



# EWELL PARISH NEWS

The monthly newspaper of St Mary the Virgin Ewell

No. 590

March 2022

60p



Sharing the Love of Christ, the Light of the World, with the people of Ewell



## Lent at St Mary's 'REEL' FAITH

A 5-week exploration of life through the lens of The Lion King, the Bible and discussion helping us to navigate through the wilderness of Lent to the grace of Easter.



Do join us in St Mary's Church, London Road, Ewell, KT17 2AY  
Wednesday evenings - Coffee 7.30 pm for 8.00 pm start  
9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>, March & 6<sup>th</sup> April

### ALL WELCOME

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## Sue, one of our Assistant Priests writes

As I write this letter, Mark and Lucy are settling into the vicarage as their new home and the countdown has begun to the day when we shall welcome Mark as our new Vicar. In January, Valerie and Nicholas, our amazing churchwardens, sent out invitations to the service of Collation by the Rt Revd Andrew Watson, Bishop of Guildford and the Induction and Installation by The Venerable Martin Breadmore, Archdeacon of Dorking of the Revd Mark Anthony Stafford at St Mary the Virgin Ewell Parish Church on Tuesday 22 February 2022 at 7.30pm. If you want to know the detail of this service you can read all about it in February's edition of the Ewell Parish News (EPN):

<https://www.stmarysewell.com/wp-content/uploads/2022/01/EPN-2022-02.pdf>

The beginning of a new ministry is exciting and full of anticipation as we look forward to how God will use both the gifts that Mark brings with him and the gifts that we have to offer so that, together, we can more effectively share the love of Christ, the light of the world, with the people of Ewell. There is also the hope that comes as we ease out of most of the restrictions that have been in place since the pandemic caused by COVID-19 hit the world. So we are looking forward. But it is quite natural to also look back over the past ten months as Maggie did in her letter in EPN last month. Apart from the thanks owed to many people there is delight that the special hand-made altar frontal for the Side Altar is now back in place. The altar frontal was created by four church members to be in place for the service in 1998 which celebrated the 150th anniversary of the 'new' (ie current) church. Embroidered on it are nearly two hundred names - of the builders of the church, of previous vicars, of church members and of other people whose names had been requested to be added.

This action of looking forward and looking back reminds me of owls. There is something owls can do that human beings can't. And I'm not talking about flying! The unique thing that owls can do is to turn their heads right round so that their body is facing one way, and their head is facing in the opposite direction. We can look forwards, and turn our heads from side to side. An owl can turn their heads backwards too – they can look backwards and forwards.

In the psalms we also find this movement of looking backwards and forwards. In psalm 105, the person who wrote this psalm says (in a modern translation) "Although I am often frightened when I think about the future, and confused... by the rapidly changing events about me, my heart is secured and made glad when I remember how God has cared for me throughout the past." Just like the owl, the psalmist looks back and looks forwards. When he (and it probably was a he) is worried, he stops for a moment and thinks about how God has cared for him in the past. Then he isn't worried about the future, because he knows God has looked after him so far.

That is something we can all do and for me it highlights the value of the present moment, that time when we stop, let go of our thanksgiving and our regrets about the past,

# St Mary the Virgin EWELL PARISH CHURCH 020 8393 2643

Website: [www.stmarysewell.com](http://www.stmarysewell.com)

Registered Charity Number 1128409

## CLERGY

**Vicar: Fr Mark Stafford BSc (Hons); MA Social Work; MA Theological Studies; 020 8393 1297**

**Email: [vicar@stmarysewell.com](mailto:vicar@stmarysewell.com);**

**Day off: Friday**

**Assistant Priest: The Reverend Sue Ayling OBE Dip Civil Law BA (Hons) Rel&Th; 020 8337 6347;**

**Email: [assistantpriest@stmarysewell.com](mailto:assistantpriest@stmarysewell.com);**

**Day off: Wednesday**

**Assistant Priest: Canon Margaret Marsh MA Christian Spirituality; Dip Theology & Ministry; 020 8224 0607;**

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**Day off: Monday**

## READER

Mrs Wendy Varney 020 8393 5212

## CHURCHWARDENS

Mrs Valerie Wood 020 8393 5991

Mr Nicholas Allsopp 07899 818400

## Pastoral Assistants

Mrs Barbara Gibson-Sykes Email: [pastoral2@stmarysewell.com](mailto:pastoral2@stmarysewell.com)

Mrs Wendy Paxman 020 8224 2851;

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Mr Andrew Sykes Email: [pastoral1@stmarysewell.com](mailto:pastoral1@stmarysewell.com)

