

# The TOGETHER Sheet

## Combs and Little Finborough



### From the Rectory...

*Reverend Chris Childs*

One of the 'Foundational Texts' for my Christian faith is from the book of the prophet Micah

*'He has showed you O man what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God' Ch 6 v 8.*



Last month I wrote that perhaps this present pandemic might cause us to have a greater regard for our neighbour and that certainly seems to have been the case. In some places there are those actively seeking others to whom they might give support. Nearly all our villages have been 'leafleted' with

information and most of the town. Those kind volunteers do not do it for the thanks they receive – but nevertheless can I thank them on your behalf?

And this support extends to our national life as well. There has been an enormous outpouring of praise for our NHS and all those who ‘enable’ society to continue, from delivery drivers to teachers, to food shop workers and carers. We know who we are really dependent on.

Our government has put in place extensive supportive measures to try to maintain businesses with the same employees so that when this emergency is over start-ups can occur swiftly and income levels be maintained. Substantial sums of money have been written off for the NHS and a great deal rightly spent to bolster its capacity. Obviously, there are issues – and it is good the government are held to account for their actions.

But let’s remember that when this is over there will be much to rebuild; some charities and churches which have taken on some of the ‘social care’ work in recent years will be very hard pressed to continue. National and local taxes will have to rise. Perhaps some national infra structure projects and our own local ideas will have to ‘bite the dust’? We will have to pay and we will need to play our part in rebuilding....

Then will come the time for all who have shown wonderful ‘social and community conscience’ let alone those with overt Christian faith, to say yes we are prepared to do the difficult thing – we are prepared to make some sacrifice in our own lives – by paying more into national and local funds and work for that better community.

I echo those words written thousands of years ago by the prophet Micah and pray

that we may all do justice and love mercy towards all people and put aside that sense of entitlement and selfishness that is not the hallmark of someone who walks ‘Humbly with their God’ or indeed has a social conscience.

We are living in a time of great change – forced upon us. Our predecessors rose to the challenge, let’s hope and pray that we may all come out of this a stronger and kindlier society, prepared to do what is right from our own income and skill for the benefit of all in this world and recognise those who do Gods work. It’s a challenge – not for *others* but for each of us. May God bless us all - until we meet again

Rev Chris

The Church of England website has extensive resources specially written at this time of pandemic. Many people are suffering from isolation and fear. Please be in touch with Pauline or me. We may be able to point you in the right direction or help ourselves. Our Bishops' and clergy are manning a 24-hour helpline for NHS Staff and of course we are here too for **you all**.

You will know that our churches are closed and we are aware of the distress this is causing to several people from the wider community, especially those who have just lost loved ones Pauline, Alison and I are here ready to talk to any of you by phone and so I am sure are other members of the Ministry Team. Christians are called to think of others before themselves and although this is tough the danger of re-opening is too great at this stage. At a national level I know that the 46 Diocesan Bishops are holding very regular Zoom Meetings with each other and this is a 'hot topic'. I hope that by the time you receive this there will have been some relaxation to the present regulations and in the meantime as you all know we are continuing with support as above, through the weekly pew sheet and addresses accessible from the parish websites and [www.achurchnearyou.com/](http://www.achurchnearyou.com/). Thank you especially to Lisa Hicks, Andy Little, Maggie Vincent and Suzannah Spurgeon for their supportive work.

Chris and Pauline

## **Leave your dandelions alone**

When mowing your lawn, avoid cutting your dandelions. That is the advice of the president of the British Ecological Society, Prof Jane Memmott. It will help to save the bees.

She explains: "Dandelions are a fantastic source of pollen and nectar for the early pollinators in particular. If they were rare, people would be fighting over them, but because they're common, people pull them out and spray them with all sorts of horrible things when they should just let them flower. If you leave the lawn to three or four inches, then dandelions, clover and daisies can flower and then you end with something like a tapestry, and it's much nicer to sit there and watch the insects buzzing about."

Prof Memmott encourages everyone to get a bee hotel for their garden. "There's nothing nicer than being sat in a chair with a glass of wine and watching the bees going in and out of your own personal little beehive. Even just a potted plant on a doorstep will provide lunch for a bee or a fly or a butterfly."

