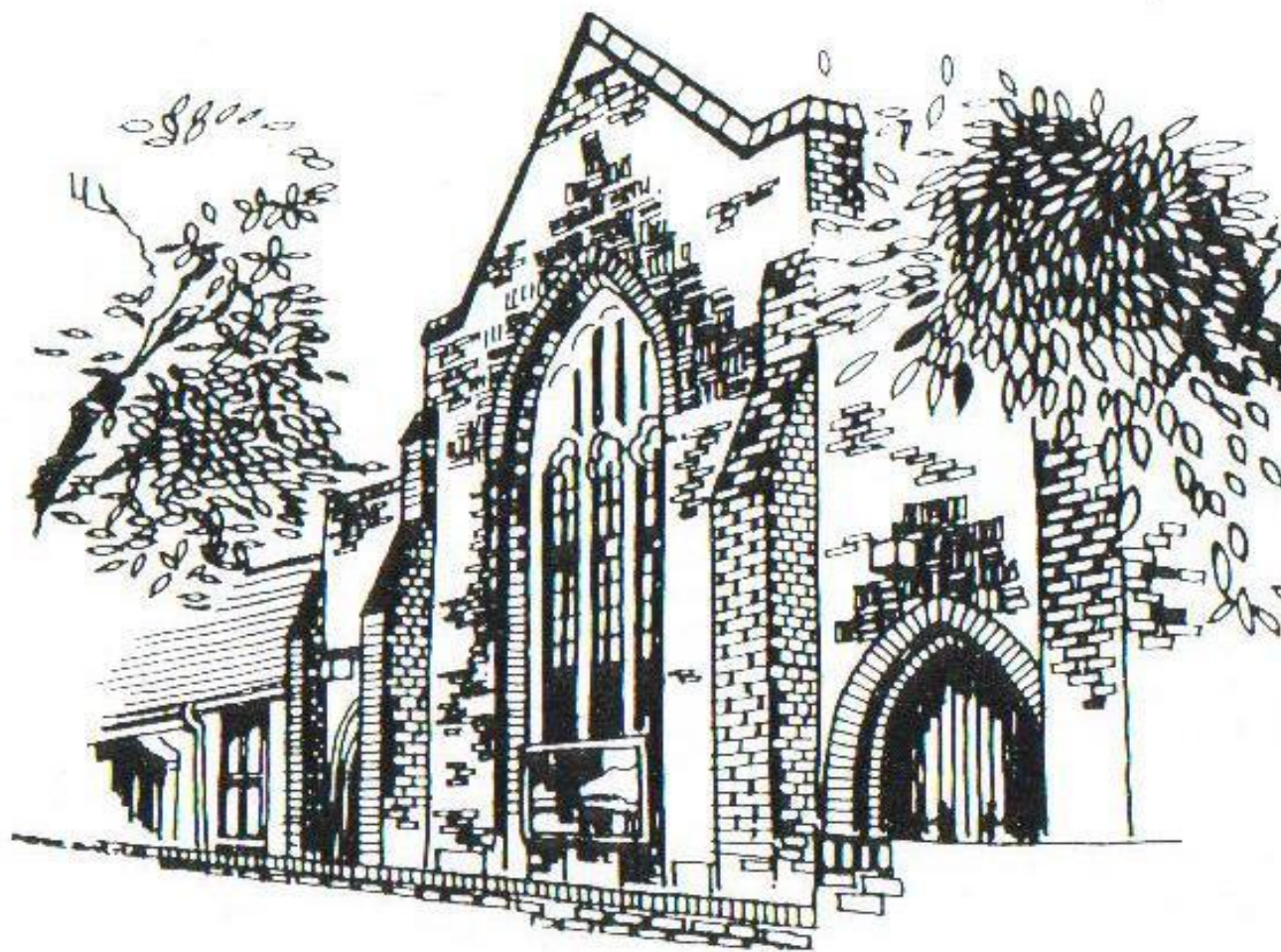




The Magazine
of
**Highams Park Baptist
Church**

Cavendish Road, E.4.



SUGGESTED DONATION £1

OCTOBER / NOVEMBER 2019

CHURCH PROGRAMME

SUNDAY SERVICES: 10.00 a.m. Morning Worship (including a crèche and groups for children and young people).

