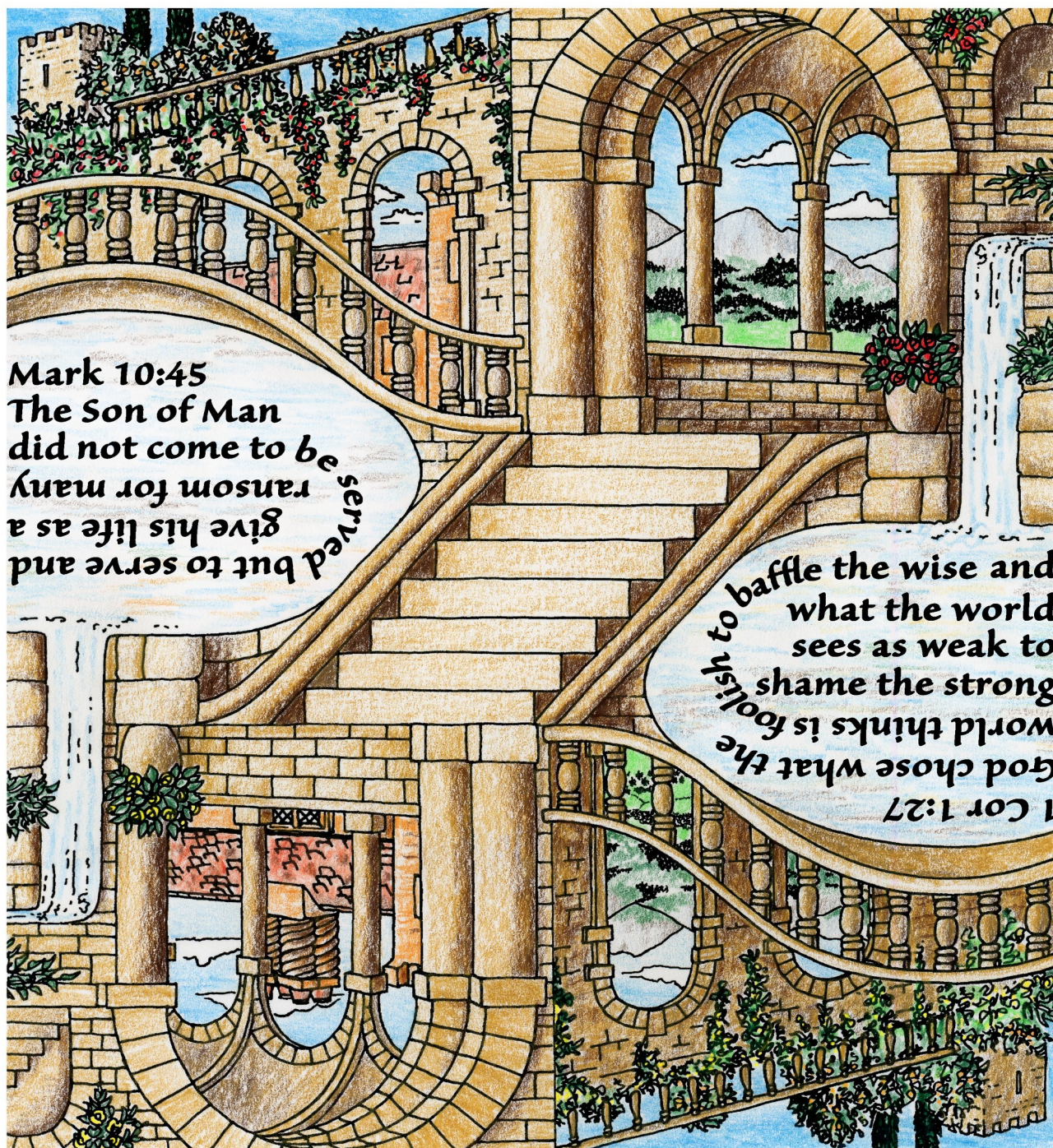


St Mary's Church, Bromley

Parish Magazine

July/August 2023

61 College Road Bromley BR1 3QG



Mark 10:45
The Son of Man
did not come to be
served but to serve
and give his life as a
ransom for many

1 Cor 1:27
God chose what the
world thinks is foolish
or to baffle the wise and
what the world
sees as weak to
shame the strong

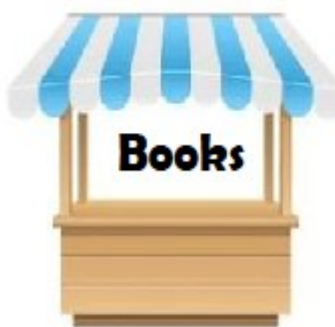
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Welcome to the July/August 2023 edition of the Parish Magazine.

Welcome to the July/August issue of the magazine, which seems to me to be a particularly interesting one, thanks to a talented team of people who sent me their contributions unbidden – and (mostly) on schedule! What are your thoughts on reconciliation? Are you addicted to Sudoku (or Wordle)? Did you know there are appropriate music choices for flower-arranging? Or about the history of Time-keeping? Have you heard of Twiddle Muffs or the May Movement Challenge? Can you respond to the “match-funding” challenge for our Murals fund? Start reading now!

No doubt many readers will be “out and about” over the next few weeks, so why not share some of your experiences or maybe a photo or two? I’m sure the next editor will be delighted to receive them for our September issue.

Jill Atkinson

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



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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.

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.

Can I help you?



I am sure you are kind to people. We are sensitive to the need a person is in. So we do something to help them. It might be we spend time and we put off something else we want to do. It might be emotional support and we seek to understand what they are going through. The sense of solidarity we make can be very helpful. It may be we do something practical, maybe with a gift of money or an act of service. At its best we will want to call these various kindnesses love.

But it might not always be as simple as this. To be devil's advocate there can be ways in which offering help is not completely altruistic. We are uncomfortable with people's actions when we perceive them as being 'do gooders'. Sadly I know there have been times when I have sought to help someone and it has been perceived as patronising. Even thoughtful and generous actions can be from motives that are more self-serving than the person seeking to help realises.

I read an article recently by a doctor who had come to realise that many of his patients wanted an honest conversation even if the truth was unpalatable (see link below). Up until then he had always made it a priority to be positive and encouraging with his patients. This meant that he had not always told them some of the difficulties they would be facing. They said they felt unprepared for what they would be going through and wished he had had the more difficult conversation. Being kind may bring challenges.

We live in a society that places a great value on happiness. We are encouraged to use our freedoms to become as happy as we can. The advertising industry offers us so many delights to tempt us. Our politics encourages us to pay as little tax as possible so we keep the money for our own satisfaction. Our faith can be about love, joy and peace. Joy sounds very good.

