



The
United
Reformed
Church

The Pauline

October 2021

Minister Revd Martin Knight

St Paul's URC
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Hello everyone

So many ways to get involved with Church life; feeling at a loose end as the nights are drawing in? 😊 Fancy helping out with Coffee after a service? Or in crèche? Or helping to plan the garden, do maintenance jobs or help with an event? Volunteers always welcomed - and thank you to those who already help.

We will be packing Shoeboxes next weekend (16/17 October) - donations are always welcome for this - quite a range of things are needed such as; cutlery - knife - fork- spoon - tea spoons, mugs, wind up torches and radios, the usual soap, flannel, toothbrush and toothpaste, hairbrushes, combs and hair accessories. Small balls, games, dolls, pens, pencils and paper. We are also collecting DIY tools - and work gloves - please ask Cathy D or me if you would like more information.



As part of our continuing support of Croydon Churches Floating Shelter (which is unfortunately unable to operate as a floating shelter at the moment) St Paul's will be cooking meals on Mondays in October for the Hub - A safe place to stay; this organisation is situated by Croydon University Hospital; if you would like to volunteer to make a meal please do let me know. They would also be grateful for contributions of toiletries please. As last year; we hope to make and supply 80 sandwiches each Saturday in January for Nightwatch, if you would like to help out just let me know.

As ever care of Creation is prominent in our minds - such a breadth of ways to go about this depending on one's talents. Lots of ideas and information all over the place including at this website www.arocha.org.uk/christians-churches-and-cop26



Climate change is the biggest threat to humanity and a growing threat to nature. But nature can provide important solutions for addressing climate change. What can Christians and churches do to make a difference?

In November the UK government will host the critical international climate negotiations known as 'COP26' - the 26th Conference of Parties (signatory countries) to the UN Framework Convention on Climate Change. Much is at stake at this conference, and it has been described as the last best chance to avoid global climate catastrophe. Hosting and chairing it is a unique responsibility for the British government. It also presents a unique opportunity for British Christians and churches to understand the key issues better and act on them, in service of our creator God, nature and all people.

In response A Rocha UK is running a special programme of work around COP26. Through this we are educating Christians on the links between climate and nature and what they can do about them; helping lead a broad Churches coalition to accelerate churches' action on climate change (Climate Sunday Initiative); and we are working with sister organisations in the international A Rocha network to develop a common position on nature-based solutions to climate change, to inform policy makers and practitioners alike.

If you take any medication that comes in blister packs once empty, the packs can be recycled in most Superdrug shops - including the one in Whitgift Centre more info at [The Medicine Packet Recycling Programme | TerraCycle® UK](https://www.terracycle.com/uk)



As ever I am always happy to receive your thoughts and comments for our Church Newsletter please keep them coming in, thank you to everyone who has contributed to this issue. Thank you to Gill Rutter, Christine Spurgeon, Fran Boto and Sue Eardley for their contributions towards church flowers. Christmas is a great opportunity to unleash your creative side and come along and help with decorating the church - please do let me know if that appeals to you.

Please contact me on patgo123@aol.com or 07742 85955
Pat Granville-Overton - Editor

Who's leading our worship?

10th October - Wendy Gilbert

17th October - Joyce Brissett

24th October - Elaine Leck

31st October - Jenny Sheehan

7th November (Communion) Angela Bannerman

14th November Eileen Poore

21st November TBC

28th November John Ponsford

5th December (Communion) Joyce Brissett

Dear friends,

Firstly, a huge thank you for your support and for your constant efforts to follow Jesus Christ as part of God's family in South Croydon.

I recognise the frustration of my sick leave, especially after two previous episodes, but this is what a Dynamic Disability is like.



Degeneration in my Sacroiliac joint causes constant pain across my hips and lower back, but also a sharp burning pain down my leg every time I move. My medication is ever increasing, leaving me even more sleepy and confused than normal! Adam is being a huge support, helping to lift and move me from my bed to a comfortable position in the lounge and back again.

