

Spicy carrot and lentil soup

(originally from the Daily Mail weekend magazine and demonstrated by Ann Dew at the lunch on Sunday 16th!)

½ tsp chilli flakes
2 tsps cumin seeds
2 tbs olive oil
650g (1lb 7oz) carrots, washed and coarsely grated
1 celery stick, finely sliced
150g (5 ½ oz) split red lentils
1/2 L (2 pts) hot vegetable stock
125ml (4 fl oz) coconut milk
4 tbs plain yoghurt
Coriander leaves

Heat a large saucepan, add chilli flakes and cumin seeds. Dry fry for a minute or so until they release their aroma and pop around in the pan. Remove half of the seeds and set aside.

Add the oil to the pan and, once it is hot, stir in the grated carrots and celery. Stir for a couple of minutes then add lentils, stock and coconut milk.

Bring to a simmer, cover with a lid and cook for about 15 minutes until the lentils are tender. Blitz the soup until it reaches the desired consistency (smooth or chunky), season with salt and pepper.

To serve, spoon into bowls, add a spoonful of yoghurt, scatter with reserved spices add a few coriander leaves and service with warm naan bread.

continued from front page

'Once, I had the opportunity of meeting Mother Teresa of Calcutta. I was struggling with many things at the time and decided to use the occasion to ask Mother Teresa's advice. As soon as I sat down, I started explaining all my problems and difficulties – trying to convince her of how complicated it all was! When I finally became silent, Mother Teresa looked at me quietly and said: 'Well, when you spend one hour adoring our Lord and never do anything you know is wrong.... you will be fine!'

If you have any thought or ideas about what we might do or how we might do it, please tell me. But however we choose to pray, to adore God, we all need help, encouragement, and practice. Perhaps Lent could for a time for us to do that better, together.

With my love,
Mike

St James the Least of All

Editor: The Rev Dr Gary Bowness continues his tongue-in-cheek letters from 'Uncle Eustace'...

On why our church does not need health or safety...

The Rectory

St. James the Least of All

My dear Nephew Darren

The disasters you inflict on church life are made the worse because they are so well meaning. I appreciated your concern when you heard one of our parishioners had slipped on a gravestone. Your desire to help was entirely commendable; sending your own church's health and safety officer to give us some advice was kindly-meant. But the thousand page report was not welcome. If we implemented your officer's suggestions, life would become unbearably safe.

St. James the Least has survived perfectly well for the last 600 years without gutter cleaning inspections, path degreasing and electrical safety certificates, so I think we may survive a little longer without them. As far as I am aware, the only disaster to hit us was when Cromwell's soldiers stabled their horses in the nave – which I suspect a few of our oldest members still clearly remember.

The shock the sidesmen sometimes get when switching on the lights occurs only occasionally, is relatively mild and soon over – and if it happens when preparing for the 8am Service, helps to wake them up. The fact that the weight of Duke of Clumber's marble sarcophagus is slowly detaching the south aisle from the rest of the church is very slow – and the pews in that area are used only once a year when his relations visit from America to commemorate his death at Agincourt – which is probably just beyond remembrance of the oldest of our congregation.

Leaks from the ceiling in the north aisle are solved with the row of buckets – and even you must concede that the fungi on the oak beams look really rather attractive when the sun catches them. The sapling growing out of the spire is certainly an issue – although it looks so attractive in Spring when in blossom. As for our fire extinguishers, they were serviced when my predecessor-but-two was in office, and I have the certificate to prove it.

Do thank your health and safety officer for all his work and tell him we will bear his recommendations in mind. Also tell him I was so sorry he slipped and broke his leg as he was entering your own church last Sunday. If only he had been encased in bubble wrap, it would never have happened. Perhaps you could put that on the agenda of your next health and safety meeting.

Your loving uncle,
Eustace

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From Elsie



My thanks to all who helped make my 100th birthday a joyful occasion and thanks for the cards and cake.

From Mary



I would like to thank everyone who braved the snow to attend Tony's funeral and also for all the kind messages I received. Many thanks, too to Mike for the lovely service and also for his support and kindness to me and my family.

