

# ***Your Parish News***

Parish of Luton, St Augustine Limbury  
with Holy Trinity



**Holy Trinity**

Sharing God's love with you

***Easter 2024 - Autumn 2024***

[www.staugustinewithholytrinity.co.uk](http://www.staugustinewithholytrinity.co.uk)

## Dates for your diary

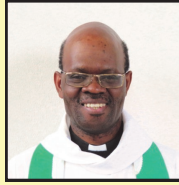
Month	Day	Time	Event
March 2024	12th	10.00am	Mothers' Union - Lent Corporate Communion
	15th	12noon	Community lunch
	16th	11.00am	Luton Choral Society 'Come and Sing Day'
	24th	10.00am	<b>Palm Sunday</b> - Liturgy of the Palms Procession and Sung Eucharist
		11.30am	Palms at Holy Trinity
	25th	7.30pm	<b>Holy Week:</b> Evening Service with Taizé music
	26th	7.30pm	Evening Service with Taizé music
	27th	7.30pm	Evening Service with Taizé music
	28th	7.30pm	<b>Maundy Thursday</b> - Eucharist of the Last Supper and Watch of Prayer
	29th	10.00am	<b>Good Friday</b> Ecumenical Walk of Witness from Limbury Baptist Church to St Augustine's (10.30am) then to St John's Methodist Church
		11.30am	Family Easter Experience
		2.00pm	Good Friday Liturgy - The Last Hour
	31st	10.00am	<b>Easter Day</b> - Sung Eucharist
		11.30am	Said Eucharist at Holy Trinity
April 2024	4th	12.15pm	Organ recital
	5th	10.30am	Coffee morning
	8th	10.30am	Mothers' Union - Lady Day Service at St John's Harpenden, followed by refreshments
	19th	12noon	Community lunch
	26th	2pm-4pm	Craft and Natter group
May 2024	2nd	12.15pm	Organ recital
	3rd	10.30am	Coffee morning
	4th	10.00am	Jumble sale
	14th	2.00pm	Mothers' Union - Talk on Objects from the Diocesan Archives by Mary McKeand
	17th	12noon	Community lunch
	19th	10.00am	<b>Whit Sunday</b> Family Eucharist followed by <b>APCM</b>

Continued on the inside back cover

## Who's who at St Augustine's



Church Warden/  
Hall bookings  
Mary Schrimshaw  
07982 256152



Vicar  
Rev Jairo Nyaongo  
07763 104640



Church Warden/  
Safeguarding Officer  
Angela Thomas  
07305 060316



Pastoral Visiting  
  
Carole Chamberlain  
01582 653741



Prayer Chain  
Co-ordinator  
  
Sandra Hylton  
01582 510053

Holy Trinity Caretaker: William Raghu, 01582 585092

### Holy Week Services and Events 2024

Palm Sunday - Sunday 24th March

**10:00am:** Liturgy of the Palms Procession and Sung Eucharist

**11:30am:** Palms at Holy Trinity



Monday 25th March, Tuesday 26<sup>th</sup> March, Wednesday 27<sup>th</sup> March

**7:30pm:** Evening service with Taizé music  
at St. Augustine's



Maundy Thursday - 28th March

**7:30pm:** Eucharist of the Last Supper and Watch of Prayer

Good Friday - 29th March

**10:00am:** Silent walk of witness from Limbury Baptist church  
to St Augustine's (10:30am) then to St John's Methodist

**11:30am:** Family Easter Experience

**2:00pm:** Liturgy – The Last Hour

Easter Day - Sunday 31st March

**10:00am:** Sung Eucharist at St Augustine's

**11:30:** Said Eucharist at Holy Trinity



## Some forthcoming events at St. Augustine's

There are many good things happening at St. Augustine's Church already, but there are more in the pipeline.

As well as the monthly Coffee Mornings and Community Lunches, weekly Freedom Fridays Youth Club and Mums and Tots, we are planning more events for the community. Starting at Easter, there is the Family Easter Event on Good Friday. This will mark the re-launch of Messy Church, which will be happening on the last Sunday of each month, from 3.30 until 5.00. The first session will be on May 26th.

Another exciting venture is the establishment of a new group for children, called Young Growers. It is hoped that this group will meet on the first Saturday of every month, between 11.00am and 1.00pm. As well as having the opportunity to gain experience of growing plants and learn about them, there will be refreshments on offer in the Church Hall for accompanying adults ....and Young Growers, of course.

We are also planning to re-launch our Open Day in June. This has been very popular in the past, giving the opportunity for the community to enjoy exploring the church, browsing among a variety of stalls; relaxing with friends and neighbours, while the children play on the Bouncy Castle or enjoy craft activities and games.

For more information about these events, look on the St. Augustine's with Holy Trinity page on Facebook. Information will also be available in the weekly Star newsletter.

We hope to see you soon.