You can help too by cutting less frequently (see page 11).

## May Day: unbridled merriment

May is the month when the ancient pagans used to get up to 'all sorts'! The Romans held their festival to honour the mother-goddess Maia, goddess of nature and growth. (May is named after her.) The early Celts celebrated the feast of Beltane, in honour of the sun god, Beli.

For centuries in 'Olde England' the people went mad in May. After the hardship of winter, and hunger of early Spring, May was a time of indulgence and unbridled merriment. One Philip Stubbes, writing in 1583, was scandalised: 'for what kissing and bussing, what smooching and slabbering one of another, is not practised?' Henry VIII went 'maying' on many occasions. Then folk would stay out all night in the dark rain-warm thickets and return in the morning for dancing on the green around the May pole, archery, vaulting, wrestling, and evening bonfires.

The Protestant reformers took a strong stand against May Day, and in 1644 May Day was abolished altogether. Many May poles came down - only to go up again at the Restoration, when the first May Day of King Charles's reign was 'the happiest Mayday that hath been many a year in England', according to Pepys.

May Day to most people today brings vague folk memories of a young Queen of the May decorated with garlands and streamers and flowers, a May Pole to weave, Morris dancing, and the intricacies of well dressing at Tissington in Derbyshire.

May Day is a medley of natural themes such as sunrise, the advent of summer, growth in nature, and - since 1833 - Robert Owen's vision of a millennium in the future, beginning on May Day, when there would be no more poverty, injustice or cruelty, but harmony and friendship. This is why, in modern times, May Day has become Labour Day, which honours the dignity of workers. And until recently, in communist countries May Day processions were in honour of the achievement of Marxism.

There has never been a Christian content to May Day, but nevertheless there is the well-known 6am service on the top of Magdalen Tower at Oxford where a choir sings in the dawn of May Day.

An old May carol includes the lines:

*The life of man is but a span, it flourishes like a flower*

*We are here today and gone tomorrow - we are dead within an hour.*

There is something of a sadness about it, both in words and tune, as there is about all purely sensuous joy. For May Day is not Easter, and the joys it represents have always been earth-bound and fleeting.

## Wordsearch

This month the Church celebrates the Ascension of Jesus, the sending of the Holy Spirit at Pentecost, and the fact that our God is a Trinity: Father, Son and Holy Spirit. After the Resurrection, Jesus was seen on the road to Emmaus, by the Sea of Galilee, in houses, etc. He encouraged his disciples, and said that He was sending them to all corners of the earth, as his witnesses. 40 days after Easter, Jesus ascended into heaven; his work on earth was done. The disciples returned to Jerusalem, and on the fateful morning of Pentecost, there was suddenly the sound as of a mighty rushing wind. Tongues of flame flickered on their heads, and they began to praise God in many tongues – to the astonishment of those who heard them. That morning the Holy Spirit came to indwell all those who believed in Jesus: the Church was born. And so we have a triune God: Father, Son and Holy Spirit.

Find the following words in the grid.

Ascension	Prayer	Tongues	Confusion	Spirit
Blessed	Power	Flame	Languages	Trinity
Taken	One	Joy	Earth	Father
Jerusalem	Room	Praise	Peter	Son
Wait	Disciples		Holy	Triune

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

Solution on page 18

## He sings all day in May...

*Kenneth Mudd*

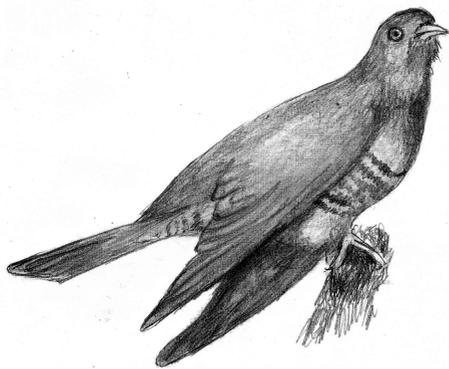
The call of the cuckoo is perhaps the sound that is the most celebrated sign that spring has arrived in England. The bird's arrival is eagerly awaited and it is famously reported each year to the readers' letters of *The Times* newspaper.

According to one version of an old rhyme:

The cuckoo comes in April,  
he sings all day in May,  
he changes his tune in the month of June,  
in July he flies away.