DIARY

February

- 2nd Mothers' Union Bible Study
 3rd Bible Study and lunch
 4th First Friday 7.30pm - Finding the Story - Celia Couchman talks about her 'unplanned life which has been full of surprises'
 5th Coffee Morning in St. Martin's church 10-12 in aid of their Flower Fund
 7th Film Club 7pm - *Wings of Desire*
 14th Women's Fellowship 2.30pm
 25th With Great Pleasure 7.15pm in the Chapter House

March

- 4th Women's World Day of Prayer. Service in St. Peter's 2.00pm
 First Friday 7.30pm - Mike and Janet go to India
 8th Shrove Tuesday Beetle Drive with pancakes 6.30pm

Further dates for your diary ...

- Spring Sale - 2nd April
 Organ recitals - 30th April & 4th June
 NBYCO concerts - 3rd April & 26th June
 Treasure Hunt - 25th April
 Open Day - 25th June
 Summer Luncheon - 26th June

Women's World Day of Prayer
 2pm on Friday March 4th
 This year the afternoon service will be held in St. Peter's. Further details in the weekly notice sheet.

As well as an invitation to join St. Martin's for their coffee morning on February 5th, Andrew Hayes is offering spaces on the coach for their annual pilgrimage to Walsingham which takes place on May 7th. If you are interested, please make a note of the date and let Tricia know. Further details will be available nearer the time.

Snowdrops, bluebells and roses ...

Following the popularity of last year's trips, Sylvia MacDowell is happy to coordinate more outings this year.

As we all know, the winter has added a note of uncertainty to seasonal flowering times so please keep a lookout in the weekly notice sheet for details.

Sudoku solution on page 6

		5		7	3		
	1					2	
7			1	5			6
	5	9		6			
			3		4	2	
6		5	4				7
		1				8	
		8	2		6		

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AN EVENING OUT ...

"We are planning a 'With Great Pleasure' evening on Friday 25th February in The Chapter House at 7.15pm. Anyone who has a piece of prose, a favourite poem, a song, a recital, a story or a joke, is invited to come along and share it with others. Suitable refreshments will be served. If you would like to take part, please contact Valerie Tarlo on: 01234-345802

Prayer for the Month

Heather L Harris

Friends,

As the Bishop's new initiative 'Living God's Love' gets underway, I thought the following prayer could give us encouragement to make it come alive:-

Dear Lord, in sickness or health in joy or grief, no day opens to find us alone.

We rejoice to realise you are always there

We rejoice that you have given us human ties;

We rejoice in the many friends who are so loyal.

For duties that await us today, we ask your strength and skill,

For things that puzzle us at the moment, we ask your patience,

For tasks that have become tedious, we ask your gift of perseverance.

Let us remember all this day:

*That people matter more than things;
 That monetary reward matters less than honest service;*

That faith and hope and love are the lasting things and the greatest of these is love.

Bless any we love who are on holiday today; any who begin a new job; any who celebrate a birthday.

Let life be a better thing for somebody because we live in the world today.

Amen

Rita Snowden

FROM THE PARISH REGISTERS

FUNERALS

15 December Sheila Burley
 20 December Tony McLeod
 7 January Bill Walker
 19 January David Lennox-Lamb
 24 January John O'Dell

BAPTISMS

26 December Jude Prior
 2 January Arianne Blore

DIRECTORY

Clergy	Mike Fudger (Rector) 354543 Cyril Harris (Hon. Asst) 344927
Churchwardens	Wendy Edwards 266210 Dave Hoskins 304424
Assistant Churchwardens	Bruce Reid 267137 Liz McHale 210620
PCC Secretary	Tricia Oakley 211499
Treasurers	Hannah Potter 352675 Anthony Chestney 351719
Planned Giving Officer	Gloria Clarke 357676
Electoral Roll Officer	Roy Jupp 213468
Chapter House Bookings	Ann Lawrence 358950
Church Flowers	Please see the Rota at the back of the church or ring 270514

CHURCH FLOWERS

If you would like to mark a special date with a flower arrangement at the Book of Remembrance, please consult the list at the back and find the date nearest to your chosen time.

