

## MINISTER'S LETTER

The other night I watched *John Bishop's Sport Relief Hell* on BBC One with a mixture of astonishment, amazement and admiration.

The Liverpudlian comedian had been taken by *Sport Relief* to the slums of Sierra Leone and was moved by all that he encountered there - people existing in a living hell with poor sanitation and contaminated water, people exposed to unnecessary and avoidable diseases and deaths. In what he both witnessed and experienced, John found all the motivation he needed to see him through the challenge that he had committed himself to in order to raise money to pay for



vaccines to protect 250,000 children against five deadly diseases (diphtheria, tetanus, whooping cough, hepatitis B and haemophilias, which can cause meningitis and pneumonia).

And what an unbelievably gruelling challenge he had agreed to undertake - cycling, rowing and running over 290 punishing miles from Paris to London in just five days. However daunting that sounds on paper, watching the footage of him on TV really brought home the enormity of his task.

Cycling 185 miles across France in one day - mostly without anyone else to talk to - sounds difficult enough to me. After that I would want to sleep for days. Arriving at Calais at 4am as he did, John had just one hour's sleep before he had to get into a rowing boat to cross the Channel. It was painful to watch his battle with fatigue but moving to see him being helped as he was by Davina McCall, Denise Lewis and Andrew Flintoff. To then see him run the equivalent of over three marathons over as many days as his body continued to break down - the medics and his wife clearly concerned about his well-being - was at times excruciating, at others it was exhilarating and emotional. I don't mind admitting that as I watched John supported and cheered on his way through streets lined with people and arriving

triumphantly in our capital city, tears, not for the first time during this telling of his epic journey, rolled down my cheeks. The full story can be found at <http://www.sportrelief.com/whats-on/celebrity-challenges/bishops-week-of-hell>

Through Lent, we have again been following Jesus on his journey to his capital city where we know - because we have read the story before - he will initially be welcomed with open arms, by streets lined with cheering people, only then, soon afterwards, to be betrayed, arrested, tortured and killed and all because he's neither prepared nor willing to be diverted from his course. Jesus' motivation to make this journey springs from his deep desire to do God's will and so committed is he to this way of love that he shows that he will endure all things for it, pain and even death. The story of Easter further reminds us that love will always find a way to overcome any and every obstacle that it encounters.

I am not here seeking to say that John Bishop is the new Jesus (which will no doubt come as a relief both to you and to him!) but in him is further evidence, if it were needed, that love is the most remarkable and powerful of things. And when love for others touches us deeply, as clearly as it did John, it can provide us with all the motivation that we need to do amazing things that we didn't think likely or possible. The love that we witness in stories like this - and even more so in the story of Easter - should be more than enough to inspire us to be more Christ-like in our daily lives, giving our all for the love of others.

Wishing you a challenging but inspiring Easter.

With every blessing

*Paul*

PS It costs just five pounds for a pentavalent vaccine that will protect a child from all five of the diseases mentioned above - visit the website to donate <https://donate.comicrelief.com/donation/>



# New Life for One Big Family

Come and join us  
3.00pm craft and messy play  
4.30pm story and sharing time  
4.45pm hot cross buns

**FOR MORE INFORMATION  
CONTACT:**

Abby: 8543 9093

Rebecca: 8337 2348

**Sunday 1st April - and we're not joking!**

## Riding Lights at Worcester Park



It is with great excitement that we can announce that *Riding Lights Theatre Company* will perform "**Monsieur de Coubertin's Magnificent Opymlc Feat**" at Christchurch with St Philip, Worcester Park on Saturday 21st April at 7.30pm as part of its national tour.

As London hosts the 2012 Olympic Games, none other than Baron Pierre de Coubertin (sports enthusiast, French aristocrat and devotee of English schools) welcomes you on a whirlwind trip to where it all began. This fascinating, brilliantly entertaining story, which captures 'the moment' in the build up to London 2012, will appeal to a wide audience. It will also be glorious fun and games.

