

March 2022

Issue 265

FOCUS



Parish Magazine of St. Stephen's, Hightown



The Lenten Issue

Editor's letter March 2022

Hello and welcome to the Lenten Issue

How much do you know about Lent?

That is the question posed by Reverend Jan, for you ,in her seasonal quiz.



Also in this issue:

Please don't miss the article regarding, the Queen's Gurkha Signals attestation and commissioning parade at Altcar Training Camp on Thursday March 3rd.

We have an unusual recipe sent by a once, long ago, resident of Hightown, now living in East Sussex. She loves to read the Focus online. You can find out how Annie makes Kwarezimal, a traditional Maltese biscuit for the Lenten season.

We are familiar with the celebrations of St. David's day and St. Patrick's day during this month, but maybe not quite so familiar with St Cuthbert of Lindisfarne. We celebrate his feast day on 20th March and you can read a little about him and the beautiful island of Lindisfarne..

All the very best for Lent 2022,

Colette

Entries for future issues of Focus to be sent to:

Focus.Magazine@StStephensHightown.org.uk

Please submit before the last day of the month.

Dear All,

I thought I'd set a quiz this month.

How much do you know about Lent? Pick the correct answer...



The word Lent is derived from...

- a) the "Old English lencten meaning springtime, spring"
- b) Jesus told us to "Lend your hearts to doing good at this time."
- c) The Church lent out Bibles to the poor leading up to Easter.

2. How many days are there in Lent?

- a) 36
- b) 40
- c) 46

3. If that number is correct, why are there actually more days between Ash Wednesday, when Lent starts and Easter Sunday, when it finishes?

- a) Sundays are celebration days so we should only fast 6 days a week.
- b) Lent finishes on the Monday before Easter Sunday - we shouldn't fast during Holy Week?
- c) In 1756 the calendar was changed from the Gregorian calendar to the Julian calendar and hence we added extra days.

4. What is meant to happen during Lent?

- a) We are meant to give money to charity during this time.
- b) We are meant to give up eating some of our favourite foods.
- c) We are meant to fast and pray.

5. Is Lent a bit like making new year resolutions?

- a) Yes, we try to self improve in both of these.
- b) Yes, in both we set ourselves goals.
- c) No, Lent has nothing to do with self-improvement unlike new year resolutions.

6. What should we give up during Lent?

- a) chocolate
- b) pornography
- c) alcohol

7. Which of these prayers should we pray every day during Lent?

- a) The Lord's Prayer - Our Father who art in Heaven...'
- b) Lord have mercy.
- c) 'Lord I know I gave up chocolate but I only ate a little bit.'

Turn over page to find answers...but no cheating!

Answers

1a - Lent comes from the Old English for Spring - I wonder what they call Lent in Australia!

2b - Lent is 40 days long

3a - Who knew this!! The time between Ash Wednesday and Easter Sunday is 46 days - but we don't fast on the 6 Sundays.

4c - Fasting and praying - so that our faith is stronger. I imagine it's like a yearly intensive course to know God better so we can trust in God's goodness more.

5c - Lent hasn't got anything to do with strengthening our own self-will. It's more to do with finding out what God is like. Hence we fast which helps us pray in a more concentrated way (or that's the theory).

6a, b or c - Anything which stops us being the people God wants us to be, we should attend to - with help if necessary (AA, counselling, Slimmers World etc). But this is a long term goal not just for Lent. God loves fat people as well as thin people!

7b - Of course, any prayer can be prayed during Lent but 'holy men and women' have found that knowing more about God makes us realise how loved we are yet also how sinful we are. Therefore - 'Lord have mercy' is a good Lenten prayer.



St Stephen's Church Hall

Next Coffee Morning - for Church Funds

Saturday 5th March 10am to 11.30am



St Stephen's Church Hall

Thursday 17th March

1.30pm to 3.30pm

'Tea and Cake'

Tickets £3 each from either

Sue Taylor (0151 929 2720) or

Di Aldis(0151 929 3612)

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NHS (Non-Emergency) – 111

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Children's Safeguarding Concerns – 0345 140 0845 (8am-6pm)

Sefton Council Emergency Duty Team (weekends) 0151 934 3555

Sefton Council for Voluntary Service – 0151 920 0726

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National Domestic Abuse Helpline 0808 2000 247

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Please submit before the last day of the month.

