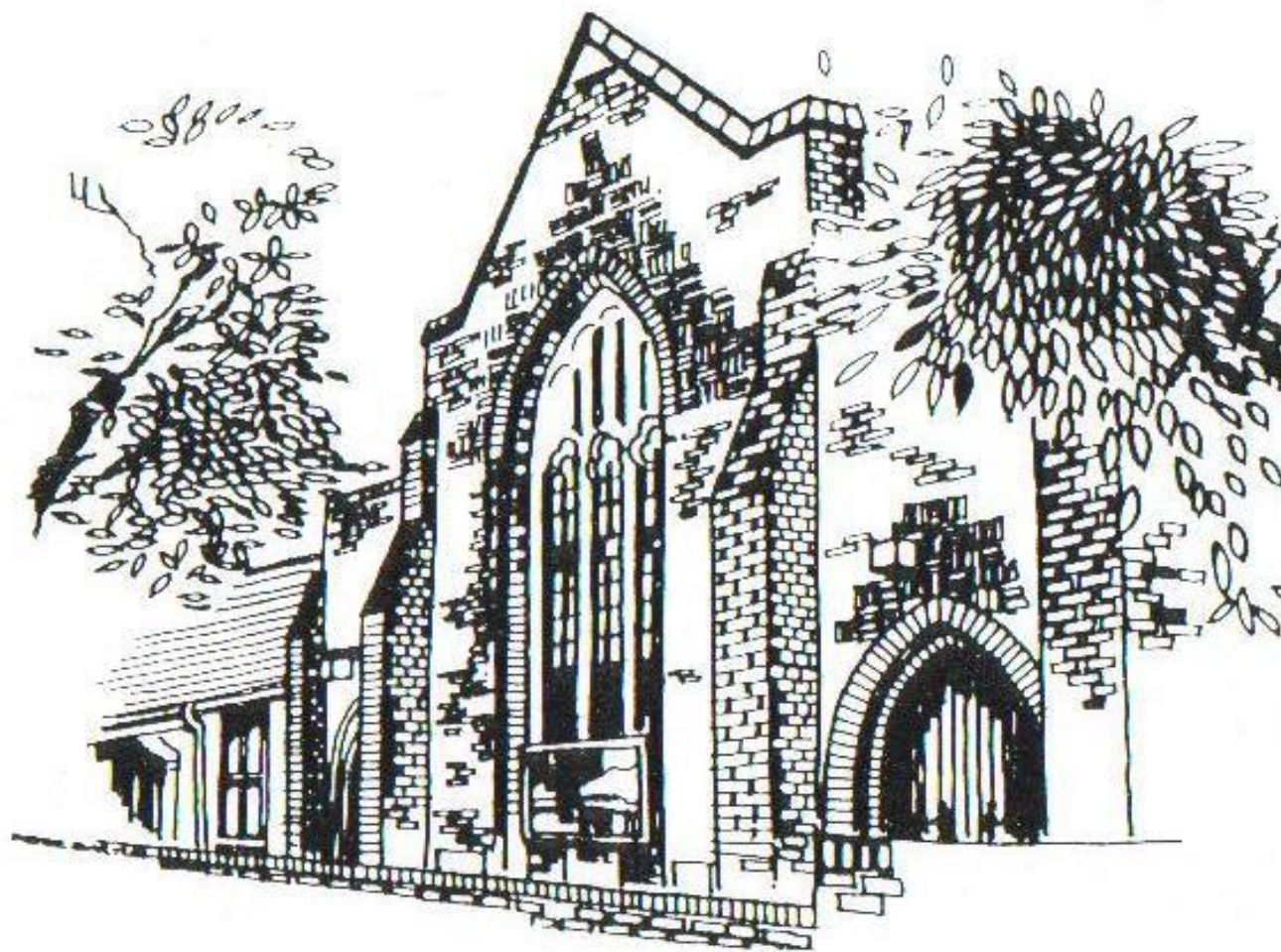




The Magazine
of
**Highams Park Baptist
Church**

Cavendish Road, E.4.



FEBRUARY / MARCH 2021

CHURCH PROGRAMME

Sunday Services

At the time of writing the Church is not open for services during the current lockdown

For any further information please contact the Church Minister or Secretary.

Monday

Gathered Prayer 11.00 – 12.00 am 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.

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

Tuesdays, weekly at 8.00 pm
at Sarah and Paul Raymond's House.

The deadline for items for the next edition is Sunday 21st March 2021
Editors: Dave & Jacquie Lyus, 020 8527 1505 Email: magazine@hpbc.co.uk



Cavendish Road, London E4 9NG

February / March 2021

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

From the early days of his earthly ministry Jesus was a controversial figure. Luke's account of his rejection by the synagogue in Nazareth is an early sign of the opposition that would eventually lead to the events of Good Friday.

The Carpenter's Son is one of a series of six reflections that will be made available as recordings on the church website during Lent.

The carpenter's son

Until that day in the Nazareth synagogue I don't believe anyone in the village had paid much attention to the rumours spreading around Galilee. Most of us knew Jesus, even though he'd been away for a while. He'd grown up in our village and his mother and brothers still live here. There were stories about him getting baptised by John in the Jordan – 'a bit fanatical, if you ask me', said father; 'poor Mary', said mother- and some said he was a wonderful preacher but no-one here took much notice until that day. That was the day Jesus raised the stakes. There was no going back for him after that. Not in Nazareth anyway.

I was there, of course, as I always was. I'd been in synagogue with my parents for as long as I could remember and was just getting to the age when I was beginning to ask questions about the familiar rituals and readings. Too many questions as far as my mother was concerned. 'Enough, Anna, people are praying and they don't want to hear from you', she'd whisper. 'Be a good girl and sit still.' So I did. Most of the time.

