

# FOUNTAIN

The Magazine of

# St. Francis Church



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# WELCOME TO THE FOUNTAIN



*The Ministry Team letter has been written by Rev'd Josh Young, one of our Assistant Curates.*

I write this having just watched the final of Masterchef, and so find myself once again bereft of televisual gold. However it is not simply my love of cooking that makes this show a must-watch for me. There is something both heart-warming and inspiring about watching the contestants as they progress. Almost all of them arrive for the first round believing themselves to be no more than half-decent cooks who want to test themselves – people from all walks of life, all ages, all backgrounds. But as the competition goes on, those who remain start to think there might be something more to their cooking. They begin to push themselves out of their comfort zones, try new things, work as hard and learn as much as they possibly can. By the end, all three finalists are cooking at a level that only a few short weeks ago they could only have dreamed of, and there is no doubt in anyone's minds that, if they so wish, all three will have successful careers in the catering world.

But this is not the best thing about the show. The best thing is watching them work together. In most other competitive programmes of this nature, the only thing that matters is winning. In Masterchef, if one person sees another struggling, they will drop what they are doing and rush to help. Both practically and emotionally they support one another, and the mentality seems to be very much 'it doesn't matter if I win or lose, as long as we've all done the best we can'.

In our world today (much like a good lime sorbet), this is beautifully refreshing. Watching people challenge themselves, test themselves, push themselves, but never forget that what matters most, is working together and looking out for one another in a spirit of respect, compassion and love. In this country we are approaching a General Election, and already the back-biting, gossip and insults have taken over the front pages. I hope we can use this time as an opportunity to make all of our voices heard, as we prayerfully consider what we want the future of our country and our world to look like.

But even more, I hope that no matter what the outcome is, we will be united in this same spirit of respect, compassion and love as we move forwards.

As Christians, Jesus calls us not to be apart from the world, but to shine with his light even in the darkest places. Not to close ourselves off in our little churches and communities but to take his message of truth and love out into every part of our lives. Not simply to care for ourselves and those closest to us but to work hard and work together for the good of all people. Most of all, he calls us to love. Over these coming months, through the busyness and the change, may we strive to keep love at the heart of all we do.

“I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.” (John 13:34-35).

Yours in Christ,

Josh

**From the registers:**

***Recently Baptised:***

Freddie Daniel Henry Szomszor  
Ella Rose Doyle

Please pray for them and their families as they continue on their Christian journeys.

***Rest In Peace:***

Please pray for those who have died recently:

Heather Pauline McVitty

Please pray for those who mourn her passing.

## CHOIR NOTES

Congratulations to Sarah Cox who was admitted as a full chorister recently, and also to Thomas Noakes and Rufus Jasko who were presented with their red ribbons a few weeks ago. By the time the magazine goes to press, Matthew Dunstan will have achieved his light blue ribbon, so congratulations to him too!

You may have noticed that our recent intake of Probationers have now started attending the services, so a warm welcome to Conrad Jasko, Oliver Mattick, Bryn Evans, James Reynolds and Elizabeth He. We now have 24 trebles which is quite a squeeze!

Plans are moving along very nicely for Choir Week this Summer. We are singing in Chichester Cathedral from Monday 14<sup>th</sup> August to Sunday 20<sup>th</sup> August. Evensong daily is 5.30pm (our day off is Thursday), and the two services on the Sunday are 11.00am and 3.30pm. If you are in the area do come and support us – it is always lovely to see familiar faces in the congregation!

At the end of April a small group from the main choir (8 trebles and 6 men) sang at the wedding of old-boy Fred Watkinson in Hemel Hempstead. It was a lovely service in a tiny village church on the outskirts of the town, and we received some nice compliments from Vicar and church wardens afterwards.

Richard Harrison

*Wise words from St Ignatius of Loyola:*

*“Man has been created to praise, reverence and serve our Lord God and thereby save his soul, all other things on the face of the earth have been created for man to help him achieve the end for which he was created.”*

## Chichester Cathedral

For 900 years Chichester Cathedral has welcomed visitors through its doors. In August it will welcome our choir and those from the congregation who go to hear them sing there. With unique architecture from each century of its life, this Cathedral is both ancient and modern, where original medieval features sit alongside world famous contemporary artworks.

The Cathedral is open every day, with free entry. There are free drop-in guided tours, self-guiding leaflets for those who prefer to wander at their own pace, and special trails for children. There is also a superb Cloisters Café and Shop, complete with terrace and walled garden.