If there is still a space there, write your name in the centre column and look to see who will be responsible for the flowers that weekend. She will be happy to receive your donation (suggested minimum £20) and discuss any special requirements with you.

Gwen Farmer

Tony McLeod RIP – We should mark Tony's death. He was part of the family at St. Peter's for many, many years, and worked faithfully and hard amongst us. His last weeks were hard, but now he is at peace with God. We thank God for him, and hold Mary in our love and prayers.

The thirteenth century lancet window in the Church of St. Peter de Merton, Bedford.

Part II

Rosemary Evans

One wonders if examples of chequer work in St. Peter's ancient window reflect the design of tiles in some local manor or ecclesiastical building, or if they are copies of tiles further afield. Some beautiful tile pieces of varying size, shape and colour are tucked into the grisaille-effect background in which are set roundels and other more easily-cut shapes; notable are parts of a yellow and red star on a brown check pattern, a white 'starburst' on grey, a star painted in black on white glass, a glowing red lozenge with possibly a tile pattern in the middle, a striking yellow or brown star point on chequered background, a clear trefoil and circle pattern in blue, yellow and red, and a brilliant gold and brown star-like pattern below the large letters 'dm' = dominus (lord) and 'nati' = sons, in the same style of lettering. At the bottom, there appears to be some grisaille bearing a faint black pattern and, in the same sober shade of glass, a flower design with long petals and others with complicated geometric patterns. Might these come from as far back as the 13th or 14th centuries? Oak-leaf grisaille of bright yellow and brown (on white, sometimes with a yellow band border and obvious diamond shape) is much in evidence, filling in areas of the window beyond the 'pictorial' part of the design. This could not be prior to the 14th century as it was then that cross-hatched backgrounds disappeared and grisaille began to be painted, often in colourful tones of yellow and green, which were popular at that time; cartoons (designs drawn on stout paper) were reused to give repeated patterns.

Delightful, too, are the occasional plain heavily-leaded diagonal strips of

gold and blue potmetal (glass usually coloured by the addition of metallic oxides) – and, on a light brown background, the darker brown and yellow 'legs' from the arms of the Isle of Man, part, probably, of a diamond-shaped quarry (a late Gothic development). The first documented example of the use of heraldry in English stained glass is when, in 1247, Henry III ordered the royal arms, together with those of his late father-in-law, the Count of Provence, to be inserted into the windows of the hall of Rochester Castle. Heraldry then became increasingly important and, with it, flashed glass, where colour on only one face of the glass is partially removed and the exposed white glass then painted or stained. Just visible in the inverted shield shape two-thirds of the way up the lancet window are a portcullis and a small white rampant lion, along with many slivers of varying colour, all heavily leaded in. To the left of it, a diamond quarry of white glass with the letter 'H' in a shade of brown surmounted by a yellow crown is paired with 'R' further down to the right. These letters, if linked with at least two white York roses, both large and small in roundels, might indicate that the window from which these came was a gift from a King Henry. John Plantagenet, brother of Henry V, was the first Duke of Bedford and it was he who crowned his nephew Henry VI King of England in 1429 and helped administer his territories; but it was Henry VII (1485-1509) who was first sovereign of the house of Tudor.

A mended basically triangular fragment within the 'inverted shield' (10½ in. high x 6½ in. wide) bears an interesting depiction of a yellow and brown demon playing with a red-tongued, blue serpent by showing it its reflection in a blue mirror. To the people in the Middle Ages the world seemed beset by angels and demons, as were also the saints. In the topmost large roundel in the window,

St. Paul is seen kneeling and holding the sword of martyrdom (emblematic), his halo and the sword being in shades of yellow and brown. Wherever this latter beautifully painted piece may have come from originally, it would have produced great reverence in anyone intent on reaching heaven; after contemplating it, one would surely have wished to go away and pray to him for intercession on the Day of Judgement. It is suitable in the Church of St. Peter as he and St. Paul share the same Saint's Day; the figure may even have been mistaken for that of St. Peter and, as such, may once have resided in the principal window along with 'The Scourging of Christ'. This medallion, too, is surrounded by complicated geometrical patterns of coloured potmetal – as far as can be discerned.