Much of this is to be commended and to complain about happiness sounds like being a kill joy. But to take responsibility for all that life brings might mean being happy will have to come later. For ourselves it may be wise not to satisfy our immediate hunger as a restaurant dinner we have later in the day will be spoilt. Delaying gratification is a good skill to have. If someone injures themselves we may have to put off our immediate plans and take them to hospital with the all of the waiting and frustration that may be entailed.

I think all of this helps because we are more prepared for what it is involved in being kind to people. But the real way forward is that we are working with them and not just doing things to them. When we understand another person's point of view and how they feel about what is going on our kindness can be truly appropriate. We then know what they need and not just what we want to do. It is about sensitive communication so we both really understand each other.

A further issue may arise in that when we help someone they may place too much hope in us. We may be seen as able to help in ways that are beyond what we can give. We may have to say we do not have the experience needed. We can be of a support but still point them to someone who has the skills they require. In another way they may not realise how they have a vital part to play themselves. People in the caring professions speak of having good boundaries. They know how far they can go and do not become manipulated by someone else or controlled by their own misplaced sympathy.

As Christians we place a very high regard on kindness and rightly so. But the true virtue is love and this is to be expressed in a mutual way. Both parties have responsibilities and both parties will play their part in working out how life is to flourish. Jesus said we are to be as wise as serpents and innocent as doves (Matthew 10.16). Kindness is not just being nice and may require great thought from our minds as well as deep compassion from our hearts. But when real kindness is shown, life truly flourishes.

Best wishes

Alan Keeler

<https://www.theguardian.com/commentisfree/2023/jun/19/positive-patients-damaging-upbeat-honesty?>

Blessed are the Peacemakers.



“Blessed are the peacemakers: for they shall be called the children of God.” (Matthew 5: 9)

There are some events that I have attended and found them to be truly inspirational, and one such was the recent Coventry Cathedral International Gathering of the Community of the Cross of Nails (CCN). Founded by the Dean, over 60 years ago, who made 3 of the nails from the destroyed Cathedral into a Cross, after the night of bombing and destruction of Coventry Cathedral in WW2 and was later joined by the Cathedral in Dresden similarly bombed and destroyed, both inspired by the words of Jesus on the Cross ‘Father Forgive’.

The CCN has expanded and developed into “a world-wide inter-denominational network of churches and other Christian organisations who share a network of common commitment to work and pray for peace, justice and reconciliation by healing the wounds of history, learning to live with difference, celebrating diversity, and by building a culture of peace” (from their website).

The writer and peacemaker J P Lederach in his book ‘Reconcile’ asks us to consider the question, “What if reconciliation is central to the biblical message? And what if Christians are now awakening to the gospel of peace?”

(At last!! we might say after so many years of tears).

I remember when young singing the song ‘Let there be peace on earth and let it begin with me’ but only very recently started to realise the full implications that making that prayer involved.

Consider the late Desmond Tutu’s words on his work for reconciliation and peace, because he had no illusions about the issues “Forgiving and being reconciled, he said are not about pretending that things are other than they are. It is not about patting one another on the back and turning a blind eye to the wrong. True reconciliation exposes the awfulness, the abuse, the hurt, the truth.”

Continually being exposed to the pain of others, and living truthfully with conflict of any kind is a very difficult calling. It was a perverse kind of encouragement to be reminded in Coventry by one of the speakers, that complete success is not to be expected in this life. As Michael Ramsay said about prayer, another difficult calling, it's the wanting to pray that is often enough and is valued by God, so perhaps it is the wanting to make peace and to reconcile that allows any kind of progress, that brings us closer to those with whom we need to reconcile, that puts us more in line with Jesus's teaching, and so more likely to try peace making and being peaceful ourselves. If we make ourselves ready and available for the long haul of peace-making it will need hard work and persistence, as well as grace and prayer.

So, how to begin, it's probably best to start with myself, and make sure that I am honest with myself and with God, about areas of my own life needing repentance and forgiveness. Then repent and ask forgiveness - regularly, because no one living in the real world fails to make mistakes or to behave badly at times – after all, all have sinned and fallen short of the glory of God.

Moving outwards, then we can check our relationships with others, near and far, for things needing attention and forgiveness. Unresolved misunderstandings or conflict all have the capacity to continually damage us and the others we know. Remember the short snippet in Matthew chapter 5: 23f:

So if you are offering your gift at the altar, and there remember that your brother has something against you, leave your gift there before the altar. First go and be reconciled to your brother; then come and offer your gift.

Make the first move, to get the ball rolling, check with others, keep an open mind, apologise if you need to, offer help and support so you both or all, can move on and look for resolution together .

If we find ourselves involved with people who are at odds with each other, maybe we can encourage them to look for help to resolve their issues, we can certainly pray and ask for God's grace to help move them on.

I always remember having a very difficult colleague in one place I worked, and all my other colleagues felt the same way, we tried really hard in prayers and conversations to deal with the division with this person.

In the end, I was so exasperated that I discussed it with my spiritual director, who advised me to stop trying, learn to accept that nothing would improve our relationship, that sometimes, the person was just difficult, so instead, pray daily for the good of the difficult colleague, and then spend as little time together as possible. At least then we would not be disagreeing. I shared the advice and we all had much easier life, though the colleague did not change.

There will always be difficulties in relationships, some quite minor and others every bit as bad as Desmond Tutu described them. Some, usually relatively simple situations, can be resolved by looking at them openly and truthfully together, hearing the pain suffered and each person really seeking to understand the other person, mutual acceptance and acknowledgement, with God's grace may be the outcome. Even if not, there is no reason not to keep trying, and every reason to persist, it is very often a long difficult and journey but peace with justice is a part of our vision of God's kingdom, when we work together for the common good.

Think of peace and reconciliation in South Africa, in Palestine/Israel and in Northern Ireland, as we did during the Gathering, all very different but each generates much work and prayer, as they are continuing to cause injustice, pain and conflict in many different ways because there are no easy solutions, but that is never a reason not to try.

We can make start by asking ourselves the question 'What do I or we do to make reconciliation a real possibility in my or our community?'

Lord let there be peace on earth and let begin with each one of us.

When I got home I wrote a prayer as part of Eucharist to remind me of some of what I had learnt, I attach it to share:

Teach us O God,
that forgiving and being reconciled,
are not about pretending that things are other than they are,
nor about ignoring evil and wrong doing.
True reconciliation exposes abuse, pain, degradation, and the truth.
Teach us, that peace making is humble and gentle,
about listening and looking,
and making space to really hear and see.
Help us to recognise that peace-making is costly, demands persistence,
reaching out and not insisting-

Making peace looks for ways of holding together pain and fear, a vision, of healing and forgiving, and searching for creative ways of bringing justice, with hope for the future.

Come to us now, and stay with us Lord Jesus,
for the whole of the long weary journey,
O prince of peace. Amen

(Inspired by words of Desmond Tutu)

Alison Tyler

Graduation?