That morning everything was normal right up until Jesus got up to read from the scroll of the prophet Isaiah. It was when he sat down that I realised something was about to happen. All eyes were on him and he said something that even I understood. He said that the scripture he had just read had now come true. That was so exciting!

Words written thousands of years ago by a man who never knew any of us were coming true right here in our synagogue. In Nazareth, of all places!

I held my breath as Jesus said some other things that I didn't understand but that seemed to make people cross. Rabbi Simeon looked like he might explode any minute. I was a bit nervous so I wriggled closer to mother who was sitting on the edge of her seat by then.

I couldn't work out what it was that so upset everyone. The words Jesus read out that Isaiah wrote down ages ago were all about the Lord setting people free. People who are prisoners or who are blind or oppressed. I'm not sure what that means exactly but it sounds like it would be good news for them. And if Jesus was the one God wanted to do that why would anyone mind? Wouldn't it make Nazareth famous? Maybe it was what Jesus said after that about prophets not being accepted in their home town. When I asked mother about that later all she would say was that Jesus was probably a bit tired from all the travelling around and had got things mixed up. He didn't look tired to me but I didn't dare argue with her.

I never saw Jesus again after that. Perhaps he was too busy helping those poor people to go free to bother with us back home. That makes me a bit sad. Maybe if the people in the synagogue had listened to Jesus instead of making him leave then things might have been different. Maybe we could have helped him instead of sending him away. But mother says that's just the way things are around here. Nazarenes really don't like things to change too much and the carpenter's son was hardly likely to be the Lord's anointed Messiah, now was he?

Rosemary

Rosemary is planning to record a series of reflections that will go out on the website in Lent. One of these is 'The Carpenter's Son' (see above)

1. A funny thing happened on the way to the river
2. The Carpenter's Son
3. What must I do?
4. Born again?
5. In memory of her
6. The Shadow of Death
7. What was that all about?



I expect to post on Wednesdays, beginning on Ash Wednesday (17 February) and ending on the Wednesday of Holy Week (31 March).

Cavendish Circular



As we experience further lockdown, with Church buildings remaining closed at present and many confined to their homes, our links with the fellowship at HPBC remain as important as ever and we are grateful to all who support and care for each other at this difficult time. We have received many requests for prayer over the past weeks concerning members and friends and while we can no longer support each other face to

face we can pray for all those who mourn, are ill or caring for others.

We continue to remember the family of Joan Gwilliams whose death on 23rd November we reported on in our last issue. Joan's funeral took place on 8th December and we include a tribute to Joan further in the magazine. We continue to pray for Joan's family as they remember all she meant to them and once again give thanks for her faithful service over many years to our fellowship.

We were sad to hear of the death of Ray Eaton's mother, Alma, after a fall, on 14th December. Her funeral took place on 12th January and we send our loving condolences to Ray, Rosemary, Rays' brother Graham and all the family that, as they give thanks for her life and mourn their loss, they may continue to feel God's loving support surround them.

We were also recently informed of the death of Joan Ashley on 15th December. Joan was a faithful member of HPBC over many years and, although frailty and ill health meant she had been unable to attend worship for a long time, she maintained a lively interest in our fellowship. Joan's funeral took place on 19th January and we continue to pray for her son Jon, and all her family at this sad time. Hazel Ansell has written further about Joan in this issue as she was in weekly contact with her over many years.

Our prayers and condolences go to our member Tony Antoniou, whose mother, Carol, has also sadly died following a fall. We remember Tony, Muneyi, Tendai and all those who mourn her and pray that God's loving support will surround them at this difficult time as they give thanks for all she meant to them.

We have heard that Jean Owen, who moved away some years ago, had a stroke on 17th January. She has now returned home from hospital after receiving speedy treatment for the removal of a blood clot and is now resting and awaiting test results. Her daughter Sharon and son in law Stan are living with her but they both also have significant health concerns. Jean's brother in law also passed away recently after a long illness and we ask that you keep the family in your prayers at this time that they may be supported in every way as is their need.

Friends will remember that June Tresardern was admitted to hospital in December after a fall resulting in a leg fracture. She was also suffering pain from gall stones which were removed but subsequently contracted the Covid 19 virus. Due to a shortage of beds she is likely to be transferred to a Respite Centre in Saffron Walden. Because of current restrictions her sister is unable to visit her. We pray for God's protection for June during her recovery, especially as she is so far away from friends and family.

We continue to hold in prayer Bob, the brother of Sheila Humphrey, who has been receiving treatment for a stroke for some weeks and is still in hospital. Bob contracted Covid 19 while there which fortunately gave few symptoms. He is undergoing further tests and a decision about his future care is still to be made. Please remember Bob, Sheila, and all the family as they continue to support him while being unable to visit because of the current restrictions.

Your prayers are asked for the family of Toby Player at this time as he has been experiencing severe sleeping problems due to a change in his routine during lockdown. He is also suffering from anxiety and this has naturally had a considerable impact on all the family as they care for him. Toby has struggled to sleep for more than a couple of hours each night and this has been upsetting and very stressful for Wendy, Gary and Gemma. Please pray that he and the family may feel the love of God surround and strengthen them and that he may attain much needed sleep and peace of mind.

While I was compiling this circular the words of the hymn below continued to play in my mind. It is an old hymn, and perhaps not sung often these days, except in times of sorrow or parting. However, I feel that it encapsulates the love and concern shown by our fellowship for each other, and the wider community over this past extraordinary year, perfectly reflecting the love that God has for us all, especially in times of need and despair.

Jacquie.

Blest be the tie that binds our hearts in Christian love; the fellowship our spirit finds is like to that above,

Before our Father's throne, we pour our ardent prayers; our fears, our hopes, our aims are one - our comforts and our cares.