## Children and Families Worker

Position vacant

## Safeguarding Officer

Mrs Helen Crossley

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## Diocesan Safeguarding Advisor

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## Social Media Officer

Position vacant

## Finance Officers

*Treasurer*

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Email: [financeteam@stmarysewell.com](mailto:financeteam@stmarysewell.com)

## THE PARISH OFFICE

### Administrator:

Mrs Lynne Yuille 020 8393 2643 (Office)

Office email: [parishoffice@stmarysewell.com](mailto:parishoffice@stmarysewell.com)

The postal address is: St Mary's Ewell Parish Church, London Rd, Ewell, Surrey, KT17 2AY.

The Parish Office is on the south side of the church.

**The Parish Office is closed to visitors at present. Please telephone or email instead.**

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## St Mary's Toddler Group Is back

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or see St Mary's website



and put to one side our hopes and our anxieties for the future and savour and enjoy the present moment with the blessings around us. Maybe easy to do on a sunny day out in nature but hard to do sitting with someone we love who is in pain, but in both God is present sharing our joy and our sorrow.

In the Order of Service to celebrate Mark's new ministry, after the Collation, Induction and Installation (see last month's EPN), there follows the 'Dedication of Priest and People in Ministry'. This begins with the *Call to Discipleship* at the font. The words provide a commitment by Mark to "live the new life in Christ and joyfully to minister the sacrament of Baptism" and by the congregation "*We commit our lives afresh to Christ as we continue our Christian pilgrimage.*"

The next few months will be a time of transition as St Mary's enters a new phase in its journey of seeking God's will in how best to work with him to better share the love of Christ, the light of the world, with the people of Ewell. Also as we continue to adjust to and live with the uncertainty around the COVID-19 virus. A poem by Malcolm Guite, poet, priest and song-writer, seems to me to express so well the call God is making to each one of us at this time asking that we trust him whatever the future brings, promising that he will always be with us and – because he loves us – bring us peace as we journey together as fellow pilgrims. Poetry may not be your thing, but I encourage you to stop and sit and read the poem through a few times: ask God to show you the words that he wants you to hear and be open to being surprised.

### The call of the disciples

He calls us all to step aboard his ship,  
Take the adventure on the morning's wing,  
Raise sail with him, launch out into the deep,  
Whatever storms or floods are threatening,  
If faith gives way to doubt, or love to fear,  
Then, as on Galilee, we'll rouse the Lord,  
For he is always with us and will hear,  
And make our peace with his creative Word,  
Who made us, loved us, formed us and has set  
All his beloved lovers in an ark;  
Borne upwards by his Spirit, we will float  
Above the rising waves, the falling dark,  
As fellow pilgrims, driven towards that haven,  
Where all will be redeemed, fulfilled, forgiven.\*

Mark will be writing his first Vicar's letter in April's edition of EPN and we look forward to that. In the meantime, please do continue to keep Mark and Lucy in your prayers.

You continue in my prayers.

Sue Ayling

\*The call of the disciples' from *Sounding the Seasons* by Malcolm Guite is © Malcolm Guite, 2012. Published by Canterbury Press. Used by permission. [rights@hymnsam.co.uk](mailto:rights@hymnsam.co.uk)



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## AV/SOUND DESK AT ST MARY'S

We are still seeking volunteers to learn how to operate our AV/Sound desk and to join the team helping with livestreaming/videos at our various services – mainly Sundays but could be funerals and other services.

This is now a vital part of our outreach so if you think you may be able to help, please contact the churchwardens.

## THE CHURCHWARDENS WRITE

As we write this, during half-term, the relief is very evident! After more than ten months in Vacancy there is now less than a week to go before our new Vicar is officially collated, inducted and installed at St Mary's. It seems a long time since Russell left and yet, in another way, it has flown by as we have been so busy. Details and pictures of the 'Ceremony' will appear in the April edition and by then many of you will have met Mark and his wife, Lucy, and will share in our delight that he was drawn to apply for the position and was chosen to be our vicar. We truly feel that Mark was 'God-sent' to us, especially with Russell being a hard act to follow.

February (5th) saw Sue Ayling's 10th anniversary of joining St Mary's as Assistant Priest, another blessing. The month ends with celebrations of our first wedding in 2022 with Geoff and Helen tying the knot on the 26th and the following day with two Baptisms.

At the end of January Candlemas was celebrated with Linda overseeing a joyous Christingle service and we all came away with our decorated oranges.