Holy Communion is conducted regularly within the Services. We invite all who believe in Jesus as Lord and Saviour to eat and drink in Communion. Please see the Church Diary (at the back of the magazine) for details.

Monday Gathered Prayer 10.00 – 11.00am at the home of Margaret Norris.
An opportunity to pray for the life and work of the Church and for the local community.

Friday: Boys Brigade and Girls Association:
Anchors (For boys and girls in school years 1-3)
combined with
Juniors (For boys and girls in school years 4-6)
6.30 - 8:00 pm
Company Section 6. 30 - 8.30pm.

Cell Groups: The cell groups are small groups of people that meet together for friendship, support, Bible study / application. It would be great if you wanted to try one of the groups.

Thursday Cell Group: 2.00 – 3.30pm, for current dates please contact Sheila Humphrey.

Friday 'Praise, Prayer and Worship'
7.00 -8.00pm at the Church.
Contact Muneyi Antoniou or Peter Burke.

Tuesdays, September to December, weekly at 8.00 pm (except at half term October 22nd) at Sarah and Paul Raymond's House.

The deadline for items for the next edition is Sunday November 24th 2019
Editors: Dave & Jacquie Lyus, 020 8527 1505 Email: magazine@hpbc.co.uk



Cavendish Road, London E4 9NG October / November 2019

<p><i>Minister:</i></p> <p><i>Rev. Rosemary Eaton 21, Warboys Crescent, Highams Park, London, E4 9HR</i></p> <p><i>☎ 020 8523 5056</i></p>	<p><i>Church Secretary:</i></p> <p><i>Ruth Underhay, 249, The Avenue, Highams Park, London E4 9SE</i></p> <p><i>☎ 07593 421214</i></p>
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Planting seeds of peace

On September 3rd this year Britain remembered the outbreak of World War II. Alongside news interviews with veterans and tributes to those who lost their lives in the conflict we heard of the story of the huge operation to move children from cities to the safety of the countryside. This war had far reaching effects on the whole population that would shape Britain and Europe for years to come.

During the commemorations it was announced that the early May Bank Holiday next year will be moved to Friday 8 May. Celebrations are planned across Britain next year to mark the anniversary of the day in 1945 when the war in Europe officially came to an end. The journey towards peace was to be a long one but for millions of people the end was in sight.

Peace is all too often elusive. As Nelson Mandela observed, there is more to peace than simply the absence of conflict. Peace is about creating a world in which human beings can flourish and live peaceably both with one another and with the whole created world. Making and preserving peace is a journey that requires both commitment to the process and a willingness to accept change.

Working for peace is as much a priority today as it was in post-war Europe. With domestic politics in disarray and tensions in world affairs growing, those willing to plant seeds of peace are much needed in our own time. The role of people of faith as peacemakers is a recurring theme in the teaching of Jesus. James picks up this thought in his letter to the early Christian churches scattered throughout the Roman Empire. Peacemakers who plant seeds of peace will, he suggests, harvest justice (James 3:18 CEV).

Sadly, historic denominational divisions and institutionalised rivalry in the Church means that Christians all too often appear to be incapable of taking the lead as peacemakers. Division over matters of belief or practice has threatened the Christian community from the earliest days and remains an issue in our churches today. A commitment to planting seeds of peace within the community of faith as well as in the wider world is essential if all are to flourish.

In Jesus, God reached out to the creation as the Prince of Peace. The offer of the peace that passes all understanding is open to all who accept this precious gift. As we live in the light of this knowledge we are called to become peacemakers, planting seeds of peace and reaping the promised harvest of justice in our lives and in our world.

Rosemary

Please remember that the Church Council Elections will be held on Sunday 17th November at our Annual General Meeting. Nominations to be given to Ruth Underhay, Church Secretary by Sunday 3rd November.

Church Council Elections - Thinking about Church Leadership:

The only two local Church 'offices' mentioned in the New Testament are those of elder ('*overseer*') and deacon ('*servant*').

The Apostle Paul gives criteria as to people suitable for the roles. Implicit in these qualities is a person's heartfelt desire for the care and oversight of God's people. The verses of the Bible that address both the roles of deacon and elder clearly speak of selfless Christian servants who desire to humbly and sacrificially care for the people Jesus died to save.