The Royal National Orthopaedic Hospital are being fantastic. I've already had a diagnostic injection, which identified my right SI as the source and I am now on the waiting list for surgery to pin the joint. My pre-surgery consultation with Mr Lee is booked for November 19th. The surgery itself is pencilled in for mid-February 2022, but I have asked to be put on the cancellation list as well.

Facing my current situation for another 4 months seems quite overwhelming - as I'm sure it does for you. Other people with the same condition are having to wait 3yrs at other hospitals, so I am incredibly lucky to be treated so quickly - and am very thankful!

I am currently signed-off until late October and am using this time to see if the medication and physio, osteopathy and massage will enable some improvement.

To minister with a church that continues to be so understanding, is a real blessing.

I have been wondering what 'walking the way' of Jesus means in this situation.

For me, it is recognising that, even as I am, I am still of value and am able to pray - especially for you and all at St Paul's.

Perhaps for St Paul's, you are putting yourselves into my shoes and the shoes of so many others with a variety of disabilities, gaining an understanding of what it is to truly 'welcome' all people and to recognise and value God's gifts, even in what can seem broken.

May we know God's blessing
as creator of incredible diversity,
in the way of Jesus the healer,
and through the power and compassion of the Spirit.

Martin

Making the most of our Offerings

Gift Aid for Communion Offerings

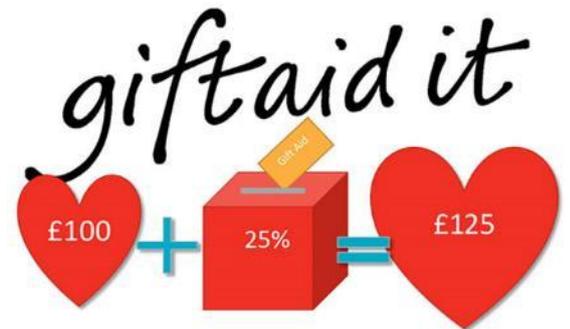
On Sunday 3 October, at our Harvest Festival and Communion Service, the communion offering was for Purley Food Hub and Nightwatch. We are grateful for the donations received totalling £46.00, which will be shared between the two charities. However, we could have increased this by £11.50 if the donors had completed our Gift Aid forms correctly and completely.

What is Gift Aid and how does it work?

Gift Aid is a scheme available to charities that means they can claim extra money from Her Majesty's Revenue and Customs (HMRC).

The charity can claim an extra 25p for every

£1 donated as long as the donor has paid the basic rate of tax and makes the donation from their own funds. That means Gift Aid can increase the value of your donations by 25%.



Retiring Offerings

We always provide envelopes with a Gift Aid form for your retiring offertory donations. These forms are passed on to the relevant charity who can only reclaim the tax on your donation if your form is completed fully and correctly. You should specify the charity's name at the top of the form. You must also fill in your name and full address and record the amount of your donation. Without all this information the Gift Aid cannot be claimed.

It takes just a few minutes to complete the Gift Aid form, but will make a huge difference to the charity receiving your donation.

Dennis Simmonds, Treasurer



Charity Christmas Card Sale **St Paul's URRC South Croydon** **November 13th 10am to noon**

Our popular card and gift sale has now travelled full circle. Decades ago it was organised by the Women's Guild, then the Guides, and later Brownies, took it on as a fund-raiser and service to charities supported by members of St Paul's. Now it is back with the Guild (men and women, now) and the refreshments and home baking will support their chosen charity.

It has been a difficult time lately, and two of our regular stall-holders have died of COVID Helen Brown of the RNLI and Cliff Clark who had sold Barnardo's cards since the sale began. Both organisations have continued to support our sale and we extend every sympathy to them, especially to Christine and Caren Clark.

This year, as well as Barnardo's and the RNLI, we are expecting Ameca (for medical care in Malawi), Traidcraft, RSPB, the Leprosy Mission and more. Please do come and tell all your friends about this great chance to prepare for Christmas while supporting good causes and enjoying coffee and cake.



