

# Coulsdon Cross

News & Views from St. Andrew's Church

September 2023



## St Andrew's Vision Statement

*A joyful, daring, diverse and generous Christian community, setting the world alight with the love of God.*

*Come and join us! All are welcome*

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## **DATES FOR YOUR DIARY:**

**Tuesday 26<sup>th</sup> September – Mothers' Union Thanksgiving Service, 8 pm**  
(Lady Chapel)

**Saturday 30<sup>th</sup> September** – 11am – 2 pm Autumn Fair and Noah's Ark Art Festival with 'Living Things' wildlife show at 2 pm. All are very welcome. Please tell your friends!



## **REGULAR EVENTS**

Sunday 9.45 Parish Communion – (Junior Church on the 1<sup>st</sup> Sunday of the month)

*Every Monday* 10 -12 noon Time 2B: Coffee chat and craft in the church hall. All are welcome.

*Every Tuesday* Tots and Toys playgroup in the church hall. 11-12 noon.

*Every Wednesday* 10 am Holy Communion (Book of Common Prayer; 3<sup>rd</sup> Wednesday of the month Holy Communion with laying on of hands and anointing for healing).

*1<sup>st</sup> and 3<sup>rd</sup> Wednesdays* 7.30 pm Prayer and Bible Group on zoom. Please contact Reader Gerry Daly for details (contact page on back of magazine).

*Every second Tuesday* Pop in Tea at 2 pm in church hall preceded by service in church at 1.30 pm.

*Every third Tuesday* 3.30 – 5.30 pm Messy Church – craft activities, bible story and hot meal for children and their parents / carers.

*Every fourth Tuesday* 8 pm – Mothers' Union, Committee Room.

Dear Friends,

I hope that Saturday 30<sup>th</sup> September is clearly marked in your diary as a red letter day: our Noah's Ark Art Festival and Fair from 11-2 pm. It will be wonderful to see our church transformed into the setting of one of the best loved Bible tales. The book of Genesis describes how the ark was built and how the animals crowded on, two by two. But there's some information we're not privy to, like what happened when the ark landed and Noah told the animals to go forth and multiply. Legend has it that they all set off – apart from two snakes who were huddled up in a corner crying. "What's wrong" asked Noah. Sniffing, the snakes replied; "Noah, we can't multiply... we're adders." 😊

Yes, Noah and his ark (complete with adders) is a perennial favourite, but it also has a dark side. As Dolly Parton put it; "If you want the rainbow, you gotta put up with the rain." In the story "all the fountains of the great deep burst forth, and the windows of the heavens were opened" for forty days and forty nights (Genesis 7:11-12). What of those left behind? "All flesh died that moved on the earth. Only Noah was left, and those that were with him in the ark." (Genesis 7:21, 23)

Luckily the story has a happy ending – the everlasting covenant, symbolised by the rainbow. God promised that "the waters shall never again become a flood to destroy all flesh." (Genesis 9:15) And yet the floodwaters are rising. As I write, the first tropical storm to hit California in 84 years, storm Hilary, is wreaking havoc. Major floods occurred at the beginning of August in Slovenia, Austria and Croatia. The Slovenian Prime Minister has said the estimated damage will cost €500 million. In July thousands were evacuated from their homes in Delhi when the levels of the Yamuna River reached a record high. Last year's floods in Pakistan affected 33 million people. According to UNICEF more than 10 million people still have no access to safe drinking water.

Why is it happening? I don't think we can lay the blame at the Creator's door. As American environmentalist Paul Hawken states; "Most floods are caused by people, not weather; deforestation, levee construction, erosion and overgrazing all result in the loss of ecosystems." And as

UNICEF point out, “Climate-related crises will not affect everyone equally. Children will suffer more than adults, with those in the poorest communities bearing the biggest burden.”

As gospel - ‘good news’ - people, we have a divine duty to do what we can, however small it may seem, to make a positive difference. Indeed, the Bible is full of examples about the power of small things – think about David and Goliath (1 Samuel 17). Remember what Jesus said about the mustard seed – “It is the smallest of all the seeds, but when it has grown it is the greatest of all shrubs and becomes a tree.” (Matthew 13:31-32).