The cathedral has many treasures and artworks, the most precious being two carved reliefs dating from the 12th century, known as the Chichester Reliefs, which are of exceptional rarity among English sculpture. They show the raising of Lazarus and Christ at the gate of Bethany; they were originally brightly coloured and have semi precious stones set in the figures' eyes. Other ancient treasures include the remains of a Roman mosaic pavement, which can be viewed through a glass window, and a set of thirty-eight medieval misericords, dating from 1330, which remain beneath the seats of the choir, despite the fact that other parts of the choir stalls are largely a Victorian reconstruction.

Among the famous graves are those of the composer Gustav Holst and the Gothic "Arundel tomb", showing the recumbent Richard FitzAlan, 10th Earl of Arundel (1313–1376), holding hands with his second wife, Eleanor of Lancaster (1318–1372). The tomb was celebrated in the poem "An Arundel Tomb" by Philip Larkin. Leonard Bernstein composed *Chichester Psalms* for Chichester Cathedral. The Cathedral also contains a pennant presented to the Cathedral by Sir Francis Chichester, which hung on his ship when he circumnavigated the globe.

There has been organ music at Chichester Cathedral almost continuously since the medieval period, with a break during the Commonwealth. There are now five pipe organs of different sizes and styles at Chichester Cathedral; pipes of the Main Organ dating to the Restoration, the Hurd Organ to the late 18th century and the three most recent organs, the Nave Organ, the Walker Organ, which is a small portable organ in the Baroque style, and the Allen Organ, an early example of a digital electronic organ, dating to the late 20th century.

Humans are not the only visitors to Chichester Cathedral! From the end of March until June, peregrine falcons nest in the Cathedral turrets and raise their young.

The Peregrine is a large falcon and the fastest flying bird in the world, known for its spectacular aerial dives or 'stoops' in pursuit of its prey. Dives have been known to reach up to 186mph per hour.

Live webcams are set up in the cathedral grounds so the public can watch the birds without disturbing them. By August the young will have fledged but it might still be possible to see the birds flying around. However, they do not hunt around the immediate Cathedral precincts as there are too many other buildings and not enough space.

If you want to visit somewhere else while you are in the Chichester area, Fishbourne Roman Palace is only two miles west of Chichester. It is the largest and best-preserved Roman dwelling in the country.

## **Messy Church**

Messy Church Easter was a great success.

Our activities included:

- † Easter tomb biscuits
- † Make an Easter garden
- † Decorate a cross
- † Decorate Easter shapes
- † Easter baskets
- † Easter puppet making
- † Parachute games in Frankie's garden

and a delicious home made Lasagne with salad for dinner all together.

# The Grand Spring Clean 2017

A huge **Thank You** to the 35-40 members of our congregation who came along on April 1<sup>st</sup> with smiles and willing hearts to set to and spring clean the entire church building. Despite the date, we didn't fool around. The building was thoroughly cleaned from the Chancel at the east end to the kitchen and toilets at the west end; from the highest point which is the Song School, to the lowest, the Cellar, including a massive clearout of items now surplus to requirements. Never before has the church been so clear of clutter.

Thanks must also go to the several who couldn't come on the day but who cleaned certain parts of the church at another time. Their willingness to pitch in and still help is admirable.

Finally, thank you to the bakers! What a wonderful array of treats there was to reward and refresh the workers at their coffee break. The Coffee For All team served the hot drinks along with the cakes, turning the endeavour into a social event as well. Thank you one and all.

To finish the job off, shortly after the event, a fine team of men spent a morning polishing the church floor, thus adding the final sparkle.

Once again the people of St Francis  
have come up trumps! My thanks  
again for your unfailing support.

Dougie Agnew.

## **St Oswald's Church, Grasmere**

### **The Final Resting Place of William Wordsworth**

The parish church of Grasmere was dedicated to St. Oswald, King of Northumbria, in the seventeenth century. St Oswald's Church stands at the centre of Grasmere village by the river Rothay. Located in the church is the processional cross, showing the hand of St Oswald uplifting the cross of Christ. St. Aidan had seen King Oswald's generosity to the poor and said, "May this hand never perish." In the year 642, Oswald was killed in a battle against pagan adversaries and his hand is said to have remained uncorrupted by death. The crown is appropriated to King and Martyr.

St Oswald's Church is one of the most visited literary shrines in the world. It is the final resting place of William Wordsworth, the famous Lakeland poet, and his wife, Mary.

Wordsworth called the vale of Grawmere the fairest place on earth and he lived in the village between 1799 and 1813, first at Dove Cottage and then Allan Bank and finally at the Rectory, outside in a corner of the churchyard by the river Rothay, in a place he chose himself.

Should you be visiting this beauty spot during the springtime you will be rewarded with the breath-taking sight of a host of golden daffodils amongst the gravestones, fluttering and dancing in the breeze.