You will see from the Calendar on the back page that the Said Eucharist at 1000 a.m. on Tuesdays will become a regular weekly feature again with effect from the 1st March. Also the wonderful picture on the front cover depicts what's in store at the Lent Course. Do continue to check the website and Weekly Notes for all that is happening, and don't forget to register for the brain-teasing Quiz on Zoom on the 15th.

Ewell Hall continues to be expertly managed by Barb Warwick. Yet again Ian Burgess has come to the fore in dealing with the technical issues in both the church and hall. Much has been achieved in up-grading and up-dating, particularly the A/V system and also with new external lighting, and so much more, and Ian has spent many, many hours at St Mary's (his wife, Kathie, can readily confirm that!) and he certainly deserves an accolade and grateful thanks.

At this stage we must give thanks to Sue and Maggie who have been marvellous in keeping our services and life going during the Vacancy. Thanks also go to the Revd's who presided and preached on several occasions to relieve our Assistant Priests, lately being the Revd's Michael Dunk and Neil Vigers. Once more we give our sincere thanks to everyone who has supported us and kept St Mary's as near as possible to how Russell left it, with the services, music, choir, finance, estates, children's groups, social events, bells, so many brilliant and hard-working volunteers – and everything and everyone I have missed mentioning (forgive me, I am writing this in the early hours of the morning!). Our prayers have always been answered throughout this time and God has given us guidance, strength and patience to cope.

The support you have shown to Sue, Maggie, Nicholas and me will now continue to our new leader, the Reverend Mark Stafford. WELCOME.

*Your churchwardens – Valerie and Nicholas*

## EASTER LILIES

Spring will soon be upon us, the dark winter days will be behind us and with that we can look forward to all the spring flowers, and buds on the shrubs and trees, reminding us of the gift of the circle of life. Fresh flowers in church are a popular way of celebrating this season of regeneration. Once again you are invited to sponsor a lily in memory of a loved one which will be combined with the floral displays that are being planned by the



team for St Mary's this Easter.

Lilies are £3.50 each. Last date for ordering is Monday 28 March. Please contact Lucy or Sybil, or email [flowers@stmarysewell.com](mailto:flowers@stmarysewell.com) with details of how many lilies you would like and the name of the person/s to be remembered. Cash is preferred, either give to Lucy or Sybil in an envelope on a Sunday, or you can pay by online transfer to the St Marys Flower Arrangers account (please request details from the above email address). Don't forget to say how many lilies you would like and of whom they are to be in memory.

LM

## BOARD GAMES AFTERNOON January 22



Although we were few in number we really did have a most enjoyable afternoon playing Scrabble, Liar Dice, and seeing how steady our hands were before being "exterminated" by the Dr Who Daleks! We also had a good catch up with friends over a nice cup of tea and homemade cake.

Big thank to all those who attended and contributed to such a pleasant afternoon.

RDH

## SOME THOUGHTS ON BIRD FLU

Many of us are aware of the bird flu epidemic of winter 2021/22. News of this outbreak first hit the headlines last August, when reports came in of numbers of Great Skuas (a seabird) being found dead. At the time, this matter seemed a likely subject to write about some time in the future.

Events have moved on since last August and a degree of urgency has arisen - hence this article. In November, I read reports of large numbers of wildfowl - geese, swans, and ducks - being found infected, and that the Wildfowl and Wetland Trust reserve at Washington, Tyne and Wear, had been closed to the public owing to an outbreak of the disease there. I read of a mass cull of half a million Barnacle Geese. That is a seriously high number. It is evident that, though there have been outbreaks of bird flu before, this is by far the worst on record.