One of the things we can do is to support charities like Christian Aid. We can also make changes to our own lifestyles, cutting down on our energy use and making more ecologically friendly choices. As Martin Luther King reminds us, “The time is always right to do what is right.”

As we celebrate the story of Noah’s Ark, may we remember that care for the world is not an optional extra but a fundamental religious imperative. We can’t close our hearts to the suffering of our sisters and brothers on the other side of the world, for we are all in the same boat and we have a duty to care for each other. It’s significant that all types of creature managed to live side by side on the ark. “How did this happen?” a Jewish commentator was once asked. He answered: “Because otherwise they would drown.”

It is just the same for us. May Noah and his ark remind us that we all have an important part to play in God’s continuing story of salvation.

*Esther and Jessie the vicarage dog x*

P.S. We would be very grateful for **good quality** bric a brac, books, toys, ‘good as new’ gift sets, unopened bottles of any description for our bottle tombola and raffle prizes. Please bring them to church with you one Sunday or Wednesday, or contact Esther if you need to drop them off another time. Thank you so much for your generosity 😊

## **ECO CHURCH: MAKING A DIFFERENCE**

We all know that green spaces are important. As well as positively contributing to mental health (for dogs as well as humans!) they absorb carbon dioxide and reduce air pollution.

Planting a few trees, shrubs, flowers, and vegetables can make a big difference. We are delighted that our pal Andrew has made a wild flower garden by tending some of the waste ground around the back of the hall.

The bees and insects are also pleased!

Thank you Andrew



Grateful thanks also go to our friend Ken George for keeping the pots at the church doors looking so wonderful.

You don't have to be Alan Titchmarsh to start growing your own produce. Be it a tomato plant or a few runner beans – whatever you can grow at home means less food miles, fewer trips to the supermarket and more pennies in your purse – not to mention the far superior taste of something that has come from plot to plate. Why not plant a fruit tree or bush? Even the brambles come into their own in blackberry time. Jessie enjoyed helping to pick some on the Downs.



Real lawns can be a nuisance, especially in the summer time, but try to resist the urge to get fake grass – as well as looking horrible, it is made of plastic, can't be easily recycled and won't absorb water which means it can contribute to flooding. It can also contaminate other soil with microplastics – not good news for the insects who live in it. If you need any other reasons to stick with the natural stuff, the university of Plymouth say artificial grass contributes to global warming as it absorbs significantly more radiation than living grass.

“Heaven can be under our feet as well as over our heads” said Henry David Thoreau. Jessie would also like to add that fake grass is terrible for peeing on!

### **MESSY CHURCH**

*Nina Arjun, who regularly attends with her two granddaughters writes*



Messy Church is an amazing resource for the local community and a real asset for the Church. All the children from toddlers upwards are made to feel very welcome by the hard working and multi talented volunteers.

There is always a variety of things to do, ranging from painting, planting seeds and decorating biscuits and cakes. Each table is managed by a very patient volunteer. Once the mess has been made, all the activities are linked by a story. This pulls the afternoon together and allows the children to have a few moments of calm.

During the story, the mess is miraculously tidied up in the hall and the tables are set for food. The volunteers in the kitchen have definitely earned their MasterChef aprons. Each month they manage to produce a different hot meal for all the children , with no fuss, making it look effortless. Messy Church brings a lot of children together in a very happy safe environment. Long may it continue!



*Messy church friends enjoy crafts and Bible story time with Jenny, our Messy Church co-ordinator. Messy church is back after the summer break on Tuesday, September 19<sup>th</sup>. Grateful thanks to Jenny and all our wonderful volunteers.*

### **NEWS FROM ST ANDREW'S CONTACT GROUP**

*Monica Jefford, Contact Group Co-ordinator, writes*

Almost thirty three years ago one woman's vision of community care, shared with others, saw the formation of the Contact Group that remains in existence today. Its ethos remains the same: To offer support to people of the local community of Coulsdon by undertaking neighbourly activities in a spirit of friendship and care.

