

Sept – Oct
2019

St John's
United Reformed Church

Record

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

Salt and Light Discipleship

f all the cards that he would pick up, it would be the 'Religion' card! I had up to that point managed to remain incognito as Laura's helper on her 'Call-to-Mind' stand at the Board Games Expo in the Birmingham NEC, when a man who came up to the stand asked what the 'Call-to-Mind' board game was about, and I invited him to start playing it. He spun the spinner, picked up the 'religion' card, and I asked him to read aloud the first question, which went: *"If you have a religious faith, do you like talking about it?"* As he seemed to be stumped by this question, I eventually volunteered, "So if I were to answer that question I would say that I'm a Christian who works for the Church, and that involves me talking about my faith." What surprised me was how apprehensive my admission made me feel. How would he react?

As it turned out, the man, although he did not consider himself to be religious, was actually quite open to religion, since religious themes

sometimes came up in the course of his job as a counsellor. We had a short talk about the role of beliefs, in the course of which he soon realized that 'Call-to-Mind' would be a very useful communication tool with some of his clients, and bought one!

The reason I recount this story is that I realize how apprehensive I was, initially, when confronted by the subject of religion out of my usual church context. And if I, a minister of the gospel, was initially fazed by this, it made me also realize how challenging it must be for others, outside of a church context, to speak about their faith.

Jesus once said to his disciples: You are the salt of the earth; but if salt loses its saltiness, how can its saltiness be restored?...You are the light of the world...a lamp is not to be hidden but put on a lampstand. (Matthew 5:13-14)

A small amount of salt added to food can make a big difference. What was bland and unpalatable becomes flavoursome and delicious. Salt does

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this by bringing its distinctive saltiness. So Jesus says to those who would be his disciples that they need to bring a distinctive quality to those whom they encounter. Similarly, a small lamp can illuminate a dark room, but only if it is not hidden but put on a lampstand. The followers of Jesus are not to conceal the good news of God's Kingdom but share it with others.

That all sounds good in theory. However, as I discovered, in practice you make yourself vulnerable when you begin to share your belief with a person whose beliefs are as-yet-unknown to you. Perhaps part of our challenge is that we tend to place too much importance on a single conversation. Surveys of those who come to Christian faith consistently show that they have many conversations about faith before they begin to explore it for themselves. All we are called to do is to plant seeds; it is God who makes them grow.

Our church's emphasis on whole-life discipleship encourages each of us to realise that our everyday contexts matter to God because they are where God uses us to extend his Kingdom. And the common factor in most of our regular contexts—with family, at work, at school, volunteering, at our U3A group, or socialising—is that we are often mixing with the same people, people with whom we already have a relationship.

The distinctive quality we can bring is to show a genuine interest in them; and often this prompts a reciprocal interest, in response to which our faith ought to feature naturally, and is often revealed in our attitudes and actions. It is this kind of salt and light discipleship, where seeds are sown in many interactions over years, that God uses to extend his kingdom and build his Church.

Julian Templeton

Green Christian Barnet Group

You are invited to the next event

Saturday morning 12 October

St. John's Church, Somerset Rd, EN5 1RH

9.45am for Refreshments + starting @ 10.00 to 12.00

MAIN TOPIC

Food

How we produce, buy, use and (often) waste food

Looking at some facts, ideas and possible answers to basic issues about "food."

All are very welcome – especially if you have not been to one of our events before. We are a friendly group of mainly local people who have a range of opinions and you don't have to be a church-goer to attend! And it's free.

Any questions?

please phone: ants on 07990 793 046 or email: ants8424@gmail.com

The Martyrs' Call



On 23rd November there is an exciting concert taking place in St Albans Cathedral. It is being performed by St Albans Choral Society as part of their 75th anniversary season. I have been their accompanist for twenty years and have spent the last year composing a piece to be performed at that concert.

My composition is inspired by the statues of the seven martyrs, (shown above), installed in the cathedral in 2015, and was commissioned by the

family of the statues' sculptor, Rory Young. The title of the piece is *The Martyrs' Call*: it will be performed by soprano and baritone soloists, choir, brass, organ and percussion. Also in the programme is a piece by Liz Lane *The Story of St Alban*, for baritone, choir, children's choir and ensemble; the concert will end with John Rutter's very popular and exciting *Gloria*.

