

THE

KING

FEBRUARY 2024



The Parish Magazine of St. Edmund the King, Northwood Hills

THE PARISH CHURCH OF ST. EDMUND THE KING

NORTHWOOD HILLS

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SERVICES Principal Service - Sung Eucharist at 10.00 am every Sunday
Also streamed from our website
Other Services - Said Eucharist
7.15 pm Tuesdays, 6.00 pm Wednesdays,
10.00 am Thursdays, 11.00 am Fridays, Saturdays 10.30 am

SUNDAY SCHOOL at St. Edmund's Church
Sundays at 10.00 am in the Hall during term time.
Please contact Carol Diggins on 07827 159 586 for more information.

Arrangements for the SACRAMENT OF RECONCILIATION (Confession),
BAPTISMS, FUNERALS, WEDDINGS, and BANNINGS OF MARRIAGE -
please telephone the Vicar.

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 St. Edmund's Church, Northwood Hills

HOW TO RECEIVE THE MAGAZINE

This magazine is published online at www.saintedmundschurch.org.uk and can be printed on request.

If you know someone who does not have internet access and would like a printed copy of this magazine, please contact Steve Castle at steven.castle@saintedmundschurch.org.uk giving their name and postal address (having first obtained their permission to supply this personal information).

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MARCH MAGAZINE

All contributions for the March Magazine to be with Jenny Jones by
Friday 16th February
020 8866 7173

The March Magazine will be available from Sunday 25th February



BRING - AND - BUY
SALE

1st SUNDAY OF
EACH MONTH

11.15am IN THE HALL

Part of our Eco Church Project

FR. MICHAEL'S LETTER

Dear Friends,

Easter is early this year, so it seems that no sooner have we celebrated Candlemas we are straight into Lent. We only have two Sundays between Epiphany tide, ending and Ash Wednesday, which this year falls on 14th February. Sadly, for all you romantics Ash Wednesday supersedes St. Valentine's Day; it is a day designated by the church as a fast day. That means that as on Good Friday we should restrict the amount we eat and refrain from eating meat. A good guide is to have two snacks and one main meal (without meat). The rules only apply to those between the ages of 18 and 59 but were probably introduced before 60 became the new 40 and people were not as healthy as they are now. Like most things in the church, it is left to your own conscience but fasting is about making room for God it is not designed to make you ill, so whatever you decide to do please be sensible.

Lent itself is a time for penance and fasting was recommended to help us get closer to God. As a result, many people give something up for lent like chocolate or alcohol. When I was a child, we were encouraged to do that and give the money we saved to charity. I remember quite clearly being given a piece of card which we could then fold up and it formed a money box in the shape of the front of a jeep which we returned full of coins on Easter day as our Lenten giving for the Leprosy Mission. At St. Edmund's we have envelopes for your Lent giving, but you can also make direct payments into the bank account - but please make sure you mark any such payments as Lent giving to ensure it is correctly allocated.

Giving something up is a good discipline but sometimes we have mixed motives and our giving up some form of food can be seen as a good way to lose weight. That is fine but the question if that is the case is why wait until Lent? I think a better discipline for Lent is to take something extra on. Perhaps if we are able, we could take on some charitable work during Lent or maybe attend an extra Mass during the week. Then of course there is the opportunity to attend the Lent course and explore aspects of our faith. Many people's faith is helped through reading and the Archbishop of Canterbury's Lent book this year is 'Tarry Awhile' by Selina Scott; it is about the concept of Tarrying, which is a Black Christian spiritual practice in which believers actively wait to experience the manifestation of God's presence. It answers yes to the question Jesus once asked his disciples: will you tarry here and watch with me? It seems to me to be an excellent thing to do in our busy world and especially during Lent. The Archbishop of York's Lent book for 2024 is 'Lent with the 'Beloved Disciple' by Bishop Michael Marshall; it invites us on a journey in the company of the 'beloved disciple' as found in the narrative of the Gospel of St. John. I am sure that both books will be a great help during Lent, and would encourage you all to get either or both of them.

Whatever you decide to give up or take on during Lent I hope and pray that your Lenten Discipline this year will bring you closer to God.