St. Stephen's Church Services

March

Sunday 27th February -

10.30 am Eucharist
6pm Evensong

Wednesday 2nd March
Ash Wednesday

10.30am Eucharist with Ashing
7.30pm Deanery Eucharist for
Ash Wednesday + Ashing + Hymns

Sunday 6th March

10.30am All Age Eucharist
6pm - Evensong

Wednesday 9th March

10.30am Morning Prayer

Sunday 13th March -

10.30am Eucharist
6pm Evensong

Wednesday 16th March

10.30am - Eucharist + Extended
Prayer Time

Sunday 20th March

10.30am Eucharist
6pm Evensong

Wednesday 23rd March

10.30am Eucharist + Extended
Prayer Time

Sunday 27th March

10.30am Morning Praise for
Mothers Day
6pm Evensong for Mothering
Sunday

Wednesday 30th March

10.30am Eucharist + Extended
Prayer Time

Sunday 3rd April

10.30am All-Age Eucharist for
Passiontide
6pm Evensong, Passiontide Hymns

Sanctuary Flowers March
6th, 13th, 20th— Lent—no flowers
27th Mothering Sunday

Brass Cleaning
Julie Butcher

Sunday Coffee Rota March

6th Jayne Cudby
13th Margaret and Colin Bate
20th Rowena Gibson
26th Val Bailey

BEST TOYS FOR TODDLERS
 OPEN ENDED TOYS TO GROW WITH

St Stephen’s Church
is starting a
Toddler/Young Children’s Group
and needs more toys.

Have you toys you need no longer, suitable for 1-3 year olds in good condition? We will collect. Thank you.

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All are welcome to contribute

Birthday Girl
Isabella Diane Louise Forsyth
10th March

Can you help us?

St. Stephens Church Hall is in regular and popular use by the Hightown and neighbouring communities by young and old. The ceiling is in poor condition and needs attention before there is further deterioration.

The Church has plans to replace the ceiling and the lighting, estimated to cost about £20,000.

People have been very generous and we have so far raised just over half of that sum.

Please send donations via our Just Giving:

www.justgiving.com/fundraising/ststephenshightown

By cash or cheque (made payable to **St. Stephens PCC**), placed in an envelope and posted through the Vicarage Letter Box

By electronic transfer to our bank:

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Account Number: **27525155**

Account Name: **St Stephens Church Hall**

Your donations would be gratefully received.

Thank you

£20,000



OFF TO A GREAT START!

PRAYER PROMPTS FOR MARCH



- 1st. For all who are homeless and the charities which work to support them.
For the people of School Road and Gorsey Lane.
- 2nd. Ash Wednesday. We ask that God will make new and contrite hearts within us.
For the people of Blundell Avenue and Alton Close.
- 3rd. For the work of the P.C.C. meeting tonight.
For the people of Langley Close and Richmond Close.
- 4th. For the work of Traidcraft and other fairtrading organisations.
For the people of Whitefield Close and Oakfield Road.
- 5th. For all those who work in agriculture.
For the people of Holmfield, Moss Lane and Farms in the area.
- 6th. (1st Sunday in Lent) That we will strive to live according to your ways.
- 7th. For those who work in the emergency services.
For the people of Hester Close and St. Stephen's Road.
- 8th. For those involved in justice at home or abroad.
For the people of Blundell Road.
- 9th. For those involved in education.
For the people of Thirlmere and Windermere Road.
- 10th. For Church Musicians, especially our organists and band.
For the people of Blundell Grove and Wignalls Meadow.
- 11th. For those involved in mission especially the Church Mission Society and Evaldo in Brazil.
For the people of Old Acre.
- 12th. That we may follow Jesus' example of showing love towards all.
For the people of Withinsfield
- 13th. (Second Sunday in Lent) We give thanks for our clergy in Hightown and pray that more people will feel called to serve in this way.
- 14th. That we may follow Jesus' example of showing love towards all
For the people of Briary Croft
- 15th. For chaplains in hospitals, prisons and universities.
For the people of Mark Road.

MARCH PRAYER PROMPTS CONTINUED



- 16th. For the people of Our Lady of Victories and those who worship outside the village.
For the people of North Dunes and Westway.
- 17th. St. Patrick. For courage and understanding in those working for reconciliation among communities in Northern Ireland.
For the people of Alt Road and Lower Alt Road.
- 18th. For the lonely in our community, may we be open to their needs.
For the people of St. George's Road.
- 19th. Joseph of Nazareth. We remember all fathers and those who take responsibility for the upbringing of children.
For the people of Elvington Rd
- 20th. (3rd Sunday in Lent) For the children who attend our Youth Club. Please call more people to help with this important work.
For the people of North End Lane and Ackers Lane.
- 21st. That we may be open to God's will for us.
For the people of Sandy Lane
- 22nd. For the elderly, the housebound and those who work in healthcare.
For the people of Village Way and Roundway
- 23rd. For those who serve in the armed forces both at home and abroad.
For the people of the Ranges and Altcar Camp.
- 24th. For the sick and their carers.
For the people of Sandhills
- 25th. For those who organise community activities in our village.
For the people of Marston Crescent and Larkhill Grove
- 26th. (The annunciation to Mary) For all those carrying children.
For the people of Moorhouses and Bankside.
- 27th. (4th. Sunday in Lent - Mothering Sunday) We remember all mothers, especially those who struggle alone.
- 28th. For political prisoners and the work of Amnesty International.
For the people of Riverside.
- 29th. For our young people and the work of the Children's Society.
For the people of Tudor Gardens and Thirlmere Mews
- 30th. For those seeking employment.
For the people of Elmcroft Lane and Emerson Close.
- 31st. For those suffering with Dementia and those who care for them.
For the people of Thornbeck Avenue and Mayfair Close.