*Let's celebrate at St Paul's with hope
and light this Christmas!*

As a group or with an organisation with which you are involved, why not provide a tree and decorate it with something pertinent to your group?

Trees to be no larger than 5 feet tall please. Set up afternoon/evening Friday 17th December.

Church open for viewing trees, music and reflection on

Saturday 18th December 5-7pm

Tuesday 21st December 4-6 pm

Thursday 23rd December 7-9 pm

More details from Fran 07969173457 or Sue at secretary@stpaulsurc.org.uk



M&R Team Take Note !

There was a tradesman, a painter named Jack, who was very interested in making an extra Pound or two where he could. So often he would thin down his paint to make it go a bit further.

As it happened he got away with it for some time.

Eventually, the local church decided to do a big restoration project. Jack put in a bid for painting and because his price was so competitive, he got the job.

And so he started, erecting the scaffold and putting up the planks; and buying the paint and thinning it down with turpentine.

Jack was up on the scaffolding, painting away, with the job nearly done, when suddenly there was a huge clap of thunder.

The sky opened and the rain poured down, washing the thin paint from all over the church and knocking Jack off the scaffold to land on the grass outside.

Jack was no fool. He knew this was a judgement from the Almighty, so he fell on his knees and cried, 'Oh, God ! Forgive me ! What should I do ? '

And from the thunder, a mighty Voice spoke thus, 'Repaint! Repaint! And thin no more!

Enjoy.

Chris

Welcome service & lunch 19th September

This very special service was to particularly welcome & celebrate the occasion of all those who had previously been baptised & or married at St. Paul's. Unfortunately, Martin was unable to lead the service but Fran led a lovely interactive service in her very capable way which was enjoyed by us all.

We were delighted to see many familiar faces some of whom had travelled a long distance to be with us. Lots of children who added a lovely family feel to the occasion. The meal of lasagne & salad was very well received & thanks must be given to Fran & Cathy Dean who produced the delicious food & were ably assisted by many others who were so active in the kitchen. Thank you so much to all those people - you know who you are!!!

We have always prided ourselves on our food at St. Paul's & it was wonderful to have our first proper meal together since lockdown. It was so obvious how much people had missed that social contact. It was certainly a huge success & such a shame that Martin couldn't share in the occasion. We wish him well & will hopefully have him back with us soon.

Once again thank you to all those who were seen helping in the kitchen & to all those others behind the scenes who made it such a success.

Christine



Thank you Pat and everyone who contributed to make the church look so beautiful for harvest and for the donation of goods for NightWatch and Purley Food Hub!

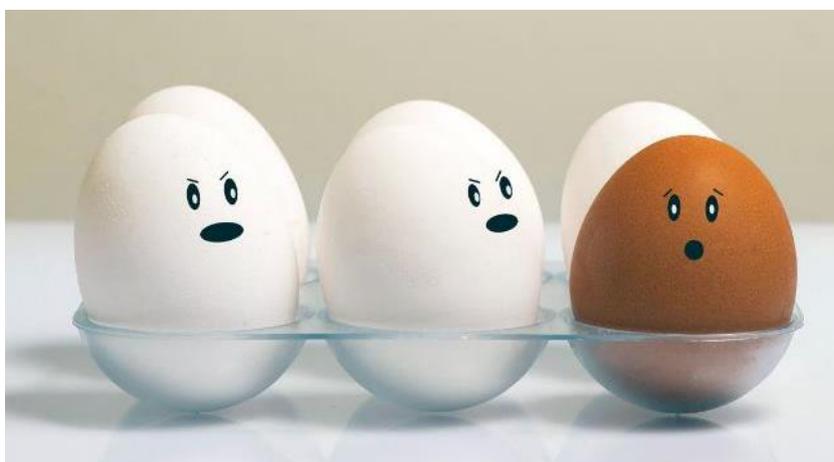


Living With & Loving Difference – Holiday Forum 2021

Holiday Forum is a unique event in the life of the church; it is part conference, part holiday and part church community. Whilst many go back year on year, many others arrive for the first time, make friends and leave as part of a new community. In the words of one of this year's new arrivals "I feel like I've been coming here all my life".