We share our mutual woes, our mutual burdens bear; and often for each other flows the sympathising tear.

When we asunder part, it gives us inward pain; but we shall still be joined in heart, and hope to meet again.

From sorrow, toil and pain, and sin we shall be free; and perfect love and oneness reign through all eternity.

'Blest be the tie that binds' by John Fawcett (1782).

Memories of Joan



Joan was born in Highams Park in London, which was where she grew up. She was the youngest of 3 children and had 2 sisters Dorothy and Connie.

When she left school, Joan trained as a nurse. She qualified in 1957 and worked on the male surgical ward at King George's Hospital in Ilford.

Joan met her husband, David, at Highams Park Baptist Church and they were both very involved with the church throughout their lives.

They got married in 1960 and theirs was a very happy marriage. They became parents when Jacqueline was born in 1962 and she was followed two years later by Christine. Joan gave up work when she had her girls and went on to run the playgroup at Highams Park Baptist Church for many years. She was also very involved with the Sunday School at the Church.

Joan and David enjoyed their holidays. They loved to ski and they had many family skiing holidays over the years in Wengen in Switzerland. They enjoyed walking holidays and had a love of the Lake District. They also enjoyed narrow boat holidays with friends.

The girls grew up and went on to have families of their own and Joan and David were delighted to become grandparents when Emma was born in March 1989. Thomas followed in November 1992 and Laura arrived in August 1993. They adored their grandchildren and were very involved in looking after them all. The children loved spending time at grandma and grandad's and enjoyed regular sleepovers at their grandparents. They went on holidays most years with Jacqui, Steve, Emma and Thomas and skiing holidays with Christine, Laura, David and sometimes Thomas. Even when Joan got Arthritis, she'd still come along on their skiing holidays but would go walking instead.

During their retirement years Joan and David were very into their garden and David also had an allotment. They still enjoyed going skiing and also did a lot of entertaining. Joan was a very good cook and everyone loved her treacle sponge.

Sadly, David died quite suddenly in 2007 which was a huge shock for all the family. Joan was lost without him and life was never quite the same for her without her beloved David. She stayed in their 4 bed house in Chingford for a year and then bought a bungalow in Hitchin which was closer to Christine and her family. By then she had been showing signs of Alzheimer's but was formally diagnosed while she lived in the bungalow. Life became more difficult as the illness progressed so Christine and David had an annex built at the back of their house and Joan moved in there so that she could be looked after. Christine was working full-time so David kept an eye on Joan, making her drinks and lunch and making sure she had everything she needed. Even though Jacqui lived in Yeovil, Christine would take Joan down to see her and she would stay with her for a couple of days.

After 5 years Joan moved into Sloehill Residential Home, a place she knew well because she would stay there for respite care when Christine and David went on holiday. She was well looked after at Sloehill and was very comfortable there. She liked to have constant company and enjoyed sitting in the lounge with the other residents. She was also very close to her regular carers.

Joan passed away peacefully at Sloehill on Monday 23rd November. Her family take comfort from the thought that she is now reunited with David, who she missed so very much.

Joan has left her family with many wonderful memories and they know they couldn't have had a better mum or grandma. She will be remembered with joy, talked about with smiles and laughter and cherished always. The world will certainly seem a poorer place without her and she will be missed more than words can say.

We were also very sorry to hear of the death of Joan Ashley, a former member of our Church.

Memories of Joan Ashley by Hazel Ansell

Joan Ashley 25.08. 1924 – 15.12.2020

About twenty years ago Steve Curtis, who was then the Chapel Steward, asked if I would take a tape and Order of Service in to Joan each week. I did not know Joan as in those days we had a morning and an evening service. Joan was an 'evening' lady and I was a 'morning' one so never the twain had met.

On my first visit I approached her house with a little trepidation but any worries melted as soon as Joan opened the door; she was jolly, highly intelligent and kind. She suffered badly with her feet and legs but was always more concerned with how others were and took a keen interest in the well-being of those she remembered from Church.

Her family was a very interesting one and she always had stories of their exploits, achievements and travels around the globe. Joan loved her garden but was unable to attend to it herself so she had a gardener. She still liked to keep a keen eye on what was growing well and if not, why not? The garden was quite large and an unusual L shape. It even had an air-aid shelter which she used to let local school children visit if they were studying W.W.2.

After a few years Joan became very deaf. I still visited every week but we communicated by writing things down which was a little odd but worked well. Joan had good Christian principles, concerned more with the needs of others than of her own.

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We do thank Hazel for sharing her memories of a delightful and warm person who us 'senior HPBC members' will remember with great affection. It also demonstrates the faithful and vital service that Hazel showed through the years, helping Joan to keep the link with HPBC when she could no longer worship with us. Jacquie.

As you will probably know our halls are usually in great demand by local groups, but are you aware just how many such groups we welcome? Dave Kendrick explains:

Hiring halls at HPBC



For a while now I've been responsible for letting out the church halls for those groups who wish to use HPBC for their activities. Money raised from these hirings brings in much needed income to help the church with its day to day expenditure. I

thought it might be of interest to let you know which groups are presently using our halls and the type of activities each is concerned with. Unfortunately, with the present lockdown in place, the only group presently running is the Pre-School but we hope things will return to some sort of normality in the not-too-distant future.

ACT2

ACT2 is an exciting drama school for ages 5 - 16, now involving over 140 students across East London. The classes, structured to complement each age group, concentrate mainly on acting, incorporating movement, improvisation, role-play, music, and drama games. ACT2 is not a stage school.