The Greek word for deacon is 'diakonos'. In its pre-technical usage, this word simply meant "one who serves." The seven men chosen to serve in this capacity in Acts 6:1-6 were likely the first deacons ever to be appointed in the Church. Generally, their attention to the physical needs of the early Church was to allow 'the Twelve' (the 11 original disciples plus Matthias, also referred to as 'the apostles' in v6) to give full attention to prayer and the teaching of the word of God (Acts 6:2,4). However, Acts 6:8-8:1 clearly shows that gifted deacons may preach and teach boldly at times!

The criteria explained in these verses as to those who were chosen is that they were known to be 'full of the Spirit and wisdom' (v3). Stephen is particularly mentioned as being a man 'full of faith and of the Holy Spirit' (v5).

In Paul's letter first letter to Timothy, a young leader in the Church at Ephesus, Paul doesn't write about the roles of elder and deacon but rather

the criteria / 'qualities' that someone should meet in order to be considered for the role: (v8) *Deacons, likewise, are to be men worthy of respect, sincere, not indulging in much wine, and not pursuing dishonest gain. (v9) They must keep hold of the deep truths of the faith with a clear conscience. (v10) They must first be tested; and then if there is nothing against them, let them serve as deacons. (v11) In the same way, (their) wives are to be women worthy of respect, not malicious talkers but temperate and trustworthy in everything. (1 Timothy 3v8-13)*

Apparently the Greek word translated as 'wives' (v11) can also refer to 'women helpers' or 'deaconesses'. Hence Paul could either be writing about 'wives of deacons' or 'female leaders of the Church' (such as Phoebe, the deaconess mentioned in Romans 16v1). In either case, Paul expected the behaviour of prominent women in the Church to be just as responsible and blameless as that of prominent men.

The lists of qualities in the New Testament for Church office show that living a pure and blameless life requires effort and self-discipline.

All believers, even if they don't plan to be Church leaders, should strive to follow these guidelines because they are consistent with what God says is true and right.

For Highams Park Baptist Church the elected leadership is referred to as the 'Church Council'. Individual members of the Council are referred to as 'deacons' but serve together with oversight and responsibility for both 'practical' and 'spiritual' matters within the life and work of the Church (involvement with 'spiritual' matters is often more associated with the role of elder).

The Biblical material that speaks about deacons and elders hence serves as a helpful guide with regards to those potentially entrusted with leadership responsibility at the Church: Acts 6:1-6, 1 Timothy 3:1-13, Titus 1:5-9 & 1 Peter 5:1-4.

Finally '...it is important to understand that they [*those elected to serve as leaders*] always serve with the agreement of the local congregation.

The only Lord in the congregation is Christ himself.



Cavendish Circular



No sooner have the Summer holidays ended than our thoughts are drawn to Autumn and Christmas. However, there is much to look forward to before then, including plenty of opportunities for fellowship and fun within our fellowship and beyond in the wider community.

It was with great joy that we witnessed the dedication of Perlita and Bob Jenkins' granddaughter, Faith, during our Harvest celebrations on Sunday 22nd September. We extend our warmest congratulations to all the family and pray for God's presence to be with Faith as she grows and that all those who love and care for her will be guided and helped by God in the future.

We were pleased to hear that Emma Lewis-Azayear has finally undergone much needed leg surgery which had been delayed for some time. We send her our best wishes for a speedy recovery. We understand that it will be some weeks before she is fully mobile again and we extend loving prayers to Emma, Craig, Lynda and Gerald as she continues to heal and regain her strength.

Dorothy Tayler has undergone further operations since our last issue and is to undergo more hospital treatment during the coming months. Please continue to remember her in your prayers together with Cliff, Martin, Andrew and all members of the family as she is supported and cared for during her treatment.

During October our good friend Jan Smithers will be returning to Ghana to continue teaching in Schools there. We send her our warmest best wishes as she travels abroad and look forward to hearing all about her work in the future. We thank Jan for all she brings to our fellowship, especially in her musical talents at the piano and organ which have augmented our worship so often. May God's loving presence be with her in all she does.