After a virtual Holiday Forum in 2020 it was good to get back to The Hayes Conference Centre in Derbyshire for a proper face to face event, albeit with a virtual element. A diverse group of adults and children gathered to listen to theme talks by Professor Anthony Reddie, one of the foremost black theologians in the UK, and worship with Revd Jane Rowell on the theme of 'Living With & Loving Difference.'

Children had their own morning activities ably led by Lorraine and Nicola from Church House (check out the updates on the URC Children's and Youth Work Facebook page from August 21st-26th)



Anthony had the following take on our theme...“Sadly, we live in a world where the impact of globalisation and social media means that we now know far more about each other than used to be the case, but also conversely, we seem as a human family to be far more divided than ever. Whether on the grounds of ‘race’, ethnicity, culture, political ideology, class, gender, sexuality, biological determinism etc. humanity seems to have become ever more tribal”. He encouraged us to reflect on our own identity and that of others through his talks, practical exercises and discussion with each other. It was a challenging and thought provoking week!

Forum in 2022 will be led by Revd Canon Eve Pitts, who became the Church of England's first black female vicar in 1994. Her theme is 'Remembering: how and what do we remember?' She will be reflecting on her recent sabbatical ...”I'm not going to leave this world until I make an impact, even if it's just this corner of my world” It will hopefully be a mixed event with most gathering at The Hayes on the edge of the lovely Peak District and others joining with some sessions via Zoom.

Interested? More information here: [Faith, Fun & Fellowship - URC Holiday Forum](#)

Cathy Heath



Courgette Cake Recipe

This delicious Courgette Cake recipe is so easy to make, with lime and delicious mascarpone cream cheese frosting icing. The perfect summer bake! Great if you have grown too many courgettes.

Prep Time 10 minutes

Cook Time 50 minutes

Total Time 1 hour

Makes at least 10 slices.

Ingredients

- 175 g of caster sugar
- 175 ml Sunflower oil
- 3 Free range eggs
- 150 g Courgettes (See recipe tips)
- 100 g Pistachio nuts, shelled Optional
- 2 Limes Zest only
- 175 g Self raising flour
- 1 tsp Bicarbonate of soda
- 2 tsp Ground cinnamon

For the icing:

- 150 g Mascarpone cheese
- 150 g Icing sugar
- 1 Lime Juice only

To decorate:

Pistachio slivers and more lime zest

Instructions

1. Preheat the oven to 180C.
2. Mix the sugar, oil and eggs until well beaten.
3. Stir in the grated courgettes (after you've squeezed out the liquid - see recipe tips).
4. Stir in the nuts (if using), lime zest, self raising flour, bicarbonate of soda and cinnamon. Stir until totally combined.
5. Pour into a lined and greased loaf tin and bake for 45 - 60 minutes until cooked through and a skewer comes out clean.
6. Allow to cool and remove from the tin.
7. Meanwhile make the icing by very gently combining the mascarpone with sieved icing sugar and lime juice. Pop into the fridge until the cake is totally cold.
8. Smooth the icing over the top of the cake and sprinkle on the pistachios and more lime zest if you fancy.

Recipe tips:

Use the coarse side of the grater and squeeze out water well or your cake will be too mushy. Keep the mascarpone cold and if the icing gets too mushy while making it, chill it for a while.

I have also used an 8 inch round cake tin for this.

You can decorate the icing with slithers of pistachios too if you prefer.

Report from the 7th/12th Croydon Scout Group and Croham Valley Explorers

Notwithstanding the trials and tribulations of the past 18 months both the Scouts and Explorers managed to hold a week's camp under canvas in the New Forest in August.

During that time they enjoyed a wide range of activities including hiking, cycling, water-sports, and a visit to Brownsea Island which is considered to be the birthplace of Scouting. Luckily we were able park vehicles at Skinner Street URC, just a three minute walk from Poole Quay and the ferry over to the island.



