

The Herald

50p



March 2024

Reservoir Group of Churches



The Parish of
St Margaret, Downham with
St Peter, South Hanningfield and
St Mary the Virgin, Ramsden Bellhouse

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What's on when and where

Sunday 3 March - Lent 3

10.00am St Peter's South Hanningfield Holy Communion

11.00am St Margaret's Downham Family Service

Note: No service at Ramsden Bellhouse

Wednesday 6 March

7.00pm St Margaret's Downham Reservoir Group
Lent course

Sunday 10 March - Mothering Sunday

11.00am St Margaret's Downham Downham Group
Sung Eucharist

Note: No services at South Hanningfield or Ramsden Bellhouse

Wednesday 13 March

7.00pm St Margaret's Downham Reservoir Group
Lent course

Sunday 17 March - Lent 5

11.00am St Mary's Ramsden Bellhouse Downham Group
Sung Eucharist

Note: No services at Downham or South Hanningfield

Wednesday 20 March

7.00pm St Margaret's Downham Reservoir Group
Lent course

Sunday 24 March - Palm Sunday

11.00am St Mary's Ramsden Bellhouse Downham Group
Sung Eucharist and
distribution of palms

Note: No service at Downham or South Hanningfield

Thursday 28 March - Maundy Thursday

7.30pm St Peter's South Hanningfield Group Holy Communion

Friday 29 March - Good Friday

2.00pm All Saints' Stock Reservoir Group
Meditation on Stations of
the Cross

Sunday 31 March - Easter Day

6.15am	St Margaret's Downham	Sunrise service
10.00am	St Peter's South Hanningfield	Holy Communion
10.00am	St Mary's Ramsden Bellhouse	Holy Communion
11.00am	St Margaret's Downham	Sung Eucharist

Sunday 7 April - Easter 2

10.00am	St Peter's South Hanningfield	Holy Communion
11.00am	St Margaret's Downham	Family Service

Note: No service at Ramsden Bellhouse

Services during March

In the run up to Easter we have rather a lot of services during March.

Please check the details carefully as there are several joint services, either for the three churches of the Downham Group or the five churches of the Reservoir Group. For example, there is just one service on Mothering Sunday, 10 March and this will be at Downham. On the following two weeks it is Ramsden Bellhouse's turn to host joint services. The service at Ramsden Bellhouse on Palm Sunday, 24 March will include Ramsden Bellhouse Baptist Church as well as the three churches of the Downham Group. We join together on Maunday Thursday at South Hanningfield.

There are no services in the Downham Group on Good Friday, but we will join the other Reservoir Group churches at All Saints' Stock for meditation on the Stations of the Cross.

We hope to see you sometime during the Easter period

Other dates for your diary

23 March Quiz night - 7.30pm at Ramsden Bellhouse Village Hall
in aid of St Mary's Ramsden Bellhouse

Teams of up to 6 people. Tickets £7.50 per person, includes tea, coffee and biscuits in the interval.

Please contact Beryl Clements on 01245 601298
or Audrey Pegrum on 01268 710757 to book.

The Stations of the Cross - what are they?

For the first time this year our service on Good Friday will be a meditation on the Stations of the Cross. The Stations of the Cross are a series of fourteen pictures depicting Jesus on the day of his crucifixion. The stations grew out of imitations of the *Via Dolorosa*, the traditional path that Jesus walked from Jerusalem to Mount Calvary. You will find the stations as pictures or relief carvings around the walls of many churches throughout the world. In some places you will also find them outside in the churchyard, or even around the village.

On Good Friday worshippers move from one station to the next, stopping at each where a short reading and prayer takes place.

The fourteen stations depict:

1. Jesus is condemned to death
2. Jesus takes up his Cross
3. Jesus falls the first time
4. Jesus meets his Mother
5. Simon of Cyrene helps Jesus carry the Cross
6. Veronica wipes the face of Jesus
7. Jesus falls for the second time
8. Jesus meets the women of Jerusalem
9. Jesus falls for the third time
10. Jesus is stripped of his garments
11. Jesus is nailed to the Cross
12. Jesus dies on the Cross
13. Jesus is taken down from the Cross
14. Jesus is laid in the tomb

We hope you will join us on at 2.00pm on Good Friday at All Saints' Stock for this short period of devotion.

A modern interpretation of the Stations of the Cross

I have written before in *The Herald* about the Austrian village of Seefeld in Tyrol. The Revd Jean and I first visited Seefeld in 1976 and we have lost count of the number of subsequent visits; it is probably approaching 30. We have come to regard it as our second home. A millennium project in the village was to build the fourteen stations of the cross, starting with no 1 outside the door of the parish church, then meandering up the parish hill behind the

church to end with a depiction of Jesus' tomb, surrounded by 12 giant stones to represent the twelve apostles. The creation of the 14 stations of the cross using huge boulders, so-called erratics, was the idea of Michael Prachensky, a Seefeld born architect. The artistic design was conceived by Prof Erich Keber, and implemented by master stonemason Peter Kuttler.

