



## PARISH NEWSLETTER



The Parish Church of  
St John the Evangelist  
Palmers Green

Lockdown Edition 2

# Vicar's Thought

## The Good News Letterbox!

Each time I am enlisted to deliver church newsletters, I am filled anew with admiration for our postmen and postwomen as front-line key workers. Not only do they go out in all weathers to run the gauntlet of hostile dogs, they are also at risk of losing a finger (or even a hand) to an unfriendly letterbox, even when this is not assisted by a dog sitting on the other side!

I have learnt that the ideal letterbox is at convenient hand height, opening easily and a reasonable size. Some houses have a miniature post-box outside, easy to deposit newsletters in, but often prominently marked 'NO JUNK MAIL'. I console myself with the thought that I am not delivering junk, but a personal message of cheer from the Vicar. My least favoured letterboxes are:

**Crawler.** *At the bottom of the door, and sometimes painted the same colour, so invisible. You have to get down on hands and knees, or risk a slipped disc.*

**The Snapper.** *A spring-loaded finger-trap.*

**The Knuckle-skinner.** *A line of brushes inside the flap, evidently intended to prevent draughts, but seemingly made of razor-wire.*

**The Mousetrap.** *A second flap behind the first – I nearly lost a glove, worn as protective clothing, to one of these.*

**The Decorative.** *Doesn't look like a letterbox.*

**The Miniature.** *Too small for anything larger than a ruler.*

**The Initiative Test.** *Particularly prevalent where there are security gates, and dogs loose on the other side. The letter receptacle is set into a pillar or other decorative feature. You have to find it.*

**The Eccentric.** *There is no letterbox. You're supposed to know that mail should be left in one of a set of identical pigeon holes containing milk bottles, buckets, jam-jars, dog food etc. in the porch.*

*Jesus tells us to share the Good News of the Gospel which is not always easy considering the obstacles we can face and yet like the variety of letter boxes, sharing the Gospel may get your fingers pinched when your not welcome, but it will never be boring!!*

*With my love in Christ. Stay safe my dear friends,*

*Rev Julie Coleman*

# St. John's News

## CHRISTIAN AID WEEK: 10-16 MAY 2020

Many of you will have been planning house-to-house collections and events. Under the current circumstances, sadly, house-to-house collections and delivery-only collections should not go ahead. In particular, along with many churches, events such as Big Brekkies or Lent lunches cannot happen. Instead, Christian Aid Week is moving online! They are building a vibrant, virtual Christian Aid Week so you can take part with their online community. They would love you to join in to show love for our neighbours near and far, as a global family.

During Christian Aid Week it's more important than ever that we come together as a community to worship and to share fun and fellowship. That's why during Christian Aid Week they will be live-streaming worship each day and hosting a fun daily quiz to join and raise funds.

Sign up using the links on their website: [www.christianaid.org.uk/](http://www.christianaid.org.uk/)

Please find Christian Aid week prayers on the following pages. These are put together by Christian Aid and are helping us all to come together as one body of Christ praying for a world that is in need of healing.



## 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](mailto: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.



## RECYCLING NEEDED!

Rev Julie would like to restock crafting materials for our Sunday School. We would like you to collect the following if you can please:



egg boxes  
small yoghurt pots  
small plastic bottles  
corks



plastic tops e.g from milk bottles

## PRAYER SHAWLS NEEDED

Our Prayer Shawl group of dedicated knitters has been hard at work!

Due to the increase in demand I need more knitters to make prayer shawls for those who are unwell or grieving the loss of a loved one.

If you are a knitter and feel able to help please contact us on [SJPGevents@gmail.com](mailto:SJPGevents@gmail.com). We will arrange a pick up while out doing our once a day exercise. God continues to "knit us together in love" as community.



# Updates (continued)

## **REMINDER: COMMUNITY STREET PARTY**

As with all wars including the one we are in at the moment with Covid-19, it will come to an end and we will celebrate together by having a big street party!

If you have something to offer or if you like to contribute please let us know by dropping us an email to [SJPGevents@gmail.com](mailto:SJPGevents@gmail.com).



## SWAP SHOP BOOK DROP

If you are getting bored of reading the books on your shelves or you can't get out to get that magazine you like how about joining in...?



Donate magazines and books to be swapped and we drop them round to those interested.



If you are interested and have something to offer or have a wish for a book or magazine, contact us on 020 8886 9557 or email on [SJPGevents@gmail.com](mailto:SJPGevents@gmail.com)



## **UPDATE PRAYER TREE**

Our prayer tree outside the church just keeps on growing! In case you missed it... Whenever you go out to get your shopping, when you go for a walk to exercise or when you drop a meal at someone's doorstep, we are asking you to pin or tie ribbon to a tree. This will represent one person, either yourself or someone you love and are worried about or you have lost due to death. With different ribbons appearing all around us we will be reminded that we are different communities who love and support each other in thought and prayer at a time when we can't be together - our togetherness will be carried by the wind in prayer or thought.