BONGALONG

Bongalong runs music classes for babies, toddlers and young children aged 0- 5 years. They use real instruments to create quality sounds with props and costumes for a 'little piece of theatre every week'. The aim is, using music, action songs, props and costumes, to develop speech, co-ordination, exploration and imagination in young ones.

HANDSWORTH PRE - SCHOOL

Handsworth Pre - School is a voluntary community pre-school with over 30 years' experience in providing excellent pre-school care and education for 2½ - 5 year olds. They presently employ 6 fully experienced and qualified members of staff - each one of whom is allocated to a particular child and has a special responsibility for him/her. Their aim is to encourage children to develop as happy, imaginative, confident and independent individuals.

LINDA CARTER

Linda runs a keep fit class for those who have reached that age when gentle exercise is more welcome than a Joe Wicks workout. Her 'girls' enjoy a time of socialising and, at the same time, stretching a muscle or 3 whilst following a routine set to music.

PETITE PRODUCTIONS

Petite Productions are a performing arts company that focus on the imagination, creativity and confidence of children aged 4 - 13 years and strive to engage all ages and abilities in the excitement of performing! They plan bespoke sessions of the three intertwined theatrical disciplines; acting, singing and dancing and aim to produce a fun and energetic environment in which children will grow in knowledge, confidence and the art of team work all through use of play.

RAW

RAW is an established performing arts academy that provides weekly drama, singing and movement workshops for 5+ years and was established in 2003. All of their workshops are taught by a team of fully DBS checked industry professionals and assistants.

SING AND SIGN

Developed with the help of Speech and Language experts and launched in January 2001, the "Sing and Sign" programme has since taught tens of thousands of parents across the UK how to sign with their babies and encourage amazing early communication. Sing and Sign teaches keyword signing (always with the spoken word) at the one-word level, which is appropriate to the age group.

STEPZ

STEPZ is a local dance school and students who decide to enrol at the academy will have the chance to take part in a big production show or a display showcase of exam work in a professional theatre every year. Stepz also offers a chance to take part in exams which are held 2/3 times a year - which are structured around the IDTA syllabus. Although students are encouraged to take part in exams nothing is compulsory at Stepz. Stepz also offers private tuition for exams/technique work and competition work. Competition work is offered throughout the year.

SLIMMING WORLD

Whether you join a group or become a member of their digital service, Slimming World Online, you'll enjoy an amazing package which includes their generous, flexible eating plan, a tailored activity program, and the motivation, understanding and care that's at the heart of Slimming World.

SUPER EXPLORERS

Super Explorers is a fun and interactive group for 2-year olds to pre-schoolers, led by an experienced Early Years teacher. Children and carers are involved in the weekly themed sessions which include storytelling, craft making and some singing and dancing.

ZUMBA

Zumba is a more energetic keep fit class which uses inspiring music to help achieve your target goal.

17th PALS BAND



Last, but by no means least, is the 17th Pals Band. The Band was originally formed in 2012 by officers, staff, former officers and boys of the 17th Waltham Forest Boys' Brigade Company which is based in Highams Park Baptist Church. In 2015, it became known as the 17th Pals' Battalion Band due to its considerable work commemorating the service

and sacrifice made by the professional footballers, staff and supporters who volunteered to serve in the 17th Battalion Middlesex Regiment - more commonly known as the Footballers' Battalion. The band particularly remembers the forty-one players, staff and supporters of Clapton Orient which was the first Football League club to join up en masse. Three O's players were killed on the Somme in 1916 - William Jonas, Richard McFadden and George Scott and ten others were wounded.

In 2006, three current members of the band, Norman Coe, Stephen Jenkins and Bob Sargeant formed the *Leyton Orient Buglers* when they performed in conjunction with pipers from the Leyton branch of the Royal British Legion on the very first O's Somme Tour, which was held in July that year. They also were present on the Somme Tours in 2008, 2011 before the 17th Pals' Battalion Band was formed, after which the entire band specifically trained to perform to its highest capability during the 2016 Somme Tour and then the inaugural tour to Ypres in 2017. The highlights of each of the Somme tours include playing 'Last Post' and 'Reveille' at the gravesides of Clapton Orient players, George Scott and Richard McFadden as well as at the Thiepval Memorial where O's centre-forward William Jonas is commemorated. In 2016, the band had the honour to parade at Thiepval as part of the special centenary commemorations held on 23rd July (100 years to the day that the 17th Middlesex arrived on the Somme), which was televised on the BBC Breakfast programme. The band also performed in Arras Town Square during the tour.



As part of the Ypres Tour in 2017, the band was honoured to parade in the Town Square as well as at the world-famous Menin Gate, during which the buglers took part in the Last Post ceremony when they played 'Reveille', pairing up with the Ypres Fire Brigade

buglers who play 'Last Post' each evening at 8pm local time. This was without doubt the proudest moment to date for everyone connected with the 17th Pals' Battalion Band since its formation in 2012. The band practises on a Wednesday evening at Highams Park Baptist Church and is always on the look-out for additional members, so should you be interested in joining, please contact the band master Steve Jenkins either by phone 07971 146502 or email bandmaster@17thpals.uk.

Dave Kendrick

***THE STRANGE BLESSING OF ZOOM**

Coronavirus, secret believers, and the underground Church.

This year, you probably tasted for the first time what it was like to be unable to walk into a Church building. But for secret believers around the world, this was nothing new. As UK Christians grappled with meeting as God's family online or in support bubbles and small groups, from Egypt to Palestine there comes a very different story. It's one of how the effects of lockdown have allowed the underground Church in the Middle East to flourish. Believers have described their coming to faith, God's call to return to their own people, and the challenge of meeting persecution with uncompromising love. Reading their testimonies one is challenged by the strange blessing of Zoom, the joy of meeting at home and the miraculous freedom we have to live out our faith without fear.