Robert Andrews



The first station outside the parish church (above)



One of the stations on the hillside (right)



The fourteenth station - Jesus' tomb surrounded by his apostles (left)

From the Ministry Team

All Will Be Well

I recently enjoyed a short trip to Norwich and, while there, was able to go to a place I had been wanting to visit for a few years: St Julian's church. It is, in many ways, quite an unremarkable little church, just outside of the main centre of the city, and very small compared to the grand stature of the nearby Cathedral. Back in the Middle Ages, a young woman felt called by God to become an anchoress - someone who separates themselves from secular life to dedicate themselves to God. She lived in small rooms attached to St Julian's church; through a hole in the wall she would offer wisdom and counsel to many who visited her (she became quite the celebrity of her day) and she wrote down visions she received from God - becoming the first woman to write in English that has survived. We don't know her name; she is simply known as Julian of Norwich, after the church to which her cell was joined.

Her visions - published in a book now known as "Revelations of Divine Love" has comforted, inspired, and grown, the faith of many people across the globe, attested by the many visitors who come to the church every year. Perhaps the most famous quote from her book, is: "... *all shall be well, and all shall be well, and all manner of thing shall be well.*"

This is not Julian saying that everything in life will be easy or smooth - she writes about how people, including herself, will inevitably sin, will inevitably cause hurt to each other and ourselves, and will inevitably make mistakes. Yet she also writes about God who loves us regardless; who in fact has gone above and beyond to show that love, by dying for us, so that our sins - whatever they are - may be forgiven.

This month the church continues to mark Lent, the time of prayer and preparation leading up to Holy Week, before we celebrate Jesus' rising from the dead on Easter Sunday. At St Margaret's church we will start our Easter celebrations at 6.15am at our Sunrise Service. We celebrate with the dawn because Easter marks the day when everything changed. Jesus rose from the dead - Jesus who died because of his love for us - has overcome perhaps the biggest challenge we as humans face: death and the uncertainty of what lies beyond.

Therefore as Easter people, if we trust in Jesus, we can say with St Julian: *all shall be well, and all shall be well, and all manner of thing shall be well.*

Jacqui Pearson

Good Friday, Jesus and the thieves on the Cross

Luke's account of the crucifixion (Luke 23:32-43) emphasises the mocking of the crowd, *'If you are the king of the Jews, save yourself'* (35,37,39). In their view a Messiah does not hang on a cross and suffer. In considering the two men who were crucified with Jesus, we are also confronted with the issue of how Jesus secures salvation for us.

The words of one of those crucified with Jesus reflected the crowd's taunts: *'Aren't you the Christ? Save yourself and us.'* He highlights the question of Jesus' identity: how can He save others, when He cannot save Himself from death? He failed to see that the cross itself was the means of salvation.

So - what kind of Messiah was Jesus?

The other criminal's response in his last moments is a moving expression of faith. When challenging the other man, he spoke of the utter injustice of the crucifixion: *'this man has done nothing wrong.'* He perceived the truth that Jesus was indeed the Messiah. In a wonderful picture of grace, *'remember me when You come into Your kingdom'*, the second thief confessed his guilt and secured Jesus' forgiveness and mercy.

In reply, Jesus promised the man life from the moment of death; *'Today you will be with Me in paradise.'* Jesus used the picture of a walled garden to help the man understand His promise of protection and security in God's love and acceptance eternally.

Each one of us has to choose how we react to Jesus on the cross. Do we want Him to 'remember' us when He comes into His kingdom, or not? If you were to die tonight, how confident would you be of going to be with Jesus? *'For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God'* (1 Peter 3:18).

From the registers

Downham

Burial of ashes

21 January Moilly Andrews

The new combined parish of Downham with South Hanningfield and Ramsden Bellhouse

On 24 January, after the February edition of *The Herald* was sent to press, a special Meeting of Parishioners was held in St Margaret's church to elect

churchwardens for the new combined parish of St Margaret's Downham with St Peter's South Hanningfield and St Mary the Virgin Ramsden Bellhouse. It was no surprise that Lee Baxter and Mike Roome, the churchwardens of Downham were elected as churchwardens of the new enlarged parish. As expected Beryl Clements and Pauline Fordham were elected as assistant churchwardens, responsible for St Mary's Ramsden Bellhouse and we were pleased to elect Marguerite Sharpe as assistant churchwarden, responsible for St Peter's South Hanningfield. Marguerite's contact details are now shown on the inside front cover of *The Herald*.