Angela Thomas



JOIN US AT THE...  
**ST AUGUSTINE'S CHURCH LIMBURY  
YOUNG GROWERS CLUB**

*Calling all families! Discover the joys of gardening and grow fresh, healthy food together in our new community garden.*

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 St Augustine's Church  
Limbury, Luton, LU3 2JR

For more details contact Laura at  
[laura@younggrowersclub.co.uk](mailto:laura@younggrowersclub.co.uk) or  
07855464610

Let's cultivate connections and harvest happiness together!

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Starts April 2024

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ST AUGUSTINE'S CHURCH YOUTH CLUB

**FREEDOM FRIDAYS**

EVERY FRIDAY  
5 PM TILL 7PM

**FREE ADMISSION**

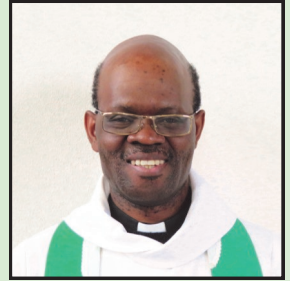
**A home cooked meal**

COME AND MAKE FRIENDS AND LEARN  
SOMETHING NEW WHILE HAVING FUN!

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## A letter from Rev. Jairo

Welcome to the Easter edition of the Parish magazine which introduces you to the life and ministry of the parish, as well as events during the Easter season. Easter normally reminds us of a yearning expectation for a new and better experience. This feeling normally comes after going through a prolonged period of uncertainty. The desire for a fresh start comes with a need for a clear sense of direction. However, a push to a new start can trigger anxiety, fear, painful memories and concern for what the future might bring, but hope for a better future can overcome any fears. We have been considering various missional activities that will enable us to reach families and better serve the community so we will be opening a community garden for young growers at St. Augustine as well as restarting Messy Church during this Easter season.



We believe that Easter is a great time to make a new start. It is a time that we are motivated by the hope we symbolically see in the spring season when life returns as day lights are getting longer, animals are coming out of hibernation and plants start to blossom. It is all about new life. Easter also reminds us of the living Saviour who overcame death and can heal our brokenness. This is therefore a season of joy and celebration.

The transformational effect that this season brings help us to answer some of our life's difficult questions. We observe and take note of the changes in our lives, faith and surroundings. We may have experienced difficult times and have been unsettled as a result but we can have faith in making positive steps forward. For example, the launch of St. Augustine's Youth Club – Freedom Fridays has brought joy to young people who have found a safe space to socialise.

Let us use this time of renewal to examine our lives for areas for potential change and holistic growth. I hope you are able to pause each day for a few minutes and prayerfully listen to God, take time to study scriptures and engage in some discussions, and make time to care and pray for someone.

The dates and times for Easter events and services are listed in this magazine and on our parish website. Please, do join us in any of the events whenever you can.

Wishing you love and happiness this Easter and always.

Rev. Jairo Nyaongo

**For more information visit**  
**[www.staugustinewithholyltrinity.co.uk](http://www.staugustinewithholyltrinity.co.uk)**  
St. Augustine's Facebook page  
and our weekly pew sheet, The Star.

## 'Goodbye and Thank you' to Revd Pete

On 21st January 2024 we said 'Goodbye' to Revd Pete as Curate here at St Augustine's and Holy Trinity. The congregation joined him and his family for a celebration lunch and, of course, cake!

Pete has shared memories of his time with us in a collage of pictures on the facing page.

We wish him well as he continues his ministry at All Saints with St Peters in Luton.



Revd Pete and his son, Josh cutting a cake made by Frances



Pete, Josh and Pam





THANKYOU.  
IT'S BEEN A BLAST



## Coffee Mornings and Community Lunches at St Augustine's

If you have not come to one of these events we would love to see you. Coffee mornings take place on the first Friday of the month and Community lunches on the third Friday of each month in the church hall. Come along for a chat, good food and friendship.

Coffee Mornings – 10.30 - 12pm

Community Lunches – 12pm - 2pm

Frances, Ray and Teresa



### Craft and Natter

This informal group meets on the last Friday afternoon in the month at St Augustine's Church Hall. We welcome anybody who is interested in various craft work – knitting, crochet, art, stitching, patchwork, scrap books, card making etc. Skill levels are from nothing to excellent so no worrying about if your work is acceptable! We either bring along our own projects, or help out with knitting for the hospital or other charities. There is always somebody to suggest getting round a craft problem you may have, and share patterns and materials. If craft is not your idea of fun, then why not join us for the company, cuppa and a good natter, all for £1!!



Teresa: 01582 654523  
Glenise 07789 910879



### Soup in the Church

Once a week around mid-day  
I wander down the road  
Pop into the parish church  
A notice points the way.

Delicious bowl of veggie soup  
Together with bread roll  
Makes a warm and hearty lunch  
With pleasant friendly group.

Meeting friends both old and new  
A time for lively chat  
Inside a simple lovely church  
With rural churchyard view.

