

Nov – Dec  
2015

**St John's**  
United Reformed Church

# Record

Somerset & Mowbray Roads, New Barnet, Herts, EN5 1RH

*From the Minister*

## – Fulfilment –

**H**ow you seek fulfilment? What lifts your spirit? What do you regard as worthwhile? What 'floats your boat'? You will have your own particular activities and causes—work, family, nature, sport, music, art, volunteering—that bring you joy and fulfilment. As I write this I am about to go away for five days to sit in a university library where I will read, think, and write. To some that probably sounds like hell! But for me it brings joy. I think I am blessed because the church allows me to exercise a ministry that I find fulfilling, and also allows me time to read and think and write. How wonderful it would be if each of us were liberated to do those things and pursue the course that brought us joy.

In one of the recent discussion groups on the Lord's Prayer, we discussed the idea of sin as that which frustrates and prevents us from doing the things, and being the people, that God intends us to be. We were thinking about sin not so much as individual peccadillos but as systemic—that is, sin as widespread and powerful systems

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that force us to go along particular routes in life. Poverty is probably the most obvious effect of systemic sin in that it closes down most options for those who are poor. Yet it is not only the poor who are often frustrated but also those with enough money who are frustrated and hemmed in by their own, or by others', expectations and horizons.

Some will argue that the church best helps people to expand their expectations and horizons by concentrating exclusively on 'spiritual' matters; leaving material conditions to those who have the necessary competence: government, employers, and the charitable sector. Yet Jesus drew some uncomfortably close parallels between the spiritual and the material: "Where your treasure is, there your heart will be also" (Matthew 6:21). Jesus could be interpreted here as saying: 'What you most value will be where you find fulfilment.' In this case, Jesus was challenging his hearers to find their treasure—their fulfilment—in God. When doing what God wants becomes our first priority, the fulfilment God brings helps us to view everything else in a different light: our work, our relationships, and our activities.

As we approach Advent and Christmas, we will hear again the story of the birth of Jesus, announced by the angels:

"Do not be afraid; for behold, I bring you good news of great joy which will be for all the people; for today in the city of David there has been born for you a Saviour, who is Christ the Lord..."

Luke 2:10

Jesus was the fulfilment of God's purpose to save people from purposelessness and frustration by providing a way for people to throw off the chains of sin. And 'sin' here is understood not only as personal, but as the inter-personal conventions and systems that frustrate and limit. Our small contributions to the foodbank and to hosting the homeless shelter are two examples of trying to change material conditions by uniting the spiritual and material in practical service. Let us hope and pray that, in God's time and by the working of his grace, these small contributions—like the mustard seed and yeast—will bring great joy and fulfilment.

Julian Templeton

Revised Common Lectionary

Revised Common Lectionary

8 Nov	Mark 12:38-44; Hebrews 9:24-28; Ruth 3:1-5, 4:13-17 & Psalm 127 or 1 Kings 17:8-16 & Psalm 146
15 Nov	Mark 13:1-8; Hebrews 10:11-14 (15-18); 1 Samuel 1:4-20, 2:1-10 or Daniel 12:1-3 & Ps. 16
22 Nov	John 18:33-37; Revelation 1:4b-8; 2 Samuel 23:1-7 and Psalm 132:1-12 or Daniel 7:9-10, 13-14 and Psalm 93
29 Nov	<b>Advent 1</b> Luke 21:25-36; 1 Thessalonians 3:9-13; Jeremiah 33:14-16; Psalm 25-1-10
6 Dec	<b>Advent 2</b> Luke 3:1-6; Baruch 5:1-9 or Malachi 3:1-4; Philippians 1:3-11; Luke 1:68-79
13 Dec	<b>Advent 3</b> Luke 3:7-18; Zephaniah 3:14-20; Philippians 4:4-7; Isaiah 12:2-6
20 Dec	<b>Advent 4</b> Luke 1:39-45 (46-55); Micah 5:2-5a; Hebrews 10:5-10; Psalm 80:1-7
Christmas Eve	Luke 2:1-14 (15-20) or John 1:1-14; Titus 2:11-14; Psalm 96; Isaiah 9:2-7
Christmas Day	Luke 2:(1-7) 8-20; Titus 3:4-7; Psalm 97; Isaiah 62:6-12
27 Dec	<b>Christmas 1</b> Luke 2:41-52; 1 Samuel 2:18-20, 26; Colossians 3:12-17; Psalm 148
3 Jan	<b>Christmas 2</b> Luke 2:(1-7)8-20; Isaiah 62:6-12; Titus 3:4-7; Psalm 97
10 Jan	<b>Epiphany 1</b> Matthew 2:1-12; Isaiah 60:1-6; Ephesians 3:1-12; Psalm 72:1-7, 10-14
13 Jan	<b>Epiphany 2</b> John 2:1-11; 1 Corinthians 12:1-11; Isaiah 62:1-5; Psalm 36:5-10