Migration records show that cuckoos are indeed most often first heard in mid-April, but that late April and early May are the peak periods for their arrival. In some years, a few intrepid individuals even arrive in March.

Only male cuckoos make the well-known cuckoo call. The female makes a much less familiar, but also quite distinctive, bubbling chuckle.



Sometimes there are records of cuckoos calling at the most unexpected times. Some of these are credible, but most of these calls are made by collared doves, which can make a noise that is very like a cuckoo's call.

Cuckoos have become much less common, and you cannot be sure to hear one in Combs or Little Finborough anymore. One singing all day would be wonderful. In normal years, trips to Lakenheath Fen or Lackford Lakes offer very high chances of hearing several cuckoos calling, and of seeing the birds. This year we'll just have to hope that they come to us in our villages.

Cuckoos are well known, not just for their calls, but because they lay their eggs in other birds' nests. Several different species of smaller birds are used to host cuckoos' chicks. In general, female cuckoos are specialists. Each will concentrate on a particular host, and the cuckoo matches her eggs to those of her target. So, a cuckoo laying eggs in reed warblers' nests will have eggs that look very similar to those of a reed warbler, and quite unlike those of another cuckoo who specialises in predating meadow pipits' nests.

Because they do not care for their own chicks, cuckoos are able to lay many eggs, up to 25 in exceptional cases. They also lay their eggs much more quickly than many other birds: they need to sneak in hastily while the owners of the nest are away. The cuckoo watches for her chance; then she drops onto the nest and removes one of the owners' eggs. Using a special elongated ovipositor, she quickly lays her own egg in its place and flies away, taking the stolen egg with her. Once many naturalists believed that so large a bird could not possibly lay its eggs in a tiny nest so quickly. It was thought that a cuckoo laid its egg on the ground, and then carried it to the nest in its bill. We now know about its unusual egg laying ability, and that the egg it carries is stolen from the hosts' nest.

The baby cuckoo hatches quite quickly, usually before the hosts' own brood. It then begins a shocking task. Although blind, it sets about ejecting everything else from the nest. It has a specially shaped back and is able to lever the other eggs over the side. If some of the other eggs have hatched, then the cuckoo chick will also evict the unfortunate chicks of its surrogate parents. This leaves it as the only occupant of the nest for the foster parents to feed.

The chick soon grows to be larger than the little birds caring for it. It outgrows the nest and sits on the top, demanding more food. The foster parents seem completely unaware of the giant size of their charge, and concentrate on satisfying its enormous gape with as much food as they can find.

The foster parents feed a young cuckoo with the sort of food that they would normally give their own chicks, but the diet of the adult cuckoo is another peculiarity of the species. Birds do not normally take caterpillars with hairs or with bright warning colours, because these are usually toxic or foul tasting. Cuckoos eat these types of caterpillars in large quantities. It was once thought that their diet made cuckoos themselves toxic to predators. This is not that case; falcons occasionally kill and eat cuckoos. Peregrines, hobbies and even the diminutive merlin, Europe's smallest falcon, have been known to take them.

Cuckoos look quite like birds of prey. They are grey with a barred breast, and about the same size as a sparrowhawk (13 inches, 33 cm long). Small birds are usually very brave when harassing birds of prey that stray too close to their nests. They mob cuckoos, a different sort of predator, as well.

Before the wonder of migration was understood, many believed that cuckoos turned into sparrowhawks in the late summer; their disappearance coincided with large numbers of juvenile sparrowhawks being seen.

Once the eggs are laid, the adult cuckoos have carried out their summer task of producing another generation. They do not need to tend their young, so cuckoos migrate back to Africa early. We still know little of where British cuckoos go, but recent satellite tagging is giving us a much greater knowledge of their routes and winter homes. Of course, the juvenile cuckoos must make their journey completely alone. They cannot accompany their parents, and can have received no indication from their parents about the route to take.

For several environmental reasons, cuckoos are less likely to make a successful migration in autumn if they use the western route through Spain, rather than on the eastern route through Italy. That the western route is still used by some suggests that these environmental conditions are quite recent, and the species has not yet had time to adapt.