There were so many graduates waiting to receive their degrees that day, that speed was of the essence. Presenting their diplomas, therefore, the Chancellor simply smiled and said:

“Congratulations, keep moving.”

Actually, that is good advice for all of life, and for your Christian life as well.

If you've discovered the reality of God's love for yourself, you deserve congratulations, for in a very real sense, you have arrived...*but keep moving!* - there is so much *more* that God has in store for you! St Paul in 2nd Timothy said: “I have fought the good fight, I have finished the race, I have kept the faith. *Now there is in store for me* the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day....”

So, wherever *you* have reached in your own faith pilgrimage, *congratulations, but keep moving!*

PP

Murals Fundraising

A generous member of the congregation has made us an extraordinary offer. Whatever is raised between 1st June and 31st December they will match, up to a limit of £10,000. This presents us with an opportunity to try to raise most of the required funds by the end of the year. Please consider how you might be able to meet this challenge. Please contact Alan Keeler or John Beale if you want to know more.

MOTHERS' UNION MATTERS

St Mary's branch of Mothers' Union has consistently knitted for the welfare of others. One of the more intriguing items they have produced is a "fidget blanket". A fidget blanket is a knitted blanket with items attached so that someone in the later stages of dementia can keep their hands busy. People with dementia can often have restless hands, caused by feelings of anxiety or just through boredom, when they can fidget and pick at their clothes. So having a fidget blanket provides comfort as well as simple activities to keep their hands busy.



Fidget blankets – or twiddle muffs as they are sometimes called - are simple to make with the oddments of yarn that knitters are always keen to use up. The blankets are knitted in stocking stitch, so even a novice knitter can make them, using different colours and textures of wool. Bright colours are always popular with those who receive them. Once the blanket is knitted, a range of items are attached. These can include textured ribbon, beads or small pom-poms to finger, buttons to undo, strips of hook-and-loop fasteners such as Velcro or zips to open and close. Some have a small pocket attached for a small toy, or a handkerchief. It's good to make some blankets with more 'male-orientated' items such as chunky or leather buttons, washers and nuts as these may be more familiar to them. Bits and bobs are included on the inside as well, so that hands can stay warm, while being active. Most blankets have decorations on the outside and on the inside – all securely attached so they can't be pulled off and become a choking hazard. There are no sharp edges, and nothing brittle or liable to break is used. Fidget blankets are not only appreciated by those with dementia, because the blankets are a comforting, attractive and intriguing gift that keeps hands warm and are great for keeping stiffening fingers moving.

Making blankets is a collaborative activity – even if you aren't a knitter, you can help by finding large buttons and beads, ribbons and other squishy things for others to attach to the blankets. Not only are the blankets greatly appreciated by those who receive them, but we should remember that commercially available equivalents can cost over £30, so it

is a great saving for the care homes and individuals who receive them.

The impact of these simple items is immense. In another diocese an activity apron was made for the husband of a Mothers' Union member. He had been diagnosed with dementia and become distressed and restless, not speaking for some months. He found comfort in fiddling with the bits and bobs, to the extent that he started to speak and was able to thank the member who had made the blanket for him.

Below are some examples of "twiddle muffs".



Twiddle muffs are ideal for people on their dementia journey, including Alzheimer's and Parkinson's. It can evoke memories by using familiar items such as a key, buttons, ribbons, bells, zips etc. It keeps anxious hands busy, and is a sensory item that can calm nervousness. They are a wonderful example of how MU can improve the quality of life for individuals who are struggling with the common diseases of later life.

Peter Fall



St Mary's and Christian Aid during 2023 – £771.15 raised to date

During Spring 2023 Christian Aid asked us to organise a collection among the congregation for its Turkey and Syria Earthquake Appeal, which raised £65.

Then, in the middle of May, the annual Christian Aid Week appeal came along, which, as usual, was well-supported by members of the congregation who gave £416 in 21 donations, £322 of which was Gift Aided. This was a little less than 2022's, when the collection among the congregation raised £450.

In addition, this year four volunteers took part in house-to-house collections in five local roads to which 46 households contributed a total of £290.15, £110 of it Gift Aided. This was more than 2022's contribution from the community (£189.94), partly because last year's door-to-door collections were made in only four roads.

Very many thanks to all those who have supported Christian Aid in whatever way via St Mary's this year. Please think about helping raise funds for this charity which has long been supported by our church and parish. I look forward to hearing from you.

Peter Boyden

A Walk in the Black Forest

In April 1969 I was on a school journey in Luxembourg, staying near Ecternach; across the minor road, next to our hotel was a brook and opposite that was (the then) West Germany.

On Sunday the 6th it was my 16th birthday; the group and the two teachers gave me a lovely French-design, jewellery box, and a fawn design brooch (respectively). (I still have both).

We left our hotel for the day, and following a pleasant morning in Trier, we went on to the Black Forest (6,009 sq. km.) and aptly named, in some parts. We were shown the Guide Route markings painted on the trees and then set off: six of us walked a bit faster and, therefore, went on ahead. About an hour later, we realised we hadn't seen any guide markings for some time - or anyone else for that matter. We were lost.

We just walked on, in silence and at length, not knowing where we were going or how we were going to get out. (Yet, I did not feel any concern over it). We came to a clearing and suddenly the terrain dramatically changed: with the tree line now widely parted it became one of mostly shale, with a few boulders scattered around (possibly the remains of an ancient ravine or a glacier). The sky was a magnificent clear azure blue - with the biggest, brightest glowing sun I think I've ever seen, positioned in the middle, between the left and right tree lines - although worryingly lowered since the last time I had seen it that afternoon. There was also a slight indent in the ground and a trickle of water running along. We crossed to the other side walked further along and came to the edge of the forest.

Fairly close by, there was a farmhouse and someone standing by the window; we ran over and tried to explain our situation but there was somewhat of a language barrier between us. (One of our group tried speaking French, but said all the wrong words! I knew what to say, but didn't get the chance to. I don't think French would have helped though). He did recognise the name of our hotel, though, and got his car out. In less than two minutes driving down the road, we saw our hotel, got out, thanked him profusely and went indoors. Only the lady concierge was there, but she wasn't interested. Now we were safe the group were nasty to me. Shortly after arriving back, our coach arrives, a teacher steps out, followed by very tearful children. I walked down the stairs and told the teacher what had happened, that afternoon. We were not told off. We were all hugely relieved to see each other.

I am over 100% firmly convinced, to this day, that God saw our plight and led us, like lost little fawns, into the treasury of His safe keeping.

Barbara Buckingham

CHOIR NOTES AND MUSIC

Members of the church choir love singing in St Mary's Church.

Firstly, it is their home church: the church they attend, whether singing or not. Their local solace and source of spiritual refreshment.

