine, but at 700ft. from the top a cloud came down and they were not seen again so it was never known whether they were the first people to get to the top.

I spent several months with the WVS (later the WRVS) helping with their different projects. One of their schemes then was to ensure that '1 in 5 of every women will know what to do in case of nuclear war'

Incredibly, I did 'The Art of Make up and Hairstyles. Grooming and Poise'

My record book says 'she has a completely satisfactory knowledge of this subject'. Not much sign of my putting this into action!

More successful was 'Handywoman in the Home' - I'm probably one of very few women who checks their gutters and drains every year.

Apparently, I gave a lecture on acquiring a house including the legal and

financial implications. Must have helped as I haven't moved house for 46 years.

Of course, there were other sections too but I learnt so much from the scheme and made new friends. Subsequently I was the D. of E. Award Adviser for our Guide county.

One last memory of Prince Philip. He and the Queen came to visit our school. At the time it was run by the Community of the Sisters of the Church and a lot of the nuns came with Reverend Mother from the Mother House. Prince Philip immediately made a beeline for the nuns and soon had them in fits of laughter. He certainly didn't want to talk to us girls.

Mary Mills



Alan's 'Easter bunnett'



**BUNTING CHIMNEY
SWEEPS
CHIMNEY SERVICES
BIRD GUARDS FITTED
FULLY INSURED
CALL GARY ON
01959 571491 OR 07906 211123**

BREAD

This being Easter and the Passover, I thought that bread might be worth a thought. The staff of life, it has been with us a long time.

Bread and beer are closely linked. Both seem to have started to be made about 14000 years ago in the Eastern Mediterranean area, signs of both having been found in the deserts of Israel and Jordan from about that time. There seem to be more signs of brewing than baking and it has long been thought that, being simpler, beer was made before bread.

I am a bit dubious about beer making being simpler as I did make beer from grain once. (Only once.) It was quite a process – sprouting the barley, drying it on the balcony and then roasting it in a coffee roaster to give the malt; mashing it (heating the ground-up roast malt in tepid water for hours); starting again because we had not completely dried the sprouting seed, so we only got barley porridge first time round, and only then fermenting the result. Amazing that it is thought to be simpler than breadmaking. Just shows how vital beer is to human existence. The beer that we made was crisp and refreshing, and there was plenty of yeast in the bottom of the fermenting vessel, just in case we wanted to make bread.

Beer and bread have much in common. The main ingredients of both are grain and water; both depend on yeast for the final result and the yeast used in bread is identical to that used in beer. Historically bread yeast was a by-product of beer and it was sold to the bakers by the brewers. Wine yeast is a different species – it likes an acid bath with a pH of around 3, so grape juice is its perfect home. Beer/bread yeast likes it neutral – pH7.

Yeast-less bread is not a complete failure. Flour has naturally occurring yeasts in it which will ferment to give a slight rise to the bread, given warmth, water and time. This is an experiment that I have unfortunately performed several times. The resulting bread is not completely solid, but it is much too heavy to be used.

In contrast to this, when bread was more difficult to get and we went away last summer, I thought I would make my own bread. Unfortunately, I had underestimated the time needed and landed up taking the unbaked dough

from my bread-maker in car in a bowl inside a black bag. It rose. It rose like a balloon. Completely filled up the back seat of the car. Never mind – it was the only bread that we were going to get, so I squeezed it back into the bowl, punched it down and let it rise again. The bread was fine.

Of course, yeast-less, unleavened bread is a key ingredient in the Passover meal. As it is part of the ritual, the idea is that absolutely no yeast or leavened bread should be left in the house, so a major spring-clean is needed every year before the Passover meal.

It is a sad fact – expensive flour makes better bread. It has a higher gluten content, has to be imported, is no good for cakes and so less popular all of which add up to more money. Cheaper flour makes flat loaves. This is fine if you are hand baking where the bread can rise in a horizontal direction to make a pancake shaped loaf, but it just collapses in a bread-machine. Of course, you can add an egg for the protein, which strengthens it so it rises. This took one student a whole PhD project in West Africa to discover. He should have asked me; it would have saved him a lot of effort. On the other hand, I expect that it was much more fun to be in West Africa.