Please continue to remember all those in our fellowship who are unable to attend worship. These include Mavis Grint, Joan Ashley, and June Tresarden. We also pray for those who continue to attend when they can, despite frailty or immobility, including Doris Thorndyke, Margaret Norris and Joan Meunier. It is always great to see them and we thank God for all these friends' faithful service to HPBC over the years. *Jacquie L.*

Dorothy has asked us to convey her thanks once again to everyone for their continuing prayerful support as she undergoes further treatment. These prayers, messages, cards and phone calls have helped immeasurably and the loving support shown by our fellowship will continue to uphold her and all the family in the coming months. She and Cliff send their loving thanks and best wishes to all at HPBC.

THE FRIENDS OF THE
HIGHAMS PARK PRESENT

THE PICNIC IN THE PARK



What a pleasant day - the sun shone but not too hotly, the crowds came in (and it seemed) an enjoyable time was had by all!

The Friends of the Highams Park must be

congratulated on yet another successful Picnic in the Park- and a good number of people did just that and enjoyed *al fresco* dining. But it wasn't just eating - there was lots of entertainment to be had...

HPB were there of course - complete with gazebo and waving banner proclaiming their presence!



There were certainly lots of people with dogs - of all shapes, sizes, colours and breeds (the dogs!). Whether they were all for the dog show is not known, but they seemed to be having fun...



There was a car show complete with a Bond car - unfortunately one made by The Bond Car Company and not one driven by 007! It was a three wheeler from the 1960's powered by what is basically a motorcycle engine - although there was probably room enough for a Bond villain to hide under the bonnet!



If you were wanting to have a break and hear a story there was a place for you and there were mystic (if wooden) beasts to protect you...



You could play 'Crazy Golf' or watch two men - one very tall - juggling



As if all this was not enough you could always enjoy the more permanent features of the Park such as the zip wire or the children's play area (being young would help in this of course!).



There was certainly a lot to see and do - or of course you could always just relax in the gazebo... See you next year.



Dave L

On my return from the Picnic in the Park we sat down to a cup of tea and were entertained by an aerial display in our garden - not by the Red Arrows but by the Green Ring-necked Parakeets!

These birds seem to enjoy flying fast and in formation, darting in and out of trees and swooping at speed - but where do they come from?



There are many urban myths about how they became part of the scene, not only in London but all over the country. These range from Jimi Hendrix letting a pair called Adam and Eve free from a cage in 1968; or were they brought

to England for background colour for the film 'The African Queen' and escaped; or do the parakeets owe their current success to George Michael in the 1990s? Perhaps. Either burglars broke into the singer's Hampstead townhouse and wrecked his secret aviary and some escaped; or they fled Henry VIII's menagerie at Hampton Court Palace in the mid-16th century and somehow remained hidden for the next 400 years.; or....

The truth seems more mundane - parrots and parakeets have been kept as pets for many years and probably some escaped. They seem to be prolific breeders - they were first reported as long ago as 1893 in Dulwich. It was about 1930 that a pair were recorded in Epping Forest. They are native to South Asia which include the foothills of the Himalayas so our climate is fine for them. It is said that the London (parakeet) population is in the tens of thousands so it looks as if they are here to stay and continue to bring a touch of colour to our gardens. *Dave L*



There will be a Family Activity Afternoon at the Church on Saturday 2nd November. There will be a variety of things to do for all ages which will include games and outside activities (weather permitting!). Light refreshments will be available.

It will start at 2.00 pm and further details will be available from Ruth.



Transports of Delight...?

At work recently I have teamed up with a local vicar from a church in Tottenham.

He's been spending some time each week getting to know bus drivers at one of our termination points. By ministering to these drivers during a tough day, we hope that the care Father Staffan brings will have an impact on the way the passengers are served too.

Peter Burke

Our very own Urban Spaceman...

With all the recent publicity about the first moon landing it is good to know that HPB was ahead of the game with our very own spaceman, James accompanied by Mike Robinson. As James is well known for saying 'THEY WON'T BE EXPECTING THAT!'



ED's note- We apologise that these articles should have appeared last time!

Harvest at HPBC

We may no longer plough the fields and scatter but Harvest time is still important in that it reminds us of those who do so much to provide our daily bread and all the other good things that we enjoy. It also serves to reacquaint us with the fact that not all peoples enjoy our standard of living.