On 12 February, there was a joint meeting of the three existing Parochial Church Councils which approved the 2023 accounts of each church. Members were also brought up to date with details of how the finances of the three churches will be managed. Whilst charities normally have to register with the Charity Commission if their annual income exceeds £5,000, the Church of England is granted an exception and churches need to register only if their annual income exceeds £100,000. The combined income of the three churches during 2023 was very close to £100,000 therefore it was decided that we should seek registration. Whilst this will give the treasurer a little more paperwork to do, it will make the charitable status of the church much clearer. Experience shows that banks and other financial institutions, as well as the wider public do not understand how churches can be charities when they are not registered.

The next important meeting will be the Annual Parochial Church Meeting (AGM) which is scheduled to take place at St Margaret's Downham on 29 April. At this meeting a new single Parochial Church Council will be elected for the combined parish. There will be fewer members on the new PCC and we are already inviting nominations. If you are interested in standing for the PCC, please contact Mike Roome (details on inside front cover) for a nomination form. Members of the PCC are the charitable trustees and also have the same legal status as directors of a limited company.

Once the new PCC has been elected we will seek registration with the Charity Commission, then start to set up bank accounts in the name of the new PCC.

St Margaret's Downham

Churchyard cleanup

Thank you to everyone who came along on 12 February for our annual clean-up of the churchyard. Whilst we are happy to allow decorations to be added to graves over the Christmas period, now is the time when they are removed and general pruning and weeding takes place in anticipation of the arrival of Spring.

Easter services

Please see pages 2 & 3 for details of all the services in our group of parishes over the Easter period. There are two Sundays during March when there are no services being held at St Margaret's. Also there will be no service on Good Friday, but please join us with the other churches of the Reservoir group at All Saints church Stock for meditation on the Stations of the Cross.

We will have our usual sunrise service at 6.15am on Easter morning. If you haven't been to it before, do consider coming along. It takes place, weather permitting, in the churchyard and it is a very moving experience to see the sun rising over the surrounding countryside. We then adjourn to the church for hot cross buns and coffee. Don't forget that British Summertime starts on Easter Day so it will feel like a 5.15am start!

Christmas Bazaar

Is it too early to start planning our Christmas Bazaar? Our Christmas Bazaar is scheduled for Saturday 7 December and will be held in Downham Village Hall where there is more space to display our wares. Please make a note of the date in your diaries.

Downham WI

At the beginning of February we had our WI Tuesday morning coffee club late Christmas Lunch. This was held at Vita Bella, East Hanningfield and was thoroughly enjoyed by all of us. (Some of the ladies want to make it a monthly lunch club !!!).

I am writing this before our meeting on 20 February so I can't tell you all about our speaker, Francis Sparrow who will be talking about the 'Black Death'. Next instalment in April.

Just to let you know that it is International Women's day on 8 March.

I am going to give you a few dates for your diaries. Our speaker on 19 March is Brian Billins talking about London and things you may not know. On Tuesday 26 March we are having a 'Bring and Buy Sale' at Downham Village Hall, to help fund raise for our charity this year, which is Silver Birch Dementia Centre in Wickford. Everyone is welcome, even if you only come for tea and cake (a WI speciality). This will start at 10.00am until 12.00noon.

Just a reminder, Downham Village Hall have a quiz night on 15 March and I am pleased to say that Downham WI have two tables of 8 people attending. Thank you ladies for your support.

Contact Wendy on 07778 809723

Wendy

St Mary's Ramsden Bellhouse

Quiz night

We have our annual Quiz Night in aid of St Mary's church on Saturday 23 March in Ramsden Bellhouse Village Hall, starting at 7.30pm. Teams of up to 6 people. Tickets £7.50 per person, includes tea, coffee and biscuits in the interval.

Please contact Beryl Clements on 01245 601298
or Audrey Pegrum on 01268 710757 to book.

Easter services

We have no service on Mothering Sunday 10 March but two joint services at St Mary's. Sunday 17 March is the third Sunday of the month and it is our turn to host the Downham Group of Churches for Sung Eucharist at 11.00am. The following Sunday 24 March is Palm Sunday when traditionally we hold a joint service for the three Downham Group churches and also Ramsden Bellhouse Baptist Church. Unlike previous years we will not move between St Mary's and the Baptist Church. The service starts at St Mary's at 11.00am.

You will find details of all the other Easter services in the group on pages 2 & 3.

We will have our Easter Day Communion service at 10.00am and we hope to see you there.

Community Cuppa & Cake afternoon

Tuesday 12 March 2.00 to 4.00pm

**Ramsden Heath Village Hall
Dowsetts Lane CM11 1HX**

Thank you to everyone who attended our Valentines Cuppa and Cake Afternoon. As usual a lovely atmosphere in the hall with a variety of cakes to choose from (just for £1.50) and a cuppa. Always love to see new faces.

On the 12 March it is the Cupcakes' Birthday. We have been holding Coffee mornings/afternoons for 14 years and have been delighted how much money has been raised for various charities. Long may it continue thanks to all your support.