Easter now, which means buns. Actually, I will be making bun-loaf from my bread-machine with plenty of eggs, butter, currents and spices. I am looking forward to eating it.

Trine Hevezi

Ascension

To complete Your seamless robe, and so to complete our faith, You ascended through the air into the heavens, before the very eyes of the apostles. In this way You showed that You are Lord of all, and are the fulfilment of all creation. Thus from that moment every human and every living creature should bow at Your name. And, in the eyes of faith, we can see that all creation proclaims Your greatness.

A prayer of Bernard of Clairvaux (1090 – 1153). He was the main inspiration of the Cistercian Order of Monks.

Spring Flower Awakening



It was wonderful to be able to decorate the church for Easter once again this year, unlike in 2020, due to lockdown 1.0 in Covid-19.

The flowers were sourced on Maundy Thursday via a couple of local high street stores. Thankfully, there was still an abundance of daffodils available, so bright and cheerful, what's not to like? Well, from a flower arranging perspective, they have soft stems which do not really appreciate being pushed into floral foam and often rebel by breaking off! The same can also be said for tulips and hyacinths too. A way around this is to insert a wooden skewer into the base of the stem very carefully before putting into the floral foam.



Having purchased quite a number of bunches of daffodils in tight bud, I then had to keep them in a cool place and out of water at home, otherwise they would peak too soon and would not be looking their best on Easter Day. The other flowers purchased included different types of chrysanthemums, lisianthus, tulips and pussy willow. These had to be conditioned and kept cool too, my garage looked rather reminiscent of a flower shop! I introduced the daffodils to water late on Good Friday and brought them into the warmth and voilà by Saturday morning the flowers were emerging.



On Easter Saturday morning the flower arrangers arrived bright and early. Some were feeling a little apprehensive as to whether they would still remember their flower arranging techniques after such a long absence and no practice! I am pleased to report that all went well. Each flower arranger had their own socially distanced area to work in and wore a face mask; Jean Read in the porch, Cathie Cooke and Vicki Andrews on window sills, Julie Simon on chancel wall and I was responsible for the chancel pedestal, as well as a co-ordinating.

Within the space of a few hours the church was transformed from the stark austerity of no floral adornment during Lent to behold some fresh, natural and spring like displays perfect to celebrate our

Lord's resurrection on Easter Sunday.

To keep the use of floral foam to a minimum we used glass vases and jars for the daffodils. Although floral foam is practical in supporting blooms, particularly for larger displays, it is not environmentally friendly due to the microplastic content and takes over 100 years to biodegrade or break down. Other alternative products are now becoming available, which would biodegrade more quickly, but this is still work in progress on a number of levels. Moving forward we do need to consider our green credentials.

Grateful thanks go to the flower team for their time, efforts and flower arranging skills. Thanks also to Alison Tyler for providing the magnificent Chlorophytum Comosum, more commonly known as a spider plant, which were used as the centre pieces for the window sill arrangements. Alison also supplied some twisted willow from her garden and some other plant material, which helped to create a natural spring feel. The willow had been languishing in the Flower Room since the Autumn of last year, so it was great to be able to use this for Easter!

The end results were very pleasing to the eye, not to mention the soul. For those unable to be in church on this glorious Easter morning, photos of the flowers were put up on St Mary's Facebook. Anne Yolland



CHOIR NOTES



We are back.

With comforting coincidence, Easter Day witnessed the church choir resume singing in church. And with 'appy aptness, the organist was Ben James, Director of Music for St Mary's "in absentia" – though very much present on this occasion. The music was just four well-known hymns, sung in unison by six self-selected members of the choir. Congregational response was positive, despite still being unable to join in. "Lovely to have singing in church again" was typical. While online comments included "The choir came over very loud. Wonderful. Thank you." And "I saw (and heard) you yesterday. Good to see the choir back."

Having started, we plan to continue! Our intention is to provide a small choir each Sunday morning, with a short rehearsal before the service to



prepare our voices (and the organist) for what will follow. Four hymns will be the norm, hopefully sufficiently well-known for congregational members to hum along behind their masks. We continue to observe all necessary precautions: hand sanitising, only one person in the choir vestry at a time, robing

in the main body of the church, socially distanced at all times, and wearing masks except when actually singing. We do not consider it wise to return to Thursday evening choir practices yet, so will not be introducing new music to our repertoire for a while. However, unison singing is excellent practice for tuning and balance, as well as word enunciation, so the choir will be using the coming months to hone their skills in this regard.