There is now less involvement with the wider world: statutory services, Croydon Neighbourhood Care Association and other groups have been reduced. Health and safety factors have also changed the philosophy provision and style of care. Contact group volunteers continue to provide befriending, social in-house events and may offer limited help on a 1:1 basis, subject to the necessary checks.

Anno Domini and the complexities of physical and mental wellbeing mean many volunteers and users alike are less able to do what they once did. Compliance with the church insurance policy, natural processes and abilities have severely curtailed transport provision. Although never specially funded the Contact Group has kept solvent with reasonable charges to cover costs, donations and gifts.

Previously this was added to by Croydon Council's Health Related Driving and Waitrose Community Matters schemes.

We remain self funded and have not succumbed to the Council's contract regulations of performance criteria, targets and associated inspections as many of the initially well established larger groups have. Although Monica is the Contact Group's earthly coordinator, God is in charge. Through His enabling we have kept pace with the evolution in social care and underpinned by prayer continue to provide a much loved service. This whistle stop tour through history of the Contact Group has touched on the implications of the modern world and the way we live our lives nowadays.

Over the years up to 20 and currently 17 volunteers have provided thousands episodes of care to hundreds of people. Since the first Pop In tea in 2005 there have been 198 sessions with innumerable cups of tea, 396 plates of sandwiches, 510 scones, a choice of 594 cakes, with speakers, activities, entertainment, a chance to meet friends and have a natter. "It's enjoyable and fun joining in the activities each month." "A real treat to enjoy the wonderful teas we are served with." "They are so good we need two Pop Ins a month!"



Lunches were a regular feature from the start but since 2005 these have been annual events of 3 courses with all the trimmings Previous outings still provide stories today. Who can forget Teapot Island near Maidstone? Since 2017, due to practicalities, economic considerations and our carbon footprint these are on a 1:1 basis.

We have celebrated numerous double figure wedding anniversaries, birthdays ending with a 0/5, including a centenary, as well as local and national celebrations with two jubilees.



Evolution is a fundamental part of life's processes with change, stated by philosophers, as the only constant in life. Yes, the Contact Group has changed by adapting as necessary to continue the legacy of our founder. By building on the 'jewel in our crown' the monthly Pop Ins offer spiritual and social experiences to suit all. Enabling us to share God's love on a regular basis and contribute to the overall Mission Action Plan of St. Andrew's Church: "A joyful, daring, diverse and Christian community, setting the world alight with the love of God "

It is becoming more apparent that many in our Contact Group and also the Sunday church community are finding attendance increasingly difficult. As well as our usual worship and activities, we need more focus on taking God's love to where people are. Are you ready to make this happen? God never demands that we do more than we are able, though he may push a bit at times! He also provides the resources required but maybe not as we want or expect. As the hymn reminds us, "Trust and obey for there's no other way."

Esther and the PCC need our help and there several ways you could do this. Could you consider sending a card or making a telephone call to someone? Would, particularly, those in younger age like to draw pictures/make cards that could be delivered/sent as well? Materials to do so could be provided. Are you able to visit someone? Are you able to make a financial contribution?

If everyone who regularly attends St Andrew's Church on a Sunday helped that would be at least 40-60 episodes of God's love. Doing so on a regular basis could mean thousands a year.

Think and pray about it and if you feel called to be involved in any way let Monica and Esther know.

"Being alone is a choice we make, being lonely isn't."

Until the next time, kind regards from

*Monica and the Contact Group volunteers x*

## **QUIT SMOKING FOR YOUR HEALTH**

*Our friend Lizzie Mills works in the Communications team at King's College Hospital. This month she reminds us of the need to quit smoking:*

Stopping smoking is one of the best things smokers can do for their health, and it's never too late to quit. If you smoke and want to stop, there are free NHS tools and support to help you.



Stopping smoking brings multiple benefits to health, some immediate and others that build over time. These include having more energy and being able to breathe more easily. You'll also have more money in your pocket; the average smoker is able to save around £38 a week when they quit - that's £2,000 a year.