****Baahir's story:**

I memorised the Qur'an when I was 13 years old. I'm from a strong Islamic family in Egypt – I prayed in the mosque five times a day. When I was twenty years old I started thinking more seriously about God, and after searching out Islam for two years I decided to leave it forever and I became an Atheist. With friends from Arab countries, Europe and America, we worked on Atheism pages on Facebook every day speaking against God and religion for about five years. But at the end I felt alienation...I couldn't know myself. I thought: 'Baahir, you don't believe in God...you believe this life came from randomness...so, why is there life, Baahir?'

I went to the 'Count It Right' conference in Egypt, with many thousands of people from Arab countries, Europe and America. I met with two Egyptian Christian thinkers and I thought 'Wow, I like their minds, their ways, they know philosophy like me!' We met many times to talk about God. I also spoke to God: "Please show yourself to me. Many religions talk about you and all religions say: 'I'm right! I know the truth'. I feel I can't know you myself....I need you".

After I believed in Jesus I started serving in my Church and told my Minister that I'd like to study theology. I couldn't study in Egypt because my ID lists me a Muslim but I could study at the BMS-supported theological seminary in another part of the Middle East.

Really God changed me completely there. All the materials and the courses in general help us to serve Muslims in Egypt, Sudan, Syria and other countries. All the teachers understand Islam really well and understand Arab countries. I learnt how to teach, preach and study the Bible really well and I serve with a Ministry in Egypt now. I have a big ministry on Zoom – we have forty believers from Iraq, Syria, Egypt, Jordan, Europe, and refugees in Finland, Holland, Germany, America and Egypt.

We meet twice a week for two hours Bible study and teaching and talk about Apologetics. We have many courses about Church and how to serve in Arab countries with refugees; how to understand Muslims – it is a very, very good ministry – and it's very safe. Before, when we went to Church in Egypt we had big problems with security; now, with Coronavirus we are very safe.

There are big problems for those with Muslim backgrounds in Egypt trying to go to Church. You have to leave and worship underground and people can go to prison. You cannot marry a Muslim here nor could I marry a Christian here because my family would have a big problem. In fact my family don't know anything about me. Since I left Islam when I was twenty years old I haven't been able to say anything but I can't live forever away from Egypt and that's what we learnt at the Seminary - how to go back to your country to serve there. I serve online now and feel free when I serve on Zoom and Facebook. I can't talk with Muslims in the streets but I can talk online. Online is very safe for me.

Baahir's prayer:

- Please pray for the country of Egypt. Many people here have a negative perception of Christians. Please pray for those to change.
- There is so much need, so please pray for God to help me because I can't say: "I need a break!" Please pray that I will be able to serve God in all I need to do.
- Please pray for me to complete my studies. I hope to study for a Master's degree and then do a PhD.- God willing! I also hope to improve my English.

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HPBC annually donates to the work of BMS and you can read more about this from Jason's article in this issue.

****This article is extracted and reproduced from 'ENGAGE' THE BMS World Mission Magazine, issue 49-2021.***

*****names changed to protect identity.***

Highams Park Baptist Church Kingdom Fund Giving

In 2020, even in lockdown, we continued to give to both the London Baptist Mission (LBA) and Baptist Mission Society (BMS), each receiving **£1,077** for the year 2020. Of course, this is slightly down from 2019, but given everything that is going on in this world, it's good to see we can still give to these two groups. This is what our Kingdom Fund Supports at HPBC.

Also, this year the Christmas Offering raised £148.00.

Below are thank you letters from both the LBA and BMS

From LBA sent 01/01/2021

I'm writing to thank you for your recent contribution to Home Mission. The Home Mission appeal provides the financial bedrock for our wider family life. As you are aware, it enables and funds three things to take place: missional initiatives in local churches and projects; regional associations supporting churches in mission and ministry; and our national resource, the Specialist Teams, based at Baptist House in Didcot, Oxfordshire.

In terms of mission projects, the LBA continues to support various initiatives right across the capital which are making a real difference to people's lives: from Messy Church at Deep Water Baptist Church in Hayes (Kent) to a vibrant Community Outreach project in Mill Hill. Home Mission also funds our internship programme where, this year, we have three young adults gaining experience in Christian leadership through involvement in the LBA, Spurgeon's and the local church. Many of these projects are seeing significant fruit in new disciples being won for Christ. Indeed, one of our churches receiving Home Mission funds – Hersham – has grown so much that it is almost self-sufficient. These are good news stories indeed - facilitated by your generous giving. I am only too aware of the financial challenges upon our churches and church members. Do pray for the Support Services Team at Baptist House and the Pension Trustees as they continue to navigate our denomination out of that situation.

From BMS sent 07/12/20

There was no hope of attending school for Srijon. Born in one of the most fragile areas of Bangladesh, beset by poverty, he and his family had no reason to believe he would ever step inside a classroom. Until now.

Thanks to everyone at Highams Park Baptist Church, Srijon is now attending preschool. He's learning, playing with children his own age, dreaming of a future. He has hope for the future and an opportunity to raise himself out of poverty. And it's all because of you. Thank you so much for your recent gift to BMS World Mission.

Because you gave, children like Srijon are receiving an education in Bangladesh, health workers in Chad can offer life-saving medical care to people in desperate need, and people in Nepal who've never before heard the Word of God are coming to faith, committing their lives to Christ. By choosing to give to BMS, your church family is playing a vital part in God's work across the world. We are so thankful that you've chosen to make a difference.