## **UPDATES ON HEARTS FOR OUR HOSPITALS**

As we reported in our previous newsletter, we are looking for volunteers who can knit or crochet some little hearts for our *Hearts for our Hospital* cause. They will touch so many families in their time of grief. As you are aware, patients that pass away in hospitals are not allowed their family with them and so the staff at the hospital can put a little heart with their loved one as they sadly pass away and then a duplicate heart will be sent out to the families. The first batch of hearts has already been taken to North Middlesex Hospital. The hearts should be approximately 6.5cm long so that they can fit into a hand and all colours are acceptable as long as they are in matching pairs but pink or red are preferable. The links to 2 example patterns are below but feel free to adapt or use your own as you wish – be creative. They can be packed in small freezer bags in pairs and delivered to The Beehive Pub, 24 Little Bury Street, Bush Hill Park borders, N9 9JZ. Collections will be made from there each Friday for as long as they are needed. If you are in a vulnerable group or isolating call/text Evie on 07905100797 and she will collect from your doorstep.



Knitting pattern:  
<https://www.ravelry.com/patterns/library/hearts-28>

Crochet pattern:  
<https://www.planetjune.com/blog/free-crochet-patterns/love-hearts/>



# Prayers in the time of coronavirus

## A prayer for times of isolation

'For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come... will be able to separate us from the love of God in Christ Jesus our Lord.' (Romans 8:38-39)

God of heaven and earth,  
in these times of isolation,  
apart from loved ones  
distant from friends  
away from neighbours  
thank you that there is nothing  
in all of creation,  
not even coronavirus,  
that is able to separate us from your love.

And may your love that never fails  
continue to be shared  
through the kindness of strangers  
looking out for each other,  
for neighbours near and far  
all recognising our shared vulnerability,  
each of us grateful for every breath,  
and willing everyone to know the gift  
of a full and healthy life.  
Keep us all in your care.

Amen.



## A prayer for medical workers everywhere

Restoring and healing God,  
thank you for medical workers everywhere,  
embodying sacrificial love in these challenging times  
putting the welfare of others before their own  
staying away from their family and loved ones  
comforting the concerned and bereaved  
reassuring the anxious and vulnerable  
working to heal and restore people who are ill.  
Be their guide, strength, wisdom and hope.

We pray for those in authority to do right by them  
for proper protective equipment to be provided  
and for their dedication to be met with much gratitude  
when they return home, exhausted.

We pray for medical workers around the world,  
where resources and protective equipment  
are always in short supply, not only now but always.  
May these extraordinary times  
lead to deep and necessary changes  
in how our world works,  
resulting in a genuine effort  
to address the profound injustice  
of life expectancy being determined by geography,  
to awaken us all to the reality  
of how connected we all are  
and to work together to create  
the community and world  
we all want to be part of.  
So help us, God,

Amen.





# Prayers in the time of coronavirus

## A prayer for the church

May your love that never fails  
strengthen the weak  
encourage the fearful  
calm the anxious  
heal the sick  
through your church –  
your washed hands  
and feet on earth –  
distant but still present  
virtual but still connected  
apart but still helping.  
God in your mercy,  
hear our prayer.

Amen.



## A prayer before silence

Loving God,  
we seek your presence  
in the silence beyond words  
looking to you for comfort,  
strength, protection and reassurance  
breathing with gratitude  
holding on to hope  
trusting with faith  
that you are still God  
in the midst of the turmoil  
and that your love reaches  
to the ends of the earth.  
Be present with us now.

(Silence)

Amen.

## A prayer for a global pandemic

'Love...bears all things, believes all things, hopes all things, endures all things. Love never ends.'  
(1 Corinthians 13:7-8)

Loving God,  
strengthen our innermost being  
with your love that bears all things  
even the weight of this global pandemic  
even the endurance of watching for symptoms  
of patiently waiting for this to pass  
watching while we pray,  
keeping our gaze fixed on you,  
and looking out for our neighbours  
near and far.

Instil in our shaken souls  
the belief and hope that all things  
are possible with your creative love  
for strangers to become friends  
for science to source solutions  
for resources to be generously shared  
so everyone, everywhere, may have what they need.  
May your perfect love that knows no borders  
cast out any fear and selfishness that divides.

May your love that never ends  
be our comfort, strength and guide  
for the wellbeing of all and  
the glory of God.

Amen.



# What has everyone been up to?



Gemma, Neil, Alice and Josh have done a lot of stream stomping and walking around the local parks...



Gila said "My motivation is walking with John my husband every day for one hour and do exercise at home for my back which is hurting. Love to everyone. 😊🌈🙏"



Helen Sasia: "Plenty of things to paint...finally the time to do it! Lockdown given me the space to enjoy painting without feeling guilty that I should really be doing something else, can't be bad."

# What has everyone been up to?



The pictures were drawn by Ava Brasnett for St John's.

Samuel and Grandma Cathy are having a 'social-distancing' story time.



Samuel is planting seeds in his new beds at the allotment.



Lockdown life in the Holder household...as well as being busy studying, cleaning, cooking etc we've been enjoying doing things we don't normally have time to do. We've had lots of baked goodies! We've been in the garden taking full advantage of the sunshine! Whilst I'm digging and rearranging, Miles might sit reading a book and Mariella likes to keep the cat entertained with homemade toys. We got out the art box and made some signs to express our gratitude to NHS and key workers. We've been staying active too, me joining in with live stream workouts, Miles going running and Mariella going cycling. My day begins and ends with prayer. I'm missing church very much and looking forward to us seeing each other again.

God bless and stay safe, Julia, Miles and Mariella

# What has everyone been up to?



I hope all is well and that you are managing to get through this difficult time. Naomi has helped her daddy in the garden, and planted tomato and cucumber seeds and they are growing :-).