If you've decided to quit smoking, here are ten top tips to help you succeed:

1. Pick a quit date and add it to your calendar
2. List your reasons to quit
3. Use stop smoking aids to help manage your cravings
4. Change your routine if you smoke at certain times of day
5. Tell people you are quitting
6. If you've tried to quit before, remember what worked
7. Have a plan if you are tempted to smoke
8. List your smoking triggers and how to avoid them
9. Keep cravings at bay by keeping busy
10. Exercise away the urge to smoke

Need more motivation? There's a range of free support for those looking to quit, including the NHS Quit Smoking app, Facebook support group, an online Personal Quit Plan and local stop smoking service look-up tool, as well as advice on stop smoking aids including information on how vaping can help you quit smoking. Search "Smoke Free" for more information.

## **THE HISTORY OF SNOOKER AND BILLIARDS**

*by Edward Inns*



Snooker has evolved massively from the amazing game of Billiards, which used only three balls and wooden sticks in the shape of hockey sticks, to the game that we know today, using 21 balls and billiards cues. Although snooker hadn't been invented in the fifteenth century billiards was played as a way to keep the rich amused. It actually began outside as a form of croquet in France in the 1340s and evolved into an indoor game for less clement weather. The green baize of the table represented the grass lawn.

It is thought that in 1469 King Louis XI asked for the game to be raised to waist height so as not to aggravate his bad back. It was always a game reserved only for nobles and there are engravings showing Louis XIV playing. The rules were very different to those of today's game.

During the Regency era the shape of the cue evolved into the stick we are familiar with today, with players striking the ball rather than pushing it. At this point only three balls were used and it was known as English billiards. Of course English billiards wasn't the only form of the game, in France another version had become popular called Carom which was often played on tables without pockets.

Eventually billiards grew so popular that a championship was formed in 1870 and is still competed for today, making it one of the oldest sporting world championships.

The popularity of billiards led to variants of the game being introduced and in India one of these versions was formed. In 1875 a British army officer, Neville Chamberlain (a different one!), created the game which was taken up by other officers stationed in India and the game of snooker as we know it was born. In the military the term “snooker” was used to describe inexperienced or first year personnel.

Fast forward to the 1920s and the game had its first celebrities. Joe Davis won the billiards championship four times but was then beaten by Australian player Walter Lindrum, who had developed a method of building up such high scores no one could beat him. In response to this, Joe Davis invented the snooker world championship which has now eclipsed billiards in popularity.



### **CALLING ALL CONFIRMATION CANDIDATES**

Have you been confirmed? Could God be calling you to deepen your relationship with him through this sacrament? What exactly is confirmation?

Many of us were baptised as infants. During this service, promises were made on our behalf by our parents and godparents that we would be brought up to follow the way of Jesus. Confirmation is an opportunity for a person to make these promises for themselves.

During the service, the bishop lays her hands on the head of each person to be confirmed and prays for the Holy Spirit to come upon them saying; “Confirm, O Lord, your servant with your Holy Spirit.”

Christians believe that confirmation unites a person more firmly in their relationship with Jesus and increases the gifts of the Holy Spirit in them. The prophet Isaiah speaks of the spirit of the Lord giving “wisdom and understanding, counsel and might, knowledge and the fear of the Lord.” Paul speaks of the fruits of the Spirit in his letter to the Galatians as “love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.” (Gal 5:22)

Confirmation is open to all baptised persons from the age of 10. If you would like to find out more, please have a chat with Esther. We hope to run classes on Sunday afternoons in the near future.

The deanery confirmation service will take place at St Mary’s, Sanderstead on Sunday October 29<sup>th</sup> at 5 pm and will be taken by Bishop Rosemarie.