Thank you for standing hand-in-hand with our brothers and sisters around the world - and please accept my heartfelt gratitude to you for your generosity. God bless you

Thanks for all you all you give *via* HPBC Jason Close

HPBC Recipe Page



Welcome to the first in what we hope will be a series of simple recipes to keep us all amused at home. Like many of us, we have always cooked a lot. We enjoy it and it is fun to do it together. A colleague of mine has also said that “cooking is a little like a scientific experiment so it should come as no surprise that you enjoy it”!! I agree, it is!

We plan to share with you all some recipes we have tried over the past year of more, both savoury and sweet!

The first is for “Empire Biscuits”. They are a favourite in Scotland especially so some of you might know them. You might also see they are similar in some ways to the popular “Jammie Dodger”, more on that later.

There is an interesting story behind their name. It seems the Empire Biscuit was originally known as the "Linzer Biscuit", or the "Deutsch Biscuit". With the outbreak of the First World War it was not thought a good idea to keep this Germanic name so it was renamed in England as The “Empire Biscuit” in order to promote national pride and identity. In Scotland it was called the Belgian Biscuit because Belgium had just been invaded. In Northern Ireland it is still known as the German Biscuit or biscuit bun. You can Google much more on this if you are interested!

Ingredients

- 175g plain flour, plus extra for dusting
- 100g cold salted butter, cut into cubes
- 335g icing sugar
- Half teaspoon vanilla extract
- 2 medium egg yolks
- 100g raspberry jam
- 50g glacé cherries, quartered

Method

1. Put the flour, butter, **85g** of the icing sugar, the vanilla and egg yolks in a food processor and pulse in bursts until combined (alternatively, rub together the butter and flour with your fingertips and mix in the sugar, vanilla and egg yolks).

Add half tbsp water if the mix feels a little dry. Tip the rough mixture onto a work surface and briefly knead until the dough has come together. Wrap and chill for 30 minutes.

2 Heat the oven to 180C/160C fan/gas 4. Line two baking sheets with baking parchment. Lightly dust your work surface with flour and roll the dough out to around 3mm thick. Cut 24 rounds from the dough with a 7cm cutter. You can make them smaller if you wish of course! Carry on until all the dough is used

3. Line up the discs of dough on the baking sheets, then bake for 10 - 12 minutes or until golden brown around the edges. Transfer to a wire rack and leave to cool completely.

4. Mix the remaining icing sugar with 2-3 tsp of water or some of the egg white remaining after you have used the yolks earlier to make a very thick icing. At this stage you can decide if you wish to ice the whole of the top of the biscuit or to have just a small spot of icing on which you place the glacé cherry as below.

5. Top with a small piece of glacé cherry in the centre, then leave to set.

6. Spread the jam over the un-iced biscuits and sandwich together with the iced halves. Keep in an airtight container...unless you eat them all in one sitting (or standing)!

We have also tried a slight modification of the recipe by replacing around 50gm (more or less according to taste) with ground almonds. This works well and produces an even crispier biscuit.



Enjoy. Maybe send Jacquie and Dave photographs for forthcoming issues!

Fiona and Michael Thorndyke, with thanks to Mary Berry....

WORLD DAY OF PRAYER (A WOMEN LED, GLOBAL, ECUMENICAL MOVEMENT)



Women of the Republic of Vanuatu (located in the South Pacific Ocean) have prepared this year's service. The black and white sandy beaches, coral reefs with coloured fishes, lovely birds, fruits and nuts in the forest, all make the islands a pristine environment but they are vulnerable to frequent tropical storms, earthquakes, cyclones, tsunamis and active volcanoes. Women, men and children of all ages are called to 'Build on a Strong Foundation' and live in unity, love and peace in the context of ethnic and cultural diversity like Vanuatu and so many other places around the world. World Day of Prayer is an international, inter-church organisation which enables us to hear the thoughts of women from all parts of the world; their hopes, concerns and prayers. The preparation for the day is vast. An international committee is based in New York and there are national committees in each participating country. Regional conferences meet to consider the service and then local groups make their plans. Finally at a church near you on Friday 5 March 2021 people will gather to celebrate the service prepared by the women of Vanuatu. The Day of Prayer is celebrated in over 170 countries. It begins in Samoa, and prayer in native languages travels throughout the world – through Asia, Africa, the Middle East, Europe and the Americas before finishing in American Samoa some 39 hours later.



With the current lockdown it is very unlikely that there will be a service held, however, plans are being made to distribute appropriate material or hold a Zoom meeting. If you are interested please contact Hazel Ansell who is our representative on the committee.

Highams Park Snippets



Something that I missed at the time was the centenary of The County Arms public house. It was noted, however, by the Highams Park Society and I hope that they and our readers will allow me to impart some of the information given...

The licence was granted on 20th of February 1908 as were similar licences for The King Edward VII off licence (later known as Victoria Wine) and The Highams Park Electric Theatre (later The Regal - does anyone remember them selling intoxicating liquids?). The County Arms was not the original name - being owned by the Herts. and Essex Public House Trust Company it was rather uninventively called The Trust House. This did only last for about a year. The application for the licence was contended by The British Women's Temperance League who gathered 37 signatures from local people. Their reasoning was that the area had done without a public house and did not need one now. There were a few other objections but the licence was granted.

The owners had high hopes for the public house - they stated that there were to be 'no tawdry advertisements, no cheap brass or stained glass to offend the eye'. It was constructed in the then current 'arts and crafts styling'. Food and coffee were also to be served as a means of 'raising the tone!' The County Arms became the closest public house to the centre of Highams Park - this had previously been the Royal Oak.

Highams Park was growing and this was in large part due to the railway which arrived in 1873 when it was called Hale End station. This lasted until 1894 when it was renamed Highams Park (Hale End) - it changed again 5 years later when it became 'Highams Park and Hale End' A new station building preceded the County Arms by about five years being opened in 1903. By 1908 there were some nine hundred season ticket holders and four hundred thousand passengers were using the service - possibly the term 'commuters' was not yet in use...