It all started on a very warm Saturday morning. Jenny and her band of happy helpers arrived bright and early (10 am on a Saturday is early for some of us) at the church to arrange the flowers for the Harvest Festival Service. There was a colourful arrangement of different flowers and foliage, some flowers even home grown and so skilfully put together by many different people. Care was taken to place the flowers in the right place in the church, not the most straightforward of things to do! For those of us not quite so artistic, our skills were used for making tea and coffee, cleaning up the mess made and playing cricket in the garden! It was a fun morning.



As noted we do not tend to go out ploughing now but some people could be viewed as sons (and daughters) of the soil with gardens and allotments - certainly included in these is Dave 'Green Fingers' Kendrick who produced - in both the growing and bringing to church sense - an excellent supply of chrysanthemums, tomatoes, marrows and potatoes. We can vouch for the fact that the potatoes are great for baking...



The result was plain for all to see on Sunday morning, a beautifully decorated church. Our Harvest Service, led so well by Rosemary with the help of the Harvest Shuffle by Ray and the children, also included the dedication of Faith, the gorgeous granddaughter of Bob and Perlita who, despite having a cold, was on her best behaviour throughout the service. Food was bought forward during the service, the dry food going to the Eat or Heat Food Bank, fresh food going to the Friday Hill TMO Food Bank while the Harvest Offering will be given to Christian Kitchen.

Following the service and refreshments, we shared lunch together with a great variety of food to cater for everyone's different tastes. It was great to see so many people stay and share not only the food but time together. There was a constant hum of conversation throughout the lunch with a lot of laughter thrown in as well.

Harvest is a time for us to thank God for all the good things that He has provided. It is a time to remember those that don't have as much as us and for us to give in a small way to others. It is also a time to be thankful for each other and to enjoy being together as a church family and I think Highams Park Baptist Church did all that well this year!

H₄ A₁ R₁ V₄ E₁ S₁ T₁

Shuffle

During the Harvest Festival Service we were entertained (and given food for thought) by Ray and seven 'volunteers!' who hopefully had the ability to spell. They were each given an A4 sheet of paper with a letter on as shown above. To make it more difficult to start they were arranged in reverse order to make:

T₁ S₁ E₁ V₄ R₁ A₁ H₄

They were then told that as Ray read a short article some of the words could be made from the letters above and when they were read each person must move and together they were to make the given word - oh! it sounded so easy...

The passage read:

We begin with our H₄ A₁ R₁ V₄ E₁ S₁ T₁

Because of it we have food to E₁ A₁ T₁ for our T₁ E₁ A₁ (and all our other meals).

From E₁ A₁ S₁ T₁ to V₄ E₁ S₁ T₁ (well, there's no 'W' in Harvest is there?)
over all the

E₁ A₁ R₁ T₁ H₄. People's H₄ A₁ R₁ V₄ E₁ S₁ T₁'s

come at different times of the year. Unfortunately harvests are not

always good. Sometimes they fail. Perhaps too much H₄ E₁ A₁ T₁ or

too many T₁ A₁ R₁ E₁ S₁ (an old word for weeds).

When this happens it ends in **T₁ E₁ A₁ R₁ S₁** and people can even

S₁ T₁ A₁ R₁ V₄ E₁.

Some people have more than they need whilst others do not have enough to **E₁ A₁ T₁**.

There is a word which can help with this - how about if we

S₁ H₄ A₁ R₁ E₁?

As you can no doubt imagine there was lots of hilarity with people changing position (or trying to) - but the congregation clapped when the word was finally displayed. It might have been fun but put across a serious message. Our thanks to Ray and all the willing? participants.

We could have even done this to music as there is a jazz version of the tune 'Harvest Shuffle' by Toshiko Akiyoshi and the Lew Tabackin Big Band on the internet. However, I do not think we have a copy in the library of CD's we have used in the service!

The collection from this service is to go to The Christian Kitchen whose work was described in a previous issue.



However there is another way of sharing - by bringing goods along to put in the collection box in the Welcome Area.

E₁ A₁ T₁ or **H₄ E₁ A₁ T₁**

Reports from Ruth Underhay and Dave L - Pictures from Paul Raymond and DL

eat or heat

Many thanks to all those who have been generous enough to contribute to our 'eat or heat' box so far this year. Your donations have been gratefully received by all those in need and the helpers at the South Chingford Congregational Church - where I take our collected items - have said how much they value the support of HPBC.