Ramsden Cupcakes

Ramsden Heath Social Club

Our monthly BINGO EVENING will be on Friday 1 March at 8.00pm. Just £1.00 to play & £2.00 for each book you want to play. All welcome.

FREE tea & coffee at the half-time break, but please feel free to bring other drinks/snacks of your own.

Also in March we have a HOT CROSS BUN EVENING on Friday 29 March also at 8.00pm. Start the Easter weekend with a tea or coffee, a chat and maybe a Hot Cross Bun or two! There will also be a small table quiz + a raffle. Entry on the night just £2 for Members & £3 for Non-members. Please feel free to bring other drinks & snacks of your own.

For more information please contact:

Dave Quinney on 07950 309524 or Dave Charlton on 07940 540819

Ramsden Heath Horticultural & Allotment Society

Our monthly meetings are held at Ramsden Heath Village Hall, Dowsetts Lane, on the first Thursday of the month

Now that the worst two months of the year are over we can start looking forward to Spring, and already there are green shoots on the shrubs and bulbs are sprouting eagerly.

Our AGM on 1 February was very well attended, and everyone enjoyed a cheese and wine buffet following the formalities. The Banksian Medal this year was awarded to Brenda Burnell, who scored the most points in all the entries. Congratulations Brenda.

We now look forward to our Spring Show on Saturday 6 April. Keep an eye on the Unity Bulbs, to make sure they are either showing signs of life or, if they are too keen, put them in a dark corner to slow them down.

Before that we have a meeting on Thursday 7 March. Our speaker is Alan Clark whose subject is *'It's not rocket science'*.

There will also be our usual mini show. The categories are vegetables, bulbs and flowers which gives you plenty of scope to find something in your garden or greenhouse which applies and is looking good.



Brenda with her medal

St Peter's South Hanningfield

Easter services

As is our tradition we will be holding a service of Sung Eucharist on Maunday Thursday, 28 March at 7.30pm. This will be a joint service for the three churches of the Downham group. We have our Easter Day Communion Service at 10.00am and we hope to see you there. You will find details of other Easter services on pages 2 & 3.

Flower Festival

Our Flower Festival is scheduled to take place from Saturday 31 August until Monday 2 September. Please make a note of the dates in your diary.

There will be a planning meeting for the Flower Festival in St Peter's church on 1 March at 10.30am. This meeting is open to all and we would welcome new ideas and offers of help with organising this important event.

South Hanningfield Village Hall

The Hanningfield Ball took place at Stockbrook Manor on Saturday, 27 January and it was a great success.

There were lots of posh frocks and dinner jackets to be seen and there was much positive feedback from the charity event. The fundraiser raised a fantastic £2,100.50. The proceeds of the event will be shared between South Hanningfield Village Hall and St Peter's Church. Thank you to all the guests who attended the charity event and for the many donations including the following raffle and auction prizes:

- Riding lesson on a Rettendon Riding School horse or own horse kindly donated by Sam Browne & Ian Lewington,
- £50 Magic Mushroom voucher kindly donated by Catherine and Darren Bennett,
- Wine Hamper kindly donated by Sascha Spriggs,



- Hamper kindly donated by Maria Owen and Rob Dixon,
- Hounds of Hanningfield Gin Gift Set kindly donated by Bertie and Elsie,
- £20 Meadow Croft Voucher kindly donated by Lisa & Mike Smith,
- Cath Kidston gift set and Prosecco kindly donated by Lisa Miles,
- Champagne kindly donated by Anna-Marie Sullivan,
- Flowers kindly donated by Stephens Bouquet, Wickford,
- Afternoon Tea for 2 at Tiptree Tea Rooms,
- Meal for 4 at the Royal Tiger,
- Four rounds of Golf kindly donated by Stockbrook Manor Country Club,
- Vehicle tracking system supplied and installed kindly donated by Lee of Safe & Sound.

Thank you A big thank you to printers Monster Parties CM3 8EB who have designed and supplied free of charge the lovely colourful display banners outside the village hall promoting our upcoming Table Top Sale and Ceilidh events.

Films at the Hall The Committee are considering introducing films at the village hall for the community to enjoy now that we have a new projector in place. If you are interested, we are asking the community to give your views on email vallisc@aol.com

Our next hall events coming up: St Patrick's Ceilidh

We are planning a Ceilidh on Saturday 16 March from 7.00pm with The Yardarm Ceilidh Band in attendance, ceilidh dancing and a Raffle. Tickets cost £8 per person. For further information, email vallisc@aol.com or phone 07891 653238.

St George's Day on Tuesday, 23 April from 7.30pm South Hanningfield Village Hall CM3 8HL have returning the wonderful "**Cockney Pride**" for an evening of sing along and flag waving with the Pearly King and Queen. Tickets cost £15 each. Bring your own drinks and party food. For tickets, please call Emma on 07961 963914.