We will keep you posted as to how well they are doing. Gardening is a great way to keep the kids occupied, and of course, makes them more interested if they've planted something themselves. Nick has also planted Cayenne peppers, and he's experimenting with a leek. He's cut the bottom off (stringy bit) and planted it. So let's see what happens...

Here's a tip if you can't get out to buy seeds, and want to grow something. Get a tomato, cut a slice (ensure the slice has seeds), pop some compost into a small pot, add the slice of tomato, then add a bit more of the compost to cover it, then see what happens... Hopefully, in a few weeks, you will see that it starts to grow. Ensure that you water it regularly. I have attached a photo of Nick's attempt, which is amazing. He's definitely the one with the green fingers. When it gets a bit bigger, you can separate the plant into individual stems and plant them in individual pots and watch them grow. Have a look on the internet for more info.

Fingers crossed that they grow and start bearing fruit!

Take care. Audrey x

Did you enjoy reading about what everyone is up to?  
Please keep it going. If you would like to send us your contributions  
and tell us what you have been up to, please email pictures and a  
little description to [SJPGnews@gmail.com](mailto:SJPGnews@gmail.com).

This Lockdown Edition will come out every 2 weeks and we need  
your contributions! Thank you! The Comms Team.

# Recipe Delia's All-in-One Victoria Sponge

recommended by JP Godfrey



Take a very large mixing bowl.

## For the sponge:

- > 6 oz (175 g) self-raising flour
- 1 rounded teaspoon baking powder
- > 3 large eggs
- > 6 oz (175 g) golden caster sugar
- > 6 oz (175 g) butter, very soft at room temperature
- > ½ teaspoon vanilla extract

## For the filling:

- > 8 oz (225 g) raspberries
- 3-4 tablespoons soft set raspberry jam
- > 1 x 250 g tub mascarpone
- > 1 x 200 ml tub fromage frais
- > 1 level tablespoon golden caster sugar
- > 1 teaspoon vanilla extract

## To serve:

- > a little icing sugar

Measure the flour and baking powder into a sieve and sift into a bowl, holding the sieve quite high to give the flour a good airing as it goes down. Now all you do is simply add all the other sponge ingredients to the bowl and, provided the butter is really soft, you just go in with an electric hand whisk and whisk everything together until you have a smooth, well-combined mixture. This will take 1 minute but, if you don't have an electric hand whisk, you can use a wooden spoon with a bit more effort.

What you now end up with is a mixture that drops easily off a spoon when you give it a tap on the side of the bowl. If it does seem a little too stiff, add 1-2 tablespoons of tap water and mix again. Now divide the mixture between the two tins, level it out and place on the centre shelf of the oven. It will take 30-35 minutes to cook – don't open the oven door until 30 minutes have elapsed.

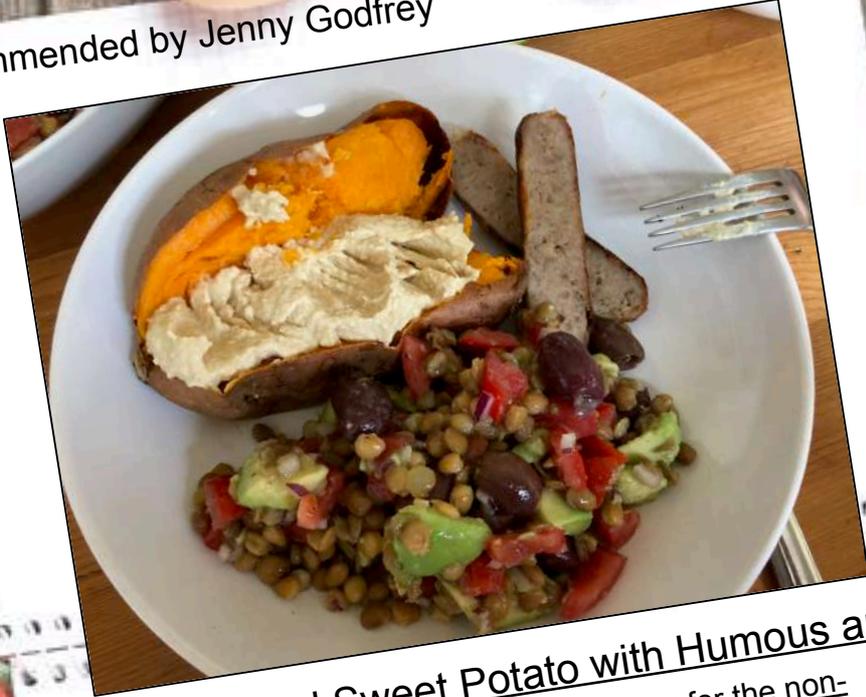
Take cakes out when done and let cool.

For the filling, combine the mascarpone and fromage frais in a bowl; a balloon whisk will amalgamate them quicker. Add the level tablespoon of sugar and one teaspoon of vanilla extract. Now spread one tablespoon of jam over one of the sponge cakes, follow this with half the cream mixture then scatter the raspberries all over that. Now add the remaining cream mixture and drizzle it with the rest of the jam.

Place the second sponge cake on top. Press very lightly to sandwich everything together, then lightly dust the cake with icing sugar before serving.

# Recipe

recommended by Jenny Godfrey



## Easy Baked Sweet Potato with Humous and Lentil Salad (add sausages if you prefer the non-vegetarian option – like my boys!)