It is good to know that we still have a station and that the Highams Park Society do such a great job with the upkeep of the flower beds.

Our Very Own 'Open All Hours'

Following on from the article 'The Times They Are A'Changin' in the last issue we have heard from Andy Bowles, who has been associated with HPBC for many years, about his parent's shop in Winchester Road.



My Parents Vera and David bought the shop in September 1958, I believe from Trent and Grundy, who also had a shop in south Chingford. Initially they continued to live in Leyton, David commuting on the 35 bus and mum driving over with his lunch at midday, until they moved into the flat above the shop in 1967.

The A40 in the foreground of the 1960 photograph was a true workhorse going twice weekly to the Nurdin and Peacock Cash and Carry in Waltham Abbey, where Lidl is now located, returning well down on it's suspension, crammed full of groceries. In the school holidays I was also shoehorned in, sitting on a case of baked beans, pressed up against the back window, Health and Safety did not exist in those days.



The shop was as close to Arkwright's in 'Open All Hours' as you could get. A community meeting place with many people calling in for a chat.

Bank Holidays were always the busiest; people did not have freezers and supermarkets were shut for two days. Early on the Bank Holiday we would go over to Nevill's Bakery (Sunblest) or Mother Pride Bakery both in Leytonstone, and fill the car with freshly baked bread, being prepared for delivery the next day. Selling it at the Shop on the Bank Holiday morning, the queue for it would go out the shop, round the corner and down Newbury road, such was the demand.

The Shop was open 364 days a year, while my parents owned it. My parents retired in 1982, moving to South Chingford. David passed away in 1994, aged 78, Vera passed away December 2019 aged 98.



I understand that it is now three flats, not sure how they managed to cram in two flats on the ground floor. I used to love it when they decided to do the long route for the church parade, and we marched past the shop, not so much during the time when my dad had a pink elephant fairground ride parked on the forecourt! The 1960 photo of the Austin A40 was my screen saver at work and always caused a lot of discussion when Brokers and

colleagues parked themselves at my desk. You can just about see me above the bonnet of the A40 standing next to my father.

Ed's note: I had a vague memory that there was a container containing either sherry or vinegar behind the counter and you could take a bottle and get it filled - see Andy's reply:

Never Sherry, Dad did not have a drinks licence. I don't recall selling vinegar like that but at the back of my mind I recall Vinegar in a plastic container in a cardboard box,



so possibly. We did sell Paraffin and people brought their own containers to be filled. The Paraffin tap was immediately behind the cooked meats counter where we had a manual bacon slicer with a large heavy wheel at the back that was turned to send the bacon back and forward on a trolley past a spinning blade. There was also a smaller ham slicer - I am sure that they were originally designed to remove people's fingers, they certainly frightened me! The Paraffin tank was in the back yard in a timber shed surrounded by bags of coal, some of which was also under a shelter of corrugated asbestos. Good job risk management and health and safety had not been invented in those days.

One vivid memory was being in the shop when Dad opened a wooden crate of Fyffes bananas that had just been delivered, to see a rat running up and down in it. He grabbed the first thing that came to hand, a bottle of lemonade and killed the rat with it...

We are indebted to Andy for these excellent memories of a time which has gone. I have noticed that David Bowles was one up on Arkwright in that he had a white coat - not brown!



Those of you who watch the television programme 'Countdown' will know of Suzie Dent who is the resident font of knowledge on words. For Christmas I received a copy of her latest book 'Word Perfect' in which she gives the history and derivation of a number of words and phrases. One of these was 'quarantine', and this got me thinking of some of the words we are using during the pandemic. So here are those words...

Isolation:

The first permanent hospital for treating plague victims was established in Venice in 1423 on a nearby island called Santa Maria di Nazaret. The hospital's location on an island is a relevant example of the root of the word *isolation*, which ultimately derives from the Latin word *insula*, meaning "island." The word's path from Latin to English also begins in Italian, with the word *isolato* ("isolated"), that became the French word *isolé*, and then moved into English. Early uses of the term in English were spelt in the French manner with a conventional English modifier marker *d* as *isolé'd* before it settled as the spelling *isolated*. Given its Classical roots, *isolated* is a relatively new word in English, only dating to the late 1700s:

Quarantine:

The intersection of Italian and French influences also contributed to the introduction of the word *quarantine* in English. Initially, the French word *quarantaine* ("about forty") was borrowed in the late 1400s with the meaning "a period of forty days," It came to have an application to a period of forty days that had religious significance, such as penance, or the delay of implementation of a legal agreement. Then, in the early 1600s, the meaning "isolation of a ship to protect the port city from potential disease" began to be used in English, from the Italian word *quarantena*, which had been used in this way since the 14th century. Since the French form of this cognate word was already in use (indeed, a variant form was the more French-looking *quarantain*), the new "isolation as protection from disease" sense became a new use of the existing word *quarantine*. It was now an English word based on French spelling with an Italian definition and Latin roots.

Virus:

The word makes its first appearance in English around 1400 "to refer to discharge from a wound." It seems to derive from the Latin for "poison, sap of plants, slimy liquid, a potent juice." But its roots go deeper than Latin, it likely heralds from the Sanskrit *visam*, meaning "venom, poison," and *visah*, meaning "poisonous."

Coronavirus:

The word was introduced by a group of eight virologists in a short article "Coronaviruses" in the "News and Views" section of *Nature* for November 16, 1968. This said that "...avian infectious bronchitis virus has a characteristic electron microscopic appearance in which particles are more or less rounded in appearance, recalling the solar corona. In the opinion of the virologists these viruses are members of a previously unrecognized group which they suggest should be called the coronaviruses, to recall the characteristic appearance by which these viruses are identified in the electron microscope."