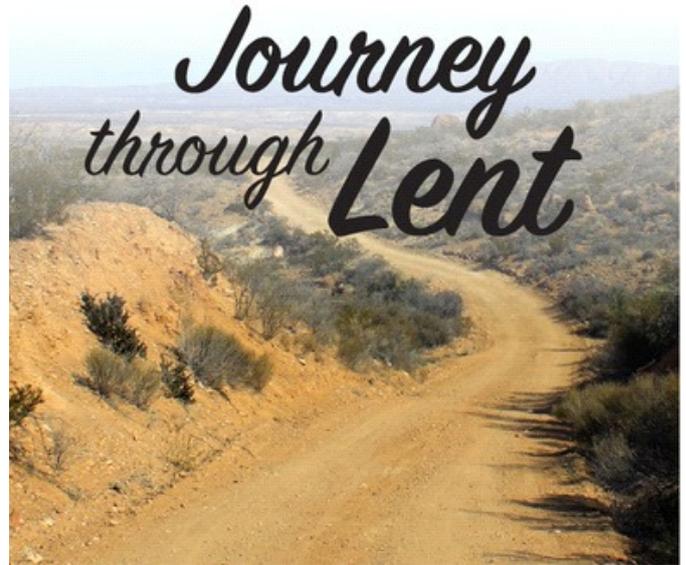
I should at this juncture add that neither Barnacle Geese nor Great Skuas are ever likely to be seen in Ewell. The Great Skua is an oceanic bird, which comes ashore only to breed in the Orkney and Shetland Islands. Barnacle Geese are winter visitors to the British Isles, mostly to Solway Firth between Scotland and England. The species was, I am sorry to say in the circumstances, something of a success story as far as British wildfowl conservation is concerned. The birds come here to escape severe winter conditions in their breeding grounds, Spitzbergen. To aid their fortunes, both RSPB and the Wildfowl and Wetland Trust (WWT) set up nature reserves in Dumfries and Galloway, either side of the Nith estuary on the north side of Solway Firth, where these birds could spend the winter undisturbed by hunting. The success of this scheme demonstrates firstly how terrible the bird flu epidemic is, and how severe the consequences could be to our nature conservation efforts.

Why was it necessary to take such drastic measures? It is because of the risk of contagion: these birds are gregarious at all times, both when roosting and when feeding; it would be all too easy for the virus to be transmitted to others of the species and to wildfowl generally.

According to the local news media, the WWT reserve at Washington has now re-opened. I have also consulted websites, both of the RSPB and the British Trust for Ornithology (BTO). They are of interest not only for their information, but also in that events may well have changed since I began this essay. RSPB is at pains to explain how vital it is that we carry on feeding garden birds as usual, emphasizing that this is a disease of wild birds, not of domestic poultry, and the risk to humans is very slight. A few individuals who did contract the disease had been involved closely with domestic poultry. The BTO describes the thinking behind the identification and classification of this virus. It goes on to describe some of the other diseases that birds face - and there are many - and what steps we can take to help them in their plight. Bird-table hygiene is useful. We can consider this aspect of nature conservation in a later edition of EPN.

TT

## Prayers for March



Lord God, as we begin our own spiritual journey through Lent this year, we pray that You will help us to draw near to You in praise, stripping away all that distracts us from worship

Just as Jesus resisted temptation by the devil in the wilderness, help us to reflect on the example of his faithfulness to You, his rejection of worldly values and hold these thoughts in our hearts throughout Lent and beyond.

Jesus prayed and fasted. As his disciples, teach us about spiritual discipline in our relationship with You, O Lord, our God.

Lord, may Lent be a time of inward searching that makes us more able to look with compassion at the needs of the world.

Thank you, Lord, for 'desert' experiences, when being confronted with ourselves makes us realise our need of You.

Lord, we ask that You guide us through the difficult days of Lent, the difficult days in our own lives, encouraging us along the way. We pray as we move towards and remember Calvary's darkest day, that You will not forsake us but remind us, not only of His sacrifice for us but of our Saviour's ultimate gift and promise of new, abundant, eternal life for all who believe and trust in him, your precious son, Jesus.

AMEN

### FROM THE PARISH REGISTERS FUNERALS

#### Rest eternal grant unto them, O Lord

19 January Gwenda Margaret Lea Fallis, aged 82  
21 January Rosemarie Doris Dunk, aged 76  
1 February Enid Light, aged 80

# BACSECT Newsletter No 6

## February 2022

### AT LAST!!

We are thrilled to report that we have at last been able to travel out to The Gambia and visit the school. It has been just two years since we last visited and much has happened since then.

The most important news is that the school is flourishing and is at nearly full capacity. Our journey out was interesting with travel from Gatwick North instead of South terminal, and a newly revamped Banjul airport with staff just getting used to having paying customers coming through! Patience is needed but all went well.

Our hotel was about half full, one of the luckier ones, as we heard that a larger one nearby with over 500 rooms only had six guests. People are still very wary about travelling to Africa even though the incidence of Covid is lower than in the UK. All the staff at our hotel wore masks and used hand sanitizers.

The school has its full number of teachers and when we had a tour around the standard of work being done by the children was excellent and would at least rival, if not better, the standards in UK schools.

The Ministry of Education inspects the school at least once a term and gives very positive feedback which is also encouraging.

Because virtually everything used by the school, including food for meals for the children, is imported the prices are rocketing with some essentials costing 100% more than twelve months ago. At the same time people's incomes have shrunk because of the lack of tourism and most families are struggling to even get the basics.