With Love and Prayers

Fr. Michael

CALENDAR AND PRINCIPAL SERVICE READINGS FEBRUARY 2024

Principal Service - Sung Eucharist at 10.00 am every Sunday

4 SUN 2nd SUNDAY BEFORE LENT

Proverbs 8.1,22-31, Colossians 1.15-20, John 1.1-14

11 SUN SUNDAY NEXT BEFORE LENT

2 Kings 2.1-12, 2 Corinthians 4.3-6, Mark 9.2-9

14 WED ASH WEDNESDAY - the beginning of Lent

Joel 2.1-2, 12-17, 2 Corinthians 5.20b-6.10, John 8.1-11

18 SUN 1st SUNDAY OF LENT

Genesis 9.8-17, 1 Peter 3.18-end, Mark 1.9-15

25 SUN 2nd SUNDAY OF LENT

Genesis 17.1-7,15,16, Romans 4.13-end, Mark 8.31-end

OTHER DIARY DATES

Sunday 10 th March	Mothering Sunday
Sunday 24 th March	Palm Sunday
Thursday 28 th March	Maundy Thursday
Friday 29 th March	Good Friday
Sunday 31 st March	EASTER DAY

SUNDAY SCHOOL



at St Edmund's Church

For more information
call Carol 07827 159 586



ASH WEDNESDAY

The beginning of Lent

Wednesday 14th February 2024

Eucharist at 10.00 am

Sung Eucharist at 8.00 pm

Imposition of Ashes will be offered at both Eucharists



St. EDMUND'S WOMEN'S GUILD

The next meeting will be on
Tuesday 13th February, at 2.30 pm,
for their Annual General Meeting
Followed by refreshments. All are welcome.

St. EDMUND'S YOUTH GROUP

meets usually every 2 weeks
on Wednesdays during term time;
7-9 pm, in the Hall. Open to all aged 10-16.
Contact Steve Castle on 020 8868 0482
for information.

See www.saintedmundschurch.org.uk/youthgroup
for details and dates

ASH WEDNESDAY - MOURNING OUR SINS

Adapted from material supplied by www.parishpump.co.uk

Lent begins on Ash Wednesday - this year on 22nd February. But why 'Ash' Wednesday? The reason has to do with getting things right between you and God; the tradition has its origin the Old Testament.

In the Old Testament, the Israelites often sinned. When they finally came to their senses, and saw their evil ways as God saw them, they could do nothing but repent in sorrow. They mourned for the damage and evil they had done. As part of this repentance, they covered their heads with ashes. For the Israelites, putting ashes on your head, and even rending your clothes, was an outward sign of their heart-felt repentance and acknowledgement of sin.

In the very early Christian Church, newly converted 'penitents' had ashes sprinkled over them at the beginning of Lent. They were turning to God for the first time, and mourning their sins. But soon many other Christians wanted to take part in the custom, and to do so at the very start of Lent. They heeded the call of the prophet Joel to 'rend your hearts and not your garments'.

The ritual of the imposition of ashes continues; it is offered (but not obligatory) on Ash Wednesday throughout the Anglican communion and other Christian denominations. Receiving the mark of ashes on one's forehead is a symbol of penitence, and is a reminder of human mortality; the words used at the point of imposition are those spoken by God to Adam in the Garden of Eden - "Remember that you are dust and to dust you shall return" (Genesis 3.19)

From mediæval times, it has been customary to burn the branches or palm crosses distributed on Palm Sunday in the previous year in order to create the ashes for Ash Wednesday.

THE COLLECT FOR ASH WEDNESDAY

Almighty and everlasting God, you hate nothing that you have made
and forgive the sins of all those who are penitent:

Create and make in us new and contrite hearts that we,
worthily lamenting our sins and acknowledging our wretchedness,
may receive from you, the God of all mercy, perfect remission and forgiveness;
through Jesus Christ your Son our Lord, who is alive and reigns with you,
in the unity of the Holy Spirit, one God, now and for ever.

So begins the season of Lent, which continues for 40 days (not counting Sundays), reflecting the time of Jesus' fasting in the wilderness, and finishes at Easter. It is a time of penitence, self-denial, and of alms-giving; a time of preparation for the great and joyous celebration of the Resurrection.

At the time of writing, earth is still 'hard as iron', yet the Christmas festivities feel far away in the past. Nevertheless, at St. Edmund's they remain a warm memory of sparkling trees, joyful music and well-supported services. Christmas Eve included the Mass of Advent 4, before plunging us into Christmas with the Blessing of the Crib at 4pm: the church was packed with children and our carols were accompanied ably by members of the Harrow Wind Band, with Peter Heath on the piano. Nicky Setterfield regaled us with a lively, illustrated Nativity story with just a hint of pantomime in that we could all join in, and young and older volunteers donned Biblical costumes to act out the parts.