*Baron Pierre de Coubertin, boasting an impressive moustache and an even larger sporting vision, inspired by everything from Ancient Greece to Tom Brown's Schooldays. He wants to re-invigorate the world, body mind and spirit, with heroic sporting endeavours. The is the glorious, remarkable and often hilarious story of the rebirth of the Opymlc© Games in Athens in 1896.*

*But long before any shorts are pulled on in earnest, Monsieur de Coubertin has his own marathon to run, discovering, not for the last time, that international sport is far from an easy game.*

It's not often that quality, professional theatre comes to Worcester Park so make the most of it - get your tickets now before they sell out. Tickets can be obtained locally from Lynn (8330 7282) or from the national box office (01904 613000).



## Hot Cross Buns

*Hot cross buns!  
Hot cross buns!  
One ha' penny, two ha' penny,  
Hot cross buns!*

*If you have no daughters,  
Give them to your sons  
One ha' penny,  
Two ha' penny,  
Hot Cross Buns!*



"**Hot Cross Buns**" is a well known English language nursery rhyme, Easter song and street cry referring to the spiced English bun associated with Good Friday known as a Hot Cross Bun, which was first recorded in London in 1798

Although the first name for these buns were Good Friday Buns or Cross Buns the earliest written instance of the name '*Hot Cross Buns*' comes from 1733 A.D. The name is recorded in a lesser well known rhyme or 'ditty'; it is also interesting because it includes the old reason and superstition for making the sign of the cross in baked goods:-

*"Good Friday comes this month—the old woman runs  
With one or two a-penny hot cross buns,  
Whose virtue is, if you believe what's said,  
They'll not grow mouldy like the common bread."*

According to tradition, Hot Cross Buns were the only food allowed to be eaten by the faithful on Good Friday. Made from dough kneaded for consecrated bread used at Mass or Holy Communion, and thus representative of Christ's body, Hot Cross Buns were also credited for miraculous healing and for protection. Throughout the years, it was said that Hot Cross Buns baked on Good Friday would not spoil or become mouldy during the subsequent year and were used in powdered form to treat all sorts of illnesses or a piece of it given to someone who is ill to

help them recover. In addition, many families hung the buns from their ceilings to protect their households from evil for the year to come.

Sharing a hot cross bun with another is supposed to ensure friendship throughout the coming year, particularly if "*Half for you and half for me, Between us two shall goodwill be*" is said at the time. Because of the cross on the buns, some say they should be kissed before being eaten. If taken on a sea voyage, hot cross buns are said to protect against shipwreck. If hung in the kitchen, they are said to protect against fires and ensure that all breads turn out perfectly. The hanging bun is to be replaced each year.

Hot Cross Buns were traditionally served during the Lenten Season, especially on Good Friday. Their origins are mixed with pagan traditions. To the ancient Aztecs and Incas, buns were considered the sacred food of the gods, while the Egyptians and Saxons offered them as sacrifices to their goddesses. The cross represented the four quarters of the moon to certain ancient cultures, while others believed it was a sign that held supernatural power to prevent sickness. To the Romans, the cross represented the horns of a sacred ox. The word "bun" is derived from the ancient word "boun," used to describe this revered animal.

The Christian church adopted Hot Cross Buns during their early missionary efforts to pagan cultures. They re-interpreted the "cross" of icing which adorns the bun to signify the cross on which Jesus sacrificed His life. Some historians date the origin of Hot Cross Buns back to the 12th century, when an Angelican monk was said to have placed the sign of the cross on the buns to honor Good Friday, known at that time as the "Day of the Cross." In 1361, a monk named Father Thomas Rockliffe, was recorded to have made small spiced cakes stamped with the sign of the cross, to be distributed to the poor visiting the monastery at St. Albans on Good Friday. According to the scholar Harrowven, the idea proved so popular that he made the buns every year, carefully keeping his bun recipe secret.