Whilst we were at the school we had a distribution of food to the local community. The photo above shows teachers with the food to be distributed, which was enthusiastically received!

We are pleased to report that the laptop computers

are now working ok having replaced the batteries and we were able to purchase computer training books for all grades. This learning aid is new in The Gambia and Richard, the Headmaster, was most anxious to be one of the first schools to have it!!

Knowing that they have support in the UK is very important to the school as are all the prayers said for them. It is very much appreciated especially by Richard and the Teachers. One of the senior teachers was "empowered" by the rest to give us a formal speech of thanks for paying their salaries during their lockdown and supporting the school financially during these difficult times. We found that most humbling.

The 30 folding exam desks that we managed to ship out last year have been a real success, but we now have to replace the desks in the Nursery classes as they are no longer fit for purpose. How easy it will be to purchase in the UK and, more importantly, ship out to The Gambia remains to be seen. The cost of freight out from UK in containers has shot up with a container which used to cost £2000 now costing £10,000! School desks are in very short supply in The Gambia and have to come from abroad which is why we try to purchase and send from UK.

We are hopefully going back out to The Gambia again towards the end of March which will give us an opportunity to focus on purchasing books and writing material locally which will help with the cost. We will also be making some crucial decisions on major works for the buildings to prevent water ingress during the rainy season.

Richard is getting some ideas and quotes for some new roofing and hopefully we can decide when we are there in March what is to be done and, most importantly, what we and BACSECT can afford.

Please keep praying for the school and the people of The Gambia. Our prayers are needed and really appreciated.

God Bless

Revd John Baxter  
Chair of Trustees

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### WORLD DAY OF PRAYER

#### 4 March 2022

Sadly we are not taking part in the World Day of Prayer, which this year comes from England, Wales and N. Ireland, but please do visit their website: [www.wwdp.org.uk](http://www.wwdp.org.uk) and follow them on Facebook and Twitter.

If you would like copy of the Service Booklet please let Valerie Wood know.

## THREE BACH RECITALS

(12 Oct, 9 Nov and 7 Dec 2021)

Jonathan Holmes

These three recitals take us up to the end of the year.

In Bach's day, it was considered the height of respect for a composer to transcribe (i.e. arrange) the work of another composer. One of Bach's contemporaries was the Venetian Antonio Vivaldi. Not that the two musicians ever met. It was Bach's employer, the young Prince Johann Ernst of Saxe-Weimar who travelled widely and each time would bring back home new music for Bach to play. Somewhere on his travels, he came across two fine concertos by Vivaldi which in due course Bach transcribed for organ. First one was the **Organ Concerto in C major, BWV 594 (after Vivaldi)** which Jonathan played on 12 October. The second one took place on 9 November: the **Organ Concerto in D minor, BWV 596 (also after Vivaldi)**. Vivaldi's composition is called *Concerto in D minor for two Violins and obbligato Cello*; the term 'obbligato', (Italian: necessary) denotes a piece where a particular instrument, in this case, the cello, cannot be omitted. One admires the skill with which Bach adapts the string writing in both these concertos, to the entirely different medium of the organ.

It is always interesting to hear how Bach is able to use the same tune in two different works in two different ways. One such occasion was on 12 October when Jonathan played the **Fughetta: vom Himmel hoch, da komm' ich her, BWV 701** (from Heaven above to earth I come). A 'fughetta', simply means a short fugue. That was followed by the same chorale but presented in a much more majestic way. The melody of **Liebster Jesu, wir sind hier (chorale & alio modo) BWV 706** is reasonably familiar in that it is included in English Hymnal; the text means 'Dearest Jesu, we are here'. Note that 'alio modo' in Italian means 'in another way'. Finally, **Herr Jesu Christ, dich zu uns wend, BWV 709** (Lord Jesu Christ, turn to us).

On 9 November we heard more chorale preludes: **In dir ist Freude, BWV 615** (in Thee is joy); **Durch Adams Fall ist ganz verderbt, BWV 637** (Through Adam's sin, all men are cursed); **Es ist das Heil uns kommen her, BWV 638** (Salvation now has come for all). Jonathan ended this concert in a blaze of sound on the 'Father' Willis organ, in the **Prelude and Fugue in E or C, BWV 566**. Note the rather intriguing title.