Cuckoos choose several different species as hosts for their young. One of the commonest is the dunnock. Other common hosts are pied wagtails, meadow pipits or reed warblers. There is evidence that a bird which has been predated by a cuckoo is more wary in future years, keeping a vigilant lookout for cuckoos seeking hosts, to avoid rearing another giant chick.

Although the cuckoo is declining in abundance, we can still expect the cuckoo to arrive each year in the spring, and cause us to pause and listen to its unique announcement that a special visitor is here once more.

## Sudoku

Solution on page 18

### Easy

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

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### Intermediate

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

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# Puzzles

By Ruth

## For all the Saints

Some saints are patrons of one or more groups of people, countries, human conditions and situations. Can you match up the saints with their correct patronages?

1	St. Cecilia	A	Lost things
2	St. Augustine of Hippo	B	Universities and students
3	St. Thomas Aquinas	C	Blindness
4	St. Catherine of Siena	D	Brewers
5	St. Anthony of Padua	E	Wives
6	St. Lucy	F	The Missions
7	St. Sebastian	G	Fire prevention
8	St. Monica	H	Gardeners and travellers
9	St. Therese of Lisieux	I	Musicians
10	St. Christopher	J	Soldiers and athletes

## Church Words – Scrambled

Rearrange the letters to find items associated with churches and church activities.

1.	ERN CLET
2.	TRY PC
3.	ST. LORRY PC
4.	P SERVES
5.	ROOTS MANY
6.	ST. VERY
7.	CORNED ROSE
8.	CHS. SOAK
9.	P. SLUICER
10.	LAP REST

Solutions on page 19

## Letter from Uncle Eustace

Reverend Dr. Gary Bowness

### On the perils of a Scout camp

#### The Rectory, St. James the Least of All

My dear Nephew Darren,

It seems that the basics of parish ministry are no longer taught in theological colleges. Don't you know anything about consulting your diary in public? When you are asked if you are free on a certain date, accepted practice is to open it so that the enquirer cannot quite see. You then shake your head sadly, saying you are committed to blessing a new tea urn, or on some other vital ecclesiastical activity that day. Then you regretfully give your apologies. You do not open the thing in full view of your enquirer, so he can see the blank pages! Really, it serves you right that you are now committed to going on Scout camp.

The last time I agreed to pay the Scouts a visit was when I found that there was a splendid restaurant only a mile away from their camp. I arrived and parked my car by the side of the river where they were all canoeing, wound down the car window and made encouraging noises for some minutes before explaining I had to find a garage for petrol.

Several hours later, after an excellent lunch, I drove to where they were now rock climbing, wound down the car window and made encouraging noises for some minutes before explaining that I had a standing committee to return to that evening. It was a splendid day.

You, however, will experience the charms of two days under canvas. Whatever site for your tent you choose, it will be the one that floods first. The early hours will undoubtedly find you wading about in water in the pitch dark, retrieving your sleeping bag and clothes – which you will then have to wear for the rest of the day. Watch out for the food, as well: all camp food contains grass and usually sheep droppings. This will make you ill, though for some reason Scouts thrive on it.

Whatever the weather and whatever activities you do each day, you will end up wet, chilled and bruised. At least your evenings will be warm, for you are bound to spend them at Casualty, with youngsters suffering from sprained ankles or dislocated shoulders.

My only advice is to use those hours in Casualty to practise the art of opening your diary in a way that only YOU can see it..

Your loving uncle,

*Eustace*

## Julian of Norwich, a voice from a distant cell

*Canon David Winter*

Many years ago, studying English literature at university, I was intrigued to be introduced to the work of Julian of Norwich. She was writing at the end of the 14th century, when our modern English language was slowly emerging from its origins in Anglo-Saxon and Middle English.

Our lecturer was mainly concerned with her importance in the history of the language (she was the first woman, and the first significant writer, to write in English). But I was more intrigued by the ideas she was expressing. She was an anchoress – someone who had committed herself to a life of solitude, giving herself to prayer and fasting. St Julian's, Norwich was the church where she had her 'cell'.

Her masterpiece, *Revelations of Divine Love*, reveals a mystic of such depth and insight that today up and down Britain there are hundreds, possibly thousands, of 'Julian Groups' who meet regularly to study her writings and try to put them into practise.