Magic Evening on Saturday, 28 September. More details to follow in future editions of *The Herald*.

Christmas Fayre on Saturday, 23 November. More details to follow in future editions of *The Herald*.

Raffle Prizes needed If anyone has any suitable items for raffle prizes they can donate to us for use at future events, please let us know. The committee would be very grateful.

Mobile Library

The Mobile Library visit South Hanningfield Village Hall every three weeks.

Day of visit: Tuesday Time of visit: 12.25pm to 12.55pm

Next visit date is 19 March.

Regular Activities

Coffee Morning

Second Wednesday of each month from 10.30am – 12.30pm (Wednesday, 13 March

Pilates & Keep Fit

Monday 9.45am – 10.45am

Thursday 10.30am – 11.30am

Contact Hayley on 07758 427379

Strollercise Dance

Monday 11.15am – 12.15pm

Tel: 07952 791183

Email: lynne.strawford@sky.com

No booking is required, just turn up.

Puppy Dog Training Classes

Monday from 6.00pm and 7.00pm

Dog training for puppies of all ages

Contact Rachel on 07484 706085 or

email Rachel@PuppyPotentialDogTraining.co.uk

Yoga and Zumba Thursday night

Zumba 6.20pm to 7.15pm and

Vinyasa Flow Yoga 7.30pm to 8.30pm

Pay as you go

Tel: Charlene on 07772 443028 or email info@sakurayogastudios.co.uk

Upholstery Class

Friday morning 9.30am – 1.00pm

Contact Fiona on 01621 776586 or 07887 507208

Zumba Saturday mornings

Zumba 9.20am to 10.20am

Pay as you go

Tel: Charlene on 07772 443028 or email info@sakurayogastudios.co.uk

Please call the listed contacts to book a place.

If you would like to book the South Hanningfield Village Hall for any regular activities or events, please call Sandra Graves, our Bookings Secretary on 07396 546050 or email shvhall@gmail.com to check availability and prices.

Please continue to support our local village hall in 2024 and if there are any other ways you can help us, let us know. Please contact the Chairman, Clive Vallis for further information on 07891 653238.

Website <https://e-voice.org.uk/shanningfieldvillagehall>

Facebook page <https://www.facebook.com/southhanningfieldvillagehall>

SOUTH HANNINGFIELD VILLAGE HALL

CEILIDH to celebrate St. Patrick's Day



Saturday, 16th March 2024 - from 7pm

with The Yardarm Ceilidh Band

Ceilidh dancing with a Raffle,
Bar open

For tickets or more information
scan the QR code or
Email: vallisc@aol.com
Phone: 07891 653238



**TICKETS £8
PER PERSON**

Céad Míle Fáilte

South Hanningfield Village Hall,
South Hanningfield Road,
Chelmsford, CM3 8HL
Registered Charity No. 301402



All in the month of March

It was:

750 years ago, on 7 March 1274 that St Thomas Aquinas, Italian Dominican friar, Catholic priest, philosopher, and theologian, died.

500 years ago, on 19 March 1524 that Florentine explorer Giovanni de Verrazano became the first European to reach the Atlantic coast of North America. He reached North Carolina, continued northwards to New Brunswick in Canada, and then sailed southwards to Florida.

250 years ago, on 16 March 1774 that Matthew Flinders, British navigator and cartographer, was born. He led the first inshore navigation of Australia, and was the first person to call the country by that name.

150 years ago, on 30 March 1874 that Charles Lightoller, British naval officer, was born. He was Second Officer on the RMS Titanic, and the most senior member of the crew to survive the sinking in 1912. He was also a commanding officer in the Royal Navy during WW1, and took part (as a retired volunteer) in the Dunkirk evacuation in WW2.

125 years ago, on 6 March 1899 that the German pharmaceutical company Bayer patented aspirin (acetylsalicylic acid).

100 years ago, on 25 March 1924 that Greece became a republic. The monarchy was abolished, and the Second Hellenic Republic was proclaimed.

90 years ago, on 9 March 1934 that Yuri Gagarin, Soviet cosmonaut, was born. He was the first man in space. (Died 1968)

80 years ago, from 24 to 25 March 1944, that the Great Escape took place. 76 Allied prisoners of war broke out of the Stalag Luft III prisoner-of-war camp near Sagan, Germany after digging three tunnels. Three of the prisoners escaped, 73 were recaptured, and 50 were executed. The event was dramatized in the film *The Great Escape*.

75 years ago, on 10 March 1949 that the 1948 Arab-Israeli War ended.

70 years ago, on 1 March 1954 that the USA tested the most powerful nuclear device it has ever detonated – a thermonuclear hydrogen bomb codename Castle Bravo, at Bikini Atoll, in the Marshall Islands. Due to a design error, the 15-megaton blast was 2.5 times greater than expected, and caused extensive contamination, deaths, burns and birth defects.

