



PARISH NEWSLETTER



The Parish Church of
St John the Evangelist
Palmers Green

Lockdown Edition 4

Vicar's Thought

Dear Friends,

All this week I've been humming the first line of the hymn: Oh Lord my God...; and it has had me thinking about what worship actually means especially at a time when we can't physically be together.

According to my dictionary worship is: To show profound religious devotion and respect to; adore or venerate (God or any person or thing considered divine.) It is that key idea of our own involvement in something special that matters.

I don't know about you but sometimes I come to church and my whole attention is somewhere else. I say the prayers and sing the hymns but I might as well not be there. Other times worship is so moving that it brings tears of devotion to my eyes. Certainly what is going on in our own lives will make a huge difference to our time in church. When we're angry, hurt or heart- broken it can be very hard to feel near to God.

We may wonder how do we continue in such devotions when the church doors are closed. Well, as Paul says in his letter to the Romans: Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship (Romans 12:1). When we do this, we signify that the Church is open for business as usual – actually it never closed!!!
Amen to that!

With love in Christ,

Rev Julie Coleman

Christ has no body on earth but yours; no hands but yours; no feet but yours. Yours are the eyes through which the compassion of Christ looks out to the world. Yours are the feet with which he is to go about doing good. Yours are the hands with which he is to bless others now.

St. John's News & Updates



THANK YOU

Rev Julie would like to say a very humble and heartfelt thank you to her St John's Family for all the birthday wishes that were brought to her on her birthday. She truly feels overwhelmed by the love and kindness shared.

Her card was full of lovely messages and her birthday video is available here:

<https://youtu.be/Si7p1BljubE>



ST JOHN'S COMMUNITY CARE WITH CAKES...

Our local care homes, carers and schools have done a fantastic job during lockdown. They kept going and are looking after those who are vulnerable. We have a very dedicated team of bakers and delivery drivers from church and the local community, who help us deliver cakes every Friday and have been for the last 4 weeks. In total, we have delivered at least 50 cakes to care homes, carers, schools and the vulnerable. They have been gratefully received by everyone. We would like to thank all those who have helped by baking and delivering them. If you would like to contribute by either baking or delivering, please let Rev Julie know.



FOOD BOXES

If you know a vulnerable person or vulnerable people that need food delivered, can you please contact us as we are able to deliver some food boxes.

FOOD DONATIONS FOR FOOD BOXES

We are packing food boxes for vulnerable people, who are often afraid to leave their homes which has resulted in several going many days without food. Rev Julie is trying to make sure a food box is delivered where needed regularly. Rather than the odd can of beans, they really value a meal in a tin e.g. tinned curry including veggie option or chilli con carne in a tin etc and a pack of microwave rice. It may not sound much to those who like to cook from fresh and yet these wonderful people have not always known that luxury. This is becoming a lot for Rev Julie to fund. Can any of you please when you next go shopping buy a tin, drop it off at the vicarage. It would really help. Thank you.



News & Updates (continued)

COVID-19 MEMORIAL / PLAQUE



As we see an end in sight and live in hope that we can see our families and friends again soon, we also recognise that so many lives have been lost through the fight with Covid-19. For this reason, I am working alongside several organisations to put a plaque/memorial up in the community, recognising the lives that have been lost and giving thanks for the legacy they have left. I need ideas for a memorial or plaque to remember those who lost their lives to Covid-19. Can you let me know your ideas please. Thank you. Rev Julie.



ENVELOPES!

If you are part of the weekly giving envelope scheme and you would like to receive your new set of envelopes to put away your weekly donation despite the church closure, please let us know and we can get your envelopes to you! Thank you.



PRAYER REQUESTS

The Prayer Team will be praying every Wednesday night from 8pm to 9pm for the current coronavirus crisis, for the world and for anyone who is in need of prayer. Therefore, if you know of anyone, or if you are someone that would like to be prayed for, please email us on SJPGprayer@gmail.com with your prayer request or text/phone Jenny Godfrey on 07814 321942.