Vaccine:

The word "vaccine" was created by Edward Jenner. The word comes from the Latin word *vacca*, meaning cow. A virus that mainly affects cows (Cowpox) was used in the first scientific demonstration that giving a person one virus could protect against a related and more dangerous one. Jenner had noticed that milkmaids who had had cowpox (relatively mild in humans) did not seem to fall victim to smallpox - a much more serious illness. He took some of the discharge from the cowpox and introduced it into the arm of an eight year old boy named James Phipps. He found that if he exposed the boy to the smallpox virus he did not contract it. (No Health and Safety laws in those days!). He repeated this some twenty times with the same immunity and it was tried on other people, who again showed immunity. The method of introducing the vaccine was, of course, improved and thus we now have the process which we are all looking forward to...

Whilst we are waiting we have to endure...

Lockdown:

Apparently, the word is of North American origin and originally referred to "a piece of wood used in the construction of rafts when transporting timber downriver, consisting of a strip or branch bent around the horizontal poles and secured into holes in the logs". Later it became used in relation to confinement of prisoners - and now we seem to be those prisoners...

Pandemic :

This refers to diseases, "incident to a whole people or region," first used in 1660s, from Late Latin *pandemus*, from Greek *pandemos* "pertaining to all people; The noun, "a pandemic disease," is first recorded by 1853.

Whatever the words mean we just hope for two more - ALL CLEAR! DL

Ladies Who Take Tea



Readers may remember that in the last issue we included an article from the collection of memories entitled 'Bits and Pieces'. These were created in 1990 from the random thoughts of six ladies during afternoon tea. They were: Frances Bowler, Joan Hewett, Kathleen Hewitt, Kathleen Howell, Mary Rampton and Ivy Reynolds - not 'Ladies who lunch' but 'Ladies who take tea'. Here are some more of their ruminations in no particular order;

We always used to say, coming home from the City, once you drew out of Wood Street the air changed and smelt very fresh. The scenery used to look absolutely beautiful. We had a wonderful train service although it was only every third train that came right through, and then later every other train.

Highams Park Station originally was an old wooden shack. Mr Williams had to do everything. He had to close and open the gates, sell the tickets, clean up, see to the signals - he was on duty 24 hours a day (Ed's note - that sounds a bit much even for earlier times). The last train was at 11.30 at night. You caught it if you came home from the theatre. You could get a workman's ticket for 4½d.

Television is a menace as well, because you get used to seeing nasty incidents. What makes me realise this is that when we first saw the pictures of the poor souls in Belsen and other camps, we were all sickened by them and could not believe that people could do such things to others, and then some years after the War, a television announcer apologised because some of the material to be shown might be upsetting.

The next day a young person I worked with came in and said 'I thought that they were going to show something really terrible, and it was only old films of Belsen'.

Memories of Beech Hall Road (about 1922 -25)

Mr Kay the milkman - people were known by their proper titles then - delivered milk in a churn on a horse drawn vehicle. He loved to give children rides. The floor of his vehicle sloped alarmingly - though there were fixed seats on either side one needed to cling on tightly. He kept cows in a nearby field and his cowshed still stands near the top of Malvern Avenue. Pasteurised milk could of course be bought but Mr Kay's customers did not bother with that and the milk had a better flavour.

A delivery man brought bread round from Crowns - and then Sapsfords bakery. He had a hand-hauled float with shafts!

The road was very quiet, though an occasional motor car gave much excitement to the children.

Music was provided by the whistles of errand boys, and a man went round with a horn gramophone on Saturday afternoons.



← Looking Back and Looking Forward →

With all the upheaval that we are all experiencing in our daily lives I thought that I would see what the first magazine of 2020 held. What it certainly did not foretell was the onset of something called Corona Virus... Instead it looked at what had happened at HPBC over Christmas - the tree, the tea at the manse, the Christmas meal, Christmasy jumpers - I think that you get the picture (no pun intended!). By the next issue we were beginning to understand what was happening - Churches were closed and panic buying had set in leading to the picture (which was too near the truth to use at the time). The saving grace was that Spring was pleasantly warm



so exercise was not a chore. Not being able to meet friends was annoying but understandable - we really had little information as to what the virus was and could do! A word that we attached to space films became popular - ZOOM. We learnt about 'R' numbers and (anti) social distancing. Then after some months things became a little easier and we could even consider going on some form of holiday - in England at least. Churches were allowed to open up again, if somewhat restricted in congregation size, 'Bubbles' could be created. Faint hopes of something approaching the return to some form of normality - it was not to

be...

Once people started moving around more and students were back at school and university the figures for infections went up - and up! Restrictions were reintroduced and what became known as Lockdown2 started. But all was not lost- we were promised that if we were good and obeyed the rules we could enjoy a 'Merry LITTLE Christmas for a few days. Some hopes - the figures kept rising and the party season was all but cancelled. But we were told schools could go back after the (extended) Christmas break - well that happened for just one day. The confusion in the children's minds was palpable. Forever looking for a bright(ish) sign we have to say that the schools have performed so well under almost impossible circumstances. We know from experience that the village school that our youngest grandchildren attend has really been marvellous in keeping in contact and providing on line lessons.

Then came the news of vaccines that were to be the universal cure-all for our woes - we have to reserve judgement at the time of writing but it is becoming clear that we will not get back to the 'old normal' for some considerable time. We truly hope that much of what we know and love will survive - but without 'customers' can business survive - can, indeed our Church survive - with barely any income being received for much of 2020 reserves are dwindling - we need to get back and start giving again.

In this technological age perhaps the mobile telephone companies can come up with an app that foretells the future - till then we just have to hope!

DL