Then, it is where the people meet: members of the choir create a special bond with each other. Partly this is because of the time spent practising and performing together, and partly it is because they get to know each other well when relying on each other's voices to create harmony. And partly it is because of a common goal, choral music to the glory of God.

Music that is produced to the best of their ability; aiming to reveal the beauty of choral singing, but blended subtly to hide any Imperfection. If this sounds to you like hard work, you are right. It can be tough. And sometimes it is so difficult, unforgiving or uninspired that a particular piece of music may be rejected and not presented to the congregation.



In selecting an anthem for a particular Sunday service, the appropriateness of the words to the season or occasion are always foremost in our minds. A Harvest song in Advent or an Easter hymn in Trinity just do not work for anyone. Then we need to consider the forces required to ensure a good performance. Does it require more than four different voice parts? Is it too long? Is it too difficult? Are there lengthy solo passages? Will our organists



be comfortable with the accompaniment? Will it bear repetition? Will members of the choir like it enough to want to come and sing it?

Very often, the asking of these questions leads us to sing something we have sung before. The church choir

has a huge repertoire, so it is unlikely that a member of the congregation would be able to pinpoint a song and say when it was last performed.

However, there are exceptions (as always). Many of the special occasion anthems are so precious that they bear repeating, at Christmas and Easter, for example. Where would we be without "God is gone up" at Ascension? Or "This joyful Eastertide" at Easter? Or "Hymn to the Trinity" at you-know-when. And Christmas positively demands familiarity.

It is not Noel without “The angel Gabriel from heaven came”, or Rutter’s “Nativity Carol”.

Nonetheless, the choir endeavours to bring fresh music to services, as much for their own benefit as for that of the congregation. In doing so, the choir continues to use Thursday evening rehearsals to test out new pieces as well as to improve planned songs.



In this way we try to ensure that choir members have a good reason for giving up their time for regular practices, both during the week and before Sunday services. There are also occasional mid-week services, including funerals, for which the choir can be a valuable addition. Ash Wednesday and Ascension Day are examples of these. Like the Scouts, the church choir tries always to “Be Prepared”, with an appropriate song, satisfactorily performed, by singers dressed for the occasion. We will be there in July!

Choir anthems in July

2nd July “Prayer of St Richard of Chichester” by White

9th July Family Service, no choir

16th July “O Lord, my God, to Thee” by Arcadelt

23rd July “Ave verum” by Elgar

30th July “God be in my head” by Rutter

There is traditionally no choir during August, but we will return to sing at the first service in September, on 3rd, when the anthem will be “With a voice of singing” by Shaw.

Peter Fall

August Hymns

During August the hymns are chosen by the congregation. There will be forms available from this Sunday for you to nominate a hymn to be included. We also ask for a few words about why it is important to you. It is always lovely to hear the story behind a choice.

Swim Yourself Happier



I'd like to start off by thanking you all for your support on the Great North Swim. My Mum (Anne Yolland) has passed on your best wishes and I've seen the generous donations to JusB come streaming in. This is greatly appreciated. I still can't quite believe what I have done... let me explain.

My journey to the start line was a bit of a whirlwind from my first visit to Barrow Leisure Centre on 23 April 2023 to swimming 2,000m before work in the pool on 26 May and rushing home to sign up to swim 1,600m in open water on 10 June in aid of JusB. I'm not much of an early bird

so the fact in May I started going to the pool at 7am before work and swimming on average 1,250m a session is mind boggling. But I have reaped the rewards of this and having rediscovered my love of swimming, in May I swam 10,425m and in June I've swum 6,450m. Talking about what I've been up to with colleagues has even inspired them to start taking their children swimming. Amazing! The timing happily coincided with The May Movement Challenge (MMC) I'd help organise at work as part of the Health & Wellbeing Group. More on that later.

The swim: On a very hot Saturday 10 June (air temp 27°), I completed the 1-mile swim in Lake Windermere in 46:29 (for those of you who enjoy stats, this means my pace was 2:54 /100m). The water temperature was 20°, a welcome relief for my first open water swim of the year as the pool I swim in is supposedly 29.5°.

The MMC: A combined effort between 33 colleagues on our Strava group (a GPS phone app that tracks/logs physical activity) when we set out to cover 2,300 miles along a fictitious route of the Orient Express from Istanbul to London (I work in a rail consultancy, so we couldn't resist the train theme). To make the challenge as inclusive as possible, we opened it up to all movement with a focus on time spent moving rather than distance covered.

I primarily wanted to start swimming again to regain my swim fitness ahead of my first paddle boarding lesson. Our Senior Leadership Team kindly donated 10 “prizes” to encourage participation – one of these was the “Most Unusual Sport/Activity” which I thought paddle boarding would be a strong contender as most of my colleagues would have to travel a lot further than me to be able to do this. In the end paddle boarding was postponed and a colleague was the unchallenged winner for “cage diving with sharks” on honeymoon in South Africa. Fair enough. We’ve had lots of positive feedback on the MMC and I know I’m not the only one who has found the motivation from it life enhancing.



So, what next? I’m already looking forward to the Great North Swim in 2024 and improving on my 2023 time. In the meantime, paddle boarding is rescheduled for the first weekend of July and I will be canoeing along the highest aqueduct in the world (located in North Wales) the week after. I’m also up to 21 Parkruns and have set myself the target of completing at least 30 by the time of my 30th birthday in October.

Thank you for reading and once again for all your support. Donations are still trickling in, and the final figure will be shared via the newsletter once finalised, but at the time of writing in excess of £800 has been raised for JusB.

Emily Yolland



JusB funding update – We Did It!

A big thank you, we reached and even exceeded our target of £75,000. This has been a great achievement and we are very grateful to all for the fantastic support we have received for this #Save JusB campaign.

The immediate future of JusB is secured, but long-term funding for the voluntary sector is difficult, so our fundraiser will be working hard to secure our financial future. With the next chapter of JusB secure, the Project Manager, Ned McWhirter, now feels the time is right to move on, but leaving with many good memories of JusB over the last 15 years. Further information www.jusb.co.uk

A view from the pew



Recently I have found myself getting to grips with Sudoku puzzles. You will probably have seen them, in the papers, but I have got to the stage where I have a book full of them. From not understanding what it was all about, to grabbing this book every time I sit down, has not taken very long. I have never been one for crosswords – too tricky, never quite sure if your answer is right – so found the manipulation of digits a soothing and satisfying alternative. My Canadian brother-in-law introduced me to the puzzles a couple of years ago, and soon I was hooked. I tell myself that it is not an addiction; I can put it down at any time. But in truth, I actually find it very hard to stop once I have started trying to solve one.