1. Preheat the oven to 180 degrees and prick a sweet potato a few times. Put the sweet potato in the oven for about half an hour (or until tender – stick fork in). (Cook sausages too)
2. While the sweet potato is in the oven, make your salad. I use tinned lentils, about 300g of cherry tomatoes, one avocado, half a red onion finely chopped, a lug of olive oil and half a squeezed lemon. Season with salt and pepper and if you like coriander add a small handful of chopped coriander and olives.
3. When the sweet potato is ready serve with humous, salad and sausages (if you like it to be non-vegetarian). Enjoy!

# Book Recommendation

by Gemma Thompson

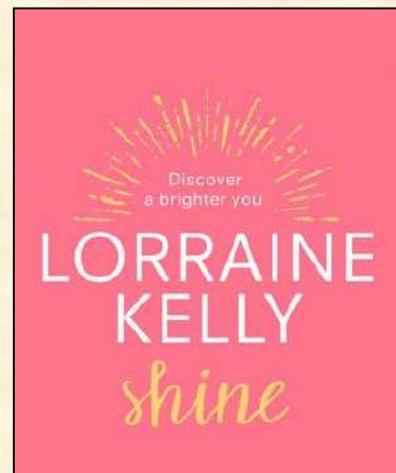
An illustrated guide to making every day a brighter one, from national treasure Lorraine Kelly.

There's a lot to keep up with nowadays: family, home, work, social media, the news... It's all too easy for days go by in a blur and before you know it, you're exhausted and the year has passed in the blink of an eye. Despite her hectic schedule, Lorraine has learned how important it is to listen to your body and your heart, and to take control of your life.

Whether making small changes to your daily routine or overhauling your lifestyle and achieving those bucket-list goals, Shine will show you how to live every day to the fullest. Let Lorraine guide you on the journey to your best self with candid anecdotes from her own life, tips from the experts and practical exercises. You'll learn how to:

-Rediscover your spark: where to begin if you're feeling lacklustre, how to reconnect with who you really are

-- Keep shining: how to maintain confidence and energy through lifestyle changes or little moments of self-care



-Go out and dazzle: how to achieve your goals and make a difference to the world, even if it's just your patch

Uplifting, warm, and with beautiful hand-painted illustrations, Shine is a self-help book told from the heart.

# Poet's Corner

## A B Corona

All the people going  
Bonkers  
Corona rampaging  
Dealing  
Emotional  
Frailty, but we  
Gonna win out with  
Hope and communauté

© Steve Roberts 2020 ©



## Here I Am

Designed and patented in Afrika  
Produced and packaged in the Carry Beyon  
Used and abused in the UK  
Chile of de Sixties, in his sixties  
Self-isolating and hoping to live  
Unto Mother Earth's New Dawn

© Steve Roberts 2020 ©



# An idea for your local walk...



## Just a walk away

Now that my walks are slower, I am noticing local landmarks. If you are too, please send in a picture. Together we can build a bank of local walking destinations.

In Southgate Green (the patch of grass between the Cherry Tree pub and Walker School) there are eighteenth century Georgian houses that stand behind a structure called "The Stocks".

The plaque and structure sit so quietly on the grassy blanket, it is difficult to imagine the activities of past years.

Quick research reveals that this area used to be the hub of the hamlet of South Street and was home to a large pond, the stocks and a horse trough.

by Eme Brasnett

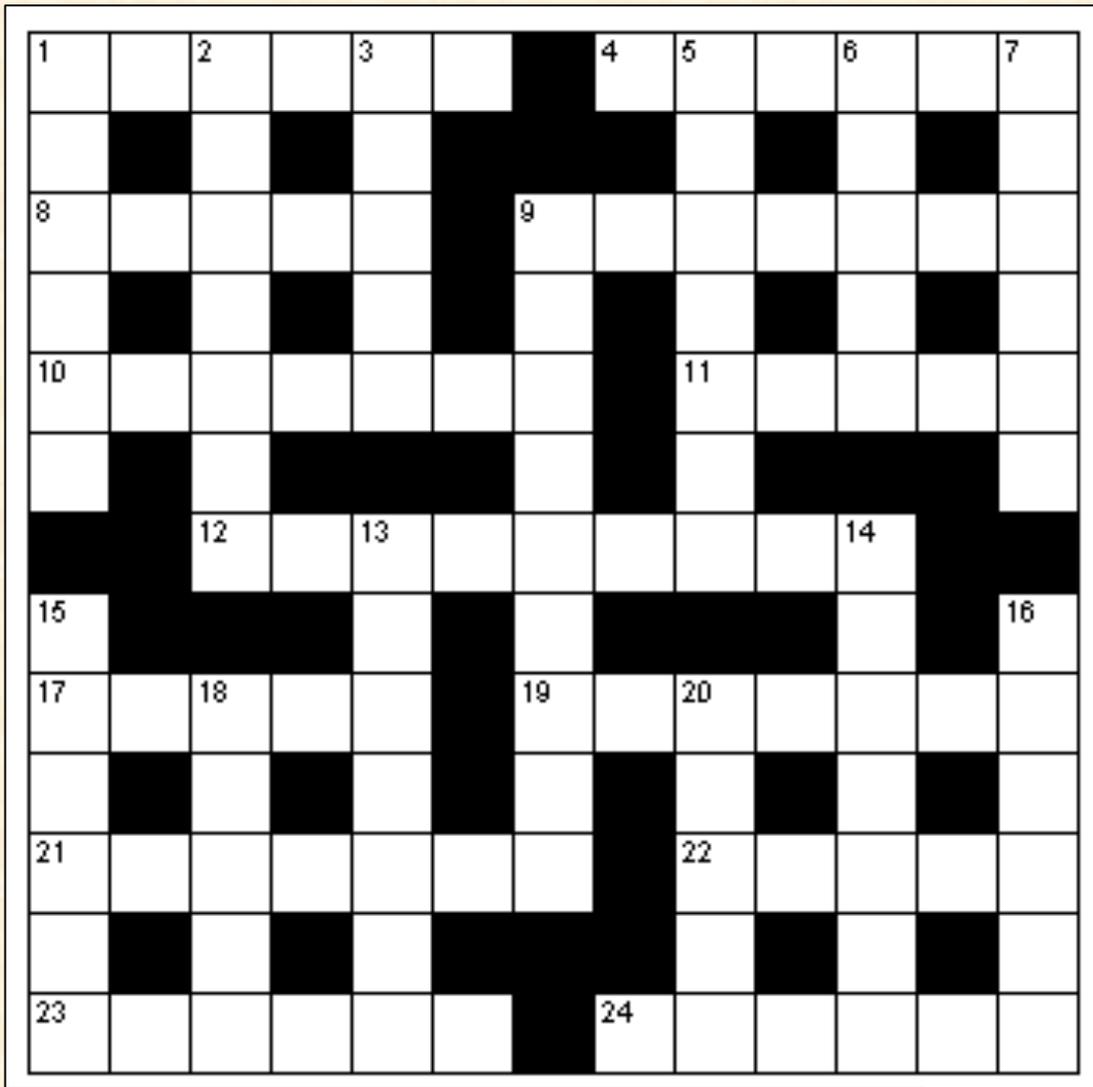
Send us pictures of your favourite spaces or landmarks to be featured in the next issue!