Please also feel free to light a candle every Wednesday night at 8pm and join us in prayer as one body of Christ. The world is in desperate need of our prayers at this time.

ANOTHER NOTE OF THANKS

I would like to thank the Dog and Duck Pub in Palmers Green, led by Nikita, for all their generous donations to people in the community.

They have kindly donated shopping vouchers, sun cream, cakes, items for children that I/we have distributed.

They are going to continue to work alongside me serving the community...

Thank you. Rev Julie.



Pictures and Messages

Gemma, Neil, Alice and Joshua have been keeping busy by visiting local parks... They have done a few cold picnics with coats on and warmer ones in various parks! Trying to get a bit of variety!



Happy birthday to Shan whose birthday was last week.

Helen Sasia has taken more inspiration from nature... "Celia's Iris" and "A worm in the beak's worth six in the grass!"



Samuel has been busy washing his daddy's car, snuggling up on the grass next to his favourite flowers (buttercups) and of course riding his bike!



Jean Jobson is keeping the neighbourhood kids entertained by making specialised flags and flying them in front of her house. There is always something new to discover and we are so grateful for the joy she has brought to the kids (and adults!) even though Alan doesn't always approve of his t-shirts being cut up! 😊



Pictures and Messages



Meet the Nottingham barrister who is baking cakes for key workers

Her mum was a nurse so she fully supports the NHS.

Baking barrister Karen Kabweru-Namulemu is helping to spread a little cheer among Nottingham's key workers.

Last night she delivered 175 cupcakes to NHS staff and the emergency services. The vanilla and chocolate flavoured bakes were handed out to staff at the Queen's Medical Centre, firefighters, paramedics, police and Highbury Hospital workers.

"It was really nice to speak to the staff on duty and say thank you. My mum was a nurse and so I fully support the NHS and those on the frontline," said Karen.



"I wanted to do something to say thank you and bring a smile to people's faces, especially our key-workers at this time; and now that the news is we are facing a severe recession things are not looking bright.

"It is also Mental Health Awareness Week and we know that people are really struggling and coping in different ways."

Firefighters who would normally have been at the Clap for Carers at the QMC on Thursday evening had been called out to the huge fire at Langar but Karen dropped off cakes at the London Road station ready for their return.

Station manager Simon Lilley said: "It was a really thoughtful gesture - and the cakes were really nice."

Karen launched Rumtups in 2017, baking luxury Caribbean rum cakes using an award-winning family recipe, handed down by her great grandmother.

The family law specialist swaps her gown and wig for an apron and mixing bowl to wind down after a stressful day.

"I used to bake with my mum and she learnt from her mum and grandmother. I learnt that my grandmother won the baking prize at what we would probably call a county show.

"I enjoy baking and depending on the order it's sometimes stressful but the creative side is a complete difference to the day job. It is therapeutic. I do have a creative side, I draw and paint, used to do drama and sing in Hope Community Gospel Choir - work permitting."

Karen takes orders via her Facebook and Instagram pages and is considering doing a special lockdown box of six cupcakes to order, donating £1 from each box to the NHS. She is still doing her day job, albeit in a very different way.



Taken from: <https://www.nottinghampost.com/whats-on/food-drink/meet-nottingham-barrister-who-baking-4155365>

Talking about Mental Health ...

Karen Livingstone shared these useful numbers and links with us. During this time of stress we are all here for each other as St John's family but sometimes we find it easier to talk to someone that we don't know... So here are some other channels.

Who can I call?