All four sections have now resumed weekly meetings, and there have been some changes in leadership. James Cork, a parent, has agreed to become Beaver Scout Leader, but unfortunately our Section Assistant, Nicola Jeffs, has decided to step down. We also have a new addition to the Explorer leadership team. Mike Tracey, a policeman and former soldier, has agreed to become Assistant Explorer Scout Leader. We are still looking for additional adults to support the younger sections.

We have had a number of new letting enquiries, and the income from these and the existing lets will enable us to continue to update the facilities at our headquarters. The Executive Committee has been working hard to improve our governance and finances, and this is already bearing fruit.

On October 16 we are holding a Reunion at the headquarters for former 7th Croydon Scouts, and we hope to meet many of old friends from the 1950's and more recently. If anyone reading this would like to join us please contact me for details.

Christopher Dean (tel 01883 723081) Leader 7th/12th and CVESU

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We have an Automatic Electronic Defibrillator (AED) in the kitchen. Let's hope we never need to use it but if anyone does get taken ill it's reassuring to know it's there

www.firstaidforfree.com/online-automated-external-defibrillator-aed-course/ for free training online about how they work.





Let there be light (and heat)!

The observant might have noticed a scaffolding tower in various states of build in the sanctuary in late September. This was to enable replacement of the troublesome "number 2" heater over the entrance from the corridor. The replacement is working beautifully, ready for the cold weather.

We took the opportunity with the scaffolding to change as many of the lightbulbs in the church as possible to eco-friendly LED lamps.



If anyone would like to use up the removed bulbs (energy saving bayonet ones, pictured)

Please help yourself from the box in the kitchen

Sue





Welcome



Table Top / Indoor boot sale

St Paul's Church hall Croham Park Avenue
CR2 7HF

Saturday 16 October 2021

9.30-12.30 – admission 50p

(early-bird buyers ticket entry £2 from 9am)

Refreshments on sale. Fully accessible.

Lloyd Park tram stop, 433/64 bus stop nearby

[further details](#)

[07956 520959](tel:07956520959)

www.stpaulsurc.org.uk



News from the Spirituality and Worship group

The group will be meeting more frequently during Martin's illness, and comprises Angela Bannerman, Fran Boto, Cathy Dean, and Bea Pollard. Sue joins as church Secretary and Helen Dean and Cathy Heath joined as representatives from In and Out group to plan Christmas arrangements.

The preachers and worship leaders were agreed up to the new year, including members contributing to the prayers of intercession and others offering to lead worship.

A carol service for uniformed and children associated with the church midweek in December was suggested – the Gift/Parade service on 12 December may be supplemented by a carol service in Scout HQ. Christmas arrangements.

We agreed to Christmas arrangements including a Christmas tree festival open to church and community groups plus local schools, SCUC and charities with which are associated. The trees would be in the transepts and the church would open for viewing, reflection and music as last year. See separate notice. As mentioned at church meeting there will be a series of eight discussion groups on Paul's journeys – see separate poster. The Friday prayers would be led by those participating until Martin returns