## SOUTHGATE STOCKS

(SouthgateGreen Association Website)

The Stocks were a coronation gift to the Green in 1953 and are a replacement for an earlier set that went missing during the Second World War. Unfortunately although made of oak, whole sections of the stocks have rotted under the impact of many years of weathering. The stocks were in danger of disintegrating before the Southgate Green Association put forward a plan to restore them. This picture shows them in a much better state of repair in the fifties. It also shows the elm and oak trees that were a characteristic of The Green at that time. The stocks are a fascinating reminder of The Green's long history. Stocks and pillaries have been in use for more than 1000 years. They were used as a punishment from the Middle Ages up to the eighteenth century. In 1405 a law was passed that required every town and village to have a set of stocks, usually placed by the side of a public highway or village green. Stocks were a status symbol for smaller communities. If a town was too small or could not afford stocks that town was regarded as a hamlet and could not call itself a village. The pillory was only abolished in England around 1837. Stocks were never formally abolished and were used until around 1870.

# Crossword and Soduko



## Across

- 1 Start on a journey (3,3)
- 4 Wonder (6)
- 8 Stay longer abed (3,2)
- 9 Renamed (anag) (7)
- 10 Put into code (7)
- 11 Corn (5)
- 12 Outer layer of skin (9)
- 17 Blacksmith's block (5)
- 19 Connected row of houses (7)
- 21 Ten-sided figure (7)
- 22 Projecting bay window (5)
- 23 Wall paintings (6)
- 24 Opera by Bizet (6)

## Down

- 1 Vendor (6)
- 2 Molasses (7)
- 3 Comical (5)
- 5 Mixture (7)
- 6 Russian liquor (5)
- 7 Upper part of the windpipe (6)
- 9 Old and worn (4-5)
- 13 Unlawful (7)
- 14 Sports arena (7)
- 15 Haphazard (6)
- 16 Magician in Camelot (6)
- 18 Clergyman (5)
- 20 Spanish wine (5)

## Soduko

Fill the grid so that every row, every column and every 3x3 box contains the numbers 1 to 9.

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

# Brain teasers

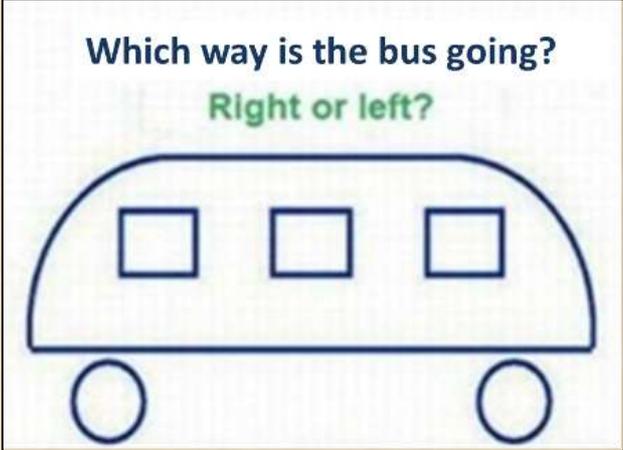
This is a rather tricky puzzle that asks you to think outside the box. Number 2 for instance is 'Man over board'. Can you work out the others? Many thanks to JP Godfrey for providing this!