St Cuthbert of Lindisfarne



On 20th March we celebrate the feast day of St. Cuthbert of Lindisfarne. He was an Anglo-Saxon saint of the early Northumbrian church in the Celtic tradition. He was a monk, bishop and hermit associated with the monasteries of Melrose and Lindisfarne in the kingdom of Northumbria.

He is thought to have been born around 634 AD near Melrose, and after seeing a vision of St. Aidan's death, he entered the abbey, there, as a monk. In 665 he became Prior of the monastery at Lindisfarne, then after twelve years of unremitting work, he longed to devote himself fully to God. In 676 he retired to Inner Farne as a hermit.

Once there he built himself a cell from turf and a stone and a larger guesthouse for visitors. At first he was supplied with food from Lindisfarne, but craving for



isolation, he insisted on being self sufficient, ordering grain and his own tools. He is said to have formed a close relationship with the birds, which bred on the islands, especially the Eider Duck, still known locally as Cuddy's Ducks; to which, when the weather was inclement, he would give sanctuary.

He was elected Bishop of Lindisfarne but was reluctant to leave his island. King Egfrid of Northumbria managed to persuade him, but after two years, St.

Cuthbert, yearning for the tranquility of his beloved islands, retired to Inner Farne, where he felt close to God. He died there in March 687.

His body was taken to Lindisfarne, where people flocked to pray at his grave and many miracles of healing were reported. Then, in 689, he was proclaimed a saint when his coffin was opened and an uncorrupted body was found.

His eventual resting place of Durham Cathedral became a place of great significance to medieval pilgrims. Today his legacy is found on the Farne Islands through the health of the bird population and the unique atmosphere that still draws many people to the islands seeking to follow in his footsteps.

Hightown residents, Julie and Martin Butcher were lucky enough to have enjoyed a wonderful holiday on Lindisfarne last year. Many of you will know Julie, from church or around the village. She is, currently, training for ordained ministry. They took some super photographs whilst staying on the island, and are sharing them with us this month.

I would love to visit Lindisfarne one day to experience the atmosphere, which Julie assures me is tangible.



Queen's Gurkha Signals

Attestation and Commissioning Parade



Invitation from Colonel Gordon Black

The attestation and commissioning parade is scheduled to take place at Altcar Training Camp on Thursday 3rd March 2022. Weather conditions for the day are in the lap of the gods so please come suitably dressed. This is a formal parade so we are expecting collar and tie/ smart civilian attire/ ladies equivalent. Regimental insignia is to be encouraged. Medals are optional.

The outline of the parade is as follows:

08.00hrs—09.00hrs (early start but well worth the effort) - spectators arrive. Seating will depend on actual attendance. We plan to have 200 seats available on the day - so hopefully seating for everyone. Those who arrive early CAN make their way to the Red Rose Club where drinks are available on payment, if required. Toilets are in the Red Rose Club.

09.15hrs - Parade will form up.

09.30hrs - Reviewing/ Inspecting officer will arrive at the podium (**Major General J J Cole, CB OBE**). Attestation and Commissioning parade commence.

10.00hrs - Parade complete

11.30hrs - Red Rose Club will be open for a Gurkha curry lunch - nominal charge. Bar and retail outlet open for hot/cold beverage. Please note that due to the size of the Red Rose Club and likely numbers, the doors and windows will be ajar in order to address COVID concerns. Seating will also be available outside the venue.

Who's Who at St. Stephen's

Vicar	Revd. Jan Ashton (Jan) Jan.Ashton@StStephensHightown.org.uk
Reader	Mr. John Gibson
Wardens	Mr. Michael Cudby & Mr. Geoff Bailey
PCC Secretary	Mrs. Beryl Howard
PCC Treasurer	Mr. Keith Aldis
Gift Aid Secretary	Mr. Brian Taylor
Safeguarding	Mrs. Sonia Bunyard
Wills and Legacies	To be appointed
Electoral Roll Officer	Mrs. Beth Cresswell
Sacristan Team	Miss Hazel Roberts
Health and Safety	Mr. Stanley Alty
Flower Rota	Mrs. Hilary Munro
CMS Secretary	Mrs. Beryl Howard
St. Stephen's Youth Club	Rev. Jan Ashton
Church Hall Bookings	Mrs. Sally Fraser
Focus Editor	Colette Grove Focus.Magazine@StStephensHightown.org.uk
Focus Advertisements	Val Monchar
Focus Distribution	Mr. and Mrs. K Bradshaw
St. Stephen's Church Website	https://StStephensHightown.org.uk