No longer is the recipe such a secret and now you have a chance to make some Fairtrade Hot Cross Buns from the following recipe.





## FAIRTRADE RECIPES

### Hot Cross Buns

Makes about 12 buns.



#### Ingredients

50g, plus 1 level tsp, caster sugar  
1 level tbs dried yeast  
450g plain flour  
1 level tsp salt  
1 rounded tsp mixed spice  
125g Tropical Wholefoods  
Fairtrade Raisins  
40-55 ml warmed milk  
1 egg, beaten  
50 g butter, melted

#### For the glaze

2 tbs granulated sugar  
2 tbs water

#### For the crosses

4 oz (110 g) plain flour and 3 tbs water  
You will also need a greased baking sheet.

1. First stir the teaspoon of caster sugar into 150 ml hand-hot water, then sprinkle in the dried yeast and leave it until a good frothy 'beer' head forms.
2. Meanwhile sift the flour, salt and mixed spice into a mixing bowl and add the remaining 50 g of sugar, and the raisins.
3. Make a well in the centre, pour in the yeast mixture plus 40 ml of milk (again hand-hot), the beaten egg and the melted butter. Now mix it to a dough, starting with a wooden spoon and finishing with your hands (add a spot more milk if it needs it).
4. Transfer the dough on to a clean surface and knead it until it feels smooth and elastic – about 6 minutes.
5. Now pop it back into the bowl, cover the bowl with a lightly oiled plastic bag, and leave it in a warm place to rise – it will take about an hour to double its original size.
6. Turn it out and knead it again, back down to its original size.
7. Divide the mixture into 12 round portions, arrange them on the greased baking sheet (allowing plenty of room for expansion). Leave them to rise once more, covering again with the oiled plastic bag, for about 25 minutes. Meanwhile pre-heat the oven to 220C/425F/gas mark 7.
8. For the crosses, mix the flour and water, roll out very thinly and divide into small strips, dampen and place on top of the buns before baking.
9. Bake the buns for about 15 minutes. While they're cooking, make the glaze by melting the sugar and water over a gentle heat. Brush the buns with the glaze as soon as they come out of the oven, to make them nice and sticky.

In 2011 tens of thousands watched  
**the passion of  
JESUS**

An Open Air Play performed freely to the public



To be performed again in  
**Trafalgar Square** on **Good Friday**  
6th April 2012  
Performances at 12 noon and 3.15pm



**FREE TO ALL COMERS    BIG SCREEN    WONDERFUL SOUND**

The Wintonsham Guild from The Life of Christ  
Enquiries: Wintonsham Estate Office GU5 0LR Tel: 01483 892167    [www.passionofjesus-trafalgar.co.uk](http://www.passionofjesus-trafalgar.co.uk)



**Come and Celebrate the Risen Christ  
at this year's**

**EASTER DAY  
SUNRISE SERVICE**

**with COMMUNION**

**6:30am Sunday 8<sup>th</sup> April**

**Cannon Hill Common**

**(takes place next to the site of the old pavilion)**

**All are invited to breakfast afterwards  
at Martin Way Methodist Church**

**Organised by local Christians from local churches**

RIDING LIGHTS  
THEATRE COMPANY  
PRESENTS

# MONSIEUR DE COUBERTIN'S MAGNIFICENT OPYMLIC<sup>®</sup> FEAT!



Sprinting  
backwards  
to the start of  
the Games!