Malcolm Bailey



## Holy Trinity Biscot

I would like to start by thanking everyone who has supported Holy Trinity in any and every way. It is rewarding and encouraging to see the interest in Church community growing – Thank You.

After a Summer of letting the “New Ground” grow to encourage wildflowers, the Graveyard has been cut and cleared and is once again looking really good, tidy and most importantly – accessible. Many, many thanks go to the Community Payback Team who work so hard on making Holy Trinity, and St. Augustine’s, look so good. Visits to the graveyard, by families, has started to increase and hopefully there will be more during the Spring and Summer.



Strong Tower Nursery have been operating out of the Hall for almost a year now, so Congratulations go to that team for their success, outreach and mission in the area, really lovely to hear the children playing, laughing and enjoying themselves.

Thursday soup mornings are a pleasure. They seem to be enjoyed by the people who attend and the chatter flows freely, many topics of conversation covered. Please do come if you are able from 11pm - 2pm every Thursday. You will be made very welcome – a warm cosy friendly environment.



The Church itself is magnificent and it seems to glow in the sunshine which streams through the stained-glass windows. The congregation on a Sunday is growing too, slowly but growing which is other encouragement.



Thank you all.

Blessings everyone.

Mary Schrimshaw, Churchwarden

They say the older you get the time flies at a greater pace, certainly in my life. We are now in the season of Lent, a time for reflection, pancakes made and eaten and preparing for the joy of Easter.

We had an interesting talk in November by Diana McCarrick, a familiar face to many in Runfold and surrounding area, on her years of experience in the retail trade of the Keech Hospice.

We gathered for our Mothers' Union Advent Communion service in December in preparation for Christmas and enjoyed coffee, mince pies and chat afterwards.

Two meetings have already passed this year including our annual breakfast at the Moat House, enjoyed by all, our Annual General Meeting followed by Pancakes, a must as it was Shrove Tuesday, using up all the goodies before Lent. Our Communion for Lent is Tuesday, 12th March at 10am. with the usual coffee and chat to follow! All our meetings until Harvest are in the 'Dates for your diary' on the inside cover, back and front of the magazine. Just come along, we're a friendly lot!

Mothering Sunday is the 10th March when we give thanks for our own mothers, Mother Church, Mary the mother of Jesus and the Mothers' Union, Mary Sumner its founder and its care for families worldwide.



We particularly remember our mothers who have died by reading out their names in the 10am. service and displaying their names on the Lady Chapel altar. We give a small donation towards a Mothers' Union project, helping families worldwide, in their honour. We distribute daffodils in the service.

Take a look at the Easter, birthday, occasion cards and gifts on the M.U. website [www.mueshop.org](http://www.mueshop.org) - very reasonably priced!



We continue to knit items for the Maternity Hospital and blankets and items for overseas, labelled 'With love from the Mothers' Union'. Please look at the facing page and page 24 where you will find knitting patterns for a hat and cardigan for premature babies.

We supported the Refuge and Azalea charities at Christmas, helping those affected by abuse and trafficking. Parenting courses support and give confidence to mothers. Mothers' Union workers overseas run literacy courses and development projects enabling self sufficiency. We also observe the international 16 days of Activism against Gender Based Violence in November.



Our main fund raising comes from the three Jumble sales we have each year,

the proceeds shared between the church and the M.U. People donate items for sale the preceding weeks, we begin sorting at 8.30am in the church hall on the day and open at 10am until 12 noon. With the Sea Scouts putting up tables on the Friday night and a faithful band of helpers, sorting and selling, the M.U. raised £600 in a year. We are very pleased to welcome our customers with a smile, many regular, for a friendly chat and refreshments. Thankyou to all who support us as we support those in greater need. Come along next time! The next Jumble sale is on 4th May.

Come and join us whenever you wish, we'll be pleased to see you. Thank you to the support of all the members and the committee.

Teresa Nichols  
Branch Leader 01582 654523

### Hospital Hats

If you would like to knit a baby hat for the hospital, please knit the smallest size.

**To fit size:** 0-3 months (3-6m, 6-12m)

Width around head (cm): 33 (36, 39)

Using DK baby yarn and 3¼mm needles cast on 73 (79, 85) sts.

1st row K1, p1, k1, repeat to end.

2nd row P1, k1, p1, repeat to end.

Repeat these 2 rows once.

Then 1st row once. Next row purl.

Change to 4 mm needles and work 18 (20, 22) rows in stocking stitch, starting with a knit row.

Decrease 2 (1, 0) sts evenly across the last row.

### Shape crown

1st row \*K5, k2 tog rep from\* to last stitch k1

Beg with a purl row work 3 rows.

Next row: K4, k2 tog rep from\* to last stitch k1. Next row: Purl

Next row: K3, k2 tog rep from\* to last stitch k1, Next row Purl

Next row: K2, k2 tog rep from\* to last stitch k1. Next row: Purl

Next row: K1, k2 tog rep from\* to last stitch k1

Next row: P1, \*p2 tog rep from\* to end.