- Samaritans. To talk about anything that is upsetting you, you can contact [Samaritans](#) 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), email jo@samaritans.org or [visit some branches in person](#). You can also call the Welsh Language Line on 0300 123 3011 (7pm–11pm every day).
- SANEline. If you're experiencing a mental health problem or supporting someone else, you can call [SANEline](#) on 0300 304 7000 (4.30pm–10.30pm every day).
- The Mix. If you're under 25, you can call The Mix on 0808 808 4994 (Sunday–Friday 2pm–11pm), request support by email [using this form on The Mix website](#) or [use their crisis text messenger service](#).
- Papyrus HOPELINEUK. If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call [Papyrus HOPELINEUK](#) on 0800 068 4141 (weekdays 10am–10pm, weekends 2pm–10pm and bank holidays 2pm–10pm), email pat@papyrus-uk.org or text 07786 209 697.
- Campaign Against Living Miserably (CALM). If you identify as male, you can call the [Campaign Against Living Miserably \(CALM\)](#) on 0800 58 58 58 (5pm–midnight every day) or use their [webchat service](#).
- Nightline. If you're a student, you can look on the [Nightline website](#) to see if your university or college offers a night-time listening service. Nightline phone operators are all students too.
- Switchboard. If you identify as gay, lesbian, bisexual or transgender, you can call [Switchboard](#) on 0300 330 0630 (10am–10pm every day), email chris@switchboard.lgbt or use their webchat service. Phone operators all identify as LGBT+.

How could they help me?

Listening line staff will let you talk through your feelings and experiences without judging you or telling you what to do. Many listening services let you talk for as long as you need.

Poet's Corner

Cherry Flavour

Corona making us feel
Oh so hot and bothered
Ostracised one from another
Loneliness our only companion
Anxiety rattling at the door
Desperation drifting inward on the
Evening shadows playing on the mirror

Every time we rise to face another
Day looking just like every other
Appreciate the beauty in the
Living things that surround us
Observe the wonderful mysteries
Of the intricate
Creations of our God

© Steve Roberts ©



All equal in God's love

God bless these souls who've passed away,
it's sad to see them go.

Some so young they barely lived,
and most we do not know

They may have died in care homes,
more were homeless and in need,
some attended churches,
others knew no Creed.

Some passed away in hospital,
while others died at home
surrounded by their families,
but some passed away alone.

He'll judge them not in heaven,
they're all equal up above
the old the young, all vulnerable
together in God's love.

By Eleanor

Yet in Christ We have Hope

Loneliness thrives in lockdown.
She twitches aside faded curtains, peers at the empty street,
Missing the shrieks of boisterous children
And the cheerful wave of a neighbour returning from work.
Yet in Christ we have hope, and hope means belonging.
A friendly voice on the phone, followed by a text: Just checking you're okay?
Reminds her that even in enforced isolation, she is not alone.

Self-esteem shrivels in lockdown.
The meagre supplies in the kitchen cupboard
Conspire with the sheaf of unpaid bills stuffed under a cushion
To make him question the point of his existence.
Yet in Christ we have hope, and hope means restoration.
He remembers that first tear-filled phone call; how he was offered reassurance, not
judgement,
And told of his infinite worth in God's sight.

Time stretches out in lockdown.
As their kids squabble endlessly, trapped in one place,
They wonder quite how they will manage
Now the zero-hours contract means no hours at all.
Yet in Christ we have hope, and hope means action.
A local church worker arranges a food shop and points them to those who can help with
their debts, Bringing peace in the midst of the turmoil.

The world shrinks inwards in lockdown;
The daily rituals we took for granted now discarded And replaced - at best by new ones,
Or else self-pity and loss of motivation.
Yet in Christ we have hope, and hope means opportunity.
To find new ways to serve our neighbours: checking on the elderly, shopping for the
vulnerable
And sharing a virtual cuppa with the self-isolating.

Our plans disintegrate in lockdown
As parties are cancelled, weddings postponed,
And even the agonies of grief
Must be observed at an appropriate social distance.
Yet in Christ we have hope,
And hope means that you and I have a part to play.
We are his hands, his feet, his voice to those in need.
His light will shine through us in lockdown
And COVID shall not overcome it.