Written by  
Bridget Foreman  
& Paul Burbridge  
Directed by Paul Burbridge  
Designed by Sean Cavanagh

**Saturday 21<sup>st</sup> April 7.30pm**

CHRIST CHURCH WITH ST. PHILIP

Cheam Common Rd. / Ruskin Drive, Worcester Park, KT4 8LG

Tickets: £12.50 Concessions £10.00 Groups of 10+ £9.00

**Box Office: 01904 613000**



RIDING  
LIGHTS  
THEATRE COMPANY

## Well Done Washee



*This year's Pantomime, Aladdin, by the Parish Players had our very own Jack Pallister playing the part of Washee.*

*The below article is extracted from the review. For a full review either see the February Issue of St. Mary's Parish Magazine, or visit the website at <http://parishplayers.net/> where a wonderful range of photos of the performance can also be viewed.*

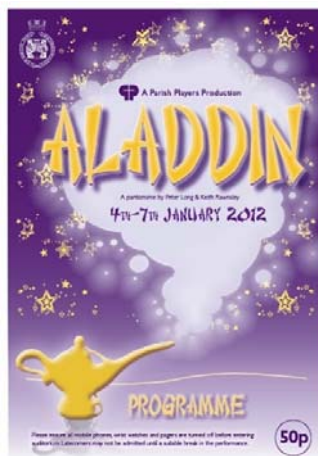
The displays of photographs and reviews and the welcoming front of house staff all contributed to a pleasurable sense of anticipation for the audience arriving at the Parish Hall for this year's pantomime.

The cast saw a positive plethora of Parish Players' Old Lags in fine form.

Washee, played in a stand-out performance by Jack Pallister. He gives every impression he is having the best time when he is on stage and consequently, we do too. Clearly talented in so many ways, Jack is a born performer who lights up the stage. His short tap dance left us wanting more.

Technically, this was a very ambitious production. The lights and sound seemed flawless to me on the Friday performance. The flying carpet sequence was excellent.

To sum up: Aladdin 2011 was a thoroughly enjoyable show in the best tradition of amateur pantomime. Maggi Chick, the director, is to be congratulated on the way she harnessed all the talent at her disposal and came up with an evening that satisfied in every aspect of performance.



*Review by Sue Edwards*

## EASTER COLOURING PUZZLE

Find all the eggs, then colour in the picture.

### Easter Egg Hunt

How many Easter eggs can you find?





## MY QUILT

As we faced our Maker at the last judgement, I knelt before the Lord along with all the other souls. Before each of us was laid the years of our lives - like the squares of a quilt in many piles.

An Angel sat before each of us, sewing our quilt squares together into a tapestry that would represent our entire life. As my angel sewed together my little pile of squares, I noticed how ragged and threadbare many of them were. The years of my life that had been difficult and full of sorrow had produced squares filled with giant threaded holes. I glanced around me.

Nobody near me had such transparent squares. Other than a tiny hole here and there, the other tapestries were filled with rich colour and the bright hues of happy lives, well lived on earth. I remembered all the hard, lonely times and felt disheartened.

Finally the time came when each life was to be displayed, held up to the light. Tapestry after tapestry was held up, full of amazing patterns.

Then it was my turn. I held my breath. My life had not been full of success and prizes. I had had many trials and sorrows. They had driven me to my knees in desperation, crying out to God for help and guidance. And now, it was time to face the truth about what I had made of my life. Slowly the angel lifted the combined squares of my life to the light. An awe-filled gasp filled the air. I gazed in wonder.

The tapestry before me was diffused with radiance. Light flooded the many holes, creating an image, the face of Christ.

Then our Lord stood before me. With warmth and love he said "Every time you gave over your life to me, it became my life, my hardships and my struggles. Each point of light in your tapestry is when you stepped aside and let Me shine through, until there was more of me that there was of you"