I am assuming that you know what I am talking about. Perhaps I should explain a little more. The goal of Sudoku is to fill a 9×9 grid with numbers so that each row, column and 3×3 section contain all of the digits between 1 and 9. At the beginning of the game, the 9×9 grid will have some of the squares filled in. The objective is to use logic to fill in the missing digits and complete the grid. However, a move is incorrect if:

- Any row contains more than one of the same number from 1 to 9
 - Any column contains more than one of the same number from 1 to 9
- Any 3×3 grid contains more than one of the same number from 1 to 9

Sounds easy – and it can be. The puzzles come graded, usually from “easy” to “fiendish” – after all, it originated in Japan! Although it is marketed as a “fun puzzle game”, it can be intimidating for the beginner. It is said that playing sudoku regularly will bring improvement in concentration and brain power, and yet no special mathematical skill is required.

This example is graded as “easy”, yet 40% of players will be unable to solve the puzzle. So why do they/we continue to return to the source of their/our failure? I have to admit that it is quite addictive. Next time we will solve it quickly and accurately, we tell ourselves. We go ahead, fill in the blanks and sadly show how wrong we were! It wasn't quite as easy as we hoped. Our brains were not quite as active as we assumed.

		7	8		1		4	
9			4					
	7		2		6	3		
		6					3	
	4	3		2				
2		9			8	4		
8			6	1				
	1	4		7	2	5	6	8
6	9	7		5	3	4		2

But we will have another go at a new sudoku. There is always another one waiting to be completed. Surely this time it will go well.....

Peter Fall

P.S. If you manage to complete the example given in this article, please don't send it to me. I'd prefer not to know how easy it was for you.

Ladies of Time

The measurement of small periods of time – hours and minutes – has always been difficult. The first problem was to define what you were measuring

The first measuring devices seem to have been using shadows to measure time by 3500 BC, where they used rock columns or obelisks to gauge the time. This was refined into real sundials by 1500 BC, when they pop up in Egypt. Other cultures soon adopted the sundial, defining the hour as 1/12 of the day or 1/12 of the night. This was fine in Egypt and other southern places not too far from the equator, where the day lengths were fairly constant, but it becomes more of a problem as you travel North. Just imagine being a North European laborer, hired in the winter when the daytime hours were short and then expected to work the same number of the longer summer hours.



Book of Hours

In earlier days, the count of the hours started from one at dawn, and then again from one at dusk, so that when the Bible says the third hour, this would be about 9 a.m. by modern timekeeping. This habit persisted for centuries, Terce and other similar offices of the early Church were named after the hour at which they should be held, so Terce was at the third hour, 9 a.m., Sext at noon and Nones at midafternoon.

Smaller units were soon needed and it was the Egyptian astronomer Ptolomey who invented the minutes and seconds. Not by directly using a clock, but by projecting a global map of the sky and then dividing that into segments for longitude, then smaller segments for minutes and then even smaller segments to give seconds. By this measurement the Moon covers about 30 minutes of sky. (This changes as the Moon gets nearer or farther away.)

Sun dials remained popular throughout most of our history, as in spite of their problems, they are easy to make and require almost no maintenance other than an occasional washdown, or re-footing. However, even the best sundial, correctly lined up and calibrated is only accurate to a couple of minutes, so other methods were needed. Marked candles, water clocks and other steady processes were tried. The first geared clock that we know of was invented by Yi Xing, a Chinese monk in about 725 A.D. This was powered by water regulated by a series of rods and levers.

Portable spring driven clocks were invented in the fifteenth century in France and then the pendulum clock in 1656 by Christiaan Huygens. The pendulum clock was more accurate, but definitely not portable, with a meter long swinging weight. So you had to choose between accuracy or portability. This issue was eventually solved in the late sixteen hundreds by John Harrison, who invented the chronometer, which became the bed-rock of timekeeping for the next three centuries.

As said, sun dials were still the most common timekeepers. One problem with sundials is that the time they display depends on where you are. As you go further west, the time of noon gradually slips, so that noon

in Penzance is over an hour (83 minutes) behind noon in Greenwich. Originally this did not matter, as travelling between cities took so long that you would not notice the gradual change in time. This changed with the railways. Now there was a fast transfer between London and Penzance and people expected that their expensive watches would be telling the correct time, no matter where they got on or off the train. So railway time was introduced to be the same as Greenwich time. This was set by the trains and their time tables. A late train was more than a nuisance, it could mean a real time crisis.

The Lady who Changed Time

Thus it was that the old Lady Carnegie changed time. About 100 years ago, Lady Carnegie was going to the races, but she could not get there with the existing train schedule, as the time tables clashed. In the end, the train was delayed by half an hour, so that she could catch it and arrive on time. When I was told about this many years ago, it was still the proudest moment of the family's history. Never mind the errant son who had gone to America and succeeded in the metal industry; never mind the Carnegie institutions; Lady Carnegie had changed time,

The Lady who Sold Time

Ruth Belville sold time for 50 years up to 1939.

The business was started by Ruth's father, John Henry, who was given a chronometer by the Astronomer Royal, John Pond. This was an excellent timepiece made by one of the leading Chronometer makers of the day, John Arnold & Son and it had its time set daily, directly from Greenwich, courtesy of the Astronomer Royal. John Henry then used the new Greenwich Railway to take the chronometer to his clients and it was mainly used by watchmakers to set the time for their newly made chronometers. Being able to boast that your timepiece showed the real Greenwich time was definitely a status symbol, so Henry did a good trade.

Ruth took over the chronometer and the time trade from her father, even surviving the introduction of the time signal in 1908, as she was more reliable than the pips, which often failed when the telegraph lines went down. Ruth still had about 50 customers when she ceased trading in 1939, possibly due to the impending war.

Nowadays, we are so used to getting our time automatically that we forget what a wonderful thing it is. We can buy watches for one pound or many thousands of pounds; we have atomic clocks which are more accurate than astronomical time as measured by the Earth's rotation; we get it on the internet and from satellites. The latest timekeeping device, that I have just read about, depends on processes within the atomic nucleus itself.

In addition to this, we are discovering that time is a lot more complicated than we thought. Time goes at a different pace on mountain tops from at sea level, it changes according to how fast you are moving, there is the quantum phenomenon of instant interaction at a distance of coupled particles – no time is needed for the signal to pass from one to the other, no matter how far apart they are and so on.

But those complications are for another day, another time.

Trine Hevezi



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Making a Hotel for the BUGS

We have a lovely Churchyard with all kinds of bugs and butterflies in it.

Bugs are in trouble at the moment, so we thought that we should help by providing a safe place for them.

The bugs need a place to overwinter in. They need somewhere to make their chrysalises when they turn from caterpillars or maggots to butterflies or other insects.

It needs to be secure and also not to be disturbed. Some bugs need time to develop. For example, stag beetles need seven years to mature.

So, we got together and have built a Bug Hotel for them.