St Paul's Church Meeting – 12 September 2021 – in person and on Zoom

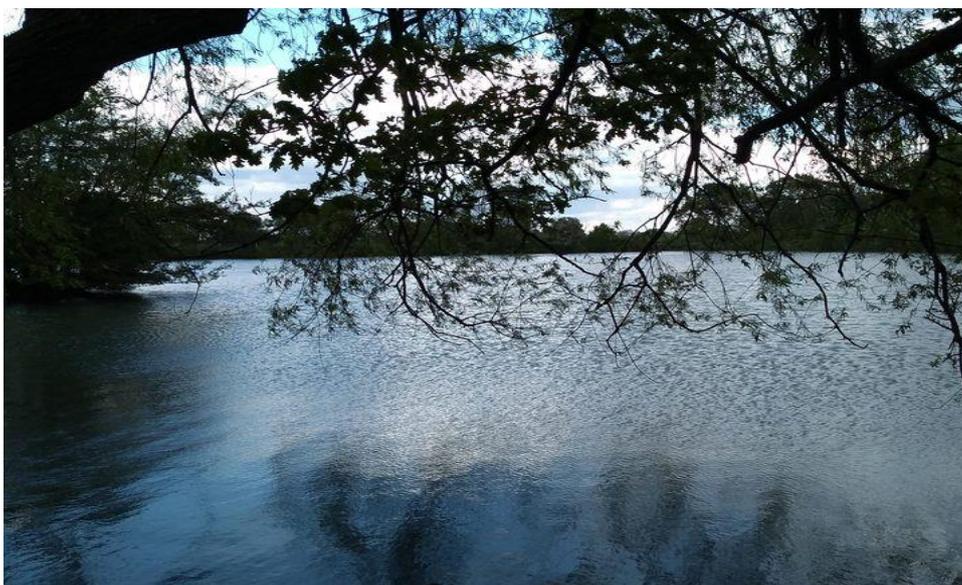


1. **Opening prayer, welcome:** Sue led the meeting as the Minister was unwell but had sent a message for everyone. There were 18 present and 7 apologies plus four on Zoom. We prayed for SCUC whose church had been burgled last week.
2. **Minutes of last meeting** on 18 July were accepted. No matters arising.
3. **Elders nomination process:** Sue explained that the process for filling vacancies had been revised by elders to avoid elections and enable more members to know that others felt they had the skills to be elders rather than refusing to be nominated. Those with the most nominations would be proposed as elders if they wished to do so and an election would only occur if there was a tie. People felt warm to the new approach and were encouraged to think of the qualities needed and see them in each other. However the process relied on the Minister being involved to manage nominations so this stage will be postponed for now.
4. **Covid 19 and worship arrangements:** In July when national guidance was relaxed the URC and St Paul's kept our approach more cautious, with a review in September. Whilst URC guidance is unchanged, following discussion and warm/cool indications it was agreed:
 - The one-way system would be dropped,
 - Sanitizing/ handwashing and fresh air circulation would continue
 - Signing in would continue (also a good way to recognise and follow up first-timers)
 - Face coverings would continue to be recommended for indoor activities
 - Standing up to sing hymns would be encouraged, but 65-70% wish to continue with strong recommendation for face coverings to be worn for singing.
 - Defining an area (eg rear, South side) in the sanctuary for those who may feel more vulnerable was discussed but we agreed this did not need to be formally established
5. **Review of the three Ministerial Teams;** The groups had met last Sunday, reviewed progress, meetings and actions. Notes were available on request. One member of each team has asked to move to being a supporter so a process for appointing new members (without elections) is sought.
6. **Refreshing the Vision:** Our Vision day in 2018 set our five priorities for being a welcoming church, which became 72 actions in 2019; we have now achieved 60% of them and the remaining ones are in hand. The current list does not include specific actions towards new initiatives supported by elders and members such as EcoChurch, Child and Youth Friendly Church scheme nor a new initiative being promoted by the London Institute for Contemporary Christianity to develop congregations to take our faith 'out there' rather than be a church just on Sundays in the building. Comprising a series of 8 workshops with a range of members involved the programme is supported and funded by synod. There was general support for the scheme but more information is needed.
Action SE/elders.

The meeting expressed 90% support that “**St Paul’s seeks to participate in the free LICC scheme, and elders bring reshaped vision actions back to church meeting**”.