**INTERPRET THE FOLLOWING:**

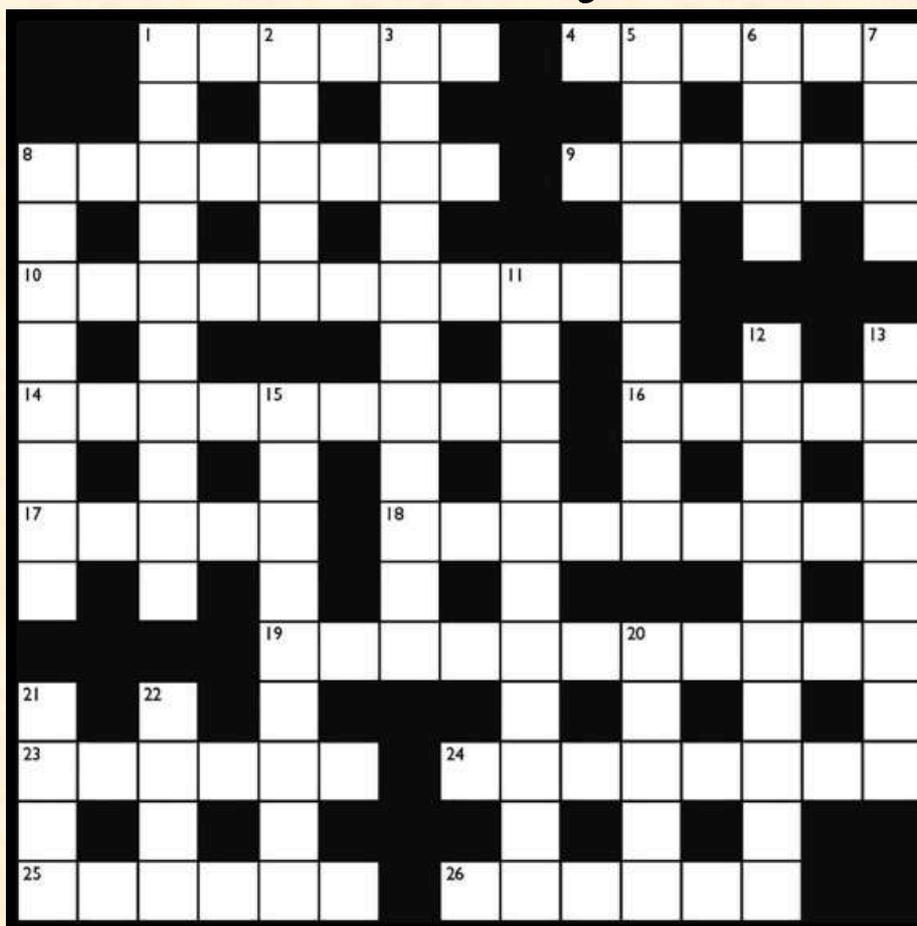
1 SAND	2 MAN BOARD	3 STAND I	4 READING
5 WEAR LONG	6 ROADS ADS	7 ↓ TOWN	8 CYCLE CYCLE CYCLE
9 LE VEL	10 O M.D. PH.D. B.S.	11 KNEE LIGHTS	12 III I OO
13 CHAIR	14 DICE DICE	15 TOUCH ↓	16 GROUND FEET FEET FEET FEET FEET
17 MIND MATTER	18 HE'S/HIMSELF	19 ECNALG	20 DEATH/LIFE
21 G.I. C C C C C C	22 PROGRAM	23 B O M B	24 YOU JUST ME

What can be seen once in a minute,  
twice in a moment,  
and never in a thousand years?

© BRIGHTSIDE.ME



# Church Times Crossword



## Across

- 1 Fervent appeal made by saint within celestial assembly (6)  
 4 Cleanse in Irish river (6)  
 8 Condiment in Australia providing good omens (8)  
 9 'Lay down your weapons' said Mr Cook (6)  
 10 Use nice room differently, in keeping with grand occasions (11)  
 14 Fashion accessory exhibited originally by Miss Goddard on stage? (9)  
 16 Going around roughly as one son of Abraham (5)  
 17 Not trimmed in posh new style (5)  
 18 Performance of ten men, moving, gripping part of play (9)  
 19 Ordinary piece of open land to plant (11)

## Across continued

- 23 Save mischievous creature of Lincoln after start of serious civic riots (6)  
 24 Brandishing staff, Paul losing head gets divine inspiration (8)  
 25 Accompanies some of us, herself (6)  
 26 More fervent as a professional mourner (6)

## Down

- 1 Rev, ace snob about keeping to proper procedures (10)  
 2 Man hugging girl in a manner of speaking (5)  
 3 Canoe master travelling in water encircling the earth (5-6)  
 5 Locks garment for penitential wear (4,5)  
 6 Chief of Edomites, one male beast (4)  
 7 Saint with nothing at foot of tree (4)  
 8 Dispatched to fellow clerks-in-holy-orders, freely laced with liquor (2,6)  
 11 Dress up oaf before presenting musical farce (5,6)  
 12 Offender showing masculine characteristic (10)  
 13 Breaks up improvised jazz singing with rest playing (8)  
 15 The French investigator coming to Rome, possibly someone delayed (9)  
 20 Some happy Londoner in temple gateway (5)  
 21 According to Cockney, he beheld ancestor of 6 (4)  
 22 Mischievous pairs first in ark — chimps! (4)

# Children's Pages

An Easter word search by Isla  
Brasnett from St John's (aged 9)

Children, send us your solutions to any  
of the puzzles on these pages to  
[SJPGnews@gmail.com](mailto:SJPGnews@gmail.com) by 13<sup>th</sup> May for  
your chance to win a prize.  
No winner in our last issue!