Tickets will be on sale from the cathedral and from the cathedral's website in early September.

Richard Harvey



Support the Climate Strike

On Friday 20th September, millions of people will go on strike and join young climate protesters on the streets to demand an end to the age of fossil fuels. If you want to join in with the global climate strike and the week of actions demanding an end to the use of fossil fuels,

and climate justice for everyone, or would like to support the campaign in a different way you can find out more <https://globalclimatestrike.net/#join>. Christian Aid also provide a range of useful resources on their website on how to get your whole church involved.



Baptism, Church Membership, Dedication and Blessing

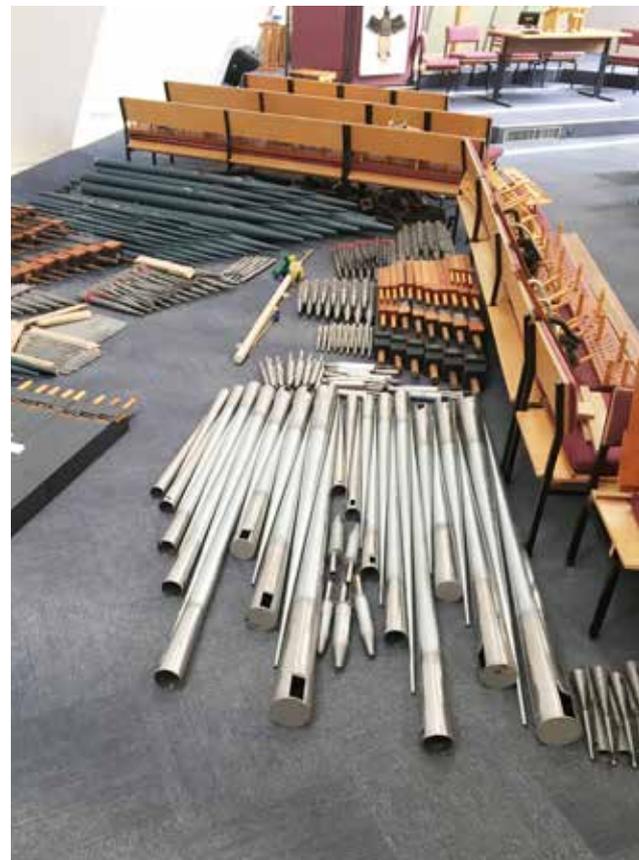
 On the 21st of July worshippers were delighted to witness the Baptism and Reception into Church Membership of Tinoush Tazik; the Dedication and Blessing of Alice Rasti; and the Blessing of Farhad Rasti.

"In the name of Christ we welcome you. May we grow together in unity, and be building up into the body of Christ in love, to the glory of God, Father, Son and Holy Spirit.
Amen

The Organ

At the time of going to press work is continuing on the organ at St John's. The keyboards, pedalboard, larger pipes and some interior workings have been removed to the workshop for refurbishment. The new motors are installed; new wind pressure regulators have been designed and are in process of being constructed; many parts have been cleaned and some pipes are back in position.

Richard Harvey



Trip to New Zealand

As most will be aware, Julian and I were fortunate enough to be able to travel to the other side of the world for our daughter Ripeka's wedding. We had only a few months to adjust to this event and appreciate the congregation being willing to let us go away for a whole month. Fortunately we are confident that she and Eddie are madly in love, well-matched and will have a long and happy married life together.

As it takes about 36 hours to get to Julian's home town of Riverton, we flew initially to Bangkok where we had a stopover. This was long enough to visit some temples and see the famous Reclining Buddha. and soak up a taste of the very different culture. The next 11 hour flight was to Auckland, followed by two shorter hops to Christchurch then Invercargill. We were happy then to spend a five days on the south coast with Julian's mum and many members of his very large family. It was winter of course, though the season had so far been very mild so there were lots of signs of spring, especially in the flower beds.

Next we travelled back up north to Christchurch to meet Ripeka's new in-laws and extended family before the very important wedding day. The weather started to turn colder, and by the day of the wedding, was very chilly, though the sun shone as we emerged from the chapel.

Sadly some of Julian's family were unable to get to the wedding through a combination of aircraft engine problems and snow on the runway in Invercargill.