7. **Welcome building:** Following agreement for signage and noticeboards in May, three further initiatives were brought to the meeting.
 - a. The garden project has involved felling of two large trees, one (Cypress) was diseased and the other (Yew) was blocking light and suppressing the grass.
 - b. External high level works are needed to repair leaks in the roof and both spiralets. Provisional estimates and a specification are being prepared so church meeting could agree what to do when.
 - c. Youth room – following 6 weeks on display and the proposals being emailed for comment Helen presented the plans for revamping the Youth Room into a ‘Room of Possibilities’ There was some discussion about the need for folding doors (or if this element should be a phase 2), and whether a camera or projector was preferred but it was important to get the heating cabling and décor sorted swiftly. There was 70% support to “**Agree in principle to development of the Youth Room as proposed**” sufficient for the project to proceed, but the group would take into account the comments and ideas raised.
8. **Finance position** and Ministry and Mission Fund 2022. There were no detailed financial figures available but the meeting noted the healthy incomes from lettings. The three Ministry teams had agreed rollover budgets as the systems for approvals seems to be working well. Synod has requested £30,492, the same as last year. The Meeting “**Agreed to payment of the requested sum for 2022**” unanimously

Date of next Meeting: There being no further business the next meeting on 21 November after worship was announced and the meeting closed at 12.50



Coming Soon - St Paul's joins the URC Southern Synod LICC Learning Hub launching on 29th January

Following the last church meeting St Paul's is one of 10 churches forming the new Learning Hub being run by Rev Andy Twilley, Southern Synod training co-ordinator. It's a wonderful opportunity to go on a journey which will transform our view of being a community which embraces the URC concept of Walking the Way... living the life of Jesus today.

It's a programme based on the London Institute of Contemporary Christianity (LICC) who write:

"We would all love our churches to be communities that equip and encourage God's people to live confident and fruitful lives for Jesus out in the world. But how do we grow and sustain a culture within our church where this happens?"

Learning Hubs provide a fantastic opportunity for church leaders and the wider church to grapple with this exciting yet challenging endeavour. With eight sessions spread over the course of a year, an LICC facilitator will share practical and biblical insights, help you discover resources, and provide you with opportunities to reflect and begin implementing changes right from the first session.

We have found the churches that get the most out of Learning Hubs bring along a core of key leaders to every session, as well as inviting members of the wider worshipping community for the sessions relevant to them.

The eight sessions are:

- An introduction to whole-life discipleship and church (for everyone)
- Culture-change for a frontline focus (for leaders)
- Whole-life preaching (for preachers)
- Spiritual Formation for the frontline (for everyone)
- Whole-life worship (for all those involved in leading worship services)
- Small groups with a frontline focus (for small group leaders)
- The workplace as your frontline (for leaders and anyone in work)
- Sharing faith on the frontline (for everyone)

Each session is 2.5 hours long and provides space for interaction and reflection.

More information to follow.

See <https://licc.org.uk/about/church/>

We're still collecting plastic milk tank tops, and stamps for recycling / charities. There are collecting boxes at the entrances or pass to Cathy H or Sue - thank you

I'd really recommend committing to the Online Youth Mental Health First Aid course. It's fascinating, well informed and moves at pace, covering a whole range of issues about young people and how we can best help them when their lives get difficult. Lots of crossover to adult issues too. You get accredited at the end and there is a resource book to keep. These courses normally cost a few hundred pounds but Southern Synod is offering them for FREE to church people. Please sign up by contacting cydo@urcsouthern.org.uk Sue

Online Youth Mental Health First Aid

Learn to support young people

- Gain an in-depth understanding of mental health and factors that can affect wellbeing in the youth sector
- Develop practical skills to spot the triggers and signs of mental health issues
- Feel confident to step in, reassure and support a young person in distress
- Enhance your interpersonal skills such as non-judgemental listening and learn to champion self-care

For more info and to book, contact:



Tom Hackett
Children's & Youth Development
Officer
Email: cydo@urcsouthern.org.uk

Visit the MHFA England website at mhfaengland.org
Find us on social media @MHFAEngland

New Course Dates Available

Afternoon Course 13:30-16:30

Mon 15, Tues 16

Mon 22, Tues 23

November 2021

Evening Course 18:30-21:30

Mon 15, Tues 16

Mon 22, Tues 23

November 2021

(Must attend all 4 sessions)