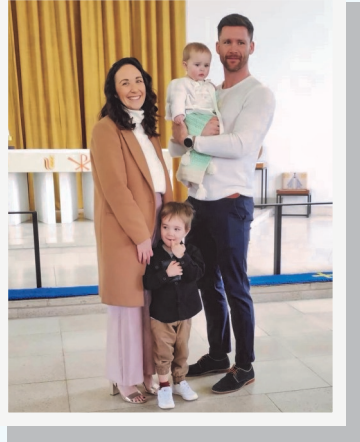
Break off yarn and draw through remaining sts and fasten off.

Gail Birks

## Baptism at St Augustine's

Wren Smith Kempster was baptised on 28th January 2024.

Wren is pictured here with his mother Laura, father Steve and brother Frey.



## Coronation Medal

When I joined the Guild of St Faith in December 2019 to begin a volunteering role at Westminster Abbey, little did I imagine that the work completed in this role would lead me to be awarded a Coronation Medal. The Guild of St Faith comprises a group of ten ladies who support the Abbey in the upkeep of fabrics and vestments used and worn by clergy and staff within that great institution. Since joining the team I have helped to repair gowns, chasubles, cassocks, altar frontals, made linen used in the Communion service and more recently have helped to alter cassocks to attire the newly formed girls' choir attached to St Margaret's Church. When I arrive on a Wednesday I never quite know what new job will be allocated to me but as the saying goes, all jobs are tackled none too big or too small.



Imagine the Guild's delight when an email arrived from the Dean before Christmas to say that all members of the Guild were going to be awarded a Coronation Medal as a thank you for services rendered to prepare for the Coronation of King Charles III. The organisation required for the Coronation service was incredibly complex and so many people and organisations were involved. Little did we know that our needlework skills would be rewarded in such a way?

And so...on Friday 5th January 2024, members of the Guild congregated in the Chapel of St Faith (The Guild's name is derived from that of St Faith) in Westminster Abbey, Father Robert Latham, one of the Minor Canons at the Abbey and the member of the clergy team who oversees our work, awarded each member of the Guild of St Faith a Coronation Medal. It was a very proud moment indeed.

Frances Higgins

## Burns Night Supper

Broad smiles, laughter and dancing were in good supply at this year's Burns supper and ceilidh, celebrating the language, poetry and songs of the great bard. A wonderful spread of traditional Scottish fare was expertly organised and served by the Farquhar clan, from whom stepped forward Josh leading the haggis procession, address and cutting.

Great thanks to Jo MacLean and her u3a Scottish country dancing 'pals' for organising and leading such a wonderful evening. Their demonstration reel – the Duke of Perth – was followed by the plucky first dancers for the Dashing White Sergeant, with expert calling from Kate Boniface.

Whether aged 9 or 90 we were spun around dizzy. Any wrong moves, great or small, were met in equal measure by laughter - it was great fun.



*Revd Pete and Josh Farquhar cutting the haggis*



*The 'pudding', neaps and tatties and serving the veg*



In the breaks we were tested by Alan's tricky quiz, but happy to learn some new facts: that Scotland's independence letter to Pope John XXII in 1320 was called the Declaration of Arbroath or that Burns had 12 children!



There were many unseen volunteers organising the wee drams, poetry readings, programme, set-up and clear-up. Thank you everyone for contributing to such a convivial evening – see you next year and '*lang may yer lum reek*'!

Jonathan Clark

## Volunteering For Age Concern Luton



I have been a volunteer at Age Concern for 24 years. I was made redundant from Santander where I worked as a Mortgage Accounts Clerk doing several tasks on the mortgage account. While searching for employment I decided to offer my services to Age Concern. I started on Insurance and then moved to doing various admin tasks.

I then went on to be a Telephone Befriender which I really enjoy. I have spoken to many lovely lonely people over the years and I ring them every Tuesday and Thursday. I used to make my calls from our office in King Street but when Covid struck I was able to carry on making the calls from home. We cover several topics; some only want a short call and others want a longer one. I still visit the office and speak with my colleagues now and again.

St Augustine's local Charity this year is for Age Concern Luton and their support will be greatly appreciated because we rely on donations. Age Concern is a Charity for the Luton Pensioners only. Leaflets are available at church and I hope they will give you some idea of what help can be given. More information is also available on their website [www.ageconcernluton.org.uk](http://www.ageconcernluton.org.uk). If you would like to ask me a question I will gladly oblige and you can ring me on 01582 456812.

Gill Pestell



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## Christmas Outing at Putteridgebury

In December several members of the congregation from both St. Augustine's and Holy Trinity Biscot met for lunch at a local Grade II Listed Country House at Putteridgebury. A delicious Christmas lunch was enjoyed by almost 40 people in this historic neo-Elizabethan mansion house situated in east Luton. It was appreciated by all who attended and we hope to repeat the outing in the future.