On 7 December, we heard some cheerful early works by Bach, the **Prelude in G, BWV 568** which has no accompanying fugue; and the **Trio in D minor, BWV 583** which Bach wrote for his son Wilhelm Friedemann who, judging from this piece, must have been an accomplished organist. Then the **Alla Breve in D major, BWV 589**. 'Alla breve' is a term often met with in music, and signifies a beat of two in a bar with notation in minims. There followed some chorale preludes; **Erschienen ist der herrliche tag, BWV 629** (The majestic day has come); **Heut' triumphieren Gottes Sohn BWV 630** (Today the Son of God triumphs); **Komm, Gott, Schoepfer, heiliger Geist BWV 631** (Come, God, Creator, Holy Ghost). Finally, to end the recital, the joyful and Christmassy **Prelude and Fugue in C major, BWV 547**.

TT

## DISCOVER THE DESTINATION OF YOUR SHOEBOX



Thank you so much for packing shoebox gifts in 2021! I have just heard from Samaritan's Purse, the umbrella organisation for Operation Christmas Child, who state that through the amazing generosity of people world-wide, it has meant that 277,350 children could experience the joy of receiving a shoebox gift and hearing of God's love for them.

If you donated online towards the travel costs for your box, you will have placed a barcode inside your box(es). If you have done so, you will shortly, or have already received an email letting you know where your box(es) ended up. For my own part, I know that the boxes that I and my daughter put together have arrived safely in Liberia.



It may also be interesting to try and discover a bit about the country where your shoe box gift has finally ended up. For example, I have discovered that Liberia, or officially, the Republic of Liberia is situated on the west African coast. It is bordered by Sierra Leone to the northwest, Ivory Coast (Cote d'Ivoire) to its east, and the Atlantic Ocean to its south and southwest. It has a population of around 5 million and covers an area of 111,369 square kilometres. Although the official language is English, there are some 20 indigenous languages spoken, reflecting the country's ethnic and cultural diversity. The country's capital and largest city is Monrovia. Sadly, despite its abundant natural wealth and favourable geographical location, Liberia is among the world's poorest countries. Hence the need for our shoe box gifts!

Why not check things out for yourselves. We would love to hear from you where your own boxes finally ended up and maybe anything of interest that you may have discovered about their destination or destinations.

Linda Staff

# EPSOM & EWELL FOODBANK

A Thank You from Epsom and Ewell Foodbank to all its wonderful supporters; every donation makes a difference! You helped to feed 595 people in January 2022, including 256 children.



### Urgently needed this month:

tinned meat pies, long-life sponge puddings, powdered milk, tinned potatoes, instant mash, squash for diluting, washing powder, pods, tablets (bio and non-bio), brown sauce, chocolate spread, adult toothbrushes, female and male deodorant and children's toothpaste 0-2 & 6+

You can donate at the usual supermarket points, or bring donations to our car park (please wear a mask) at: Epsom & Ewell Foodbank, Generation Resource Centre, (Behind West Ewell Primary School), Ruxley Lane, Ewell, KT19 0JG. Donation drop off times: Monday to Friday 9am - 2pm. We are closed on Bank Holidays.

\* Please make sure all donations are sealed, in date and do not contain alcohol \*

WA

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## MRS AUDREE HOGBEN



We are sorry to report that Mrs Audree Hogben died in Frimley Park Hospital on 16 December, aged 93. Audree was the wife of Canon Peter Hogben, Vicar of Ewell from 1971 to 1983. Audree was a much loved member of our congregation and active in many aspects of life at St Mary's. Our condolences go to her family.

May she rest in peace and rise in glory.

## MARCH CONCERTS AT ST. MARY'S

8 March 1.05 pm

Free Tuesday lunchtime Bach organ recital

*Jonathan Holmes*

12 March 7.30 pm

**Here comes the Bride!**

*Jonathan Holmes*

Favourite organ pieces, including wedding music, music for occasions and audience choices

## CANDLEMAS



The photo shows a selection of the candles that were blessed at our Candlemas service on 30 January



## ST. MARY'S ECO GROUP

In this month's article the owner of the new 'Honey and Bamboo Zero Waste' shop in Ewell Village answers some questions from the members of our Eco Group

**What made you open your shop Honey and Bamboo in Ewell Village?** My company was born over lockdown of 2019. I began to sell herbs and spices online. I also would make seasonings and mixes from scratch for favourite home meals such as a roast potato seasoning for roast potatoes or a fajita mix that could be used for different meats (chicken/lamb etc.).

This helped me develop and grow my Instagram page. By cooking many different recipes with the seasonings and exploring a new talent in food photography, I was able to show my followers how to properly make use of herbs and spices that had potentially been sitting in the pantry for months on end or had not known how or for what dish/meal and seasoning would be best for enhancing the best flavours.