Although the warm weather has meant less heating is needed, the demand for help with your donations is still as great as ever.

Items in particular demand include:

- ✚ tinned vegetables/meat/fish
- ✚ cereals
- ✚ rice/pasta
- ✚ pasta/cooking sauces
- ✚ tea/coffee
- ✚ sugar
- ✚ preserves
- ✚ soap/toothpaste/tooth brushes/shampoo/shower gel
- ✚ toilet paper
- ✚ other toiletries

Obviously, any other items you want to contribute will be very gratefully received. Again, many thanks to all who have already helped.



Dave Kendrick

YMCA Goes Sailing

The name of the YMCA (Young Men's Christian Association) is well known to all but how did it come about?

It was founded on the 6th June 1844 by George Williams along with eleven friends. George was a draper who, as many young men did, moved to the cities as a result of the Industrial Revolution. He and his friends were concerned about the lack of healthy activities for young men in those cities. George held meetings for prayer and Bible reading at his workplace in London. Somehow he managed to form the first YMCA in London. Its aim and purpose was 'the improving of the spiritual condition of young men engaged in the drapery, embroidery and other trades'. They were looking to provide what they called 'muscular Christianity! He was obviously doing something right because by 1851 there were YMCA's in Australia, Belgium, Canada, France, the Netherlands, Switzerland and the United States.

Moving forward over a century our daughter Kate became involved with the YMCA in Forest Road opposite the Town Hall. She and school friends were involved in an affiliated music group called Ten Sing. This had originated in Norway in 1968 and was a combination of Norwegian: 'Ten' meaning teen and English: 'Sing'. With this group Kate was able to travel to several countries of the world including Norway and the Czech Republic. She had a great time and made many friends. We got to know some of these and were roped in on occasions to transport music gear - it is amazing how much you can accommodate in the rear of a Ford estate car!

Moving on a few more years and Kate and her family now live in Newark in Nottinghamshire - as do we part of the time). One afternoon a little time ago she came to see us in a state of excitement. She explained the YMCA were in the process of raising funds for their new venture in Newark - the first new building for 40 years - and that as part of this they were arranging a round Britain yacht relay race for which she had applied and been selected... The idea was that the volunteer groups - eight in number - would sail with a small professional crew from the Tall Ships Youth Trust. 'Tall Ships' is a good name for these yachts - the mast is 95 feet tall!



And so early one Tuesday morning Kate set off with the other volunteers in her group to go by minibus to Cardiff. By the afternoon after a short acclimatisation they were off sailing towards Liverpool. All would have been well except for the intervention of Dorian - not the neighbour from hell in 'Birds of a Feather' but the hurricane of that name. Although it had abated somewhat it was still strong enough to cause very rough seas - so rough that they had to anchor off Swansea.

Whilst it is a big yacht, it is restricted in living space with tiered hammocks to rest in. Kate found it better to spend as much time on deck as possible to counter the feelings of *mal-de-mer!* The strong winds and high seas persisted but the crew were up to the challenge although, as Kate said, 'she had never been so wet and so cold' They even had several dolphins accompanying them for part of the journey. Everybody pulled together and they quickly gelled as a group. Towards the end of their six day voyage the weather improved a little and they were able to reach and go ashore at Holyhead for a welcome break. The last part of the journey was to Liverpool with time to all go for a meal (and possibly liquid refreshment) and then back to the boat for a short night's sleep and then up early to prepare the boat for the next team. Kate was the first to scale the mast - it is a good job that she does not mind heights. Her training as a tree surgeon climbing 60 foot oak trees stood her in good stead! Would she do it again - like a shot - we do know that any picture taken on the voyage shows Kate with a huge grin! We now just await to see what other adventures she gets up to - she will definitely be involved with the YMCA. Sailing a yacht certainly lives up to the edict of 'Muscular Christianity'!



*If anyone feels drawn to help fund the YMCA work in Newark you can donate via:
www.justgiving.com/fundraising/kathryn-lucas-ymcatallships2019.*

Coffee and Cake



Friday 18th
October

1.30 - 3.30

Church Lounge

Highams Park Baptist Church



www.hpbc.co.uk

Cavendish Road,
Highams Park.