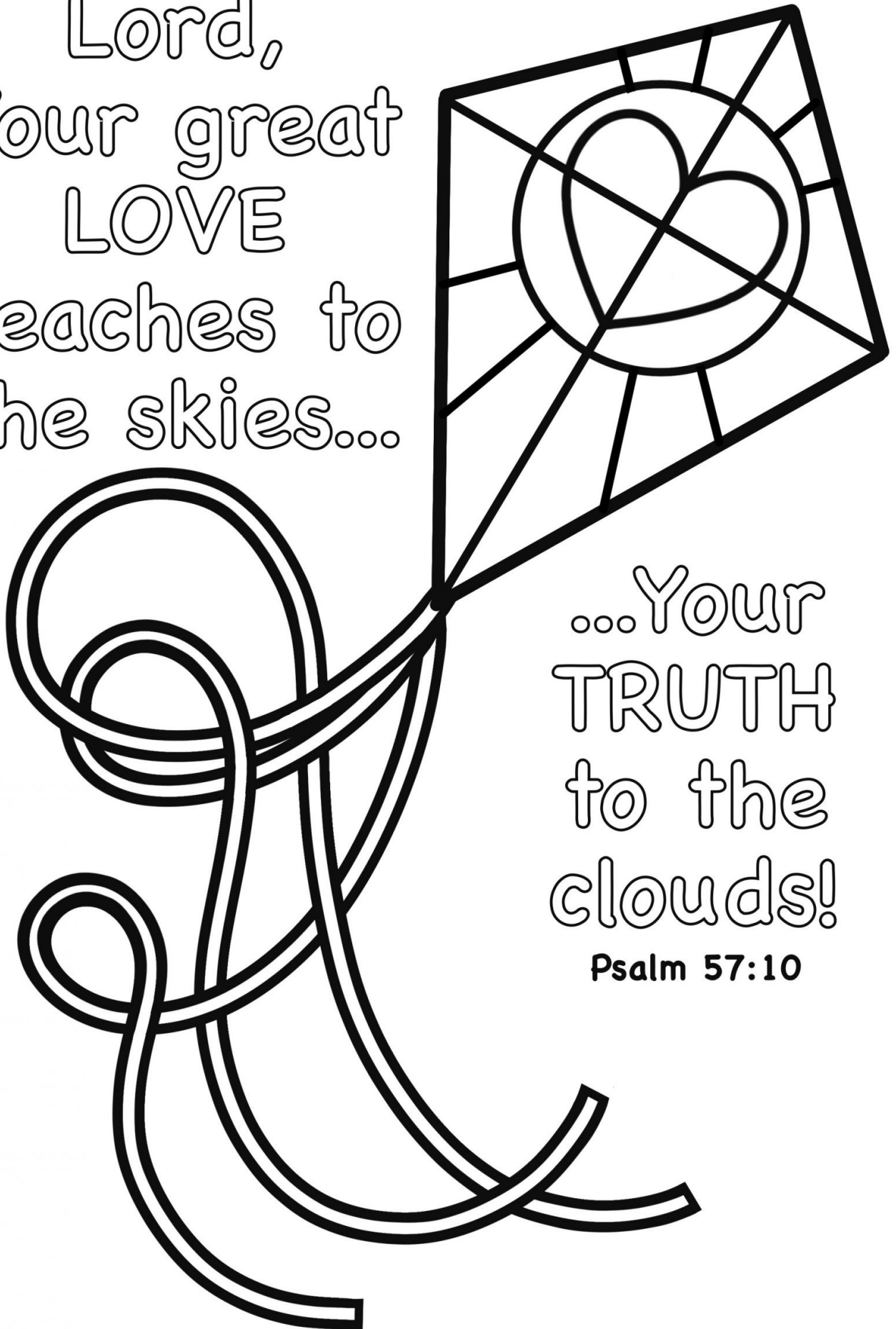


We were lucky with the weather and the organizers had eager helpers

The bug hotel was finished by lunchtime and hopefully is now occupied by its new owners

Trine Hevezi

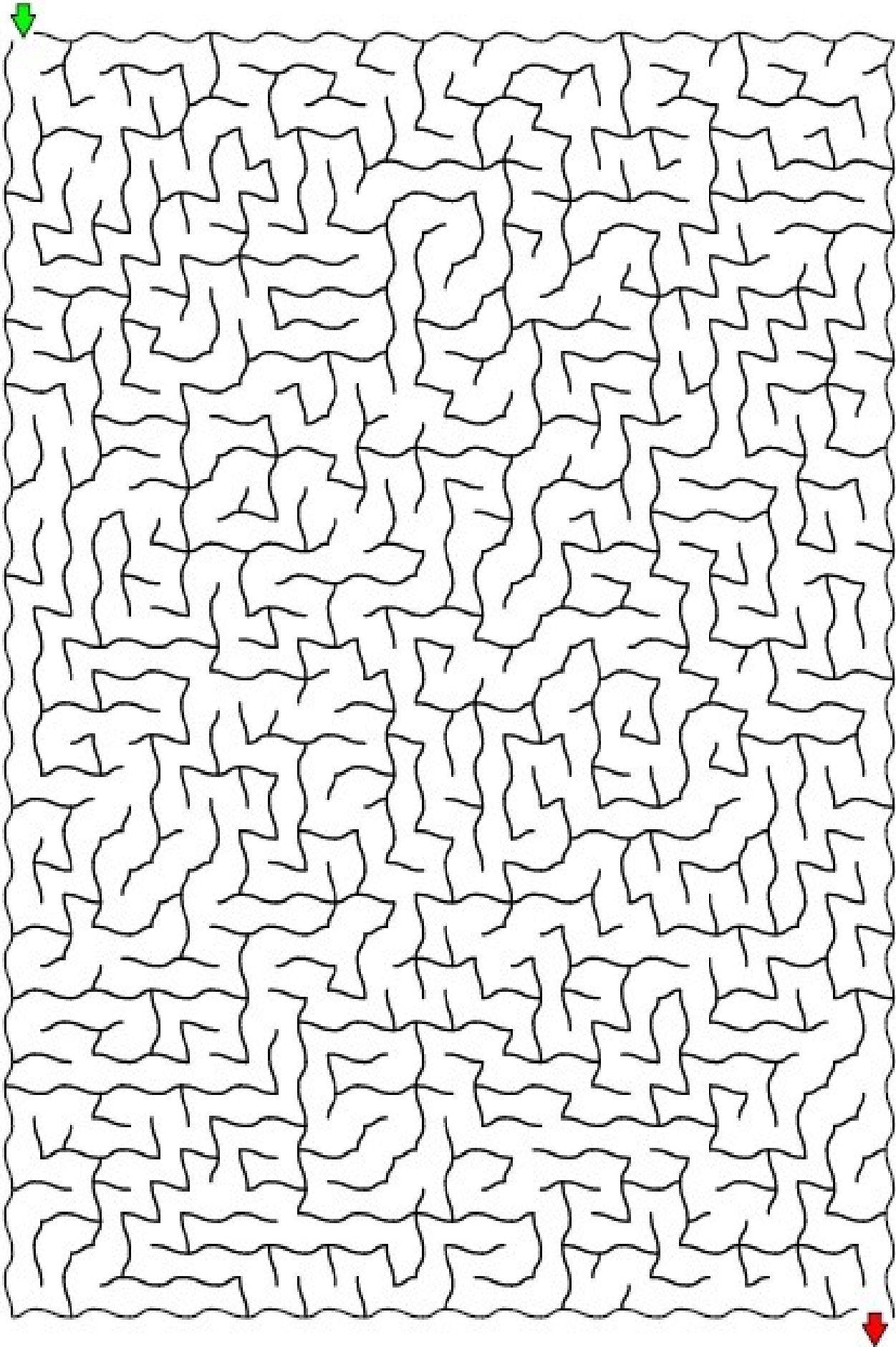
Lord,
Your great
LOVE
reaches to
the skies...