## St John's Easter Wordsearch

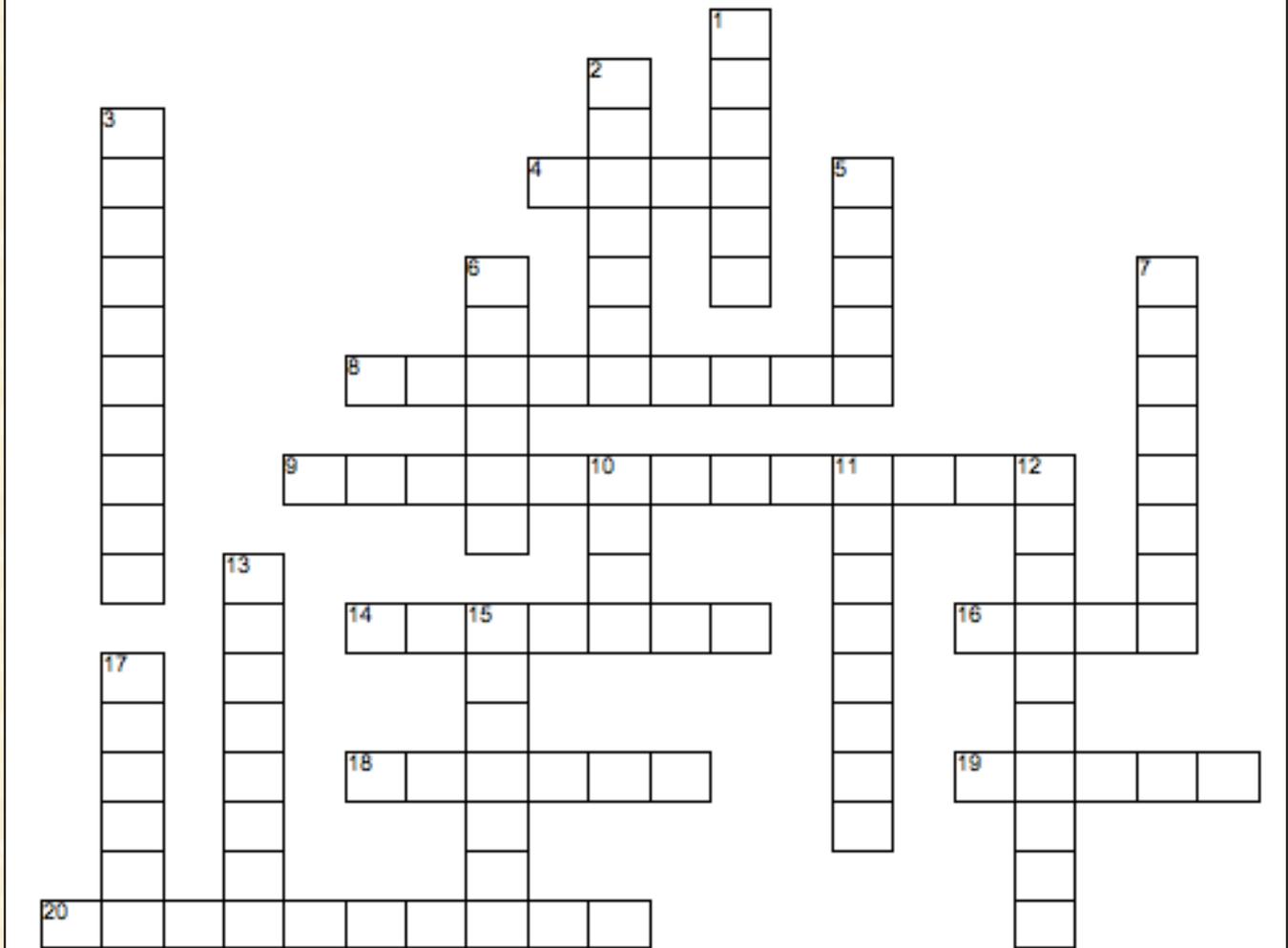
H O X C N U T N F L O W E R S P B  
O E P N C V C H O C O L A T E P A  
L H O L Y M P A L M C R O S S E S  
Y G T E G G H U N T J N B P U P E  
W O H C Z B A S K E T T U R N V Y  
E O O O N R K I N G M Y N I D E B  
E D R M G S I U N M Z O N N A A E  
K F N M V T R T O M B M Y G Y S C  
H R C U Q J R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

thorn crown    hope    Easter    community    saviour  
holy    king    St Johns    spring    flowers  
chocolate    hot coss buns    egg hunt    basket  
Sunday    palmers green    chicks    Easter eggs  
bunny    sacrifice    holy week    palm crosses  
resurrect    Jesus    tomb    Good Friday

# More Puzzle Fun

A crossword of Capitals of the world by Isaac Brasnett from St John's (aged 10)