While still limiting numbers for reasons of safety and performing only well-known hymns, it is difficult to encourage new recruits to the choir. However, if there is



anyone who would like to join our team, please do have a word and we will be happy to help you fulfil your ambition. None of us ever thought we would be the mainstays and guardians of live music in the church, and yet, here we are! We look forward to providing live vocal music as an act of worship each Sunday morning over the coming months.

Peter Fall

Quarantine experience memories

Background

It was around the year that the NHS came into being at an orthopaedic hospital in Oswestry, Shropshire. The building was designed without a single step (except in the nurses' home). Mercifully it was in its own grounds. A "cricket pitch" area where the bed bound patients could watch us (the staff) doing our best and where there was a small cinema and cafe, and a building in which surgical appliances were made. The main wards had the usual orthopaedic patients, but there were also two separate wards which took care of those with bovine tuberculosis affecting the joints that were often immobilised to control the disease from spreading further. They could be incarcerated for a long time. These beds for TB patients were designed for mobility and were basically a 4 wheeled wooden frame with handles at one end so that visitors could take the patients out into the grounds to watch any cricket or enjoy the cinema and cafe.

One long side of each of these wards was open to the four winds with heavy curtains which were drawn when it snowed! Neither patients nor staff ever seemed to catch colds.

So – in 1948, twenty four of us trainee nurses arrived to learn our trade. But something strange was going on - some of the resident staff were becoming ill and being taken off to an isolation hospital. The trouble turned out to be typhoid fever. As a consequence of the shortage of nursing staff, we young newcomers had to help fill the gaps. Therefore, we had no choice but to forgo our weeks of initial lectures and tackle what had to be done. I happened to be allocated to the men's TB ward. The long term patients knew the ropes and provided some unorthodox training.

We were forbidden to eat out, or go to the cinema and for the duration of the epidemic we were in general confined to the hospital grounds.

The hospital had to replace the kitchen staff with army cooks, in case the former were carriers. We all had to provide "specimens" frequently for testing. When positive the hospital would ring up the victim and one dreaded the phone ringing while working on the ward, or wherever, in case we were shown to be infected. The ambulance would drive to collect the victim. Quite a few of these never recovered and many were on light duty years later. The menu on one night had included a tainted tin of corned beef from another country. I learned this years later from a radio programme on the subject of typhoid. A specimen from the orthopaedic hospital was still being kept years later. It was some infected water to do with preservation of the

beef that was involved.

It is worth noting that no patient was affected nor any day staff, but it was the night staff who had eaten the infected tinned food.

Because the army cooks were in effect “confined to barracks” for the duration of the epidemic the local newspaper referred to them as being like Trappist monks. They did, initially, get into some trouble because although post war rationing was still in force they were too generous with certain foods and had to be restrained. They were very strictly monitored but nonetheless added an additional dimension to the atmosphere for us.

Olive Green

Prayer is not an argument with God to persuade Him to move things our way, but an exercise by which we are enabled by the Holy Spirit to move ourselves His way. –Leonard Ravenshill



John Beale's 'first Easter' hat

Christian Aid Week 2021 is coming



This year, Christian Aid Week runs from 10 to 16 May and concentrates on the work of Christian Aid's partners in Kenya, supporting communities trying to secure reliable water supplies in the face of climate change.

Droughts are now more frequent and more intense due to the climate crisis. Millions of people in Kenya are struggling to get enough food and water, and the stories of Rose and Florence and their efforts to survive the climate crisis feature on the Christian Aid Week Website. This includes a short film based on Florence's experiences which shows the difference our support can make. You can watch it free of charge on YouTube (CAW 21 Florence's - Story).

Your gift could help a community build an earth dam, so when the rains do come, people will have the water they need to live. People like Florence and Rose need every last drop to survive the drought.

St Mary's has a long history of supporting Christian Aid and hopefully this year will be no different. Donations can be made direct on its website, christianaid.org.uk, or, if you prefer, by cheque (payable to Christian Aid) which will be banked through the Bromley Christian Aid Group.