E4 9NG



WFYFC NEWSLETTER



We're about seeing young people's lives changed by Jesus

MESSAGE FROM THE CHAIR

One of the first stories many of us would have learnt as Christians, is the Good Samaritan. There is something really appealing about someone who drops all of their own plans to help someone in need. The bible is full of stories about people helping others. Famously, in a dream Paul heard someone clearly saying "come and help us" and he and his companion went off to share the gospel with the Macedonians (Acts 16:9-10). We in Youth for Christ are so grateful for all the help you, our supporters, give. It is tremendously encouraging to know that we send out letters and news magazines and you are interested in what they say about our work for and with young people. Thank you that you pray for it, give as God enables you, and some of you have taken on the role of members and volunteers.

Every charity has to be governed by a board who determine the direction of the work. Being a member of this board is exciting, challenging and has a very real impact on sharing the good news of Jesus with this generation of young people.

We are looking for Christians who are part of a local Church with the energy and commitment to join this Board.

We would love to talk about this with anyone interested so if that's you (or someone you know) please email me via ann@wfyfc.org.uk and I'll get back to you.

Wishing you blessings in Christ.
Wendy McSweeney.

SCHOOLS WORK

Leyton Sixth Form College:

The work at LSC is continuing despite Jonathan moving on to his new job. We have temporarily resumed the running of the Christian union which will allow for a seamless hand over when The Cornerstone appoints a new youth worker. Until such time, The Cornerstone are continuing to financially support the project. We have been having open forum discussions about life, giving the students biblically based advice, to which they have been responding in a very favourable way. Not only are we engaging with young Christians but we are also regularly engaging with young people of other faiths. This has been one of the highlights of being a part of WFYFC. We are looking forward to welcoming lots of new youth in

September, so please keep this project in your prayers.

Lammas School: We delivered three Motivational assemblies at Lammas school and had the opportunity to talk about the work we do and the services we provide. Please continue to pray for us concerning more opportunities to go into schools. **Aundrea Smith**



WE WANT YOU!!

ARE YOU PASSIONATE ABOUT SEEING YOUNG LIVES CHANGED BY JESUS?

We are seeking volunteers to join our Board of Directors and our dynamic youth work team.

IF THAT'S YOU GET IN TOUCH WE'D LOVE TO HEAR FROM YOU!!

JOIN US

FOR MORE INFO CONTACT US!!

Website: www.wfyfc.org.uk

Tele: 020 8518 7707, Email: contact@wfyfc.org.uk

TOGETHER
We can make a Difference

Waltham Forest
YOUTH
FOR CHRIST
Registered charity No: 1152939
Registered Company No: 8469311

Highams Park Snippets

A few events coming up from the various societies etc that exist to promote Highams Park:

As there was no Jumble Trail this year we thought it would be a nice idea to run a **Rummage Sale** (table top sale) at Highams Park Station this year.

Date: Sunday 13th October 2019

Time: 10:00 am until 3:00 pm

Location: Highams Park Station Car Park, The Avenue, E4 9LA

Organizers: The Highams Park Planning Group (HPPG).

Come along to the station and see what bargains are on offer.

Shaws Butchers will be there selling hot food and there will be live entertainment.

All table spaces are now taken.

Highams Park Society Quiz Evening

November 2 @ 19:00 - 22:00

A fun quiz evening arranged by the Highams Park Society and open to all. At All Saints Church

Doors open 7.00 pm and the quiz starts at 7.30 pm..

Remembrance Ceremony – Halex Plaques – Hale End Library

November 9 @ 10:40 - 12:00

A remembrance ceremony arranged by The Highams Park Society to remember the fallen of Highams Park in the wars.