The ceremony was held in the beautiful chapel of Christ's College, where Eddie went to school, and was conducted by Peter Carrell, the Bishop of Christchurch, who is a close friend of Eddie's parents. Julian had the very important job of walking Ripeka down the aisle and leading us all in prayer

The service ended with the newlyweds singing a blessing in Maori and I can tell you, there wasn't a dry eye in the house!

The reception was held in Riccarton House which is one of Christchurch's oldest colonial buildings and set in native bush.

Apart from his speech, Julian wrote a short song for Ripeka and Eddie that some of the family sang as a round. This was definitely a day we will treasure for ever!

A few days later we hired a car and took nearly a week to drive up north stopping off at Wellington and Napier, two interesting cities I had never visited. On Sunday we went to a service in Auckland that was led by John Malcolm, a very old friend that Julian trained with in Dunedin. We had a few more days exploring this city, including the Sealife Centre where we saw emperor penguins, before flying off to Hanoi.

Here the weather was very different to the cold wet and windy Auckland. It was hot and humid, the city busy and fascinating and the people delightfully friendly. We visited the famous Halong Bay and appreciated the stunning rock formations by canoeing and swimming amongst them.

We are happy to be back home and grateful that the summer was still here to greet us!

Laura Templeton



Please pray for...

- The rebuilding of trust between politicians and between people on opposite sides of the Brexit debate
- Courage from policy-makers and nations to make the changes necessary to limit CO2 emissions and to mitigate some of the effects of climate change
- Growth from the seeds sown as St John's regular and periodic activities resume such as: Mainly Music, Weds 4 Kids Club, Fellowship, Causeway, Community Cafe, Dementia Club, Community Garden, Green Christian-Barnet, Prayer & Discussion Group;
- Enough volunteers from St John's and St Peter's Churches and the Barnet Christian Fellowship to run the Night Shelter due to begin in October
- A blessing on the Barnet Christian Fellowship as it shares St John's building for its worship and outreach and seeks God's will for its future mission
- The mutual support, worship and witness of the North London Local Area Group of Churches: URC Barnet (Wood Street); St Andrew's Chesterfield Road Barnet; The Hyde Colindale; Union Church Crouch End; St Margarets Finchley, Trinity Golders Green; Free Church Hampstead Garden Suburb; Trinity Mill Hill; URC Muswell Hill; St John's New Barnet; Christ Church New Southgate & Friern Barnet; Trinity North Finchley; Christ Church at Whetstone

Winter Shelter News

I hope that you enjoying our intermittent summer and that we will have some more sunny spells before the nights really start drawing in, heralding the approach of autumn. Don't the seasons seem to roll around at an ever increasing rate ?

Next a big thank you to all those who have helped in the past. To those whose names appear on the rota – whether it was for just one year or whether it appears every year. To those who make sure that we have Insurance, Risk Assessments, Fire Certificates and all the other paperwork necessary before we can host the Shelter on our premises. To those whose names don't appear on Rotas but help with prayer, with finances, with maintaining the premises and in many other ways.

Although we have not yet been asked by TIB [Together in Barnet night shelter] about our availability for the forthcoming season of the Shelter, we are anticipating that they will once again ask if we can host the Shelter over Saturday Night / Sunday Morning from Mid October to Late December.

As in previous years we are expecting St Peter's will join with us in running the Shelter and we are hoping that Barnet Christian Fellowship [BCF] will also join with us in running it. [For anyone who is not already aware, BCF is the group who are currently using the sanctuary for their worship on a Sunday evening and also for a club they run weekly on a Monday afternoon.]

TIB have engaged Amanda Weiss as a full time employee from 1st September and amongst Amanda's tasks will be overseeing the running of the Shelter and fundraising for the Charity. TIB have recently stated that one of their objectives will be to have the shelter running throughout the year.

Those of you who have been helping for more than 4/5 years may remember that Amanda was the Shelter Coordinator for a couple of seasons.

We hope that those of you who have helped with the Shelter in previous years will be willing to do so again and, as always, we would welcome anyone who has not been previously involved. Friends, relatives or acquaintances who might be willing to help, do not need to be churchgoers or to have a faith. Full training will be given to any new people and for most tasks they would be working as part of a team of more experienced people.