Please contact the undersigned if you have any questions or wish me to bank your donations.

On behalf of Rose and Florence, many thanks,

Peter Boyden

Letter to the Editor

A view from the pew



On Good Friday evening there was a performance on TV of Handel's "Messiah" by the English National Opera from the London Coliseum. As you would expect, it was gloriously sung and played – all socially distanced, of course. The orchestra occupied the huge stage, the choir spread out in the stalls and the soloists sang from the boxes. It was operatic – with warbly sopranos and plenty of vibrato – but it was lovely to hear the familiar music tell the well-known story.

However, it was only a selection of items from the 3 hour oratorio, starting with the "Hallelujah" chorus. I desperately missed the tenor song "Comfort ye", which comes near the beginning of the work. If there was one thing we all needed after a year of restriction and tragedy it was "comfort". When

young, and with a higher voice register, I had often sung the aria privately while strumming on the piano. It never failed to provide solace and encouragement to face the future.

"Comfort" means "strengthening aid". It is not a passive word, but a strong one, implying the provision of consolation, the offer of solace. It provides a feeling of relief in the present, and encouragement for the future.



As with much of the first part of "Messiah", the words "Comfort ye" come from the 40th chapter of the Bible book of Isaiah.

Comfort ye, comfort ye my people, saith your God.

Speak ye comfortably to Jerusalem, and cry unto her, that her warfare is accomplished, that her iniquity is pardoned:

Comfort ye, comfort ye my people, saith your God.



The tenor continues to sing:

*The voice of him that crieth in the wilderness,
Prepare ye the way of the LORD, make
straight in the desert a highway for our God.
Every valley shall be exalted, and every
mountain and hill shall be made low: and the
crooked shall be made straight, and the*

rough places plain:

And then the full choir joins in for the first time with:

And the glory of the LORD shall be revealed, and all flesh shall see it together: for the mouth of the LORD hath spoken it.

The last three verses of this chapter, though not set to music by Handel, summarise the comfort we all look for in adversity:

He giveth power to the faint; and to them that have no might he increaseth strength.

Even the youths shall faint and be weary, and the young men shall utterly fall: But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

Those old-timers went through it, and they knew what worked. As did Paul in the New Testament:

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

2 Corinthians 1:3

We all *need* comfort at times.

We can all *deliver* comfort at times.

Now is a good time for "at times".

Peter Fall



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

plumbpaul@hotmail.com



a alina homecare

Care at Home

We can help with all your care needs
Personal | Companionship | Live-in |
Respite & Crisis | Dementia | End of Life
It's all about you



"I was resistant to help but now look forward to them coming!"

Contact Samantha today

Call: 01689 283222

Email: bromley@alinahomecare.com

alinahomecare.com

Mothers' Union Matters

Mothers' Union gets involved in places others would prefer to avoid. One of these is the Gatwick



Removal Centre, Tinsley House and Brook House. The clients of these houses are detainees, though the inmates think of themselves as prisoners. Detainees are held at the Removal Centre pending deportation to their country of origin. During this time they can appeal against the decision. The Home Office has responsibility for this and it may take months, or even years in the worst cases. Just imagine the mental state this leaves you in: worry for your family if they live here - will they cope without you? Will you ever see them again? Might you, just might you, be granted permission to stay? The chaplains' door, Christian & Moslem, remains 'open' for a listening ear, counselling and perhaps a prayer. Some detainees find oblivion in hard drugs



which, despite tight security, are brought by visitors, hidden in unmentionable places to avoid detection.