By Fiona Lloyd,
a CAP Debt Adviser and Vice Chair of the Association of Christian Writers.

Thank you to Diane Moore for sending this one in.

Crossword

This puzzle features phrases that begin with the word *short*. But to make these answers even briefer, we've omitted the short. So, for example, in response to the clue "Finalists," you'd write "list" in the grid ("short list").



ACROSS

- 1. Thick cookie
- 4. Brief documentary film
- 8. 1986 Ally Sheedy movie
- 9. Additional
- 10. CT's favorite spice
- 13. Cheat
- 15. Not me, but ...
- 16. Goldfish are said to have this
- 22. Bond creator Fleming
- 23. Deficiency
- 24. Type of energy
- 29. Imbibe
- 31. A T-shirt, for example

32. Myopic

33. Play a trick on a roommate

DOWN

- 1. Breakfast meat
- 2. Leggy wading bird
- 3. Two-spot
- 4. Location
- 5. "See ya!"
- 6. Devoured
- 7. Swap
- 11. University of North Texas, for short
- 12. Banged Stooge
- 13. Speak sweetly
- 14. Attila the ____

15. Yang partner

16. Video game parlors

17. Filling in

18. Author Anaïs

19. Price place

20. ____ Paulo

21. Onassis who wed Jackie

25. Elm, cherry, and maple, for example

26. Flick

27. Military academy student

28. Secondhand

30. Caboodle sidekick?

Brain teaser

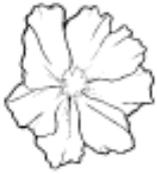
This puzzle challenges players to guess the 24 movie titles from a sequence of Emojis. Some of the Emoji sequences “spell out” the title, while others contain famous clues from the films. So, can you crack it? (Answers on the penultimate page)

1		13	
2		14	
3		15	
4		16	
5		17	
6		18	
7		19	
8		20	
9		21	
10		22	
11		23	
12		24	

Can you guess the character from the logo or silhouette?

1		2		3		4		5		6		7		8	
9		10		11		12		13		14		15			
16		17		18		19		20		21					
22		23		24		25		26		27		28			
		29		30		31		32							

Word Search



Spring



W H M Z A L K R S G U B E C H T Q I
F T U L Y I J B E P Q N O P A S D X
S J N I B O R H L V M C S U T L E K
P E D W G X E K J O A Z R M C Q F B
R C Y Q U S A V N T S I E K H R O L
O L A M B F D T E U P S W G X T J E
U N P H Y G Z R L K D H O V C E N R
T B E J D W P Q I S G X L M F P A U
V M Z C A I K D H B N U F S E B R T
D K Y T L X G O R F P E J Q B W O A
E P G L E B S U A M O C H I C K S N
B N A R F Y O J T H Z M T D L I P G
G R K E N R T S N A I L Q W U S R V
A D O N P H E M B J S T C E S N I F
K W U F I N L T Q E R M E A Y O N D
I B S E C K F X T D V J R H P A G Z
N E D R A G M W K U L G S O R C L E
H Z M T U L I P V E B A D Y W F X J