65 years ago, on 9 March 1959 that the Barbie doll was launched at the International Toy Fair in New York City. 9 March is Barbie's official birthday.

60 years ago, on 6 March 1964 that American world heavyweight boxing

champion Cassius Clay was given the name Muhammad Ali, after joining the Nation of Islam.

Also 60 years ago, on 19 March 1964 that proposals for three new cities in south-east England were announced, due to an expected population boom. They became the new town of Milton Keynes, and a significant expansion of the existing towns of Havant and Basingstoke.

50 years ago, on 29 March 1974 that the Terracotta Army was discovered in Shaanxi, China by a group of farmers who were digging a well. The 8,000 life-sized warriors, plus chariots and horses were buried with the first Emperor of China, Qin Shi Huang (247 BC to 221 BC) to protect him in the afterlife.

40 years ago, 5 March 1984 to March 1985 that the 1984 miners' strike took place. 6000 coal miners in Yorkshire began a strike, to protest against pit closures and job losses. By 12 March the strike in Yorkshire became a national one, involving tens of thousands of miners.

30 years ago, on 12 March 1994 that the first women priests in the Church of England were ordained.

25 years ago, 21 March 1999 that Ernie Wise, British comedian and actor (Morecambe and Wise) died.

20 years ago, on 30 March 2004 that Alistair Cooke, British-born American journalist and broadcaster died. Known for his insightful broadcasts on American culture, in Letter from America.

10 years ago, on 18 March 2014 that Russia annexed Crimea following a controversial referendum in which its citizens voted to secede from Ukraine. Many of those loyal to Ukraine boycotted the referendum, and it was declared illegitimate by the United Nations and western governments. Most countries continue to recognise Crimea as part of Ukraine.

Also 10 years ago, on 29 March 2014 that the first same-sex marriages in England and Wales took place

Rules of living well after 60

The King is 75. Last year he did 516 engagements, and before his recent diagnosis for cancer, he had no intention of slowing down. Instead, he was keen to be 'back up and running' as soon as possible after his prostate operation. Was he right?

"Absolutely he was – you shouldn't slow down," says Sir Muir Gray, 80, former chief knowledge officer for the NHS. "Ageing exists as a normal biological process but until the age of 90, it has little effect on your ability to look after

yourself, engage with others or get about independently. In fact, paradoxically, as we get older, we need to become more active – physically and mentally. Ageing doesn't make you feel old – disease and loss of fitness will."

A study from the Yale School of Public Health found that people who had positive ideas about their own ageing ("I have as much pep as last year") lived for an average of 22.6 years after they first participated in the study, while the people who felt less positively about ageing, lived for just 15 years more on average.

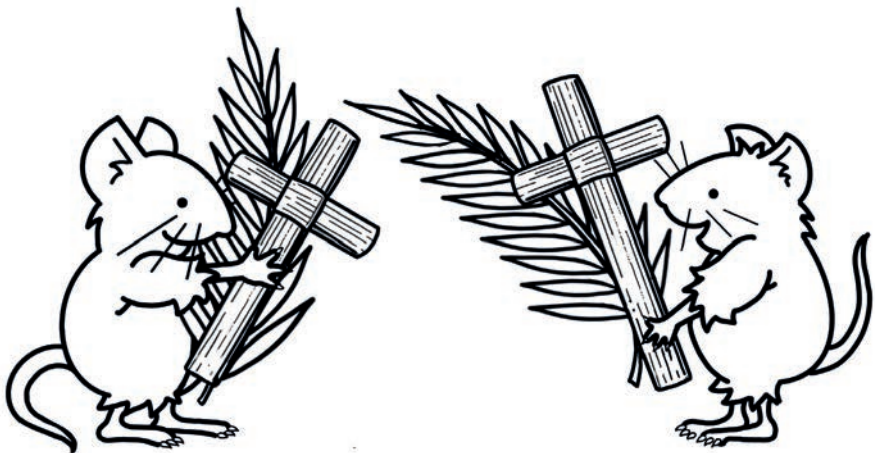
Of course, getting older does involve some loss of energy. But slowing down a bit is never something to be ashamed of, and getting enough rest is the very cornerstone of leading a good life.

Exercise is also crucial as we get older. Focus on the four Ss: stamina, strength, skill (balance) and suppleness. Maintain your stamina by brisk walking every day for 30 minutes.

When you are ill, get up again as soon as you reasonably can. Otherwise, you are at risk of 'deconditioning syndrome', a physiological decline where muscle strength can decrease dramatically if you are over 70.

Thoughtfully review your personal life-balance. Try to find the 'sweet spot' between activity and rest. Gray advises: "If you're only doing activities, you are inevitably going to burn out. But if you only rest, you will become sedentary and you're more likely to fall ill, feel disconnected and lonely."