# CHURCH DIARY



Sun	1	10.30 am	All Age Worship led by Brenda Cannon
		3.00 - 5.30pm	New Life for One Big Family
Mon	2	8.00 pm	Easter Meditation
Tues	3	10.30am-noon	Coffee and Chat
		8.00 pm	Easter Meditation
Weds	4	8.00 pm	Easter Meditation
Thurs	5	8.00 pm	Maundy Thursday Service led by Rev Paul Timmis
Fri	8	10.30 am	Good Friday United Service at Martin Way with Merton Park Baptist Church
Sun	4	6.30 am	Sunrise Service on Cannon Hill Common followed by Breakfast at Martin Way at 7.30am
		10.30 am	Easter Day Service led by Brenda Cannon
		6.30 pm	Easter Communion Service led by Rev Paul Timmis
Tue	10		<i>Spring Harvest (to 15th April)</i>
		8.00 pm	Time for Prayer
Weds	11	7.45pm	Midways Group Easter Songs & Readings plus Hot Cross Buns
Fri	13	12.30 pm	Luncheon Club
Sun	15	10.30 am	Morning Worship led by David Eagle
Tue	13	10.30am-noon	Coffee and Chat
		7.30 pm	Men's Supper Club - <i>Tom Linton-Smith - My Travels in South America</i>
		8.00 pm	Time for Prayer
Sat	21	7.45 pm	Riding Lights at Worcester Park

Sun 22 10.30 am Holy Communion led by Rev Paul Timmis  
 Tue 20 10.30am-noon Coffee and Chat  
           8.00 pm Time for Prayer  
 Thur 26 8.00 pm Leadership Meeting  
 Fri 27 12.30 pm Luncheon Club  
 Sun 29 10.30 am Morning Worship led by Valerie Ashcroft

*Please refer to the Website (www.martinway.org.uk)  
 or Weekly Notice Sheet for any additional information*

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We wish all of those who celebrate a  
 birthday  
 in April a very

*Happy Birthday*

and especially to:

**Celia Johnson on 4th April**

**Rosie Randall on 10th April**

**Phoebe Pallister on 29th April**

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### **Ecumenical Service for Pentecost**

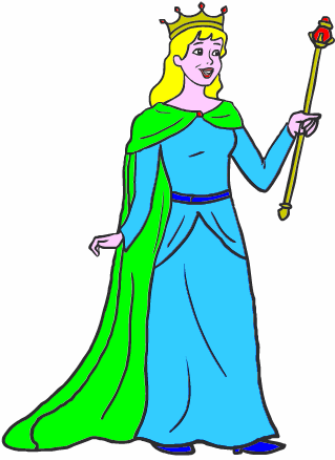
On Sunday 27<sup>th</sup> May at 3pm the five churches that belong to the Merton Park Churches Together group plan to hold an open air ecumenical service at the bandstand in John Innes park.

Groups of people will probably walk from their own churches to meet together in a service of Praise and Worship which included songs, prayers, readings and an address.

Keep an eye out for the posters giving more information.



## The Jubilee May Fair and May Fair Queen



On 19th May from 11am to 3pm, we are having a May Fair at Martin Way Methodist Church. We are giving girls under 12 the opportunity to apply to be the May Queen.

If your child would like to enter, please contact Karen Smith before 29th April, with your child's name, age and your contact details and she will be able to add them into the draw for the May Queen. Karen can be contacted either by email at [karensmith41@gmail.com](mailto:karensmith41@gmail.com) or by phone on 020 8542 0176 or 07505121596.

We will draw the name of the Queen on 6th May and we will contact the winner then. The other girls who entered will be her attendants on the day. We would like all the girls to wear pretty dresses and to have a flower hair clip or hair band. All of the girls will be provided with posies to hold for the procession and the Queen will be crowned at about 12.30pm.

Good luck girls and please all of you come along to support them and enjoy the fair.

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In addition to the May Fair Queen procession we plan to run the following stalls:

Bouncy castle, face painting, hook the duck, jar tombola, lucky dip, craft activities, book, plant and bric-a-brac stalls along with lunches and cream teas.

We are looking for donations for the stalls and helpers for the day.

If you are able to help or donate anything please contact either Jane Smith ([cjesmith@blueyonder.co.uk](mailto:cjesmith@blueyonder.co.uk)) or Anne Conquest ([aconquest@btinternet.com](mailto:aconquest@btinternet.com))

Items for the **May Newsletter** should be with Andrew Fox, (email: [roife@hotmail.co.uk](mailto:roife@hotmail.co.uk)) by **Sunday 22nd April** at the latest