Lesley Calder will once again be fully involved as our Shelter coordinator and will be sending out her usual email reminder in the next week or two to those who have previously helped. However, as Lesley is likely to be unavailable for the first couple of weeks of the Shelter, I have agreed to help out over that period and possibly with the administration for some of the subsequent weekends.

Ray Hopwood



Together in Barnet
Shelter for homeless people

30+

YEARS PROVIDING SHELTER IN BARNET

Together in Barnet has provided shelter to homeless Londoners for over 30 years.

47,000+

NIGHTS OF ACCOMMODATION PROVIDED

Over the years, we have provided a safe and warm bed for the night over 47,000 times.

94,000+

MEALS SERVED

Every client is welcomed with a hearty evening meal and set up for day with a great breakfast.

Calendar

September 2019

	Sunday 8th	11:00am	Worship – led by David Paul and Richard Harvey
	Tuesday 10th	7:45pm	Elders Meeting, Vestry
	Wed 11th	4:00pm	Weds 4 Kids Club
	Thursday 12th	9:30am	Mainly Music, Sanctuary
		5:00pm	Finance Committee Meeting, Vestry
	Saturday 14th	7:00pm	Classical Guitar Concert performed by Simon Watson in Sanctuary. Free Admission
	Sunday 15th	11:00am	Worship led by Julian Templeton
		12:30pm	Church Meeting
	Monday 16th	8:00pm	Junior Church Leaders' Meeting,
	Tuesday 17th	8:00pm	Prayer & Discussion Group at 37 Greenhill Park
	Wed 18th	4:00pm	Weds 4 Kids Club
		8:00pm	St. John's Fellowship – The Palace of Knightsbridge by Richard Furnival Jones in Sanctuary.
	Thursday 19th	9:30am	Mainly Music, Sanctuary
		8:30pm	Men's Group – Ye Olde Mitre Inne, High Barnet
	Saturday 21st	10:00am	Elders' Retreat, St. John's Church
		10:00am	Community Garden Session
	Sunday 22nd	11:00am	Worship led by Helen Snider and Andrew Summers
	Tuesday 24th	2:00pm	Dementia Club
		8:00pm	Justice and Peace Meeting
	Wed 25th	4:00pm	Weds 4 Kids Club
	Thursday 26th	9:30am	Mainly Music, Sanctuary
	Friday 27th	2:30pm	Community Café
	Saturday 28th	10:30am	Coffee Morning, Large Hall, Free Admission
	Sunday 29th	11:00am	Worship led by Alison Bond
		3:30pm	Causeway, Small Hall
	Tuesday 1st	7:45pm	Elders Meeting, Vestry
	Wed 2nd	4:00pm	Weds 4 Kids Club
	Thursday 3rd	9:30am	Mainly Music, Sanctuary
	Saturday 5th	6:00pm	Night Shelter – to be confirmed
	Sunday 6th	7:00am	Night Shelter – to be confirmed
		10:00am	Informal Prayer in Memorial Room
		10:30am	Elders' Meeting, Vestry
	Wed 6th	4:00pm	Weds 4 Kids Club
	Thursday 7th	9:30am	Mainly Music, Sanctuary