She is honoured this month in the Lutheran and Anglican Churches, but although she is held in high regard by many Roman Catholics, her own Church has never felt able to recognise her as a 'saint'. This is probably because she spoke of God as embracing both male and female qualities. *Revelations* is an account of the visions she received in her tiny room, which thousands of pilgrims visit every year.

Her most famous saying, quoted by T S Eliot in one of his poems, is 'All shall be well, and all shall be well, and all manner of thing shall be well.' These words have brought comfort and strength to many a soul in distress.

Julian of Norwich and her teachings are commemorated by the Church on 8th May.

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### **Parental excuses**

*These are actual 'excuse notes' from parents excusing their children from missing school:*

My son is under a doctor's care and should not take P.E. today. Please execute him. Please excuse Jimmy for being. It was his father's fault.

Please excuse Jennifer for missing school yesterday. We forgot to get the Sunday paper off the porch, and when we found it Monday, we thought it was Sunday.

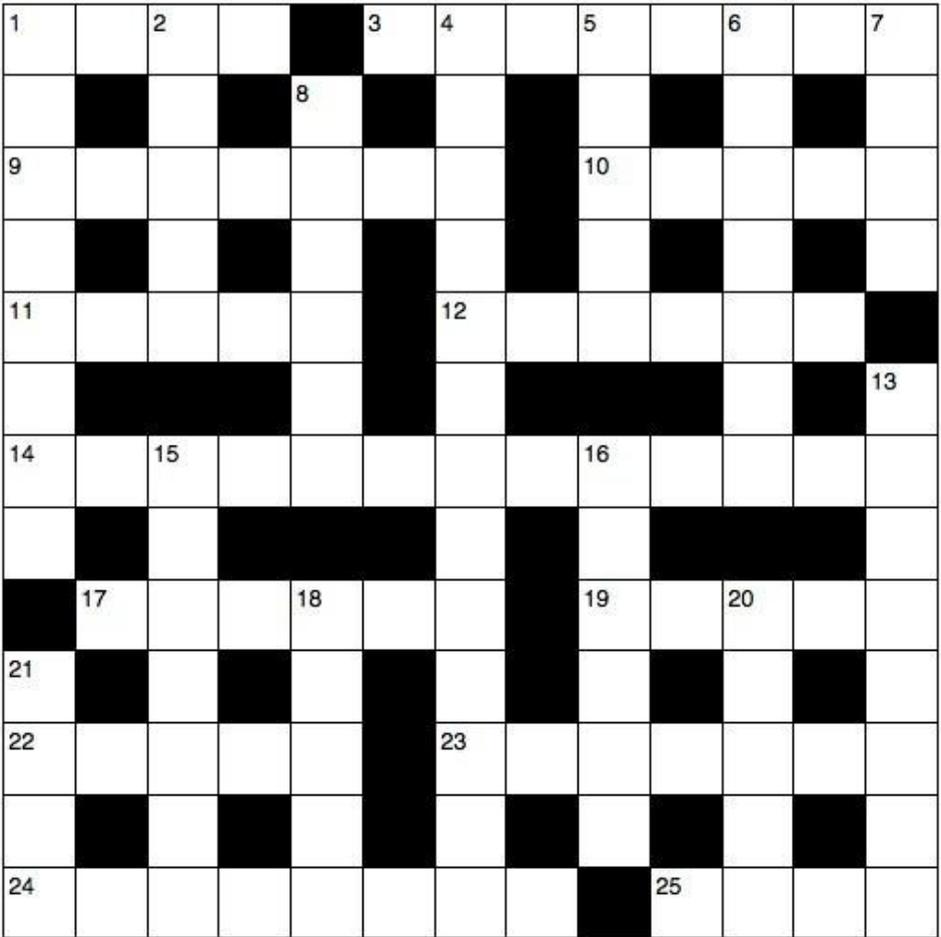
## Crossword

### Across

- 1 'Therefore let us — passing judgment on one another' (Romans 14:13) (4)
- 3 'I — — these persons here present' (Marriage service) (4,4)
- 9 According to a prearranged timetable (Numbers 28:3) (7)
- 10 Group of eight (5)
- 11 The cell into which the Philippian jailer put Paul and Silas (Acts 16:24) (5)
- 12 — Taylor, pioneer missionary to China (6)
- 14 Otherwise known as the Eucharist, Breaking of Bread, the Lord's Table (4,9)
- 17 'So that after I have preached to others, I — will not be disqualified for the prize' (1 Corinthians 9:27) (6)
- 19 Attend to (3,2)
- 22 Approximately (Acts 4:4) (5)
- 23 Tea rite (anag.) (7)
- 24 Rule of sovereign (8)
- 25 Test (anag.) (4)