# Friends of Khasdobir

**O**n Saturday 5th September a group from St John's set off from the Toc H Church, All Hallows by the Tower of London, on a trail through the City of London and into the Clerkenwell area.

The theme of the walk was Mayors, Marx and Mummies and as usual we made some interesting discoveries.

St James Garlickhythe, just off Upper Thames Street, is a church dedicated to the disciple James. It is a stop on the official route for pilgrims to Santiago de Compostela in Northern Spain and visitors can have their pilgrim passports stamped with an impression of a scallop shell. Inside is a well preserved mummy of a man known as 'Jimmy Garlick'. Garlickhythe was the old port where garlic was unloaded.

Close to the Museum of London is a street called Little Britain where there is a plaque marking the place where Charles Wesley experienced his conversion in 1738.

At no. 25 Holborn Viaduct there is a statue of Henry FitzAilweyn the first and longest serving Mayor of London who was in office for 24 years from 1189 to 1212. It was not until 1354 that Mayors of London became Lord Mayors.

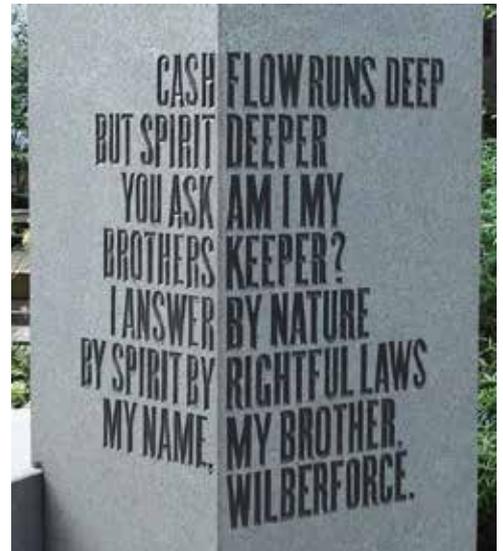
At Clerkenwell Green is the Marx Memorial Library. This area was associated with radical movements and was the centre of communist activity in the early 20th century. Lenin lived in this area and he and Joseph Stalin often met at the nearby Crown Tavern.

Our route took us to Charterhouse Square where there is an art deco block of flats called Florin Court. This is better known as Whitehaven Mansions, the home of Hercule Poirot in the TV series.

We also visited Adams Court where another Lord Mayor of London, Thomas Adams lived from 1642. He was a staunch Royalist throughout the Civil War and suffered a spell in the Clink. After his release he played a large part in the restoration of Charles II to the throne.

The final clue was at Fen Court where there's a granite sculpture commemorating the bicentenary of the abolition of the Transatlantic Slave Trade. We all completed the walk and enjoyed well needed refreshments on our return to All Hallows. We always learn lots about our capital, it was a very interesting and memorable day.

Valerie Mills



**You are invited to a**

## **COFFEE MORNING**

**at St. John's Church Hall**  
**in Mowbray Road, New Barnet**  
**on Saturday 14th November**  
**10.30 am**

There will be no admission charge, but a donation plate for the North London Hospice and church funds will be left by the entrance.

Table stalls around the hall will give the opportunity to purchase small gifts and Christmas cards to support