SEPTEMBER

JULY

Calendar

October 2019

OCTOBER	Sunday 6th	11:00am	Harvest Festival Worship with the Lord's Supper led by Julian Templeton	OCTOBER	
	Wed 9th	4:00pm	Weds 4 Kids Club		
	Thursday 10th	9:30am	Mainly Music, Sanctuary		
	Saturday 12th	10:00am	Green Christian Meeting at St. John's URC – All Welcome		
		6:00pm	Night Shelter – to be confirmed		
	Sunday 13th	7:00am	Night Shelter – to be confirmed		
		11:00am	Worship led by Paul Elsdon		
	Tuesday 15th	8:00pm	Prayer & Discussion Group at 37 Greenhill Park		
	Wed 16th	4:00pm	Weds 4 Kids Club		
		8:00pm	St. John's Fellowship – The History of Theatrical London by Diane Burnstein in Sanctuary		
	Thursday 17th	9:30am	Mainly Music, Sanctuary		
		7:30pm	Local Area Group Muswell Hill URC		
	Friday 18th	2:30pm	Community Café		
			Copy Deadline for next edition of Church Record		
	Saturday 19th	10:00am	Community Garden Session		
		6:00pm	Night Shelter – to be confirmed		
	Sunday 20th	7:00am	Night Shelter – to be confirmed		
		11:00am	Worship led by Julian Templeton		
	Tuesday 22nd	8:00pm	Justice and Peace Meeting,		
	Wed 23rd	8:30pm	Men's Group – The Railway Bell, New Barnet		
	Saturday 26th	2:30pm	Fellowship Tea Dance in Large Hall. All Welcome.		
		6:00pm	Night Shelter – to be confirmed		
	Sunday 27th	7:00am	Night Shelter – to be confirmed		
		11:00am	(BST ends: clocks back 1 hour) Worship led by Tony Shepherd		
		3:30pm	Causeway, Small Hall		
	Tuesday 29th	2:00pm	Dementia Club		
	Wed 30th	4:00pm	Weds 4 Kids Club		
	Thursday 31st	9:30am	Mainly Music, Sanctuary		
	NOVEMBER	Saturday 2nd	9:30am		World Day of Prayer (WDP) North London Preparation Day (for 2020 Service) Conference in Sanctuary
			6:00pm		Night Shelter – to be confirmed
			7:00am		Night Shelter – to be confirmed
Sunday 3rd		10:00am	Informal Prayer in Memorial Room		
		10:30am	Elders' Meeting, Vestry		
	11:00am	Annual Memorial Service with the Lord's Supper led by Julian Templeton	NOVEMBER		

Beware of Inner-Peace!

Be on the lookout for symptoms of inner-peace. It is possible that people everywhere could come down with it in epidemic proportions, which could pose a serious threat to the current condition of discontentment and conflict.

Some symptoms of inner-peace:

- An ability to enjoy each moment
- Loss of interest in judging other people
- Loss of interest in conflict
- Loss of ability to worry (a very serious symptom)
- Frequent bouts of appreciation
- Frequent attacks of smiling
- Contentment due to feeling connected with other people and with nature
- An increased susceptibility to being loved by others as well as the uncontrollable urge to love them back
- An ability to be hopeful about the future due to trusting in a loving God instead of pitiless fate
- A belief that God calls you to act according to your best hopes, not your worst fears
- An appreciation of the ridiculous

Effective immunisation against inner-peace can be found by continuing to react to the latest depressing news headlines.

(Reproduced, and adapted, from the parish magazine of St Michael on the Mount, Bristol)

When you pray, God listens.

When you listen, God speaks.

When you believe, God works.

Free A3 Printer

I have an HP OFFICEJET 7510, that I have hardly ever used since buying it new. I'm looking to give it a new home, so please contact me if you know where it might go to have a useful life.

Laura Templeton

SHOEBOX GIFT APPEAL

As you know, some members and friends have, for many years, been supporting the project Operation Christmas Child by filling an empty shoebox with small gifts to be sent to areas of the world where there is poverty, conflict or natural disaster.

Rotary run a similar scheme, and as we have enjoyed a closer relationship with them this year, we thought that we would take the opportunity to participate in their scheme, the Rotary Shoebox Scheme. This has been in operation for over 25 years, during which time over one million boxes have delivered. This is a UK registered not for profit charity with no paid employees. Rotary has no religious or political affiliations, and no leaflets are added to the boxes.

The boxes will be available to those interested, flatpacked, and the person filling the box, will be invited to sellotape £2 to the top of the box as a contribution towards transport and other expenses.

The filled boxes are then returned to the central warehouse and for subsequent delivery to Eastern Europe. Once delivered the boxes are distributed by Rotary Clubs and other tried and trusted partners ensuring that the gifts go to those most in need.

This is an all year round project with deliveries made wherever and whenever there is a need, but as it has been our habit to do this with Christmas in mind, we'll launch this in the autumn at St John's, in place of the usual scheme. There are four categories, so you can choose to prepare a box for a baby, a child, a teenager or an older person.

Hopefully we can interest other people using our premises to participate, as well as those in our congregation, and show our love for those in need in a practical way.

You may like to look at the website <https://www.rotaryshoebox.org/> for further details, or ask me.