**To book a space email
cydo@urcsouthern.org.uk**

St Paul's Book Club

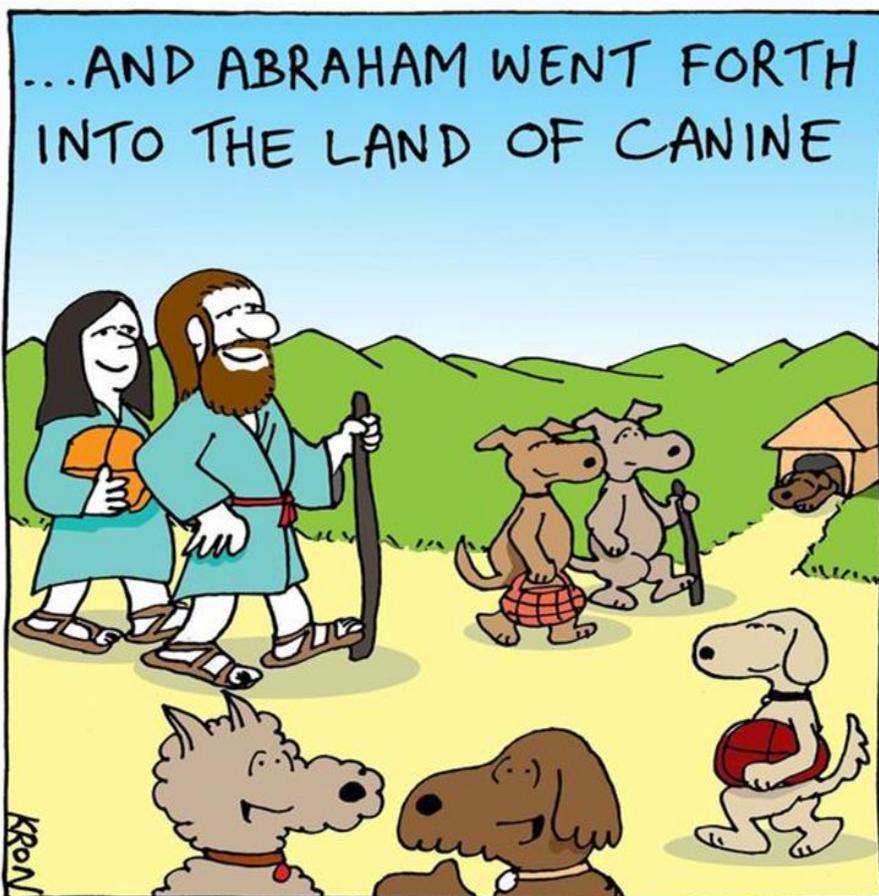
New Members Welcome!

*All are welcome
to join for a
cuppa and chat
about the chosen
book and a few
other related
topics!*

Dates for the diary...

Thursday 11 November
7.30-9pm
The Warden
by Anthony Trollope
St Paul's church halls

Thursday 9 December
12.30-2pm
Music and Silence
by Rose Tremain
Coach House Café,
Coombe Lane



Thank you for
reading this far!

Hope you
enjoyed this
edition

Copy date for
the Christmas
edition is 20th
November for
publication on
27th



Damascus to Rome

Life and Legacy of St. Paul

Discussion and Study groups based on a series of banners in St Paul's URC.

Music, Drama, Art, Discussion



Thursday 21st October 7.30 Introduction to the banners.

Tuesday 26th October 2.30 Paul's early history and conversion.

Thursday 4th November 7.30 Ananias and escape in a basket.

Tuesday 9th November 2.30 Journeys with Barnabas

Thursday 18th November 7.30 The jail in Philippi

Tuesday 23rd November 2.30 Burning of the scrolls at Ephesus

Thursday 2nd December 7.30 The shipwreck

Tuesday 7th December 2.30 Paul in Rome and his Letters.

Venue: St Paul's URC, Croham Park Avenue, CR2 7HF

Contact: secretary@stpaulsurc.org.uk

You are welcome to come to all or individual sessions .

Sessions will be 60-75 minutes long.