**Please come and support this event.**

# Calendar

Nov 2015

Sunday 1st		All Saints Day. New Church Record.
	7:00am	Winter Shelter - St John's
	10:00am	Informal Prayer in Memorial Room
	11:00 am	Worship + Holy Communion Led by Revd Julian & Tony Alderman
	3:00 pm	Causeway
Wednesday 4th	4:00 pm	Weds 4 Kids Club
Saturday 7th	6:00pm	Winter Shelter
Sunday 8th	7:00am	Winter Shelter - Breakfast
	10:45 am	Remembrance Sunday led by Andrew & Valerie Mills
Tuesday 10th	8:00pm	Elders Meeting
Wednesday 11th	4:00pm	Weds 4 Kids Club
Saturday 14th	10:30am	<b>Christmas Coffee Morning</b>
	6:00pm	Winter Shelter - at St Peter's
Sunday 15th	7:00am	Winter Shelter - Breakfast - at St Peter's
	10:00am	Informal Prayer in Memorial Room
	10:30am	Messy Church
	11:00am	Worship - Led by Revd Julian Templeton (Shorter service followed by <b>Church Meeting</b> )
	12:15pm	<b>Church Meeting</b>
Wednesday 18th	4:00pm	Weds 4 Kids Club
	8:00pm	Fellowship - Family life in Gambia - Janet Daniels
Saturday 21st	6:00pm	Winter Shelter
Sunday 22nd	7:00am	Winter Shelter - Breakfast
	11:00am	Worship - led by Helen Snider /Andrew Summers
Tuesday 24th	8:00pm	Prayer & Discussion Group at 37 Greenhill Park
	8:00pm	Justice & Peace Group
Wednesday 25th	4:00pm	Weds 4 Kids Club
Thursday 26th	8:00pm	Men's Group - Curry Evening at the Railway Bell
Saturday 28th	6:00pm	Winter Shelter - at St Peter's
Sunday 29th	7:00am	Winter Shelter - Breakfast - at St Peter's
	11:00m	Advent 1 Worship led by Tony Alderman

NOVEMBER

NOVEMBER

# Calendar

Dec 2015 – Jan 2016

DECEMBER	Wednesday 2nd	4:00pm	Weds 4 Kids Club	DECEMBER
	Saturday 5th	6:00pm	Winter Shelter	
	Sunday 6th	7:00am	Winter Shelter - Breakfast	
		10:00am	Informal Prayer in Memorial Room	
		11:00am	Advent 2 Worship + Holy Communion Led by Revd Julian Templeton	
		3:00pm	Causeway	
	Monday 7th	10:30am	Pastoral Team Meeting in Vestry	
	Tuesday 8th	8:00pm	Elders Meeting	
	Wednesday 9th	4:00pm	Weds 4 Kids Club	
	Friday 11th	2:00pm	Lyonsdown School – Carol Service at St. John's	
	Saturday 12th	6:00pm	Winter Shelter	
	Sunday 13th	7:00am	Winter Shelter - Breakfast	
		10:00am	Informal Prayer in Memorial Room	
		10:30am	Messy Church	
		11:00am	Advent 3 Worship – led by Roz Douglas & Alison Bond	
	Tuesday 15th	8:30pm	Men's Group at The Black Horse, Wood Street.	
	Wednesday 16th	7:00pm	Fellowship – AGM, Dinner & Entertainment	
	Saturday 19th	6:00pm	Winter Shelter	
	Sunday 20th	7:00am	Winter Shelter - Breakfast	
		11:00am	Advent 4 Worship – led Revd Roger Orme	
	4:30pm	<b>Carol Service</b> – All Visitors Welcome. St John's Choir will be joined by singers from Highgate URC for this Special Service		
Thursday 24th	11:30pm	<b>CHRISTMAS EVE</b> – Communion Service led by Julian Templeton		
Friday 25th	10:30am	<b>CHRISTMAS DAY</b> – All Age Carol Service led by Sarah Beaumont		
Sunday 27th	11:00am	Worship – Led by Richard Harvey & Brenda Sandford		
JANUARY	Saturday 2nd	6:00pm	Winter Shelter – at St Peter's	JANUARY
	Sunday 3rd	7:00am	Winter Shelter - Breakfast – at St Peter's	
		11:00am	Worship + Holy Communion Led by Revd Julian Templeton	
	Wednesday 6th	<b>4:00pm</b>	Weds 4 Kids Club	
	Sunday 10th	<b>11:00am</b>	Worship – Led by Helen Snider /Andrew Summers	

## Paws for Thought—The Magic Bank Account

Imagine that you had won the following PRIZE in a contest: Each morning your bank would deposit £86,400 in your private account for your use. However, this prize has rules:



1. Everything that you didn't spend during each day would be taken away from you.
2. You may not simply transfer money into some other account.
3. You may only spend it.
4. Each morning upon awakening, the bank opens your account with another £86,400 for that day.
5. The bank can end the game without warning: at any time it can say, "Game Over!". It can close the account and you will not receive a new one. What would you personally do?