Finally, don't run on a hamster wheel of someone else's making. This Lent, before God, rethink your real purpose and calling in life. And live it!



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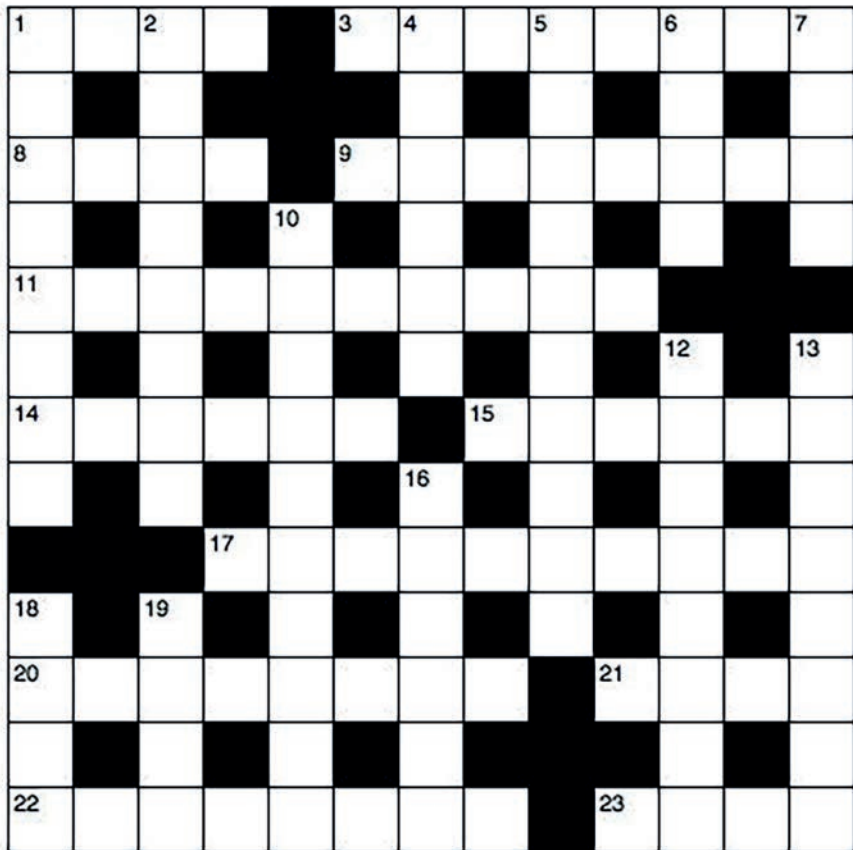


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Puzzle corner



Across

- 1 Made from the fruit of the vine, symbol of the blood of Christ (4)
- 3 'You are to set an ambush behind the city. Don't go very far from it. All of you be on — — ' (Joshua 8:4) (3,5)
- 8 Seep (4)
- 9 Celebrated by Jesus on the night of his betrayal (Luke 22:15) (8)
- 11 One of the supposed sites of Christ's burial place in Jerusalem (6,4)
- 14 'A city on a hill — be hidden' (Matthew 5:14) (6)

- 15 He inherited Elijah's mantle (2 Kings 2:12–13) (6)
- 17 Where Jesus prayed 'Not as I will, but as you will'
(Matthew 26:36, 39) (10)
- 20 'Only in his home town and in his — — is a prophet without honour'
(Matthew 13:57) (3,5)
- 21 Sail (anag.) (4) 22 How Jesus was punished before his crucifixion
(Matthew 27:26) (8)
- 23 Eye sore (4)

Down

- 1 Can't grow (anag.) (5,3)
- 2 A servant girl to Peter, 'You also were with that — , Jesus'
(Mark 14:67) (8)
- 4 Well-being (Proverbs 3:8) (6)
- 5 Pentecostal denomination, — of God (10)
- 6 One of the 'obvious' acts of the sinful nature (Galatians 5:19, 21) (4)
- 7 'I preached that they should repent and — to God' (Acts 26:20) (4)
- 10 ' — — , the world will not see me any more, but you will see me'
(John 14:19) (6,4)
- 12 He betrayed Jesus: Judas — (Luke 6:16) (8)
- 13 Jesus to Peter: ' — — of my sheep' (John 21:16) (4,4)
- 16 The centurion said, 'Surely this man was — — of God'
(Mark 15:39) (3,3)
- 18 Baked bread (Mark 8:14) (4)
- 19 'Blessing and honour, glory and power, be — Him'
(Handel's Messiah) (4)

Answers on page 33

Observations for Lent

The shortest distance between a problem and its solution is the distance between your knees and the floor.

People are like tea bags – you have to put them in hot water before you know how strong they are.

Children's pages



"I am the resurrection and the life.
The one who believes in me will live
even though they die."