Life on earth was, indeed, hell for the poor who were instructed in religious belief by monks using stained glass to tell the Bible stories. Many an emotion must have been aroused by one prominent image one-third of the way up the window, again in black/brown paint with yellow; it is of the head of a figure in the stocks, outlined in lead, the face conveying mournful desolation in spite of the ravages of time. By the 14th century there was an increase in realism, introducing a secular element; the use of silver stain for yellow on white enabled glass painters to apply fine details by scratching the black pigment with which they produced e.g. facial expressions. A mitre-shaped piece at the base of the lancet window – measuring only 4½ in. at its widest point by 6 in. high – provides a good example of this technique, being of an ancient castle with a spire and three small skulls in place of the drawbridge! Any grim predictions in the window are, however, offset by the

grotesque jollity in a 6 in. diameter 15th century lion-mask roundel (brown and yellow with a yellow band as border – made before the exotic and entertaining was done away with by Protestantism) and the fullness and wonder of life conveyed by two delicate paintings of birds, one in flight in shades of yellow and brown on white glass and the other, apparently (as worn), of a falcon with a crown on its neck and chained to its perch.

There is neither inscription nor signature in the lancet window to give a clue to its maker, but the overall design imitates the Early Gothic medallion and grisaille windows. Visitors to St. Peter's will inevitably notice the extensive use of lead to surround colours and pieces; as there is no general theme, however, this does not destroy 'by that means the harmony of the outline', regarded by James Dalloway in 1806 as 'a striking deficiency in the composition of the early artists'. The addition of the vestry behind the window 150 years ago has both veiled its secrets in shadow and given protection to the ancient glass which must once have provided a mosaic of colours glowing in the daylight. During the incumbency of the Rev. Dr. Philip Hunt the then little church and churchyard were given great attention and expense so that the whole building became a beautiful coup d'œil in relief beyond Bedford's Green.

4	8	5	6	2	7	3	9	1
9	1	6	8	3	4	2	7	5
7	2	3	9	1	5	8	4	6
2	5	9	4	8	6	7	1	3
8	3	4	1	7	2	5	6	9
1	6	7	3	5	9	4	2	8
6	9	2	5	4	8	1	3	7
5	4	1	7	6	3	9	8	2
3	7	8	2	9	1	6	5	4

solution to puzzle on page 2

SERVICES

SUNDAY 30th Presentation of Christ in the Temple

8.00am Holy Communion
10.15am Parish Communion
4.00pm Evensong

THURSDAY 3rd February Holy Communion (BCP)

SUNDAY 6th 5 before Lent
8am Holy Communion
10.15am First Sunday
4.00pm Evensong

THURSDAY 10th Holy Communion (BCP)

SUNDAY 13th 4 before Lent
8am Holy Communion
10.15am Parish Communion
4.00pm Holy Communion with Ministry of Healing

THURSDAY 17th Holy Communion (BCP)

SUNDAY 20th 3 before Lent
8am Holy Communion
10.15am Morning Worship
4.00pm Evensong

THURSDAY 24th Holy Communion (BCP)

SUNDAY 27th 2 before Lent
8.00am Holy Communion
10.15am Parish Communion
4.00pm Evensong

THURSDAY 3rd March Holy Communion (BCP)

FRIDAY 4th 2.30pm
Service for the Women's World Day of Prayer

SUNDAY 6th Sunday Next before Lent
8.00am Holy Communion
10.15am First Sunday
4.00pm Evensong

Wednesday 9th ASH WEDNESDAY
7.30pm Holy Communion with Imposition of Ashes

REGULAR EVENTS

Refreshments are served each Sunday after the 10.15am service and after Holy Communion on Thursdays.

Sunday School meets at the 10.15am service, leaving after the first hymn, on all but the first Sunday in the month when there is a special Children's Service. (All ages welcome).

St. Peter's Choir sings at 10.15am services apart from the First Sunday service. Choir practices are on Sunday mornings. New members welcome.
Contact Adrian Quarry on 409612.