### Down

- 1 The name of the street where Judas lived in Damascus and where Saul of Tarsus stayed (Acts 9:11) (8)
- 2 'The playing of the merry — , sweet singing in the choir' (5)
- 4 'We have been saying that — — was credited to him as righteous' (Romans 4:9) (8,5)
- 5 Dr Martyn — Jones, famous for his ministry at Westminster Chapel (5)
- 6 Port at which Paul landed on his way to Rome (Acts 28:13) (7)
- 7 Observe (Ruth 3:4) (4)
- 8 Minister of religion (6)
- 13 'I am — of this man's blood. It is your responsibility' (Matthew 27:24) (8)
- 15 'Greater love has no one than this, that he — — his life for his friends' (John 15:13) (3,4)
- 16 Archbishop who calculated that the world began in 4004BC (6)
- 18 'No one can — the kingdom of God unless he is born of water and the Spirit' (John 3:5) (5)
- 20 Establish by law (5)
- 21 Product of Gilead noted for its healing properties (Jeremiah 46:11) (4)



Solution on page 18

## Grow your lawns

The Royal Horticultural Society (RHS) has called on people to allow flowers to grow on their lawns, instead of insisting on smooth green surfaces.

The reason is because nearly 7.5million acres of meadows and pastures rich in wildflowers have been lost since the Thirties, thus removing a vital source of food for pollinators, many of whom are now in steep decline.

The nation’s 15 million gardens could help a lot in supporting bees, butterflies and other bugs looking for nectar.

## **Florence Nightingale**

### **The founder of modern nursing**

Florence Nightingale was born 200 years ago, on 12th May 1820. Best known as the Lady with the Lamp who saved many lives in the hospitals of the Crimean War, she was also a social reformer, a statistician and the founder of modern nursing.

She was named after the Italian city of her birth, but the family moved back to England the following year, and she was brought up in Derbyshire. Here – and elsewhere – she had several experiences that she believed were calls from God to devote her life to the service of others.

She never married, but among her several close friends was Sidney Herbert, who became Secretary of War and helped to make her work in the Crimea possible. Some claim that she reduced the death rate in hospitals there from 42% to 2%. She introduced hand-washing and other hygiene improvements, but she never claimed personal credit for reducing the death rate.

Her work inspired nurses in the American Civil War, and in 1883 she became the first recipient of the Royal Red Cross. In 1907, she was the first woman to be awarded the Order of Merit. She died in 1910. Her image appeared on the reverse of £10 banknotes issued by the Bank of England from 1975 until 1994.

Florence Nightingale deserves the credit for establishing the modern profession of nursing and its structures of training. Although of course medical science has advanced since her time, the basic ethos of nursing care remains today close to Nightingale's vision.

It is a fitting tribute to her that the emergency hospital just opened at the ExCel Centre in London is called the NHS Nightingale Hospital.

## **2020: WHO's Year of the Nurse**

When the WHO (World Health Organisation) decided to make 2020 the Year of the Nurse and Midwife, they based it on the 200th anniversary of Florence Nightingale's birth on 12th May 1820.

But with the arrival of the coronavirus, it is a remarkably apt year to celebrate all that nurses do for us.

As the ICN (International Council of Nurses) says: "All around the world, nurses are working tirelessly to provide the care and attention people need, whenever and wherever they need it. Nurses are central to the delivery of health care; nurses are making an invaluable contribution to the health of people globally."

## Augustine of Canterbury, apostle to the English

The delightful little church at Harleston, in our benefice, is dedicated to St. Augustine of Canterbury. It is not a very common dedication. There seem to be only seventeen Church of England churches with this dedication. But who was St. Augustine?