The church is such a beautiful church that I decided to build a model of it ,with the help of my dear wife, Marian. The photo shows our achievement. That was the year 2006.

The Bell Tower of the model stands about five foot high. For simulating the sound of the bells, it has its own sound system. The main church is about five foot long and has a separate sound system for playing hymns and organ music. The three tower clocks have battery operated movements.

The church is sited at the bottom of the garden and in late spring and early summer you will find surrounding it, as in the Grasmere Church, a host of golden daffodils.

Roy Sturmeay

## **Thursday Lunches – we need volunteers!**

Thursday Lunches continues to welcome regular and new members in every Thursday from 12 until 1, for a lunch of fresh, homemade soup, bread, cheese, fruit, biscuits, cakes, tea and coffee. Regular attendance is around 25 each week, Thursday Lunches is free to all, providing a real need in our community not only for food but companionship and fellowship. Because of this, donations are always gratefully appreciated, both of money and time. We are in need of some new helpers, so please, think and pray about whether this is something that you could be a part of. We need people who would be able to make the soup once every two months (all costs reimbursed) and people who would be able to assist with the setting up, serving and clearing up. Enormous thanks to all who have worked so hard this year and who give so generously of their time – if you would like to get involved, or simply want to learn some new soup recipes, please do contact Rev'd Josh Young via the Parish Office, or e-mail at [revdjoshiyoung@hotmail.co.uk](mailto:revdjoshiyoung@hotmail.co.uk).



## Lent Appeal Update

This year's Lent appeal, for the work of the Leprosy Mission at the Purulia Hospital in India, has raised **£2131.03** to help with the ongoing work there. Thank you so much to everyone who has contributed.

Construction of a brand new Outpatients' department at the hospital is set to begin in October. The new department will have a large waiting room, a canteen serving healthy food for patients and staff, six consultation rooms, two minor procedure rooms, a new pharmacy, a toilet block and two lab areas. Two doctors' houses have also been refurbished to attract new doctors to Purulia. All this will mean that hundreds of patients will be treated with comfort and dignity each day.

We received some news from someone who visited Purulia Hospital late in 2016, which shows just how valuable the work there is. Kate Gent shares some of her experience with us:

- Lavanya waited in the counselling room, a shared space with no privacy. Another consultation was about to start and people were queuing nearby. It has taken a huge amount of courage for her to make the long journey to the hospital to start her treatment and she was clearly feeling very anxious. She has been experiencing tingling and pain in her arm and there's a risk there could be nerve damage from leprosy. The doctor presses her elbow to test the nerves, which he says have thickened. He points out the pale skin patches, another indication of leprosy. Lavanya's lips tremble; she needs further tests.
- In a tiny room, the physiotherapist examines her palms and the soles of her feet. Leprosy has caused more damage than was at first thought. Although her hands remain reasonably flexible, she will need continued monitoring of the nerves and further physiotherapy. Lavanya says she is OK, but tears begin to roll down her face.
- Lavanya explains to me that when she first found numb patches, she tried homeopathic remedies. After three months she came to Purulia and was diagnosed with leprosy, which really scared her. Her husband seems supportive but also tells her it is a bad disease and she must not tell their neighbours about it. She wouldn't dare—she's the only one on the village with leprosy. She is afraid that her friends will desert her and her husband might throw her out. With two little children, how could she manage?
- My heart went out to Lavanya, I prayed that God would help me to help her.

## **Cooking Curate's Recipes**

Although it's raining while I write this, I'm still hoping for a long, hot summer! And if we get one, the question is always what to eat that is light, summery and not too much work (who can be bothered to spend hours in a kitchen while the sun's shining?!) With this in mind, here are three summery recipes that require little or no cooking – get it prepared then pour yourself a glass of something and relax!

### **Gazpacho soup**

*Serves 4 as a starter or 2 for a light lunch*

#### **Ingredients:**

6 ripe tomatoes  
Half an onion  
Half a cucumber  
1 red pepper  
1 yellow pepper  
1 red chilli (to taste)  
2 garlic cloves  
2 slices white bread  
2 tbsp tomato puree  
2 tbsp sherry vinegar  
2 tbsp olive oil

#### **Method:**

Reserve a little of the cucumber and the two peppers – you will use this as a garnish. Peel the rest of the cucumber and roughly chop, then blend in a food processor with the roughly chopped peppers (deseeded), tomatoes, onion, garlic and chilli (seeds out for a milder soup), until it forms a thick paste. Add the bread, tomato puree, vinegar and olive oil and blend until smooth. Check for seasoning, and you may need to add a little water to get the desired consistency. Place in a jug and chill in the fridge for at least an hour. Serve in bowls garnished with the reserved, finely diced cucumber and pepper.