BIRDS
BLOSSOM
BUGS
BUNNY
BUTTERFLY

CALF
CATERPILLAR
CHICKS
FLOWERS
FROG

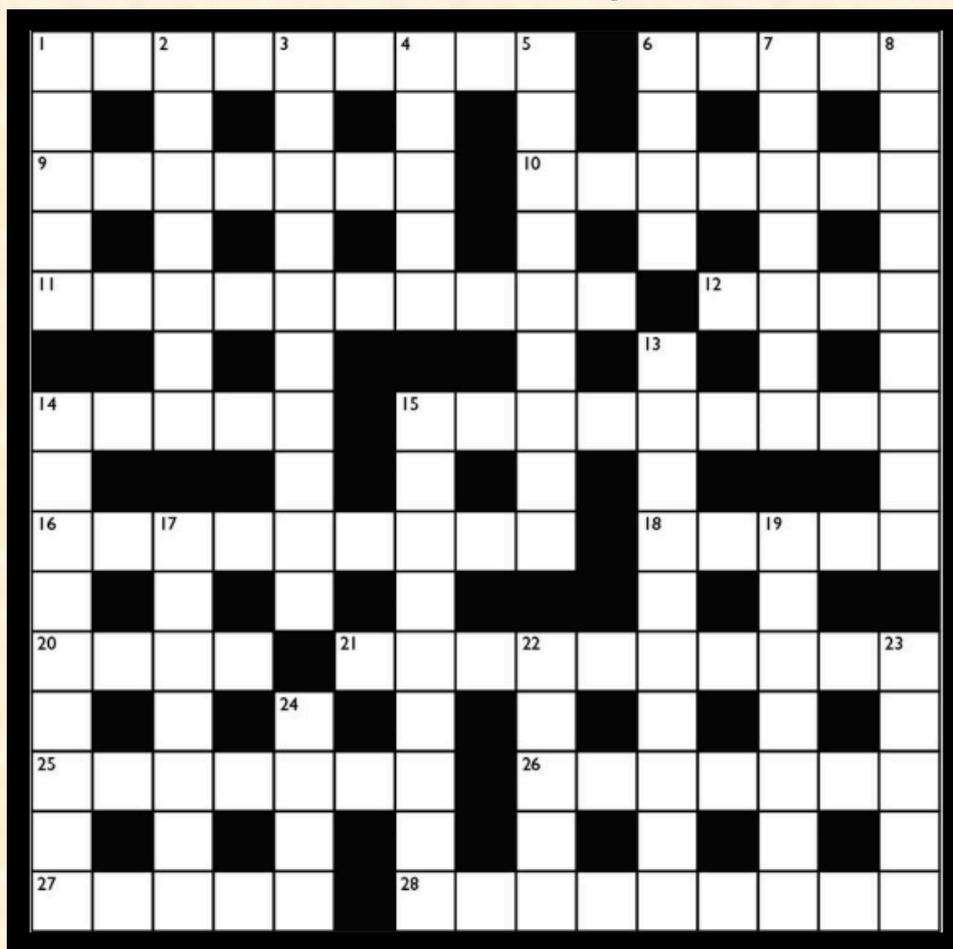
GARDEN
GRASS
HATCH
INSECTS
LADYBUG

LAMB
NATURE
NEST
RABBIT
ROBIN

SNAIL
SPRING
SPROUT
TULIP
WORM



Church Times Crossword



Across

- 1 Stone retrieved from detonated blast area (9)
 6 Pulled along aboard tug (2,3)
 9 breaks in small school Miss organised (7)
 10 In the early stages little money follows return of Spanish saint (7)
 11 Acid-loving girl joins church circle heading to the States (10)
 12 Parish fundraiser worn out after losing a couple of letters at the outset (4)
 14 Plate with portion of butter and little space behind (5)
 15 Macbeth so contrived great sacrifices (9)
 16 Confirmed as Bishop sat down (9)
 18 Men at matches denied good accommodation (5)
 20 Composer and high flyer maybe, by report (4)

Across continued

- 21 Senior cleric in cunning work, admitting blunder (10)
 25 After pruning, tree oozed three times as much (7)
 26 Conceals prizes perhaps (7)
 27 Tries out forms of religious observances (5)
 28 The Tablet recording one's death in error (9)

Down

- 1 Passage of drink is being restricted (5)
 2 Non-believer attending criminal activity (7)
 3 Sailors take religious composer to heart — they sign the pledge (10)
 4 Some chipolatas — terrible flavour (5)
 5 Become torn about cat being given up (9)
 6 Expel French writer neglecting public relations (4)
 7 Draw with broad smile member holding things together high in the church? (3,4)
 8 News sites broadcast people at the scene (9)
 13 I enter site, working for very long periods (10)
 14 Church official near French storage unit encountering Resistance (9)
 15 'Old' hymn tune — the last of the century (9)
 17 Tease men in the wrong (7)
 19 Moor in Venice, the lines tied to rings fore and aft (7)
 22 Water held aloft by a minor prophet (5)
 23 Stick tip of tongue into mushy peas (5)
 24 Palm Sunday's benefaction (4)