Women's Fellowship meets on 2nd and 4th Mondays at 2.30pm the Chapter House. Details from Doris Hoskins Tel: 304424

Cruse holds a coffee morning in the Chapter House on **Tuesdays from 10am - 12 noon** for those trying to come to terms with bereavement. Tel: 340321 for further details.

The Pastoral visiting team helps to care for the sick, elderly & housebound. Offers of help and requests for visits to Do Vesey. Tel: 353024

St. Peter's eight bells are rung each Sunday from 9.40am. Practices are at **7.30pm on Thursdays**. Details from Richard Entwistle. Tel: 360095

The Mothers' Union meets at **10.30am on the first Wednesday of each month** at 8, de Parys Avenue for coffee, prayer and Bible study. **"Modern Mums"** meet by arrangement at **8pm**. Details from Pam Coppenhall Tel: 357903

Grapevine Parent & Toddler group meets from 9.30 - 11.30am on Fridays. Details from Andrea Spice. Tel: 341861

St. Peter's Coffee Shop is open from **10am on Saturdays** with books, sweets and Fairtrade items for sale. Donations of cakes and offers of help gratefully received. Details from Tricia Oakley. Tel: 211499

www.stpeter.org.uk

The Parochial Church Council of The Ecclesiastical Parish of St Peter De Merton with St Cuthbert

Registered Charity Number 1132799

NETWORK

THE NEWSLETTER OF ST. PETER DE MERTON WITH ST. CUTHBERT

FEBRUARY 2011

Dear All,

As you will know, our visit to India affected Janet and me very deeply. We didn't realise quite how deeply until we had to talk about it to others. Our Sunday lunchtime together at church helped us to see that, so thank you to all who dared to stay and listen to us! And we are grateful for another opportunity to share our experiences at First Friday in March.

So what are the challenges it presented us with? Perhaps the most pressing is this : how, in our post-Christian, secular world, do we continue to acknowledge the 'enchantment' of God-with-us. India manages to do it. Its enchantment is all around, deep in the culture of its people. It's much harder here. Over the last five hundred years, our sense of God's transcendence, God being close to us, has changed; some would say it has all but disappeared.

It's a huge, and very important matter, both for the Church and for the world in which we are set. But something we should see as an opportunity. How refreshing it was to hear the preacher at the Unity Service at the Salvation Army remind us that this new phase in the life of the Church, where we have to learn not to be at the centre of things but on the edge, is full of possibilities, and certainly not something that should threaten or dishearten us!

How, then do we keep an enchanted world near to us, and let it, let God, feed us?

Perhaps the most obvious way is through our praying. It's when we pray that we are closest to God. It is the activity, the art, every Christian engages in and shares. I guess none of us feels like an expert at it; but we do it, and keep doing it, because

somehow we believe it changes us and affects the world around us.

Now Lent will be upon us quite soon. And I wonder if this isn't an chance for us, as a community of faith, to spend some time, energy and attention on this core part of our Christian life. Prayer.

During Lent at St. Peter's, usually a few people come to the discussion groups, some more buy the suggested books, and others take part in other things we do. But wouldn't it be wonderful is if we were all to commit to doing something during the weeks of Lent that is about prayer.

Like what? Well, we are all different and our journeys and understandings are different, so it makes sense to have a variety of things we could share in. There could be books to buy, or to borrow; there could be a chance to come to gather as a group to study prayer, and (on Wednesday evenings), there's an opportunity to come and listen to others share their experience of a particular type of prayer – and to try it out with them!

And there are the things that usually go on anyway: morning prayer at 9am each morning; midday prayers on Tuesdays at 12 noon, which is a little oasis of prayer, music and silence in our beautiful house of prayer; and all the other services, which allow us to pray more corporately.

Most of us live very busy lives, and doing something more comes at a cost. But of all the activities we fill our shared life at church with, our time with God, in whatever form that takes, must be the most important, and the most fulfilling.

Henri Nouwen, that great spiritual commentator, tells this story against himself.

Continued on page 3