Janet Harvey

www.rotaryshoebox.org

"Spreading a Little Happiness"

Suggestions for filling your shoebox

Toys ~ For Boys & Girls

Cars, trucks, etc, balls, complete jigsaws, action figures, colouring books, pens, crayons, Lego blocks, yo-yo, bubble blowers, wooden and plastic toys, building blocks, pencil case, pencil sharpener, dominoes, playdough / plasticine & cutters, fluffy toys, dolls, stickers, writing pads, skipping rope, scarf, mittens / gloves, hat, harmonica, games, cards...

Teenagers ~ up to 18 years age

Sportswear, scarf, gloves, socks, hat, football memorabilia, writing materials, games, playing cards, tennis ball, tooth brush & paste, roll-on deodorants, comb, mirror, costume jewellery, make-up, hair brush, toiletries, school stationery, clothing repair kits, sketch pad, coloured pens / pencils...

For safety -

Please securely sellotape tops of liquid containers. Protect anything sharp and do not put anything sharp into the Toys box.

Household Goods ~

For older folk & families

Scarves, gloves, hats, wrapped soap, toothpaste, toothbrush, disposable razors, shampoo, soap flakes, pan scourers, antiseptic cream, bandages, face or body creams, cosmetics, pens, writing pad & envelopes, T-lights, candles, sewing kit, scissors...

Baby ~ Age up to 12months

This is given to new mothers and can include baby wipes, baby shampoo, baby oil, talc powder, bonnet, booties and mitts, baby grow, baby blanket, small soft toy or plastic rattle...

What NOT to include in boxes

Food, sweets, chocolate & drinks, battery operated toys, conflict related items, matches, inflammable liquids, inflammable aerosols (eg: deodorants & hair spray), seeds or any other living material, automatic washing machine powders

Support for our local businesses

This edition I want to showcase John's Cycles, another newish business in Greenhill Parade. There are several reasons why I feel justified in supporting this shop, so here are some of them.

First, they do a great job in repairing bikes and refurbishing old ones to sell on, meaning that there is always a stock of second-hand bikes if a new one is unaffordable. I took my very old bike along to the shop thinking they might consign it to the scrap heap, but it was thrilled to learn it could be restored to its former glory, and I am now happily back on the road with my old friend.

Secondly, John is a great supporter of Noah's Ark Children's Hospice as well as our local food bank. He has a box in the shop for donations that he will deliver and his website also states which items are currently most needed. At the time of writing this – it's shampoo, shower gel, and tinned spaghetti.

Thirdly, he is supportive in other ways. If you are elderly and have a walker, he'll tighten the brakes



free of charge. If you have a wheelchair puncture, you can pull up outside the shop and he can repair while you wait. He'll also repair pushchair punctures.

Finally, he's offering cycling lessons to children as well as a range of short courses on bicycle maintenance for adults, and has a number of helpful videos on the website.

The stock of bikes, scooters and accessories he has is growing all the time and I have just learnt that he also hires out cycles, so maybe it's time to try getting back on your bike!

Laura Templeton

www. <http://johnscycles.co.uk>
17 Greenhill Parade, New Barnet
London, EN5 1EU
02084498993

St John's URC Fellowship invite You to a

TEA DANCE

At St John's United Reformed Church in Large Hall,
Mowbray Road entrance/Somerset Road, New Barnet,
Herts. EN5 1RH.



SATURDAY 26 OCTOBER 2019

2.30pm – 4.30pm (doors open 2.00pm)

Entrance £5 (entertainment, refreshments & raffle)

With popular, local musician, Chris Sausman on keyboards/vocal. Enjoy music, don't have to dance.

Have a cup of tea/coffee, sandwich and cake.

ALL WELCOME

Proceeds: For St John's URC Organ Fund.



Monica McCormick

6th June 1924 – April 15th 2019

After a full and happy life, Monica McCormick died, at the age of 94, peacefully, in her sleep at home with her children Jane and David in attendance. Her funeral, led by Tony Alderman, took place at the New Southgate Crematorium Chapel on 3 May, attended by more than 50 family and friends.

Monica was a resident of Finchley and Barnet for nearly all her life and a friend of St John's Church for 55 years.

Born on 6th June 1924 in Hornsey, North London – the only child of Albert and Edith Millen – the family moved to North Finchley in 1926. Monica attended Finchley High School and then went to Pitmans secretarial college, leaving in 1941 when she secured a position as secretary to the Managing Director of the Victoria Wine Company. In 1952 Monica married Mac (Fred McCormick) and they moved to 75 Great North Road Barnet where they made life-long friendships with their neighbours.