Mothers' Union was invited by the first chaplain to become involved, and we continue to work under the chaplaincy team. That was 1996 in Tinsley House, when we brought great piles of toiletries for Christmas, wrapped them on the premises and were fed coffee & biscuits by the two security staff

whose job was to remove harmful items: razor blades, of course, and roll-on deodorant which could be 'sniffed'. When these became government-supplied, we moved to stationery until it, too, was deemed unnecessary, so now it's – socks! Not a very exciting Christmas present, but since Mothers' Union members tidy the clothing store for the Detainees Welfare Group, we know what is needed. This includes jogging bottoms, trainers and cotton drawstring bags [14"x16"] for men and families (there are two family flatlets in Tinsley House these days) to keep their personal possessions tidy. Brook House was opened about eight years ago and for the last four years Mothers' Union members have attended Sunday worship bi-monthly, initially to preach only, but latterly to lead the whole service. Detainee numbers have decreased hugely since the 'Windrush' decision and we now have a number of non-English speakers, which is very difficult. Once, a translator was on hand to help Iranians; more recently an Iraqi listened to Praise my Soul, the King of Heaven, and was able to join in 'Praise him, praise him' by verse 4! We, and other visitors, provide a link with the world outside; our presence means we are thinking of them. All detainees & all staff there are just so friendly! A few are 'not very nice people' but we don't meet them. You may have ambivalent feelings about detainees, but they are also God's dear children. Mothers' Union responds to the 2nd Great Commandment; Action & Outreach is what we call it.

Peter Fall



Ralph and Rex with their bunny ear hats

MOTHERS' UNION

PLANT SALE

Selling from home again this year

VEGETABLES

FLOWERS

All plants 50p each unless otherwise stated

Courgettes

Busy Lizzies

Cucumbers

(Sold for Welcare in Bromley)

Parsley

Geraniums

£1 per pot

£1 per plant

Runner beans

French Marigolds

£2 per pot of 5 plants

£1 per pot of 7 plants

Pumpkins

Sunflowers

£1 per pot of 10 plants

Strawberries

Tomatoes

Gardener's Delight (cherry tomatoes)

Alicante

Moneymaker

Other plants will be available during May.

Contact Mary Fall on mary@fallfamily.co.uk for information
and to place orders.

Come to collect or have them delivered.

All proceeds go to Mothers' Union "Away From It All" holidays for
needy families and to women's education and training abroad.

Thy Kingdom Come global prayer movement's plans for 2021



Thy Kingdom Come, the ecumenical prayer movement for evangelisation, uniting Christians in nearly 90% of countries worldwide from the Ascension to Pentecost, will be run differently this year, from the 13th-23rd May.

Thy Kingdom Come - which is led by the Archbishops of Canterbury and York, and has attracted the support of His Holiness Pope Francis in recent years - will offer a selection of new resources and ways in which worshipping communities can participate - despite ongoing COVID-19 restrictions.

New resources for 2021 will include an 11-part family-friendly animation series; video reflections from influential Christian voices such as Bear Grylls, Bishop of Dover Rose Hudson-Wilkin and Archbishop Angaelos, and this year's Prayer Journal, penned by the Archbishop of York, Stephen Cottrell.

A special video message from Archbishop Justin Welby, who will be on study leave during this year's 11-day prayer period, will also be shown.

While prayer for evangelisation remains at the heart of Thy Kingdom Come, this year the resources are designed to encourage worshipping communities, families and individuals who may have struggled with the idea of Church at Home.

For families, there is an 11-part children's video series called Cheeky Pandas – packed with Bible stories, prayers, animation, worship songs and interviews with special guests including Adventurer, Bear Grylls, CBeebies Presenter Gemma Hunt, Revd Nicky Gumbel (HTB and Alpha) and Pastor Agu and Shola (Jesus House) to name a few. The video series (which will be available from early April onwards) can be used as part of church at home, gathered church

(online and offline) and in school assemblies. Similar to last year, the series will be the main content in the Family Prayer Adventure Map and App. For Youth, Thy Kingdom Come are working with the Archbishop of York's Youth Trust to produce a selection of youth resources including a series of video reflections from young influential Christians such as the current Methodist Youth President - Phoebe Parkin, rapper and author - Guvna B, Worship Leader- Elle Limebear, Spoken Word Artist - Joshua Luke Smith and many more.

Other new resources include the Prayer Journal, written by the Archbishop of York, - aimed at inspiring readers to re-encounter the love and joy found in Jesus Christ and this year's Novena.

The award-winning Thy Kingdom Come app, available in nine languages, will for the first time, include audio content from 24-7 Prayer's Lectio 365 with audio reflections from Pete Greig, Archbishop Justin and 24-7 Prayer GB UK Director, Carla Harding.