#### Lectio Divina at St Andrew’s

*Our monthly sessions of Lectio Divina begin again via zoom on Wed 20<sup>th</sup> September. All are most welcome to join us – contact Gerry for more details. Regular attendee Monica Jefford explains what this method of prayer is all about.*

Established as a monastic practice in the 6th century Lectio Divina (Divine Reading) provides a contemplative way of reading the Bible. Its focus is not on theological analysis of Bible passages but viewing them with Christ as the key to their meaning. The practice understands Scripture as a meeting place for a personal encounter with the living God. Bible reading on an



emotional level rather than cerebral, its aim is formation into the likeness God rather than instruction.

Lectio Divina presupposes that every Bible passage speaks to the imagination. It invites the reader to enter into the movement of the passage and discover that this is also the movement of their life.

To imagine being present to hear/witness what is being recounted.

Reading the same passage several times facilitates this.

The steps of Lectio Divina are:

LECTIO (Read). A slow and gradual reading of the Bible passage several times, often with a slightly different focus. This attentive reading begins the process through which a higher level of understanding is achieved.

(At St

Andrew's we read 3x using different translations of the Bible.)

MEDITATO (Meditate). Less a practice of reading more listening to the inner message delivered by the Holy Spirit. As the 'Living Word' this will come and doesn't need to be second guessed, a time to ponder.

1

ORATIO (Pray). Thank God for His Word. Pray about the passage and ask Him to lead you to a deeper understanding. 'Praying with Scripture'

The Lectio Divina Constitution Dei Verbum, for the general public.

St Ambrose spoke about the importance of prayer in conjunction with

Bible reading. He is recorded as saying "And let them remember that

prayers should accompany the reading of Sacred Scriptures so that God

and man may talk together; for "we speak to Him when we pray; we

hear Him when we read the divine saying."

CONTEMPLATIO (Contemplate). Quiet/silent expression of love between you and God. Note what God is trying to teach you through the passage and prayer time. At St Andrew's, if wish to, we share our thoughts and discuss.

For those that like mnemonics using the Lectio Divina method is best thought of as: Read, Reflect, Respond and Rest.

The group at St Andrew's reads the Bible in this way monthly on the 3rd Wednesday evening from 7.30 pm for 45 minutes.

## JESSIE'S JOKES

On the Ark, Noah probably got milk from the cows. What did he get from the ducks? Quackers 😊

Did all the animals on the ark come in pairs? No, the worms came in apples 😊

What did Noah do for a job? He was an arkitechct 😊

What vegetable did Noah leave of the ark? The Leek 😊

The ark was built in three stories. The top story had a window to let light in, but how did they get light to the bottom two stories? Floodlights 😊

### The 'Ole in the Ark

One evening at dusk as Noah stood on his Ark,  
Putting green oil in starboard side lamp,  
His wife came along and said, 'Noah, summat's wrong,  
Our cabin is getting quite damp.

Noah said, 'Is that so?' Then he went down below,  
And found it were right what she'd said,  
For there on the floor quite a puddle he saw,  
It was slopping around under t' bed.

Said he, 'There's an 'ole in the bottom somewhere,  
We must find it before we retire.'  
Then he thowt for a bit, and he said 'Aye, that's it,  
A bloodhound is what we require.'

So he went and fetched bloodhound from place where it lay,  
'Tween the skunk and the polecat it were,  
And as things there below, were a trifle so-so,  
It were glad of a breath of fresh air.

They followed the sound as it went sniffing round,  
'Til at last they located the leak,  
'Twere a small hole in the side, about two inches wide,  
Where a swordfish had poked in its beak.

And by gum! how the wet squirted in through that hole,  
Well, young Shem who at sums was expert,  
Worked it out on his slate that it came at the rate,  
Of per gallon, per second, per squirt.

The bloodhound tried hard to keep water in check,  
By lapping it up with his tongue,  
But it came in so fast through that hole, that at last,  
He shoved in his nose for a bung.

The poor faithful hound, he were very near drowned,  
They dragged him away none too soon,  
For the stream as it rose, pushed its way up his nose,  
And blew him up like a balloon.

And then Mrs Noah shoved her elbow in t'hole,  
And said, ' Eh! it's stopped I believe, '  
But they found very soon as she'd altered her tune,  
For the water had got up her sleeve.