More Puzzle Fun

Birthday Party

DIRECTIONS: Fill in the puzzle grid with the name of each item following the number and direction indicated. Use the word bank if you get stuck.



1 →



5 →



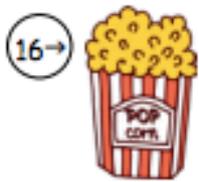
7 →



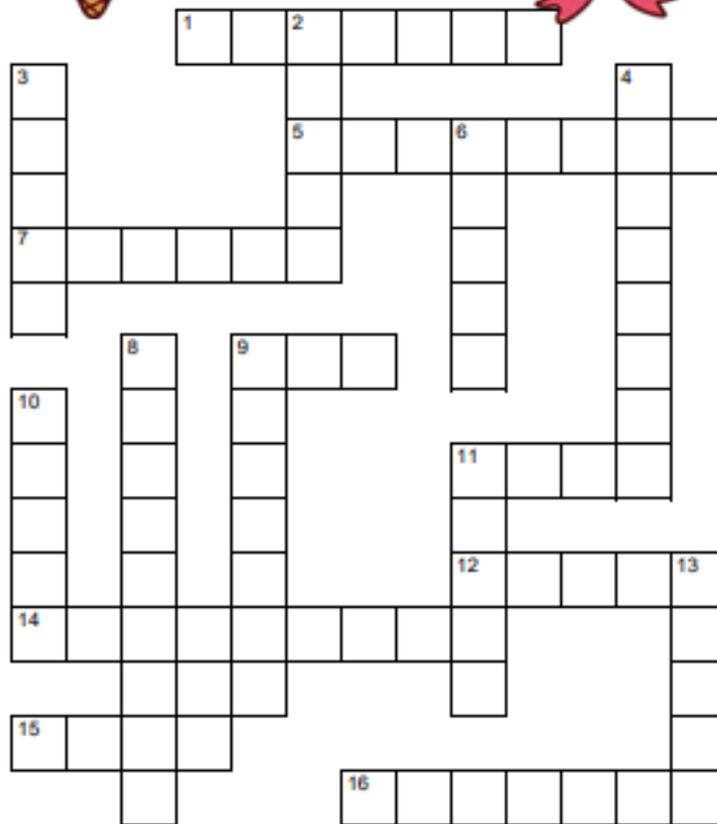
9 →



11 →



16 →



12 →



2 ↓



14 →



3 ↓



15 →



4 ↓



13 ↓



8 ↓



6 ↓



10 ↓



11 ↓



9 ↓

BALLOON
BOW
CAKE
CANDLE
CANDY
CHOCOLATE
CLOWN
CUPCAKE
FIREWORKS

GAMES
GIFT
ICE CREAM
MAGIC
MUSIC
PARTY HAT
POPCORN
PRIZE
PUNCH



Next Newsletter...

During this time of pandemic, we would like to make the newsletter a community newsletter that comes out more frequently (hopefully every 2 weeks) as we don't see each other. Our aim is that it will become a message of hope, something positive that shares the good things that are going on despite the sadness all around.

We also aim to make it a message of hope and togetherness. There is some church business, which we will report about but not very much. So we would like to ask for contributions from you, the congregation.

This is so that we can cheer each other on and be there when we can't see each other in person.

If you would like to contribute (and please please do as it only works when people do!), email us or text us.