Midnight Mass felt particularly moving this year, especially with three of my god-sons present - Sizwe complete with monstrous but well-behaved dog! On Christmas Day our All-Age service was much enjoyed, even though numbers were smaller than at the other Christmas services - and everyone got chocolate!

Frank and I had a bit of a break from our constant singing after this, but were back for 31st December. That evening we were involved in Pinner Parish Carol Service, while St. Edmund's prayed for the New Year, and Helen Collier reportedly sang a wonderful solo, at the Service of Covenant. The next day, 1st January, our New Year Mass was followed by glasses of bubbly in the Vicarage: all very merry!

I was away for the Epiphany service on Sunday 7th January, but watched it later online. It was lovely to hear Mia read so confidently and beautifully. Fr. Michael's sermon began by sending two young 'volunteers' on a treasure hunt, where the prize would be found near a star. It was only at the sixth star that they discovered the treasure. The message was that seeking for treasure can take much time, effort and determination, just as it did for the Wise Men seeking Jesus, the greatest treasure of all--and that we should seek Jesus and worship Him in the same way.

For the Prayers of Intercession everyone dropped a grain of incense, (one of the gifts of the Wise Men of course) on some coals, the smoke rising as a symbol of our prayers rising to God. At the end of the service, Fr. Michael blessed the chalk with which we could write the Epiphany Blessing on our house doors; he used it to write a blessing on the door of the church. Then he censed the Epiphany crib, and later, individuals came and said prayers by the crib before they left. It was a very meaningful service, filled with accessible symbolism and a real sense of worship.

It was very sad to hear recently of two deaths linked with the St. Edmund's congregation: that of Josie, wife of our dear friend Fr. John Spinks, who had been ill for some time and died in early January; and that of Cecil, Colin Kirby's father, who died on 4th January, soon after he returned home with Colin from spending Christmas and New Year with his daughter in Lincoln. He had lived to the great age of 101 but, obviously, it was still a shock. Our thoughts and prayers are with both families. May Josie and Cecil rest in God's loving arms in Paradise.

The new Pantomime, 'Little Red Riding Hood', was a triumph: a mixture of the much-loved traditional fare with which we are familiar, and some twists and innovations which added to the fun. The author, Mike Warrick, had created a fine and witty script with jokes for all ages (including a host of spectacularly terrible puns!). Additions to the usual story involved a fearsome Queen (Nicky Setterfield at her formidable best) who had turned her court, and even the endearingly hen-pecked King (Glenda Greenfield), into animals; a delightful and helpful dog called Scruffy (Donna Bryk), and the Principal Boy (her talented daughter Milly) a prince in hiding instead of the usual wood-cutter. Lively and well-timed performances were given by the clowning pair 'Sam 'n' Pink' (Steve Castle and Holly Baker) and 'Granny Violet' was ably played, in his 'Damely' debut, by Holly's husband, Jordan Baker. Joanna Wilson was a feisty Red Riding Hood, and Mike Warrick was a towering, terrifying Wolf. (No surprise there!)

It was a brilliant cast. Jo Newcombe played 'Sparrow', a discombobulated but ultimately victorious wood-sprite with great charm, and Jenny Sakal was a wonderfully eccentric 'Mystic Meg' of a hermit.

The chorus were, as always, well-trained and professional in their performance, and the scenery was amazing, especially the woodland glade with its lovely colours and clever sense of perspective. The lighting was extremely effective - especially when the excellently chirpy 'Fidget' (Louise Hemming) fell into a prophetic trance! The costumes, many of which required a lot of furry attachments, were also splendidly and skilfully made by Glenda Greenfield and her team. All said, a fantastic production and a great treat. Many thanks to the whole production team, and all who helped as chaperones and both on- and off-stage. Thanks also to the refreshment team and House staff. It all created a wonderful and (at least to all appearances!) smoothly-running operation. Congratulations everybody!

This February, Lent begins fairly early (Ash Wednesday is on the 14th) - but not before the Women's Guild AGM on 13th! This is NOT a long or stuffy occasion, and there's the customary wonderful tea afterwards, so please come, whatever your gender - it's open to all! And you may have ideas to offer for future programmes!