Lynne Betts



## Christmas Bazaar at St Augustine's

Thank you to everyone who came and supported our Christmas Bazaar. There were stalls selling a wide variety of wonderful gifts, raffles and refreshments served by our hardworking helpers.



## Maurice and Matilda Mouse - A story for children

Poor Matilda was in a state! Maurice had been poorly for a few weeks, and she was struggling to keep the household going under the organ at St Augustine's church, because she was taking him to see Dr Montgomery Mouse on a regular basis.

Fortunately she did have the cupboards quite full of food left over from Christmas, and the ladies from the Mouse Mothers' Union had very kindly made dinners and seed cake, and other tasty meals, to keep them well fed whilst Maurice was slowly recovering. Mary had been very helpful too, and this made Matilda very proud.

The church was extremely cold as there was no heating, but fortunately the children all had Luton Town FC hats and scarfs and jumpers which they received at Christmas! They were big fans of the Club, and so excited to know they were doing well in the Premier League. They were hoping to get to one of the matches, and were busy making plans to find a way of creeping in to one of the home games!



One relative was able to sneak the children into Holy Trinity Church one Thursday where they enjoyed bread rolls and soup, and they even brought some home for their parents!! Mary was trying to work out how many vegetables had gone into making the soup as she told Matilda "I am going to make some soup with extra grains in for Maurice to make him strong again".

Now it was time to look forward to some warmer weather, and Easter eggs! Messy Church is usually on Good Friday, and the little mice were hopeful they could hide somewhere and see the children and their parents making crosses, colouring in Easter cards, and enjoying their lunch, with some crumbs likely to be left over for them to enjoy! They had learned the Easter story, and knew Jesus was with his friends, and that he rode into



Jerusalem on a donkey, and everyone laid palm leaves onto the ground for him to walk along.

Mary enjoyed art, and she made cards which she and Moses coloured in to send to their friends and families.



Some had little mice on them hiding behind the daffodils, others had crosses and a picture of a church, and some had front doors with wreaths of flowers and Easter eggs on them. Others showed trees with eggs and small hearts hanging from them. They looked so pretty, and Matilda thought Mary had done really well. Do you think you could make some Easter cards for your friends?



Carole Chamberlain

P.S. See if you can solve the crossword about Easter on page 18

### **Woodpecker poem by Elodie aged 10**

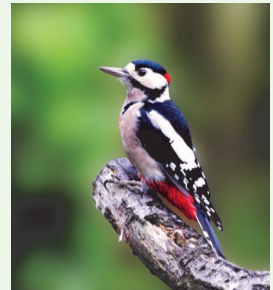
Willow Whispers, who are you?  
For I am woodpecker! Of the black, white Jacket.  
My scarlet flames reflecting in the sunlight's gaze.  
Boasts woodpecker in reply.

Orchid orders, what are you?  
For I am woodpecker! Like a winged arrow  
flying over scarp, as I shoot in and out narrow trees  
and above the emerald grass.  
Murmurs woodpecker in reply.

Ox tongue offers, who are you?  
For I am woodpecker! Castanet clatterer, tapping out  
my morse code alphabet. Am I boring you to death?  
I don't care! For boring is my occupation my sweet intoxication.  
Scoffs woodpecker in reply.

Dog rose rasps, what are you?  
For I am woodpecker! My soft ball of feathers,  
swooping down for any prey I see.  
With my two ink droplets for eyes.  
Scolds woodpecker in reply.

Pear tree ponders, who are you?  
For I am woodpecker! The thunder of the gardens,  
Gliding swiftly above your fence to get my insect candy.  
Cackles woodpecker in reply.



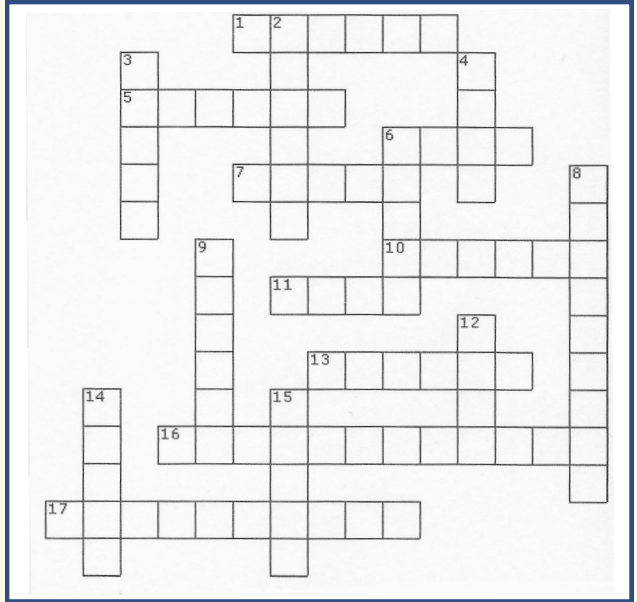
## Crossword - How well do you know the Easter story?