## **Salmon ceviche with crab salad and grilled ciabatta**

Serves 4

### **Ingredients:**

*For the ceviche:*

4 salmon fillets, skin removed  
2 tbsp sea salt  
75ml grapefruit juice  
Zest and juice of 3 limes  
1 red chilli, deseeded and finely chopped  
20g sugar  
Small bunch coriander, finely chopped

*For the salad:*

200g white crab meat  
1 fennel bulb, finely sliced  
Half a celeriac, peeled and finely chopped  
1 red apple, core removed and finely chopped  
2 tbsp mayonnaise  
Juice of 1 lemon  
Small bunch fresh dill, finely chopped

1 ciabatta, cut into thick slices  
Olive oil

### **Method:**

For the ceviche, first sprinkle the salmon fillets with the sea salt, and leave in the fridge for 20 minutes.

Remove the salmon from the fridge, carefully wash off the excess salt and pat dry.

Mix together the grapefruit juice, lime zest and juice, chilli, sugar and coriander.

Slice the salmon into thin slices, lay flat on four serving plates, and spoon over a quarter of the juice mix onto each. Set aside for around 30 minutes.

For the salad – mix together the crab meat with 1 tbsp of mayonnaise, season with a little salt and pepper and set aside.

Mix together the other tbsp of mayonnaise with the lemon juice and dill, add the fennel, celeriac and apple and mix well.

Serve the salad and crab mix layered next to the salmon ceviche.

Drizzle the sliced ciabatta with a little olive oil, and cook on a griddle pan or under a hot grill until crispy. Serve on the side.

## **Gin and tonic granita**

*Serves about 8*

### **Ingredients:**

100ml water  
200g caster sugar  
150ml gin  
500ml tonic water  
2 lemons  
2 limes

### **Method:**

Heat the water with the sugar until dissolved (about 5 minutes). Take off the heat, add the gin, tonic water and juice of the lemons and limes. Stir well and pour into a freezer proof container.

Leave to cool to room temperature, then place in the freezer for at least 4 hours. Stir after 1 hour and 2 hours.

Before serving, scrape the granita with a fork – the block of flavoured ice should break apart into pleasingly refreshing little ice crystals.

Serve with candied edible flower petals or freeze dried raspberries.

## **Rev'd Josh's ingredient of the month**

### ***LAMB***

People often think of lamb as a wintry meat – slow-braised lamb shanks or hearty lamb hotpots. But it lends itself beautifully to summer cooking as well. For your next BBQ, try a minted lamb burger, or a lamb cutlet glazed with, ginger, soy and honey. A herb-crust rack of lamb is always good, but try mixing it up by rubbing your rack of lamb with harissa or toasted, ground Indian spices. Think about lamb kebabs, rubbed with lemon and served with couscous and olives. Or even a warm lamb salad, with green beans and walnuts. Perfect summer flavours.

## The Working Psalm

It's good to be reminded that the promises of God apply as much in the workplace as they do elsewhere – come Monday morning it is easy to forget this.

An alternative Psalm 23:

*The Lord is my companion at work. I shall not get too stressed.*

*He makes me pause by the photocopier.*

*He leads me beside the water cooler, He restores my sense of perspective.*

*He guides me in tough decisions for His name's sake.*

*Even though I walk into the boss's office for a crucial meeting, I shall fear no extra responsibilities.*

*For You are with me, Your quiet voice, and the smile in the person who brings me coffee, they comfort me.*

*You prepare spaces in my busy diary before me.*

*Despite the presence of my colleague I might find difficult, You give me a sense of value that my work alone never can.*

*Surely, goodness and love will follow me as I do my job, all the days of my working life, and I will work in my place with my Lord until the weekend.*

(submitted by Craig Lowes)

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## **CHRISTIAN AID QUIZ NIGHT Saturday 20th May 2017**

What an evening that was! The Church Hall packed with quiz-sters, some experienced old-timers, some less so, and some there just find out the answers to questions that they had always wanted to know the answer to....like what Crepuscular really means, who were the last 3 England cricket captains, and what kind of pastry you'd find in Profiteroles.

There was an amazing array of tantalizing, brain-scrambling questions offering something for everyone.....science and nature, tag-lines, conundrums, the arts, musicals, food, famous wannabe's, things that come in 3's.....by the end of the night, the Wardens'n'All team had won, but everyone left having had a grand time.

Our sincere and special thanks must go to Paul Dunstan (the Quiz Master), Jo Dunstan (the Meister Scorer) and to Liz and Stuart for organizing, promoting and generally helping to make it a great evening (not forgetting the delicious fish & chip supper).

Clare Smith