## A Countries & Capitals Crossword



### Across

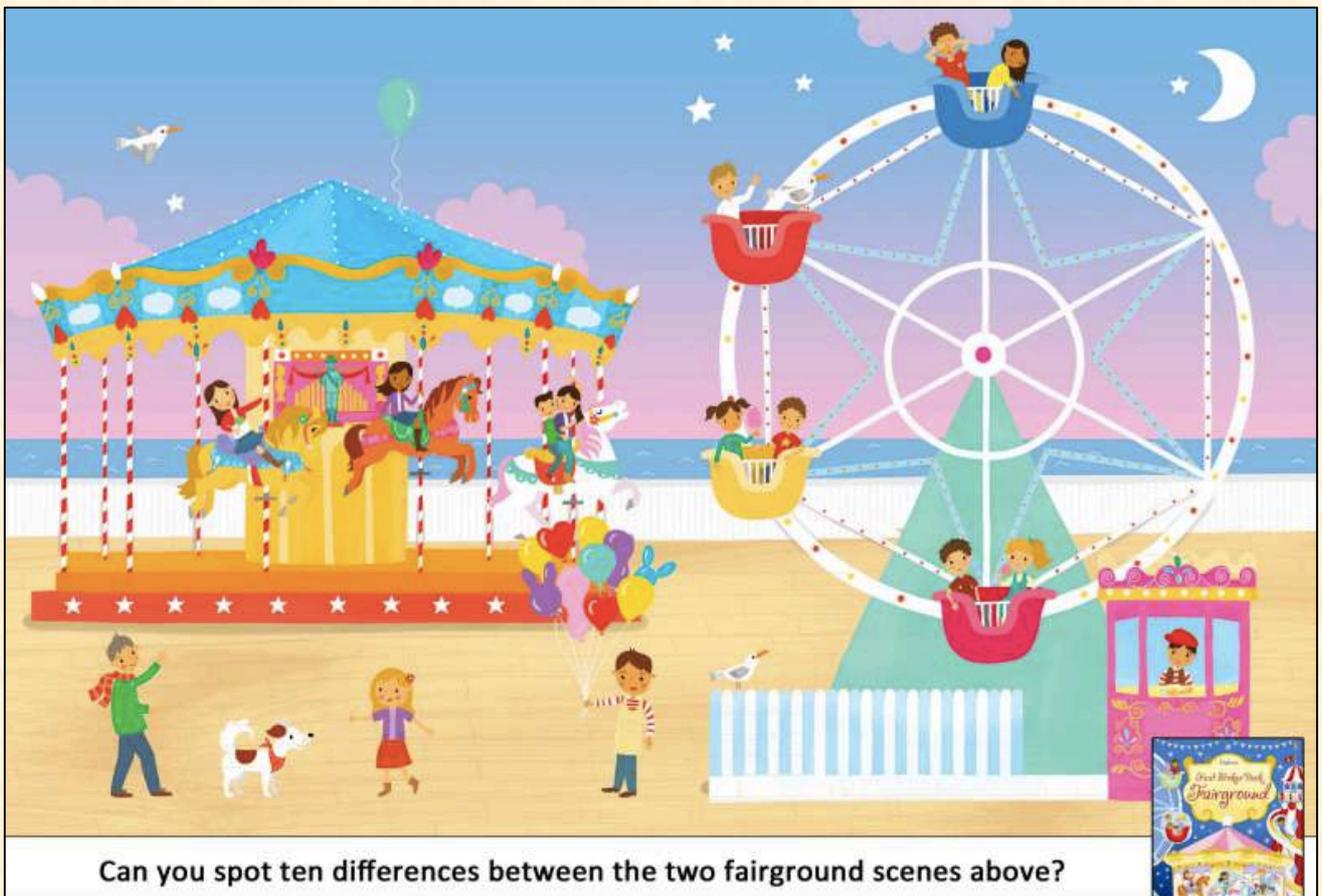
4. The capital of Qatar is ?
8. The capital of Singapore is ?
9. Prague is the capital of which country ?
14. Budapest is the capital of which country ?
16. What is the capital of Switzerland ?
18. Oslo is the capital of which European country ?
19. The capital of Senegal is ?
20. The capital of Panama is ?

### Down

1. What is the capital of Canada ?
2. Zagreb is the capital of which European country ?
3. Seoul is the capital of which Asian country ?
5. Santiago is the capital of which South American country ?
6. The capital of Monaco is ?
7. What is the capital of Jamaica ?
10. The capital of Latvia is ?
11. Islamabad is the capital of which Asian country ?
12. What is the capital of Denmark ?
13. Rio isn't the capital of Brazil but what is ?
15. Kenya's capital is ?
17. Belgrade is which countries capital ?

# More Puzzle Fun

Can you spot the 10 differences?





## 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](mailto:SJPGnews@gmail.com) or texted/whatsapp-ed to Jenny Godfrey on 07814 321943 by 13<sup>th</sup> May.

The Comms committee reserves full editorial control. 😊

A CELTIC PRAYER

**D**EEP PEACE OF THE  
RUNNING WAVES TO YOU.

**D**EEP PEACE OF THE  
FLOWING AIR TO YOU.

**D**EEP PEACE OF THE  
QUIET EARTH TO YOU.

**D**EEP PEACE OF THE  
SHINING STARS TO YOU.

**D**EEP PEACE OF THE  
SON OF PEACE TO YOU.



ICHA ABBEY

# 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 Lady Chapel practice at 11:30am).

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

6:30pm: Evensong (2<sup>nd</sup> 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](mailto:rev.jcoleman@hotmail.com)

Licensed Lay Minister: Julia Holder

Lay Chaplain: Celia Brown

Director of Music: Robert Hainault

E: [RobertHainault@gmail.com](mailto:RobertHainault@gmail.com)

Parish & Facilities Administrator:

Theodora Diamandi

Tel: 0208 886 0847

E: [stjohnspg@gmail.com](mailto: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](http://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.**