Smoked haddock and leek risotto with roasted smoked haddock and parsley oil

Prep time less than 30 mins

Serves 4

Cook time less than 30 mins

INGREDIENTS

<u>For the risotto</u>	<u>For the roasted haddock</u>
1 litre/1¾ pints fish/chicken stock 25g/1oz butter 1 shallot, finely chopped 1 garlic clove, finely chopped 2 leeks, thickly sliced 250g/9oz Arborio rice 50ml/2fl oz dry white wine 225g/8oz undyed smoked haddock, cooked, skin removed, flaked 75g/3oz mascarpone 110g/4oz parmesan, grated 4 tbsp roughly chopped fresh flatleaf parsley salt and freshly ground black pepper	50g/2oz butter 4 x 110g/4oz undyed smoked haddock fillets, skin removed <u>For the parsley oil</u> 1 small bunch flatleaf parsley, roughly chopped 110ml/4fl oz extra virgin olive oil

METHOD

1. Preheat the oven to 200C/400F/Gas 6.
2. For the risotto, place the fish stock into a pan and bring to a gentle simmer.
3. Meanwhile, melt half of the butter in a heavy-bottomed pan over a medium heat, then add the shallot, garlic and leek and cook for a few minutes until softened but not coloured.
4. Add the rice and cook for a minute, stirring well to coat the rice in the butter.
5. Add the wine, bring to the boil and cook until the liquid is reduced by half.
6. ladleful. Repeat this process until nearly all of the stock is absorbed and the rice is cooked but still *al dente*.
7. Add the flaked cooked haddock and stir to combine.
8. Add the remaining butter, the mascarpone, parmesan and parsley and season well with salt and freshly ground black pepper.
9. For the roasted haddock, melt the butter in a large ovenproof frying pan over a medium heat. Add the haddock fillets and fry for one minute on each side, then transfer to the oven to roast for 6-8 minutes, or until completely cooked through.
10. For the parsley oil, place the parsley and olive oil into a food processor and blend until smooth. Place a sieve over a bowl and pour the parsley oil into the sieve. Press through the sieve to collect the bright green parsley oil.
11. To serve, place a spoonful of risotto into the centre of each plate and top with a piece of the roasted haddock. Spoon the parsley oil around the plate and serve.
12. Sit back and enjoy...

Rob 'Escoffier' Edwards

ADVANCE WARNING - POST EARLY FOR CHRISTMAS!



These are the delivery and collection dates:

Sunday, 1st December - EARLY BIRD DELIVERY
(no collection available)

Sunday, 8th December - DELIVERY. COLLECTION
after Service only.

Sunday, 15th December - LAST SUNDAY FOR DELIVERY
Collection available after Service only

Sunday, 22nd December - LAST MINUTE COLLECTION ONLY. Please DO NOT deliver cards to Church on this day as there will not be time to sort them for collection.

PLEASE REMEMBER TO:

PRINT names with Surnames clearly, and put your cards in **alphabetical Surname order**. This helps the organisers to quickly and easily sort the cards, while also enabling them to get to some of the Morning Service.

Please note that this service is for the exchange of cards that are for personal collection or that can be collected on behalf of somebody - it is not for cards that need posting on as normal mail.



October

Saturday 5th	10.00 am	Level 3 Safeguarding meeting
Sunday 6th	10.00am	Morning Service led by Rev. Rosemary Eaton
Sunday 13th	10.00 am	Morning Service with Communion led by Mandy Edwards
Friday 18th	1.30 pm	Coffee and Cakes in the Lounge
Sunday 20th	10.00 am	Morning Service led by Rev. Rosemary Eaton
Sunday 27th	10.00 am	Morning Service with Communion led by Rev. Rosemary Eaton

November

Saturday 2nd	2.00 pm	Activity Afternoon at the Church
Sunday 3rd	10.00am	All Age Service led by Rev. Rosemary Eaton
Thursday 7th	7.30 pm	Church Council
Sunday 10th	10.00 am	Morning Service with Communion led by Rev. Rosemary Eaton
Sunday 17th	10.00 am	Morning Service led by Rev. Rosemary Eaton
followed by	11.30 am	Church Members Annual General Meeting
Sunday 24th	10.00 am	Morning Service with Communion led by Sarah and Paul Raymond
Saturday 30th	2.00 pm	At Home for Christmas at the Manse



December

Sunday 1st	10.00am	All Age Service led by Rev. Rosemary Eaton
Sunday 8th	10.00 am	Morning Service with Communion led by Rev. Rosemary Eaton
	3.00 pm	Churches Together in Highams Park Bereavement Service at HPBC

Please note that details are subject to change.

All services and events take place at the Church unless noted.

Refreshments are served after the Morning Service every Sunday.