Village Organisations and Activities

Tuesday Group, St Stephen's Hall Tuesday morning 10am	Beryl Howard & Jan Branigan
Hightown Friendship Group 2nd Wednesday at 8pm, St Stephen's Hall	Margaret Wear
Gardening Club 2nd Monday St Stephen's Hall 8pm	Hilary Munro
Bowling Club, Sandy Lane	Diana Killen
Hightown Club	Chris Scrine
Blundellsands Sailing Club	Rohan Pickard & Chris Williams
Probus Club	Clive Rowley
Yoga Classes, Hightown Club	Rose Billinge
Flower Show	Ian Wear
Open Mic Poetry Group 3rd Thursday 7.30pm, Hightown Hotel	Tony Higginson & Sally Anne
Craft Group, Thursdays, 1.30— 3.30pm	Sue Taylor
Village Singers, Our Lady of Victories Hall, Mondays 1.30—3pm	Chris Payne
Hightown Parish Council	Jenny Farrar
Chair Fitness for health and balance Wednesdays 11.30—12.30, St Stephen's Hall	Gaynor Mc Hugh

From Annie's Kitchen

Lenten Biscuits (Kwarezimal)



The recipe for these biscuits were given to me by a penfriend in Malta, when I was at school. They are easy to make and are delicious on their own, with a cup of coffee, or as an accompaniment to an ice cream desert. Enjoy!

Ingredients

750g ground almonds	2tspn orange blossom water
100g caster sugar	2 tspn vanilla extract
2 tsp cocoa powder	2 tspn almond liqueur (optional)
Honey to glaze (or maple syrup)	Zest and juice of 1 orange
Chopped roasted almonds to top	
2 medium eggs (you could replace eggs with 30ml oliveoil and 100 ml water)	

Method

1. Preheat oven to 175 degrees C and line a baking sheet with parchment paper
2. In a large bowl, mix the ground almonds, sugar, cocoa, and spiced together. In a separate bowl mix the wet ingredients together
3. Make a well in the centre of the dry ingredients and pour in the wet mixture, a little at a time, combine by hand, until it forms a dough. You may not need to use all the wet mixture.
4. Divide the dough into 6 equal portions and roll each into a log shape. Make diagonal criss cross shapes on the top with the blade of a knife
5. Bake for 12-14 minutes in the middle of the oven, then move to top of oven and bake for a further 2-4 minutes Remove from oven and brush immediately with runny honey. Sprinkle over the chopped almonds.
6. Allow to cool before serving.

Traditionally, the Maltese bake and eat Kwarezimal during lent. The name originates from the Italian word Quaresima, meaning the forty days of lent.



GARDENING CLUB EVENT

For our meeting on March 14th we will be welcoming Richard and Vicky Fox from Plantsagogo in Cheshire. They specialize in growing Heucheras and have been Chelsea gold medal winners since 2009. As you can imagine they are in great demand as speakers and we are very privileged to have them as our speakers for the evening.

Their talk is entitled "Plantsagogo a passion for Heuchera (includes Heucherella and Tiarella)"

This evening is also open to non-members at a cost of £3.00 pp.

Hoping to see you all there, to share what should be a very interesting and informative evening.

Margaret Wear (committee member)



Easy Fundraising

St Stephens has have been using #easyfundraising to raise FREE donations for the Church when we shop online. We have just been paid! These donations will make a BIG difference and you can help during this difficult time too - it only takes 2 minutes to sign up and 4,500+ shops (including Amazon and Ebay) will donate for free, every time you shop online with them!

Why not visit:

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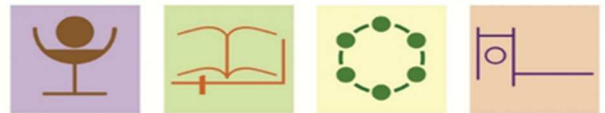


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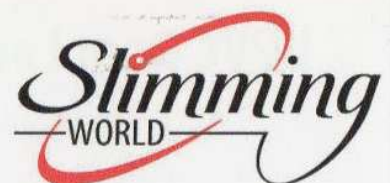


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If you are interested in joining the club or trying some sailing with existing members, please contact:

Rohan Pickard – Sailing Secretary
rohan.pickard@gmail.com

Chris Williams – Rear Commodore
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with Flowers
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At 10.30am