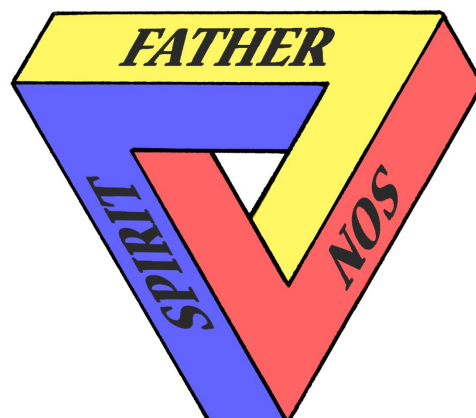
This year Thy Kingdom Come is also giving away 100,000 copies of the Prayer Journal and Family Prayer Adventure Map to UK churches, as long as P&P is covered.

Emma Buchan, Thy Kingdom Come Project Director, said: "We really want TKC to inspire people in their relationships with Christ, and to resource children and young people in fun, spiritually nourishing ways.

"We hope and pray Pentecost is a time of great joy after what has been such a challenging season."

Now in its sixth year, Thy Kingdom Come has grown from an initial call to prayer from the Archbishops of Canterbury and York to the Anglican Communion, to a worldwide ecumenical prayer movement.

To access resources, or to find out more, see <https://www.thykingdomcome.global/>



Grove Park Nature Reserve

Just a few months ago in October 2020 an area of six acres, just over half a mile past Grove Park Station, was declared as a Nature Reserve in the ownership of Lewisham Council. A small oasis of quiet in a busy area which, whilst not in the parish of St Andrew's, is very close by and in the present climate when we need somewhere to walk away from



crowded pavements, this Nature Reserve offers a very pleasant open space. It is part of the Green Chain Walk and dog walkers are welcome but dogs are expected to be kept on the lead. Some of the paths are muddy after all the rain this year, but these can easily be avoided.



The site first became a Nature Reserve in 1984 when it was managed under licence; the freehold was acquired just three years later and it is supported by a Friends Group and the Grove Park Community Group.

The entrance to the Reserve is off Baring Road down a footpath named Railway

Children's Walk after the novel by Edith Nesbit who lived close by.

There are six waymarks within the Reserve to help you find the areas of interest such as the small pond near the entrance where you may find ducks; there is some meadow grassland where you can look out for butterflies including the meadow brown, gatekeeper and red admiral and keep an eye open for the common spotted orchid, birds-foot trefoil and other wildflowers. In the woodland you may be lucky enough to see or hear a green or great

spotted woodpecker and other birds such as the willow warbler and blackcap, spot the six-spot burnet moth or find protected species such as stag beetles, slow worms and the common lizard. In the orchard of fruit trees, you can pick blackberries and plums in the season.

There are plenty of seats dotted around the Reserve and an area of log seats has been constructed fairly recently.

This article by Thelma Dulley has been reprinted from the St Andrew's "Burning Bush" with kind permission of Rev Elizabeth Davis.



Maria Beale's 'spring wildflowers' hat



Ivy's hat

Worship Diary

We are delighted to have resumed public worship in St. Mary's church. We continue to have the hygiene practices put in place last July. These include wearing masks, using gel and recording attendance for Track and Trace purposes. We are pleased to welcome people to our services at the stage they feel comfortable.

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 will be as follows:

Sunday 2nd - 5 Sunday of Easter

10.30 am Holy Communion

Sunday 9th - 6 Sunday of Easter

10.30 am Holy Communion

Thursday 13th - Ascension Day

8.00 pm Holy Communion

Sunday 16th - Sunday after Ascension

10.30 am Holy Communion

Sunday 23th – Pentecost

10.30 am Holy Communion

Sunday 30th - Trinity Sunday

10.30 am Holy Communion

We also have a quiet service of Compline at 8.00 p.m. on Monday, Wednesday and Friday on our Facebook page.



St Mary's (Plaistow) College Road Bromley

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

Magazine Committee

Jo Clark	Editor email:joc1947@msn.com	8289 6535
Elaine Wakefield		8466 6969
	Editor, Postal distribution, Advertising email:admin@stmarys-bromley.org.uk	
Jill Atkinson	Editor email:jilleatk@aol.com	
Lesley Speller	Distribution Manager	8460 5569