### ACROSS

1. Jesus
5. Doubting \_\_\_\_\_
6. Jesus rode a \_\_\_\_\_ into Jerusalem
7. Disciple who denied knowing Jesus
10. Easter season
11. Painted Easter \_\_\_\_\_
13. \_\_\_\_\_ of Gethsemane
16. Easter celebrates the \_\_\_\_\_ of Jesus
17. Sunday before Easter

### DOWN

2. After 40 days, Jesus ascended to \_\_\_\_\_
3. An angel rolled away the \_\_\_\_\_ covering the tomb
4. People greeted Jesus with \_\_\_\_\_ branches
6. Where Jesus died
8. Mary \_\_\_\_\_ discovered Jesus had risen
9. \_\_\_\_\_ sentenced Jesus to die
12. Season before Easter
14. \_\_\_\_\_ betrayed Jesus
15. Easter animal?



Answers on page 30



What happened to the egg after it was told a funny joke?  
*It cracked up!*



What do you call an egg from outer space?  
*An eggsraterrestrial*

## Malta 2023

For this year's holiday we flew from Luton Airport to Luqa Airport Malta and took a taxi to the hotel at St Paul's Bay. It was very hot 30 degrees most days. Malta is a very friendly place, the hotel we were staying in was just across the road from St Pauls church of the shipwreck. There was an inscription in several languages on the sides of it.



*Acts of the Apostles*

*I have faith in God that it will be exactly as I have been told.  
We shall have to run on some island.  
After we had escaped we learned the island was called Malta.  
The natives showed us unusual kindness.  
The people of the islands who had diseases were cured.  
And when we sailed they put on board whatever we needed.*

An evening walk along the sea front revealed several lizards and the cicadas sounded like a swarm of angry bees. During the week we ate a lot of Maltese sandwiches called Ftira. They contain various fillings and you usually have them toasted. Rabbit is also a popular local dish as the place is overrun with them.

We went on a Malta bus tour and stopped at Mosta Church, where we met the Church Warden who was very friendly when he realised we were British and said he had relatives in Portsmouth. He showed us the WW 2 shelters. During WW2 there was a bombing raid, when the residents were sheltering in the church a bomb went through the roof but did not explode. This is known as the miracle of Mosta. There is a replica bomb in the church for tourists to look at.



We used the local buses to get around as they are air-conditioned. Express buses cost 3 euros and the stopping ones 2 euros. We went to Valetta where we visited Valetta Museum, which shows the history of Malta from the earliest times and Roman Malta, up to the present day. (It was cool inside!) From there we went to St Elmo's fort, one of the forts that guard the entrance to Valetta harbour.



It was Malta Independence Day, so we saw important people arrive complete with a police escort at the Independence Monument in Valetta. Malta Independence Day celebrates independence from the UK in 1964 and Malta is now part of the EU. In the afternoon there was a display by Fighter Jets, as part of Malta air show, which continued the following day with a display by the Red Arrows.



We would like to go to Malta again and see the things we did not have time to see the first time.

Gail Birks



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## The newly refurbished Clendon organ

The Revd. David Clendon was Vicar of Christ Church in the centre of Luton and subsequently an Associate Minister and Choir Member here in St. Augustine's Church. David developed motor neurone disease and died in 2006. His wife, Valerie, donated his home organ to St. Augustine's and it was placed in the Remembrance Chapel.

The Clendon Organ was played in concerts and services and used by generations of choirboys for 'practice'. Local school children also enjoyed making music on it.

Sadly, after many years, the Clendon Organ became unplayable and the Church Council decided that it should be repaired. A fund was started to raise the money to pay for the necessary repairs, most of which has now been raised but further contributions would be welcomed.

The Clendon Organ is now back in the chapel having been refurbished and will be ready to play at Easter this year. It will be used for some services where fewer people attend and at Christmas for 'Carols from the Chapel' as well as concerts and Choir Rehearsals. There will be an Opening Recital sometime after Easter.

You may wish to know that there is an Organ Recital here every first Thursday in the Month at 12.15pm – 1pm. Tea and Coffee is available following the recitals. Everyone is welcome and admission is free.



The hidden electronics



Roy Meek  
Organist St Augustine's Church

The organ  
reinstalled in  
the chapel.

Roy trying it out  
for the first time



## Do you enjoy classical music?

There is an opportunity to hear a live performance of two famous choral works with a choir, orchestra and four soloists.

Luton Choral Society's Spring Concert is on Saturday 13th April at the Priory Church in Dunstable at 7:30pm where they will be performing Haydn's *Nelson Mass* and Mozart's *Vespers*.

Tickets are available online at [www.lutonchoralsociety.org.uk](http://www.lutonchoralsociety.org.uk) or on the door.