John 1:25



READ the Bible
passages to find
the answers to the
crossword clues

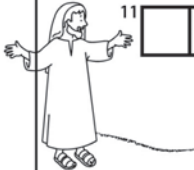
Matthew 21:1-11

1. Which city did Jesus ride into?
2. What did he ride on?
3. What did the crowd shout?
4. What did clothes did they put down?
7. What did they cut down to spread on the road?



Matthew 26:17-29

15. What feast did Jesus celebrate?
12. Who did he celebrate it with?
11. What did Jesus break to eat?



Matthew 26:36-75

6. What did Jesus go to do at Gethsemane?
18. Who denied Jesus?



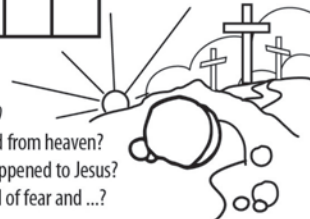
Matthew 26:14-16

- 8d. Who betrayed Jesus?
10. How many silver pieces was he paid?



Matthew 28:1-10

5. Who descended from heaven?
19. What had happened to Jesus?
- 8a. Mary was full of fear and ...?



A crossword puzzle grid with the following clues and illustrations:

- 1** (Down): "I am the resurrection and the life. The one who believes in me will live even though they die." (John 1:25)
- 2** (Across): What did Jesus ride on? (Illustration: donkey)
- 3** (Across): What did the crowd shout? (Illustration: woman with palm branch)
- 4** (Across): What did clothes did they put down? (Illustration: palm branch)
- 5** (Across): What did they cut down to spread on the road? (Illustration: palm branch)
- 6** (Across): What feast did Jesus celebrate? (Illustration: Jesus with chalice and bread)
- 7** (Across): Who did he celebrate it with? (Illustration: Jesus with arms raised)
- 8a** (Across): Who betrayed Jesus? (Illustration: four men)
- 8d** (Across): How many silver pieces was he paid? (Illustration: bag of money)
- 9** (Across): What was Jesus' crown made of? (Illustration: crown)
- 10** (Across): What did Jesus go to do at Gethsemane? (Illustration: Jesus with arms raised)
- 11** (Across): Who denied Jesus? (Illustration: Jesus with arms raised)
- 12** (Across): Who did he celebrate it with? (Illustration: Jesus with chalice and bread)
- 13** (Across): What did they wrap Jesus' body in? (Illustration: Jesus with chalice and bread)
- 14** (Across): Who's tomb was Jesus buried in? (Illustration: tomb)
- 15** (Across): What feast did Jesus celebrate? (Illustration: Jesus with chalice and bread)
- 16** (Across): What did they roll in front of the tomb? (Illustration: tomb)
- 17** (Across): What did Jesus go to do at Gethsemane? (Illustration: Jesus with arms raised)
- 18** (Across): Who denied Jesus? (Illustration: Jesus with arms raised)
- 19** (Across): What had happened to Jesus? (Illustration: tomb)

Bible Bite

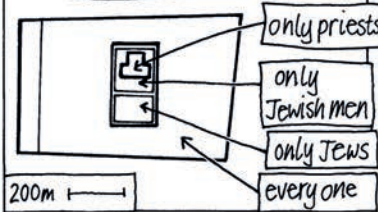
A short story from the Bible

It can be read in the Bible in
Mt 21:12-16, Mk 11:15-18, Lk 19: 45-48

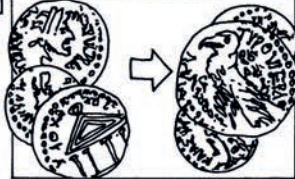
When Jesus reached Jerusalem he went to the Temple, built as a place where everyone could worship God, but with restrictions...

Plan of the Temple

Restrictions



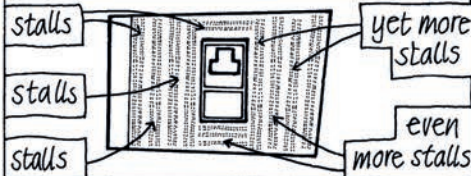
Visitors had to change their money to shekels



They had to buy special animals to sacrifice...



and the stalls filled the only place that non-Jews could come to worship God



The chief priests had no problem with this...



but it made Jesus very angry...



so he drove them out



This should be a place of prayer but you have made it into a den of thieves *

* Isaiah 56:7, Jeremiah 7:11

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Contributions to the April edition

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Answers to the Crossword puzzle

ACROSS: 1, Wine. 3, The alert. 8, Ooze. 9, Passover. 11, Garden Tomb. 14, Cannot. 15, Elisha. 17, Gethsemane. 20, Own house. 21, Lisa. 22, Flogging. 23, Stye.

DOWN: 1, Wrong act. 2, Nazarene. 4, Health. 5, Assemblies. 6, Envy. 7, Turn. 10, Before long. 12, Iscariot. 13, Take care. 16, The Son. 18, Loaf. 19, Unto.

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