I had initially planned on running my own zero waste shop. Being a nature girl at heart and after finishing my degree in Animal Science and Ecology at University, I was still unsure where my life was headed and tried to find a job that entailed anything that involved taking action to protect and preserve wildlife and the environment. I was unlucky with finding a job in UK even after going abroad for further work experience and volunteering at many animal reserves. I had pretty much given up. Then I just remember one day waking up and telling my Dad. "Why don't I just do something myself?".

Many years later of working at retail stores and receptionist roles, I had saved enough to start this new journey. My parents had bought and owned the shop premises as what used to be a cake shop and even after closing their business in 2016, they kept the premises, and I was able to renovate it into what is now Honey & Bamboo.

**What is your ethos?** Our ethos is sustainable living. To me sustainability means balance. I like to feel like that whatever we take from this planet we should always give back too. Right now, we are far from that!

But regardless of how much change I can make alone or how much of the human race will change for the better, I cannot see myself going through this life having already done so much damage to the planet and continuing to be ungrateful for what it has provided me and the rest of the world.

Meeting new people at the shop everyday, I am teaching myself as well as educating others to understand why preserving the planet for ourselves, future generations, wildlife, ecosystems, nature, everything, is immensely important and that we should keep that balance between the continuous growth between nature and mankind.

We exist to offer our community a plastic free alternative to their weekly shop. We believe in supporting our local suppliers and working together to make a difference.

**What is available to buy in your shop?** At Honey & Bamboo we try to provide a little something for everyone. We have a very good variety of food produce and supply mostly long shelf-life foods. All produce is stored in bulk amounts,

allowing consumers to take only the amounts needed, saving food waste, money as well as unnecessary plastic packaging. We stock a selection of plastic alternative, functional items for the home and ourselves. These are made from sustainably sourced materials such as coconut and bamboo that are safe for the environment when disposed of.

We also stock a selection of cruelty free detergents and cosmetics made free from harmful chemicals.

Purchasing products like this whether it be food in bulk, plant based homeware items or chemical free made detergents; it makes transitioning to a sustainable lifestyle and in turn a circular economy easier and simpler.

*Foods:* Grains & Seeds, Nuts, Dried Fruits, Pastas & Noodles, Baking ingredients, Herbs & Spices and Oils & Vinegars

*Home Items:* Eco-friendly cleaning products for body, home and kitchen; Eco-friendly cleaning detergents for all purposes; Kitchen storage appliances; Reusable day to day essentials such as bamboo toothbrushes, hairbrushes/combs; Chemical free cosmetics and eco-friendly toiletries and Eco-friendly travel items.

*Detergents:* Washing up liquid, Laundry liquid, Hand soap, Shampoo and Conditioner, Hand sanitizer and more.

**Where/how are the refill ingredients sourced?** We source the produce from different wholesalers and a lot from Sri Lanka. These are mainly the herbs, spices, nuts and dried fruit. There are few wholesalers in UK from which we source organic foods, and we are always looking for new ones too. We source our eggs from a local farm in Epsom and our honey from the Surrey Beekeepers Association.

The packaging we receive is usually paper or recycled plastic and buying in bulk means huge sizes of bags instead of many small individual portioned bags resulting in less packaging. Itemised products such as homeware items (sponges, metal straws, bamboo toothbrushes etc.) are delivered in large cardboard boxes.

**When a customer brings in their own container to be filled up how is the price of the items/ingredients they purchase decided? For example, is their container weighed empty and then full to reach the price.** Customers would need to weigh the container before filling with any product.

The container does not have to be completely empty as the weighing scales will first take the complete weight of the container (as well as any content that may be inside it) and print a label (with a barcode) that states the entire weight of the container. This label is placed on that container and the customer is ready to fill their desired product.

Once the customer finishes filling or collecting the amount of product they require, the label with the barcode is scanned so the machine knows exactly how much to tare off and calculate only the new weight from the filled product.

All our products are priced and measured by 100g. This does not mean the consumer must take a minimum of 100g, they can take as little or as much as they like.

If a customer is using a paper bag, the bag does not need to be weighed as this it is a very light container compared to a plastic tub or a glass jar.