Our Lent Course this year is called 'Still Standing' and is based on the Elton John movie *Rocketman*, and looks to be stimulating and thought-provoking. The booklet for the course is written by the Rev'd. Rachel Mann and is called 'Still Standing' (ISBN 978-0232-53491-7). It is obtainable on Amazon at £6.77 new or from £4.04 used for the paperback or £2.99 for the Kindle edition. The course will be held on Thursday evenings, from 22nd February, till 22nd March. Please come and enjoy the discussions!

Wishing you a peaceful and productive Lent.



THINKING OF NEXT CHRISTMAS THIS FEBRUARY!

Carol Diggins

I realise that we're now into February, but I wanted to write about an important part of our church life that happens in December - the Crib service on Christmas Eve. This Service begins the church's celebration of the birth of Christ, at St. Edmund's; it is also the service where we collect presents that are given to children in Hillingdon who might otherwise go without.

St. Edmund's has built up a link with Home Start Hillingdon, a charity that trains volunteers to visit families with children who have at least one child under 5. The volunteers give support and encouragement to parents and help them get through difficult times. In 2023 we were able to provide 58 children from 0 to 17 with gift bags and boxes at Christmas where the children would not have had gifts.

The gifts donated at the Crib Service are stored until the following November. Then we parcel them up into gift bags and boxes which are taken to Home Start Hillingdon at the beginning of December, for volunteers to give to the family they are supporting. We have had a very moving e-mail from the Director of Home Start Hillingdon, and I would like to share this with you as it illustrates the impact the gifts you donate have on the families.

"Dear Carol,

I just wanted to say a HUGE thank you to you and the team from St. Edmund's for putting together the gift bags for our Home-Start families. It is SUCH a privilege for us to be able to deliver them to families who are so exceptionally grateful. I want to share some of the stories from our team members who delivered them, so you can see just what your generosity means to families.

I had a phone call yesterday afternoon, with a very happy family. They said that her and her children's Christmas had been transformed, and they can now look forward to their Christmas. They were overwhelmed by the generosity shown. The families were all really grateful and were so pleased with the toy boxes which were a wonderful surprise for them.

I have received lots of texts thankful for the generosity, many talking about the smiles that the hampers have put on to their children's faces.

I have a Mum who told me how it made them literally cry with happiness that in such dark times people were thinking of them. he told me it made her incredibly emotional to know people cared, and she was just blown away by people's generosity."

One particular family who received gifts has found them extra special, as they have no recourse to public funds. Normally they would celebrate Christmas but with every penny going on basic food and transport, they had nothing to make Christmas special. They said that the things they received wasn't just a kind gift, this IS their Christmas."

Thank you for your ongoing support of Home-Start and our vulnerable families! The logistics that goes into this is no small feat for you ... but it just means so much to our families!

Clare Nazerali Director"

If you have made a contribution to this undertaking, thank you. If you would like to contribute in the future you can join in the Crib Service at 4 pm on Christmas Eve, where you can donate a gift - or if you are a knitter you might like to make hats, gloves, or small garments which are included in the boxes and bags. We also collect large gift bags so if you've been given any largish Christmas gift bags you don't need please bring them along to the church any time of year.

To find out more about Home Start Hillingdon come along to the Women's Guild meeting at 2.30 pm on Tuesday 12th March, when Clare Nazerali will be talking about what Home Start does to support families.

If you would like to find out about volunteering with Home Start Hillingdon, call 01895 252804 or follow this link
<https://www.home-start.org.uk/home-start-hillingdon>

For more information about the gifts contact Carol Diggins on 07827 159586 or e-mail diggins124@aol.com



2nd NORTHWOOD (ST. EDMUND'S) SCOUT GROUP

Congratulations to our stoic Scout Team, who came joint second in the district Chilly Goat camping competition held at Phasels Wood, on the weekend 12th -14th January. A great result, with our scouts working well as a team across all the events. The camp, all under canvas, consisted of 72 scouts from 9 groups taking part. The theme was Communications and involved a series of challenges from air rifle shooting (which we won), fire-fighting, Morse code and smoke signals. A huge thank you to the leaders and the cooks, Andy, Paul, Oscar and Adam, who it is reported provided 'great food' throughout the weekend.