Augustine was a 6th century Italian prior, who holds a unique place in British history. He became the 'apostle to the English,' although it was with great reluctance.

In 596 Augustine was chosen by Pope Gregory to head a mission of monks whom he wanted to send to evangelise the Anglo-Saxons. Augustine was not a bold man, and by the time he and his band of priests reached Gaul, they wished to turn back. But Gregory would not hear of it, and he bolstered their confidence by sending some more priests out to them, and by consecrating Augustine bishop. Finally, the little party, now 40 in number, landed at Ebbsfleet, Kent in 597.

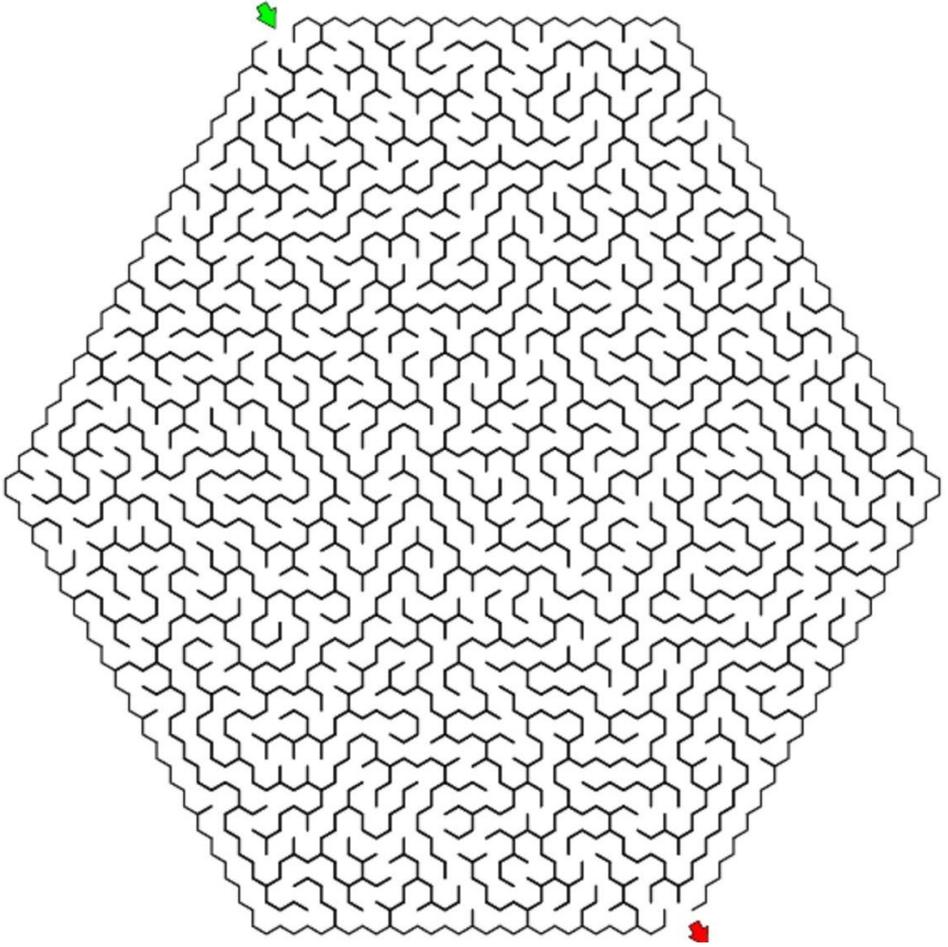
It would be fascinating to have a detailed description of that first meeting between Bishop Augustine and Ethelbert, powerful King of Kent. Whatever Augustine said, it must have been effective, for Ethelbert granted the 40 priests permission to stay in a house in Canterbury. He even allowed them to preach to his people, while he himself considered their message of Christianity. His wife, Bertha, was a Christian princess from Paris, but she does not seem to have played any role in the conversion of Kent.

By 601 Ethelbert and many of his people had been baptised Christians. The mission to the English was well underway. More clergy, some books, a few relics and several altar vessels arrived from Rome. At Gregory's wise urging, Augustine decided to consolidate the mission in one small area, rather than try and reach all of Kent. So, Augustine stayed in Canterbury, where he built the cathedral and founded a school. He left only temporarily to establish a see in London.