...Your
TRUTH
to the
clouds!

Psalm 57:10

Maze



The Guild of Church Flower Arrangers

Back in February 2022 arrangements were being made for St Mary's to host the Bromley Guild of Church Flower Arrangers and, to my knowledge, this is the first time that this has taken place at our church, although Bromley Flower Club have had demonstrations on special occasions. I have been a member of the Guild for several years and when asked if we would consider hosting the evening, I was keen for this to happen. The Bromley Guild of Church Flower Arrangers has been running since 1966. There are 4 meetings a year in March, June, October and December and these take place in churches of different denominations. The evenings are always enjoyable and the floral arrangements designed for a church setting. It also gives members the opportunity to visit other local churches in the area that they may not normally have an opportunity to see inside. The President of the Guild is the Bishop of Tonbridge, The Rt Revd Simon Burton-Jones.

Fast forward 16 months to May 2023, when Alan Keeler and I had a meeting with the NAFAS trained demonstrator Christine Milburn. Christine had specifically asked to do a site visit of the church and enquired if some music could be played on the evening. Christine brought along 2 sound technicians from her own church to check this out. After a few teething issues with the sound quality of the music being played, this got resolved thanks to Alan's technical expertise and know-how, as he was able to copy the music over to a CD. Alan also operated the sound equipment on the night and played the appropriate piece of music on Christine's given cue.

By the evening of Monday 5th June, everything was ready and in place. Several of the Guild members started to arrive an hour early to ensure they got a front row seat! A number of visitors also came along for the evening. Hospitality was offered with hot drinks, cakes and biscuits and thanks to Margaret Eames for assisting with this.

At 8 pm Alan welcomed the assembled audience and Christine started the demonstration based around the Festivals of the Church throughout the year.



The first design represented the festival of Christmas and a tree was decorated with golden Strelitzia leaves, cones and red flowers and the music to accompany this was from Handel's Messiah – For unto us a Child is born.

The second design led us onto Easter with a cross skillfully hewn from a Christmas tree, with a profusion of white lilies, orchids and white cloth draped to symbolise the resurrection of Christ and the music to accompany was by Grieg, Peer Gynt suite – the death of Ase.



The third design depicted the Ascension with pale purple Alliums floating heavenwards and deep magenta Peonies at the base to represent the apostles below and the music to accompany was by Ludovico Einaudi – Nuvole Bianche, which translated means 'white clouds'.

The fourth arrangement depicted Pentecost, with some vibrant and striking red Anthuriums, orange Gerbera and red feathers and the music to accompany was by Alexis Ffrench – Bluebird. Christine also made an 'economical' crown arrangement with white Hydrangeas.



As Christine created each stunning arrangement she explained in more detail about each design and the meaning behind, the music was then played to enhance the overall visual and spiritual experience. Each piece of music had been carefully chosen to complement the particular themed arrangement. As is customary at the end of the demonstration, a Vote of Thanks was given and I had the privilege to thank Christine on behalf of everyone. Christine's demonstration certainly had the 'wow factor'! There was then an opportunity for everyone to come up to the front to take a closer look at the beautiful arrangements, take photos and to ask Christine any questions. Everyone then went home feeling uplifted and inspired by the flowers and music and hopefully taking away some ideas to try in their own places of worship. Our church was then further adorned with a wonderful profusion of flowers for all to enjoy.

We give thanks for the natural beauty of the flowers and how these have been so artistically arranged to give praise and glory to God. This Flower Arranger's prayer is spoken at the start of each Guild meeting;

May God grant that our hearts, our eyes and our hands may receive His inspiration enabling us to glorify His house with the beauty of the leaves and blossoms which he has created. Amen

Further information <https://guildofchurchflowersbromley.weebly.com/>

The next meeting is on 2nd October, AGM at 7.30 pm, followed by demonstration at 8 pm by Graham Harmer at All Saints Church, Bark Hart Road, Orpington. The Guild welcome visitors £5 and membership for the year is £10.

Thank you to everyone who supported this event.

Anne Yolland



Bromley Flower Club

The club will welcome NAFAS National Demonstrator, David Thomson, on Tuesday 4th July at 2 pm, at United Reformed Church, Widmore Road, Bromley with 'Let's Do Flowers'. Raffle, Sales Table, Books, Puzzles and Plant Stall. Visitors welcome £5.

Do join us for fun, friendship and flowers.

WHAT'S ON IN OUR HALLS

Monday

9.15am—12.30pm	Ready Steady Go! Pre-school	Warwick Hall
3.45pm—6.45pm	Ballet Belles	Warwick Hall
6.45pm—8.45pm	Guides	Warwick Hall

Tuesday

9.15am—12.30pm	Ready Steady Go! Pre-school	Warwick Hall
4.15pm—6.45pm	Ballet Belles	Warwick Hall

Wednesday

9.15am—12.30pm	Ready Steady Go! Pre-school	Warwick Hall
2.00pm—4.30pm	Wednesday Club	Warwick Hall
5.15pm—6.45pm	Harlequins Theatre School	Warwick Hall
6.00pm—7.30pm	Bromley Boy Singers	Buchan Hall
7.00pm—9.00pm	Group Therapy	Front Room
7.30pm—8.30pm	Bromley Shotokan	Warwick Hall

Thursday

9.15am—12.30pm	Ready Steady Go! Pre-school	Warwick Hall
4.00pm—6.00pm	Harlequins Theatre School	Warwick Hall
5.00pm—7.00pm	Harlequins Theatre School	Buchan Hall
6.15pm—7.45pm	13th Bromley Brownies	Warwick Hall

Friday

9.15am—12.30pm	Ready Steady Go! Pre-school	Warwick Hall
6.45pm—8.15pm	18th Bromley Cub Group	Warwick Hall
6.45pm—8.45pm	1st Plaistow Rangers	Buchan Hall
8.15pm—9.45pm	18th Bromley Scout Group	Warwick Hall
7..30pm—9.30pm	Group Therapy	Front Room

Saturday

8.30am—12.00pm	Little Kickers	Warwick Hall
7.00pm—9.30pm	Group Therapy	Front Room

The Rectory
St James the Least

My dear Nephew Darren

Since I happened to be in your area last week, I tried to call in at your church, and was sorry to find it was locked and bolted, with surveillance cameras watching me.