You would buy anything and everything you wanted right? Not only for yourself, but for all the people you love and care for. Even for people you don't know, because you couldn't possibly spend it all on yourself, right? You would try to spend every penny, and use it all, because you knew it would be replenished in the morning, right?

ACTUALLY, This GAME is REAL ...  
Shocked ??? YES!

Each of us is already a winner of this PRIZE. We just can't seem to see it.  
The PRIZE is TIME.

1. Each morning we awaken to receive 86,400 seconds as a gift of life.
2. And when we go to sleep at night, any remaining time is NOT credited to us.
3. What we haven't used up that day is forever lost.
4. Yesterday is forever gone.
5. Each morning the account is refilled, but the bank can dissolve your account at any time WITHOUT WARNING...

SO, what will YOU do with your 86,400 seconds?

Those seconds are worth so much more than the same amount in pounds. Think about it and remember to enjoy every second of your life, because time races by so much quicker than you think.

So take care of yourself, be happy, love deeply and enjoy life!  
Here's wishing you a wonderful and beautiful day. Start "spending" ....

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This is from the Autumn 2015 edition of "Dog 'eared", the Magazine of the Hertfordshire Branch of Hearing Dogs for Deaf People (who benefit from the sale of some of the postage stamps I collect).

Hugh Martin

## Christmas is Coming!

Now the clocks have gone back, the shorter evenings remind us that Christmas will soon be here, with the welcome arrival of letters and cards from family and friends near and far. So this is an appropriate time for me to remind you that although I collect used postage stamps all year, the special Christmas issues and the foreign ones are particularly welcome. They are sold in aid of two charities, the RSPB and Hearing Dogs for Deaf People and you can give me the stamps personally or put them in my pigeonhole. Thank you in anticipation for your usual support.

Hugh Martin

## Grace Kirby

We regret to record the recent death of Mrs. Grace Kirby. Although not a member of St. Johns, Grace was well known to many of us as Secretary of the local Branch of Save the Children Fund. Until the Branch closed in 2013 she ran a stall at our Coffee Mornings in support of that charity, and also met some of us at meetings of the local RSPB and National Trust.

# CONGRATULATIONS

**G**ordon Bannerman was admitted to **The Order of St John** on 20 October 2015. The Investiture took place at the Priory Church of St John in Clerkenwell.

Her Majesty the Queen, as sovereign Head of the Order, honours individuals with admission to, or promotion within, the Order in recognition of their outstanding achievement, the successful discharge of responsibility or their notable and selfless service in furthering the objects of the Order.

Gordon has been president of the Finchley division of St John's Ambulance for roughly 25 years.

Some Presidents only do non-serving jobs but Gordon decided to bring his First Aid up to date and go on public duties, doing enough to qualify for the Service Medal after 12 years and 2 bars for 5 years each. He enjoyed telling people that he had been on the London Marathon, and when they expressed surprise that he was so athletic, he reminded them that he had said ON not IN it!



## CHURCHES TOGETHER FOR CHIPPING BARNET

Justice and Peace Newsletter 29 October 2015



Excerpts from  
**REFUGEE SPECIAL**

For more info contact the editor  
[jennyremfry@btinternet.com](mailto:jennyremfry@btinternet.com)

People are asking what they can do to help Syrians and others suffering the result of war and persecution. This newsletter gives a provisional list and the following gives some ideas.

### 1. Refugees from Syria

The Government has said we will take 20,000 with particular needs from the refugee camps in Syria, Lebanon and Jordan. London has so little spare housing that not many will be coming here, although Barnet council has agreed, under pressure from voluntary groups, to house and support 50. The Council would like to hear from landlords and house owners who have houses of flats they could offer to refugee families, either for free or for rent.

Contact [refugeesupport@barnet.gov.uk](mailto:refugeesupport@barnet.gov.uk)

These refugees will have all sorts of needs, and local groups are considering how these should be met. Barnet Citizens UK, is a lead player: the local co-ordinator is Charlotte Fischer: [charlotte.fischer@citizensuk.org](mailto:charlotte.fischer@citizensuk.org).

**The British Red Cross** has a dedicated phonenumber for offers of help: 0800 1078727

Barnet Multi Faith Forum is holding an event  
**"Welcome the Stranger"**

Tuesday 17th November at 7.00 pm  
Hendon Town Hall, the Burroughs, NW4 4AX.