We would love contributions of the following:

- prayers
- photos of what you are up to (projects you are working on, self-isolation silliness...)
- ideas for self-isolation
- Easter pictures - spreading joy and seeing each other when we are physically not able to be together
- messages of encouragement for those working on the front line
- any other messages you might have
- book/film recommendations
- recipes to try at home

We will then use a variety of items in each newsletter.

All submissions for the next newsletter should be sent to SJPGnews@gmail.com or texted/whatsapp-ed to Jenny Godfrey on 07814 321943 by 14th June.

The Comms committee reserves full editorial control. 😊

Solutions

MOVIE EMOJI PUZZLE

Answers

- | | |
|--------------------------------|------------------------------------|
| 1. Silence of the lambs | 13. Finding Nemo |
| 2. Four Weddings and a Funeral | 14. Wolf of Wall Street |
| 3. Castaway | 15. Blade Runner |
| 4. E.T. | 16. The Good, The Bad and the Ugly |
| 5. The Sixth Sense | 17. Raging Bull |
| 6. Edward Scissorhands | 18. A Clockwork Orange |
| 7. Blood Diamond | 19. American Beauty |
| 8. Psycho | 20. Casino Royale |
| 9. Les Miserables | 21. The Blair Witch Project |
| 10. Brokeback Mountain | 22. Trainspotting |
| 11. Moneyball | 23. Fight Club |
| 12. King's Speech | 24. Lord of the Rings |

CHARACTER SILHOUETTE/LOGO PUZZLE

- | | |
|---------------------|-------------------------|
| 1. Robin | 16. Incredibles |
| 2. R2d2 | 17. Spawn |
| 3. Deadpool | 18. TMNT |
| 4. Wonder Woman | 19. Fantastic Four |
| 5. Harry Potter | 20. Mickey Mouse |
| 6. Watchmen | 21. Superman |
| 7. Ghost busters. | 22. Punisher |
| 8. Mario | 23. Darth Vader |
| 9. Dare devil | 24. Autobots |
| 10. Flash | 25. Green Lantern corps |
| 11. Captain America | 26. Thunderscats |
| 12. Emmet | 27. Shield |
| 13. Batman | 28. Bugs Bunny |
| 14. Hulk | 29. Sonic |
| 15. X-men | 30. Spiderman |
| | 31. The Avengers |
| | 32. Iron man |

Information and Directory



Regular services:

Sundays

8:30am: Parish Holy Communion
(quieter, more reflective service in the Lady Chapel)

10:00am: Parish Holy Communion
(This service follows the traditional Book of Common Prayer at 11:30am).

- 3rd Sunday of the month, prayer is available during Communion from a member of the prayer team in the Lady Chapel
- 5th Sunday of the month is a Healing Service with Communion

6:30pm: Evensong (2nd Sunday of the month)

Other Service Times

Thursdays 10:30am: Holy Communion

Tuesday, Wednesday, Thursday, Friday

9.30am Morning Prayer

5.30pm Evening Prayer

Find and follow us on Social Media:



Facebook:
St-John-the-Evangelist-Palmers-Green



Twitter: @stjohnspalmersg



Instagram: @stjohnspalmersgreen

Directory and Contacts:

The Vicar: Rev Julie Coleman

Tel: 020 8886 9557

E: rev.jcoleman@hotmail.com

Licensed Lay Minister: Julia Holder

Lay Chaplain: Celia Brown

Director of Music: Robert Hainault

E: RobertHainault@gmail.com

Parish & Facilities Administrator:

Theodora Diamandi

Tel: 0208 886 0847

E: stjohnspg@gmail.com

The Parish Office is open between 9:15am and 3:00pm every weekday except Thursdays.
1 Bourne Hill, London N13 4DA

For information regarding weddings, baptisms and funerals, please get in touch with Rev Julie Coleman. Thank you.

Please check our website for full details

www.stjohnspg.org

We are currently looking for people who would like to join the PCC as well as people willing to join the Prayer team. Please consider and discern if this is a gift you could give to St John's. Thank you.