# Jenny's Tuff's n Tails

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## Church outing – Summer 2023

Last August Graham and I joined forty other parishioners going on the annual Church outing, arranged by Roy Meek. Although Roy has been organising these trips for many years this was the first time we had been able to go, and we thoroughly enjoyed the experience of seeing new places and enjoying traditional pub food.



Our first stop was at St Charalambos Greek Orthodox Church at East Hyde and on entering we were impressed by the opulence of the décor.



The priest, Father David Somalis, gave us a fascinating talk on the church and its traditions. The building, which is Grade II listed, used to be Holy Trinity Church, but when it was no longer required by the Church of England it was taken over by the Greek Orthodox religion. It serves a congregation in a wide area, covering Bedfordshire and Hertfordshire, and services are conducted in the Greek tradition but also in English, Romanian and Church Slavonic. We looked round the church, marvelled at the Greek icons, and then adjourned to the adjacent hall where we enjoyed tea and coffee.

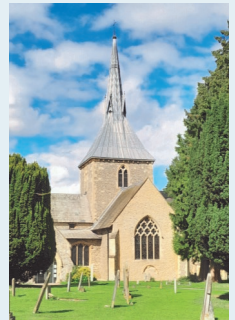
Onwards then to our lunch stop, the Gibraltar Castle at Wheathampstead, which is a Historic pub dating back to 1799, where it was time to chat and enjoy some excellent food.



Roy had then arranged for us to go to the nearby St Helen's Church, founded in the 13th Century, where we were given a very informative guided tour.



Of particular interest was a small organ, with Roy demonstrating its capabilities, and also the ring of six bells which were recast and rehung in 1937. We had a great day out on our Church outing. Where will we go next, I wonder?



Rosemary Cavanagh

## Knitting Pattern

### Measurements and sizes

**To fit size:** 2.5-4lbs (3-5lb, 5-7lb, 8-10lb, 0-3 months)

To fit chest (cm): 25 (30, 32.5, 35, 40)

**Actual chest (cm):** 29.5 (33, 36.5, 40, 43.5)

This cardigan has a multi-coloured wide stripe in plain stocking stitch. Work the patterns as instructed, maintaining the stripe pattern throughout:

**Wool:** 50g DK of each shade: (A) Cream, (B) Blue, (C) Pink, (D) Green, and (E) Lilac

**Needles:** 4mm

**Tapestry needle**

**Stitch holder**

**Buttons:** 4 (5, 5, 6, 7)

### Wide Stripe pattern

Work in six-row stripe sequence of yarn B, yarn C, yarn D, yarn E, as follows

Rows 1-6: beg with a k row and using yarn B, work in st st

Change to yarn C: Rows 7-12: beg with a k row, work in st st

Change to yarn D: Rows 13-18: beg with a k row, work in st st

Change to yarn E: Rows 19-24: beg with a k row, work in st st

Rows 1-24 set the pattern

### Instructions

#### Left Front

Using 4mm needles and yarn A, cast on 15 (17, 19, 21, 23) sts

Rows 1-4: k to end

Change to yarn B and work in six-row stripe sequence of yarn B, yarn C, yarn D, yarn E, to end as follows:

Beg with a k row, work in st st for 16 (18, 20, 28, 32) rows

#### Shape raglan armhole

Next row (RS): cast off three sts, k to end.

12 (14, 16, 18, 20) sts

Next row: p to end

## Premature baby Cardigan



Next row: k1, ssk, k to end. 11 (13, 15, 17, 19) sts

Next row: p to end

Rep last four rows until 4 (5, 6, 7, 8) sts remain

Transfer sts to holder

#### Right front

Using 4mm needles and yarn A, cast on 15 (17, 19, 21, 23) sts

Rows 1-4: k to end

Change to yarn B and work in six-row stripe sequence of yarns B, C, D, E, to end as follows:

Beg with a k row, work in st st for 16 (18, 20, 28, 32) rows

#### Shape raglan armhole

Next row (RS): k to end

Next row: cast off three sts, p to end. 12 (14, 16, 18, 20) sts

Next row: k to last three sts, k2tog, k1. 11 (13, 15, 17, 19) sts

Next row: p to end

Repeat last four rows until 4 (5, 6, 7, 8) sts remain

Transfer sts to holder

#### Back

Using 4mm needles and yarn A, cast on 34 (38, 42, 46, 50) sts

Rows 1-4: k to end

Change to yarn B and work in six-row stripe sequence of yarns B, C, D, E, to end as follows:



Beg with a k row, work in st st for 16 (18, 20, 28, 32) rows

### Shape raglan armhole

Cast off three sts at beg of next two rows.