Opportunity to voice support, and raise issues for those seeking refuge in our community.  
RSVP to [info@barnetmultifaithforum.org](mailto:info@barnetmultifaithforum.org).



## Bees and the Hobby of Bee Keeping by Roger Hedgecoe

There was a real "buzz" in the room as members of the Fellowship and their guests assembled to hear all about the joys and tribulations of Bee Keeping. A bee's life is a short, but very active one, and our talk started with an overview of the year from a bee's perspective.

In early January the hive is quiet, with the worker bees in a ball around the queen keeping her warm and well fed for the year ahead. Later in January the queen starts to lay "fertile" eggs for worker bees, slowly at first, but increasing to over two thousand eggs a day by late spring.

By March the new workers are out foraging for food, flying up to five miles to keep up with the demands of the queen. In April the queen starts to lay "infertile" eggs, which will grow into the male, or drone bees needed to replenish the hive. In May the queen starts to lay the eggs for her successors in special, larger cells in the hive – the future queens.

At this point the more sensitive of you may wish to skip this section, because the queen's life starts to sound like an "X" rated movie! In June the queen leaves the hive, taking as many male bees with her as she can. Then she mates with as many of them as possible, while they "swarm" looking for a new home to set up a rival hive. Meanwhile, back in the old hive, the new queens are beginning to emerge from their cells. Typically the first to emerge is the biggest, so her primary task is to sting to death all her rivals! Then she becomes the only "queen bee". It's a brutal life being a bee!!

In late June, the new queen in the hive has also been "getting buzzy" with all the males, and she too starts to lay her eggs. The worker bees, literally work themselves to death building new cells, filling them with nectar/honey to feed the queen. This all makes our own woman's lib movement look tame!

By autumn the frenetic activity starts to slow, the men have done what they "needed to do" so the male bees are killed off and the workers start to form into a ball again to protect the queen. That is a year in a hive, although a queen can live for up to three years, the life span of the average male and worker bee is measured in weeks.

Roger brought along a half sized hive to show us how it all worked. Our ancestors have been keeping bees for several thousands of years, but until the mid 1700's the bees were

killed to get at the honey. In 1752, Lindstrom developed the first hive based on frames, allowing the honey combs to be removed without killing the bees.

The hive was adapted over the next 250 years to become the "National" hive we know today. This consists of a section at the bottom where the queen and her attendant workers live, with the top sections expanding to allow more and more honey cells to be built by the bees. These days the honey is extracted by slicing the top off the cells/combs and "spinning" the honey out.

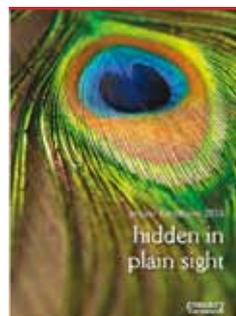
Once the honey has been removed the combs are put back into the hive, where the bees clean out the small amount of residue honey and take it down to the queen. The cells are then ready to be reused the following year – a model of recycling!

### Some "Bee Facts"

- A hive can produce between 50 to 100 lbs of honey a year, depending on the size of the hive.
- Swarming bees will only sting if they think the queen is in danger – typically they are too "busy" (see warning above) to worry about us.
- If there is not much nectar about, bee keepers "feed" the hive with syrup from a special feeder. A hive can consume two gallons of syrup in a day!
- Honey has an Antibiotic quality, that's why it is sometimes used to help wounds heal. And, did you ever see an old jar of honey with mould?
- A key reason there are less bees around is due to the Varroa Mite. This was accidentally imported from Java, via France in 1985 and it is a parasite that lives off (and eventually kills) bees.
- The best honey is the solid, set type. "Runny Honey" has typically been diluted with something.
- If you get stung – use a blunt knife or plastic card to "scrape" the surface of the skin. This should remove the "stinger", but also the poison sack – the stuff that makes it painful!!

After all this "X" rated excitement the members were ready for a cup of calming tea – helped along with some special honey biscuits Alice had brought us from Switzerland.

Ron Mobbs



I shall shortly be obtaining copies of next year's Prayer Handbook which is entitled '**Hidden in Plain Sight**'. As in previous editions, it follows the weekly pattern of the Revised Common Lectionary. The editors of the handbook are Francis Brienen and Michael Jagessar.

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### Prayer Handbook 2016

A copy costs just £6.50 – please let me know by as soon as possible if you would like me to order one for you. This year there is also an option to buy the book and a CD for £10.

Alison Bond