CUB SCOUTS

14 cubs have just returned from an exciting district sleepover in the Battle of Britain Bunker in Uxbridge. An evening packed with activities from 5pm to midnight with a version of sleeping until 7am ahead of breakfast and departure at 9 am. Many thanks to the leaders and helpers for making this possible. They are now looking forward to an action-packed term which will include a visit by the police and the district swimming gala.

UPDATE ON THE PROPOSED NEW SCOUT HUT

The original plans have been scaled back due to rising material and building costs. Revised plans have been submitted to Hillingdon Council and we are awaiting planning permission approval as well as applying for a new lease from the Diocese. Once these are approved, we can then proceed with requesting donations from large organisations. We need to raise an additional £55,000 to begin demolition and building phases.

Marjorie Pimm

SAINTS OF THE BRITISH ISLES - FEBRUARY

Mike Godden

ST. SEIRIOL was a 6th century Abbot, founder of Penmon church, on the eastern tip of Anglesey. His ruined beehive cell still survives there today, as does the well from which he drew water, both for his own use, and also for baptising local people. He established a small monastery on nearby Puffin Island, and although his ministry was of a local nature, his life and work are still a testimony today. He is a gentle and encouraging reminder of what an impact even a simple local Christian can achieve, by simply being faithful to Jesus Christ in his community. There is a tram on the Great Orme Tranway named after him. He is commemorated on 1st February.

ST. BRIGID OF IRELAND was the first abbess of Kildare, Ireland, in the 6th century. There are many anecdotes of her miracles which over the centuries have become deeply rooted in Irish folklore. She is said to have been baptised by Patrick and became a nun at an early age. She is credited with founding the monastery of Kildare, a powerful influence for Christianity in Ireland. The miracles attributed to Brigid show her to have been a woman of great compassion and generosity. There are stories of how she could multiply food, especially butter, for the poor. Other stories tell of her changing her bathwater to beer, in order to satisfy the thirst of unexpected visitors. Even her cows gave milk three times the same day, to enable visiting bishops to have enough to drink. Brigid's cult grew rapidly in Ireland, where it became second only to that of Patrick. In England, there were at least 19 ancient church dedications in her honour, notably St. Bride's Fleet Street). St. Brigid is patron of poets, blacksmiths, and healers. She is commemorated on 1st February.

ST. KEW was a girl who lived in Cornwall in the 5th century. Originally from South Wales, she came to Cornwall with her older brother to found a monastery, in the area south of Port Isaac. Legend has it that one day when visiting her brother in his hermitage, he would not at first receive her, but there came a wild boar charging towards her. Kew spoke to it kindly in tones of such purity and sweetness that it became peaceful and obedient. Her brother then repented of his superior attitude, and in conversation with her discovered her nature to be of "rare virtue and holiness". After her death the parish church was named after her, as is the present day Civil Parish that includes the village of St. Kew. She is commemorated on 8th February.

ST. CAEDMON OF WHITBY, was a 7th century herdsman who had a gift for composing songs and poetry for himself while watching his flocks. He used his gift to express his devotion and love for his Creator. When his poems and songs became known to others, they liked them so much that soon Caedmon left his sheep in order to become a monk. This gave him time to compose many poems based on the stories in the Bible: from Creation and Genesis, to the Exodus and entry of the Jews into the promised land, to the birth, passion and resurrection of Christ, and finally to the future Last Judgement, Heaven, and Hell. His gift of telling Christian stories in the vernacular was of great value in evangelising the common folk. He is commemorated on 11th February.

HYMN OF THE MONTH

Mike Godden

The season of Lent is one of preparation for the time of our Lord's passion and resurrection, during which we take to heart the call to repentance and the assurance of forgiveness proclaimed in the Gospel, and strive to grow in faith and in devotion to our Lord. And so we sing ...

O for a heart to praise my God,
A heart from sin set free;
A heart that's sprinkled with the blood
So freely shed for me.
A heart resigned, submissive, meek,
My great Redeemer's throne;
Where only Christ is heard to speak,
Where Jesus reigns alone.
A humble, lowly, contrite heart,
Believing, true, and clean,
Which neither life nor death can part
From Him that dwells within.

A heart in every thought renewed,
And full of love divine;
Perfect and right and pure and good,
A copy, Lord, of thine.
My heart, Thou know'st, can never rest
Till Thou create my peace;
Till of mine Eden repossess,
From self, and sin, I cease.
Thy nature, gracious Lord, impart,
Come quickly from above;
Write Thy new name upon my heart,
Thy new best name of Love.