We tend to be a little more relaxed about matters of security. The key to the medieval lock was lost some time during Queen Victoria's reign and never replaced. How someone managed to misplace a foot long piece of cast iron, weighing about 10 pounds is a mystery. If it had fallen out of someone's pocket, it would certainly have broken their foot. Ever since, no one has bothered with locking the door – which makes me wish our burglars last year had thought of trying it, before wasting so much energy smashing a stained-glass window when they visited in the early hours one morning. On the other hand, were the key still in use, I should probably be arrested these days for carrying an offensive weapon.

As with most rural churches, keys which open just about everything in the village are hidden in various parts of the church. The vestry key is under my seat cushion, the organ key under a vase on the altar, the church hall key on top of the hymn book cupboard, and Miss Simpson's spare front door key inside the font. I have never been certain whether the latter is there for safety, or as a general invitation. I am sure someone could usefully produce a book suggesting the many places that keys are likely to be found secreted in churches for the use of vergers, flower arrangers, cleaners – and thieves wanting to save themselves time and effort.

I suspect that the burdened look that many urban clergy wear is not because they are weighed down with parish troubles, but because they are obliged to carry with them a superfluity of keys needed to negotiate every door in church, hall, school, and vicarage. And why is there always one for which no one has any idea what it opens?

The only occasion I have ever thought it would be useful to be able to lock a church is when you have a party of visitors inside. So often, on hearing the words "let us pray" or the start of an appeal for funds, they bolt for the door.

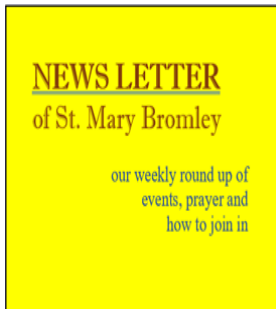
Your loving uncle,

Eustace



Grace Café

Do come and get to know some of us a bit better. We have a weekly café in the church on a Wednesday between 10am and noon. The refreshments are delightful, and we will be pleased to see.



The life of St. Mary's has much going on. Our weekly Newsletter is full of useful information. There are copies in the church, we are happy to email a copy to you or alternatively post you one. Ask our administrator Atlanta if you are interested. Or it can be obtained through the home page of our website.

Please let Alan know about notices you would like to be included by noon on a Wednesday.

Sunday Club's Summer Breakfast

All children and their parents are welcome to join us for breakfast on Sunday 16th July, We start in church at 10.30 a.m.

Concert by The Bromley Boy Singers



The Bromley Boy Singers return to St Mary's, College Road, July 15th, 19:30 to perform a concert on 'home turf'. The concert will include music from the Antipodes, well known classics, and works written especially for The Bromley Boy Singers by composer James Lark.

The Bromley Boy Singers was founded in 1977 by Brian Lambie and soon established a reputation for the quality, variety and enthusiasm of its performances and education programme.

The choir has performed in Queen Elizabeth Hall, Purcell Room, the Royal Albert Hall, the Barbican Centre, St. Martin-in-the-Fields, Notre Dame (Paris) and The Menin gate (Belgium) among other prestigious venues in the UK and in Europe.

Recent tours have brought them to Cornwall, Paris, Belgium and Italy. Tickets for this concert can be purchased on the door, or via the website: www.bromleyboysingers.org.uk

Worship Diary

We offer a variety of services through the year. This is mostly on a Sunday at 10.30am. These are mostly Family Communion. We hope you will find us a warm and friendly congregation. If you have questions about what we do, why we do it or how you might like to be more involved please do speak with the Vicar Alan Keeler, a sidesman... or anyone really!

Our Sunday Clubs are a valued provision for your youngest members. They do not meet when we have a Family Service or 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/>

During August the hymns are chosen by the congregation. There are forms available during July to nominate a hymn to be included. We also ask for a few words about why it is important to you. It is always lovely to hear the story behind a choice.

Services July

Sunday 2nd – 4 Sunday after Trinity
10.30 am Family Communion, with Sunday Clubs

Sunday 9th – 5 Sunday after Trinity
10.30 am Family Service

Sunday 16th – 6 Sunday after Trinity
10.30am Family Communion, with Sunday Clubs
(last Sunday Club until 3rd September)

Sunday 23rd – 7 Sunday after Trinity
10.30 am Family Communion

Sunday 30th – 8 Sunday after Trinity
10.30 am Family Communion

Worship Diary/Continued

Services August

Sunday 6th – 9 Sunday after Trinity
10.30 am Family Communion

Sunday 13th – 10 Sunday after Trinity
10.30 am Family Communion

Sunday 20th – 11 Sunday after Trinity
10.30 am Family Communion

Sunday 27th – 12 Sunday after Trinity
10.30 am Family Communion

Distribution of Holy Communion

Holy Communion is following Jesus' invitation to 'do this in remembrance of me'. As part of the service the priest takes bread and wine, says a prayer of consecration, the bread and wine is then distributed to the congregation. There is much to understand and celebrate in this act of worship Jesus has given to us. If this is new to you, the classic way to learn more is to be prepared for confirmation. We will be happy to explain more if you are interested.

Since covid and with there still being concerns about hygiene we offer a choice between receiving wine from a chalice or small cup. Do follow what other people are doing. If at present you do not want to receive bread and wine do come forward for a prayer of blessing. If you would like a gluten free wafer do let the clergy know. If you have questions we will be only too happy to talk with you about them.

Alan Keeler

SAVE THE DATE—10TH SEPTEMBER 2023

St Mary's Celebrates 160 Years

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	Mrs. ATLANTA TOPHAM	07951 748155
Bookings	e.mail:stmaryshouseandhall@gmail.com e.mail:agkeeler@tiscali.co.uk	
Concerts & Choir	Mr PETER FALL	020 8464 1239
CarePlus	Mrs MIRANDA SUIT	07930 955398
	e.mail:info@careplusbromley.org.uk	

Magazine Committee

Jo Clark	Editor e-mail:joc1947@msn.com	020 8289 6535
Atlanta Topham	Editor, Postal distribution, Advertising e-mail: admin@stmarys-bromley.org.uk	020 8466 6969
Jill Atkinson	Editor e-mail: jilleatk@aol.com	
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