When she saw as her elbow weren't doing much good,  
She said to Noah, 'I've an idea,  
You sit on the leak and by t'end of the week,  
There's no knowing, the weather may clear.'

Noah didn't think much to this notion, at all,  
But reckoned he'd give it a try,  
On the 'ole down he flopped, and the leaking all stopped,  
And all... except him, was quite dry.

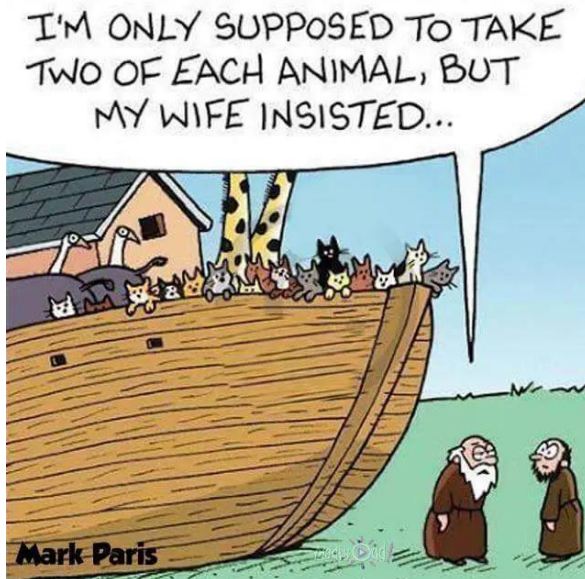


They took him his breakfast and dinner and tea,  
As day after day there he sat,  
'Til the rain was all passed and they landed at last,  
On top side of Mount Ararat.

And that is how Noah got them all safe ashore,  
But ever since then, strange to tell,  
Them as helped save the Ark has all carried a mark,  
Aye, and all their descendants as well.

That's why dog has a cold nose, and ladies cold elbows,  
You'll also find if you enquire,  
That's why a man takes his coat tails in hand,  
And stands with his back to the fire.

Marriott Edgar



## **USEFUL CONTACTS AT ST ANDREWS**

*Woodmansterne Road CR5 2DD Website: [standrews.coulsdon.net](http://standrews.coulsdon.net)*

**Vicar:** Rev'd Esther Foss – 020 3620 1885  
(*Day off – Friday*)  
Email: [estherfoss79@gmail.com](mailto:estherfoss79@gmail.com)

**Reader:** Gerry Daley – 07717 233858  
Email: [gerrydaley@btinternet.com](mailto:gerrydaley@btinternet.com)

**Churchwardens:** Sheila Linney 07815 091206  
Toni Best 07767 308375

**SPA & Messy Church Co-ordinator** Jenny Atkinson

**Treasurer:** John Linney  
E-mail: [jlinney1@aol.com](mailto:jlinney1@aol.com)

**Baptisms/Weddings:** [standrewsoffice@yahoo.com](mailto:standrewsoffice@yahoo.com)

**Contact Group Co-ordinator:** Monica Jefford

**Hall Lettings:** [hall.lettings@standrews.coulsdon.net](mailto:hall.lettings@standrews.coulsdon.net),

**Junior Church:** Beth Ten Cate

**Parish Canine Rep:** Jessie Foss  
(Days off Monday – Sunday. Don't contact unless you have treats. Thank you.)

## **PARISH MAGAZINE:**

**Editor:** Rev'd Esther Foss (details as above)

**Parish Administrator: Danielle Stobart, Parish Office 020 86762966**  
**(open Monday and Wednesday 9 a.m. - 1 p.m.) E-mail:**  
[standrewsoffice@yahoo.com](mailto:standrewsoffice@yahoo.com)

## **USUAL SERVICES**

Sunday 9:45 am Parish Eucharist (1<sup>st</sup> Sunday Junior Church, 3<sup>rd</sup>

Sunday Renew All Age Eucharist)

Wednesday 10.00 am Book of Common Prayer Holy Communion, 3<sup>rd</sup>

Wednesday, Holy Communion with prayers for healing.