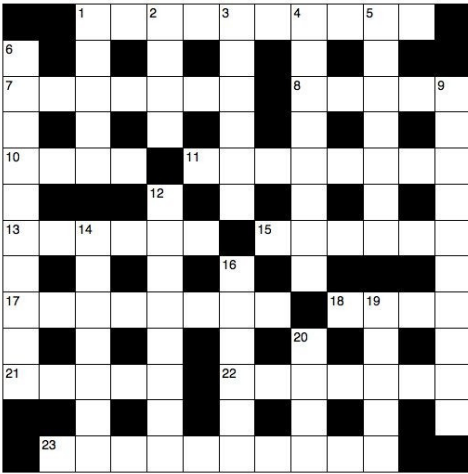
The text of the hymn was written by Charles Wesley, and first published in "Hymns and Sacred Poems" (1742), the 3rd volume of that name jointly produced by Wesley and his brother John. It was originally written in 8 verses, and takes as its basis and inspiration the words of Psalm 51.10 "Make me a Clean Heart, O God, and renew a right Spirit within me." The text makes frequent and poetic use of adjectival tautology to emphasise the vital qualities of total commitment to God, in a prayer for pureness of heart, a plea for Christian perfection.

There are a number of tunes used with the hymn, including "Richmond", "Stockton" and "Abridge", but "Martyrdom" (also known by other names, including "Fenwick") seems to have an appropriately penitential solemnity. Originally an 18th century Scottish folk melody, it was adapted by Hugh Wilson, a Scotsman born in 1766 in the village of Fenwick, Ayrshire. He learned the shoemaker trade from his father. He also studied music and mathematics and became proficient enough in various subjects to become a part-time teacher to the villagers. Around 1800, he moved to Pollokshaws to work in the cotton mills and later moved to Duntocher, where he became a draftsman in the local mill. He also made sundials and composed hymn tunes as a hobby. Wilson was a member of the church in Duntocher and helped found its first Sunday school. He composed and adapted a number of psalm tunes, but few have survived because he gave instructions shortly before his death in 1824 that all his music manuscripts were to be destroyed.



O for a heart to _ praise my God, A heart fr-om sin set free

FEBRUARY CROSSWORD



ACROSS

1. Success or wealth
(*Deuteronomy 28.11*) (10)
7. Forbidden fruit for Nazirites
(*Numbers 6.3*) (7)
8. Concede (*Job 27.5*) (5)
10. Look at (*Psalms 48.13*) (4)
11. Much in evidence after weddings (8)
13. Condense (*Job 36.27*) (6)
15. Breakwater (6)
17. Give a tan (anag.) (8)
18. More usually now called Pentecost,
— Sunday (4)
21. After living for 365 years, it was said
of him that 'he walked with God'
(*Genesis 5.23-24*) (5)
22. Trampled (*Judges 9.27*) (7)
23. For example, Miriam, Deborah
(*Exodus 15.20; Judges 4.4*) (10)

DOWN

1. Arrogance (*Proverbs 8.13*) (5)
2. Roman poet from first century BC (4)
3. So rapt (anag.) (6)
4. Declare again (*2 Corinthians 2.8*) (8)
5. Paul's 'fellow worker', to whom he
sent two epistles (*Romans 16.21*) (7)
6. God's foreseeing care and protection
(*Job 10.12*) (10)
9. Traditional form of Roman Catholic
Mass (10)
12. 'The Lord... has given the — of Israel
to David and his descendants for ever'
(*2 Chronicles 13.5*) (8)
14. 'My soul glorifies the Lord and my
spirit rejoices in God my — '
(*Luke 1.46-47*) (7)
16. The central element in
Nebuchadnezzar's dream, identified
and interpreted by Daniel
(*Daniel 2.31*) (6)
19. 'On this rock I will build my church,
and the gates of — will not overcome
it' (*Matthew 16.18*) (5)
20. City where Paul was under house
arrest for two years (*Acts 28.16*) (4)

January Crossword Solution



*The Church of St. Edmund the King has been serving
the Parish of Northwood Hills since 1934.*

*The Parish is in the Harrow Deanery of
the Willesden Episcopal Area of the Diocese of London*



*Edmund was the devout young King of the East Angles,
martyred by the Danes for his allegiance to Christ
in the year 869 when he was 29 years old.
The crown and arrows of the church crest
symbolise his Kingship and Martyrdom.*