Also, at Gregory's wise urging, Augustine did not destroy the pagan temples of the people of Kent, but only the idols in them. In this way, familiar rites were taken over and used for the celebration of the Christian feasts. Meanwhile, before his death in 604, Augustine helped Ethelbert to draft the earliest Anglo-Saxon written laws to survive – and so influenced British law for centuries to come.

St. Augustine of Canterbury is commemorated by the Church on 28th May.

# Maze



## Top Six Silliest Questions asked on a Cruise Ship

*According to Paul Grayson, Cruise Director for the Royal Caribbean Cruise Line*

1. Do these steps go up or down?
2. What do you do with the beautiful ice carvings after they melt?
3. Which lift do I take to get to the front of the ship?
4. Does the crew sleep on the ship?
5. Is this island completely surrounded by water?
6. Does the ship make its own electricity?

## The wisdom of afternoon tea

*Reverend Tony Horsfall of Charis Training*

My wife and I were at one time missionaries with the Overseas Missionary Fellowship. We joined them in 1975 after a period of training at their headquarters in London. While we were there, we met the hostess of the Mission Home, a matronly lady who had herself served overseas. She was a formidable person, but with a soft heart, and a depth of spiritual wisdom.

I remember her offering to our group of would-be missionaries this piece of sage advice: “The missionaries who stay the longest on the field are those who have their afternoon tea.” It struck me then as being very profound, and it is a life rule that I have followed ever since, with great benefits.

This practice of course is typically British, but valuable none the less. For us, a cup of tea is the answer to everything. “Let’s make a cup of tea,” we say in any crisis. It soothes and refreshes and helps us get things in perspective. Somehow things seem much brighter when you have had a cuppa, especially if shared with friends or colleagues.

But there is more to the custom of afternoon tea. This little ritual gives us permission to stop in the midst of a busy day and rest a while. It enables us to make contact with others, and to step back from whatever is filling our mind at the time. And over time, these little oases are the way we care for our souls as well as our bodies.

We read that Jesus, when He was tired, sat down by the well at Sychar (John 4:6). He gave Himself permission to stop and have a break. I like to think on that basis He would heartily approve of afternoon tea.



### Solutions to Sudoku: Easy

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

### Intermediate

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

### Solution to Crossword

S	T	O	P		C	A	L	L	U	P	O	N
T		R		C		B		L		U		O
R	E	G	U	L	A	R		O	C	T	E	T
A		A		E		A		Y		E		E
I	N	N	E	R		H	U	D	S	O	N	
G				I		A			L		I	
H	O	L	Y	C	O	M	M	U	N	I	O	N
T		A				S		S				N
	M	Y	S	E	L	F		S	E	E	T	O
B		D		N		A		H		N		C
A	B	O	U	T		I	T	E	R	A	T	E
L		W		E		T		R		C		N
M	O	N	A	R	C	H	Y		S	T	E	T

### Solution to Wordsearch

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

### Meow

“What is your kitty’s name, James?” asked the visitor.

“Ben Hur,” said James.

“That’s a funny name for a cat. Why did you name it that?”

“Well, we just called him Ben – until he had kittens.”

### Incomplete

I'm not a complete idiot. Some parts are missing.

## Solution to For all the Saints

1	St. Cecilia	I	Musicians
2	St. Augustine of Hippo	D	Brewers
3	St. Thomas Aquinas	B	Universities and students
4	St. Catherine of Siena	G	Fire prevention
5	St. Anthony of Padua	A	Lost things
6	St. Lucy	C	Blindness
7	St. Sebastian	J	Soldiers and athletes
8	St. Monica	E	Wives
9	St. Therese of Lisieux	F	The Missions
10	St. Christopher	H	Gardeners and travellers

## Church words

1.	LECTERN
2.	CRYPT
3.	CLERESTORY
4.	VESPERS
5.	MONASTERY
6.	VESTRY
7.	ROOD SCREEN
8.	HASSOCK
9.	SURPLICE
10.	PSALTER

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The Reverend Dr. Gary Bowness, Canon David Winter and the Reverend Tony Horsfall contribute articles to church publications through [www.parihpump.co.uk](http://www.parihpump.co.uk).

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