*If you have an ECO tip, the Eco Group would love to hear from you. Please get in touch with Sue Ayling at: [assistantpriest@stmarysewell.com](mailto:assistantpriest@stmarysewell.com) or 020 8337 6347.*

Page 10 can be cut out if needed

# Young Church Mass

06 March 2022, the First Sunday of Lent; Luke 4:1-13

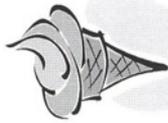
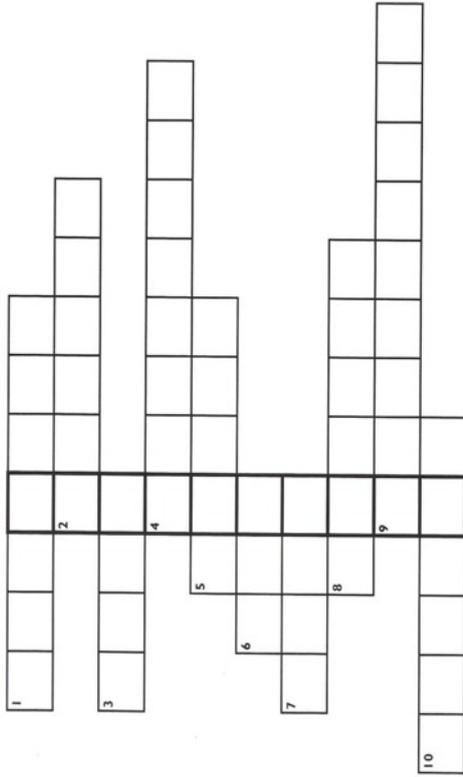


**Jesus went into the wilderness for 40 days**

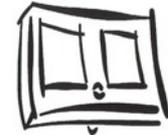
Produced by the Diocese of Bath and Wells, Go Team  
06 March 2022

Today is the first Sunday of Lent. The word Lent comes from the old English word "Lencten"

Use the clues to find out what the word Lent means



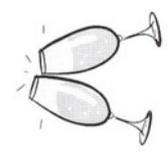
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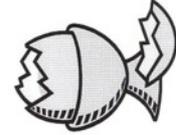
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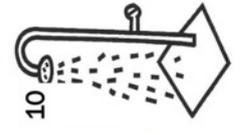
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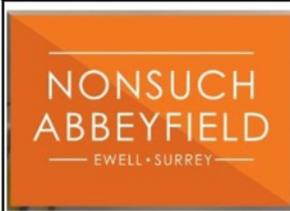


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# Calendar for March



- T 01 1000 Said Eucharist (Side Chapel)
- W 02 ASH WEDNESDAY**  
1200 Said Eucharist and Imposition of Ashes  
2000 Sung Eucharist and Imposition of Ashes
- Th 03 1000 St Mary's Toddler Group (Hall)
- S 06 LENT 1**  
0930 Children's Hour (Hall then Church)  
0930 Sung Eucharist
- T 08 1000 Said Eucharist (Side Chapel)  
1305 Lunchtime Bach Organ Recital
- W 09 2000 (Coffee 1930) Lent Course (Parish Room)
- Th 10 1000 St Mary's Toddler Group (Hall)
- S 12 1930 Organ Recital - Here comes the Bride
- S 13 LENT 2**  
0930 Children's Hour (Hall then Church)  
0930 Sung Eucharist  
1115 Choral Mattins
- T 15 1000 Said Eucharist (Side Chapel)  
2000 Quiz on Zoom
- W 16 2000 (Coffee 1930) Lent Course (Parish Room)
- Th 17 1000 St Mary's Toddler Group (Hall)  
1445 Bereavement Café (Hall)
- S 20 LENT 3**  
0930 Children's Hour (Hall then Church)  
0930 Sung Eucharist  
1730 Choral Evensong
- T 22 1000 Said Eucharist (Side Chapel)  
1930 PCC Meeting (Parish Room)
- W 23 2000 (Coffee 1930) Lent Course (Parish Room)
- Th 24 1000 St Mary's Toddler Group (Hall)
- S 27 LENT 4 (MOTHERING SUNDAY)**  
0930 Children's Hour (Hall then Church)  
0930 Sung Eucharist  
1115 Mothering Sunday Service for All
- T 29 1000 Said Eucharist (Side Chapel)
- W 30 2000 (Coffee 1930) Lent Course (Parish Room)
- Th 31 1000 St Mary's Toddler Group (Hall)

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### ST. MARY'S ON-LINE QUIZZES

We hold monthly on-line quizzes using Zoom. These have proved very popular and are fun for all the family, so why not join us? Our next quiz will be on Tuesday 15 March at 8pm.

You need to register for each quiz using links provided in the Weekly Notes, St Mary's emails to our main mailing list and on Facebook. For more details please email [zoom@stmarysewell.com](mailto:zoom@stmarysewell.com)

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