In 1953 Mac and Monica bought a small confectionery and tobacco shop in Wood Green, which, with help from Mac's father, they ran for 5 years until they sold it shortly before Jane was born on mid-summer's day 1958. On New Year Eve 1960, son David was born. In 1964, they moved to 45 Somerset Road – the house next to St Augustine's Presbyterian Church, later St John's Church. For the next 55 years St John's was an important part of Monica's life. In the 1960's she was a Sunday School teacher and one of the original members of the "young wives" social group. During the building of the new St John's Church building (which opened on 3rd May 1969) the front

room of the McCormick home provided a space for Sunday School classes.

The Sunday School experiences gave Monica a taste for helping children and in 1971 she went to work as a Welfare Assistant at Cromer Road School spending 11 happy years there helping the primary school age children and teaching them to swim. Monica's time at Cromer Road school had a lasting impact – she often said that "although I retired in 1982 people still come up to me, say hello and ask if I remember them from when they were a pupil at Cromer Road". This was proven on the last night of her life when the first paramedic who arrived said, "Hello Mrs McCormick, you taught me to swim at school!"

In May 1982 daughter Jane was married in St John's Church. That same year they bought a second home on the coast at Highcliffe in Dorset – where they would annually spend the summer months on the coast, where Monica regularly went for an early morning swim in the sea. In 1987 Mac and Monica moved to a flat in Station Road. The Somerset Road home was replaced by the block of flats named St Augustine's Court (named after the former church on the site of St John's). The same year saw the arrival of their first grandchild – the first of seven.

In 2002 Monica and Mac celebrated their Golden Wedding Anniversary. It was also the year when Monica was diagnosed with breast cancer and soon after collapsed in the street in Highcliffe from a pulmonary embolism. A passer-by who happened to have a mobile phone rang 999 and many hours later she woke up in Bournemouth Hospital with very heavy bruising to her chest from being resuscitated. This was the start of a long relationship with the NHS

In 2007 Mac died after a short illness and Monica was supported by many good friends and her family. With Jane's encouragement, Monica set out on the final phase of her life by joining Barnet U3A regularly playing Bridge, Canasta, Scrabble and Mah Jong. A friend commented that she was very inspired by Monica's positive attitude in pursuing new interests following her bereavement. Monica was one of the main organisers of a Bridge Group that met regularly

the Queens Arms, and she had the ability to put new players at their ease regardless of their level of playing.

In 2010 the NHS stepped up again as Monica had a mastectomy and treatment that gave her more years to enjoy life. In the final year or so of Monica's life she was treated by the NHS for numerous acute conditions (including heart-failure) and she could not speak highly enough about the treatment and care she received.

David, Monica's son, writes: "Our thanks go to all at St John's Church who were part of our Mum's life and to Tony and Julian for helping give our Mum a send-off she would have thoroughly enjoyed."

We commend Monica to God, and pray for David, Jane, and their families in their loss.

Julian Templeton

(with thanks to David and Jane, who provided the photos and most of the text)



Lesley Calder is featured in BBC Science Article about Cryo-Electron Microscopy

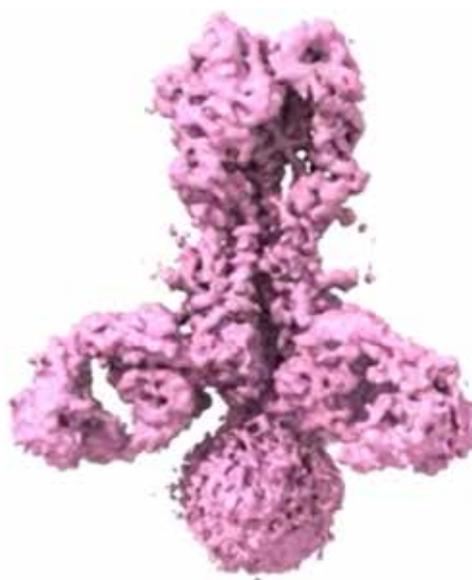
Lesley, a Flu Researcher at the Francis Crick Institute, featured in a recent article on the BBC News Website about the benefits of Cryo-Electron Microscopy (Cryo-EM), which enables high-resolution 3D videos of the body's inner-workings to be made.

Lesley is quoted as saying: "It's a huge step forward in being able to see what is going on within structures where, before, you had to cut them into slices or could just see the outside of. Now we can see the whole object."

Cryo-EM can be used to create videos of the body's inner-workings at a hitherto unseen level of detail. It enables researchers to see the molecules in their natural state by freezing biological molecules or viruses inside the cell and then taking thousands pictures from different angles and at different stages in the biological process using an electron microscope. Researchers can then stitch together these pictures and create a video of living processes in action.

It is hoped that this new detailed vision will accelerate the development of more effective drugs for dementia and infection.

Link to BBC webpage with graphics: <https://www.bbc.co.uk/news/science-environment-49359137>
Stephen and Gertrude.



3D colour enhanced part of an actual flu virus.
(Credit Donald Benton/ Francis Crick Institute, London)

St. JOHN'S CHURCH COFFEE MORNING

St. John's Church Hall,
Saturday 28th September
10.30 & 12 noon.

There will be no admission charge but
a donation plate for the North London
Hospice & church funds

Table stalls around the hall will give the
opportunity to purchase small gifts &
cards to support both national & local
charities.

Quiz Night & Ploughman's Supper

Saturday 21 September 2019,
5:00 - 8:00 pm

St Andrew's Chesterfield Road
URC

Meeting in St Stephen's
Church Hall
Bells Hill, Barnet, EN5 2UR

Tickets: Adults, £6; Children £1, in
aid of Church Funds
available from Fred Hudd:
fredhudd123@outlook.com

A coffee morning with a difference!

A World Environment Coffee Morning!

All Saints Church and Piazza
Shenley Road Borehamwood WD6 1EB.

Saturday, 14 th . September, 10.00 am - 2.00 pm.

Held in the Church and also in the open air Piazza. Come and enjoy our
displays, craft activities, information and games, as well as some good
refreshments All ages are welcome as we show some of the wonders of the
natural environment. More information:

Louise: 0208 953 2362 Mail: louise.collins59@hotmail.com



An Evening of Music for Classical Guitar

performed by Simon Watson

Saturday 14 September 2019 at 7pm

Free Admission

All donations received will be shared between our
Organ Fund and a charity of Simon's choice
supporting Tai Chi education and facilities.

SOLO GUITAR RECITAL

Capricho Arabe (*Serenata*) – Francisco Tárrega
Rosita- (*Polka*) – Francisco Tárrega
Julia Florida (*Barcorola*) – Augustin Barrios Mangore
Prelude No9 in D Minor "Endecha" – Francisco Tárrega
Prelude No10 in D Minor "Oremus" – Francisco Tárrega
Prelude From Cello Suite No1 – J.S.Bach
Capricho Catalan From Suite Espanola No5 Op47 –
Issac Albéniz
Sons De Carilhoes (*Maxixe-choro*) – Joao Pernambuco
Danza Paraguaya No1 – Augustín Barrios Mangoré
Sonatina in A-II-Andante – Federico Moreno Torroba
Zapateado En Re – Sabicas (*Augustín Castellón*)

INTERVAL with refreshments

Simon Watson

Simon has been playing the guitar for over 40 years and made his classical guitar debut at the Royal Albert Hall in London in 1985 after winning "Youth makes Music". He has also worked as a session guitarist and recording artist, and has written and composed music published by EMI records. He has recorded and has performed on TV and radio and has performed with many of the world's leading musicians, producers, composers and song writers covering a wide variety of musical genres from pop to classical, jazz and blues. His main focus more recently is on teaching guitar at Lochinver House School, passing on his passion and experience to the younger generation of guitar players.

Study In E Minor No11 Op – Fernando Sor
Romance – Anonymous
Gran Vals – Francisco Tárrega
Cavatina (Theme From The Deer Hunter) – Stanley
Myers
Si Ela Perguntar – Dilermando Reis
Danza Brasileira – Jorge Morel
FLAMENCO
Five Sevillanas – Traditional
El Nuevo Dia – Paco Peña
Roma – Vicente Amigo
Rondeñas – Pedro Javier González
Sevilla (Vals Flamenco) – Gerardo Núñez
Aires Choqueros (Fandangos De Huelva) – Paco De
Lucia
Bulerías – Juan Martín