28 (32, 36, 40, 44) sts

Next row: k1, ssk, k to last three sts, k2tog, k1. 26 (30, 34, 38, 42) sts

Next row: p to end

Repeat last four rows until 12 (14, 16, 18, 20) sts rem

Transfer sts to holder

### Sleeves (make two)

Using 4mm needles and yarn A, cast on 22 (24, 26, 28, 30) sts

Rows 1-4: k to end

### Shape sleeve

Beg with Row 1 (1, 23, 21, 17) of pattern as follows:

Next row (RS): k2, m1, k to last two sts, m1, k2. 24 (26, 28, 30, 32) sts

Pattern three rows without shaping

Rep last four rows in pattern until 28 (32, 36, 40, 44) sts remain

Cont in patt without shaping for 4 (2, 2, 8, 12) rows more

### Shape raglan

Cast off three sts at beg of next two rows.

22 (26, 30, 34, 38) sts

Next row: k1, ssk, k to last three sts, k2tog, k1. 20 (24, 28, 32, 36) sts

Next row: pattern to end

Repeat last four rows until 6 (8, 10, 12, 14) sts remain

Transfer sts to holder

### Neckband

Using 4mm needles, yarn A and with RS facing, k 32 (40, 48, 56, 64) sts across sts on holders for Right Front, first Sleeve, Back, second Sleeve, and Left Front

Rows 1-2: k to end

Cast off loosely

### To make up

Join raglan seams using mattress stitch, then sew side seams of Front and Back together. Sew Sleeve seams

### Buttonbands

#### Right front button band

Using 4mm needles, yarn A and with RS facing, starting from the bottom edge, pick up and k 28 (32, 36, 40, 48) sts up Right Front

Rows 1-3: k to end

Cast off loosely

#### Left front buttonhole band

Using 4mm needles and yarn A, starting from the top edge with RS facing, pick up and k 28 (32, 36, 40, 48) sts down Left Front

Row 1: k to end

Row 2 (buttonholes): k3 (1, 3, 2, 2), [yfwd, k2tog, k5] three (four, four, five, six) times, yfwd, k2tog, k2 (1, 3, 1, 2)

Row 3: k to end

Cast off loosely

### To make up

Weave in loose ends, add buttons to correspond to buttonholes.

Rosemary Cavanagh

What kind of books do bunnies like?

*Ones with hoppy endings*



Why did the Easter bunny have to fire the duck?

*Because he kept quacking all the eggs!*

## Calling all poetry lovers!

**TPS Luton** is a society for all people who enjoy poetry, and meets at 8pm on the 2nd Tuesday of each month (except August), at Luton Irish Forum, 102 Hitchin Road, LU2 0ES.

Originally named 'Toddington Poetry Society' from the nearby village where it first met at the 'Sow and Pigs' pub over four decades ago, TPS has for many years now held its meetings in Luton. Entry is £3 or £4 depending on the type of event. Tea and coffee are free.

We are a relaxed, friendly group which welcomes poetry-lovers of all ages and backgrounds. Our programme contains a mixture of 'theme' evenings, where we take turns reading poems (either our own or by others) on a chosen theme, and occasion when members give talks on a particular poet or genre of poetry. Sometimes also we have visiting guest poets to read their work to us.

We would be delighted to see you at any of these events; entry is free for first-time visitors. For more details, email us at [tps-in-luton@hotmail.com](mailto:tps-in-luton@hotmail.com)

### *Edging On*

Early February. Last year's Amaryllis bulbs  
are just putting out their small green tongues,  
sleepily licking the air.

A dragon within stirs slowly  
dreaming of sunlight:  
dreams, it breathes out a blazing flame.

Outside, a wood pigeon  
breaks ice on the bird-bath, and blackbirds  
eat frosted apples that fell last October,  
but the snowdrops are open  
despite cold winds.

Already pairs of small birds  
to chase each other round the garden.

Before dark comes,  
there's a baying in the sky  
like a pack of wild dogs.

Two skeins of wild geese pass over  
heading directly north-east.  
Powerful flyers, necks outstretched, determined,  
their strong wings carve the air at speed.  
They're gone before I can count them,  
voices fading into the distant horizon.

Susan Bateman, 2018/2024

TPS Luton has an exciting programme of topics planned for April – July 2024:

9th April: *'Poetry and the Environment'*;

14th May: *AGM (admission free) followed by 'Buildings and Poetry'*

11th June: *'Humour and Poetry'*;

9th July: 2.15pm:  
*'Woodlands and History in Bedfordshire'*;

*A walk in Chicksands Woods (MK45 4DB), followed by tea at a member's house in Meppershall and the opportunity for a writing workshop over tea.*



## Stillness

The Vicar's recent sermon on trying to encourage us to find moments of stillness in our busy lives so resonated with me. I have also been thinking a great deal about how busy and chaotic our everyday lives have become.

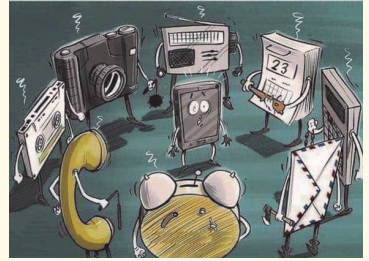
As I travel on the train every Wednesday to go to do my volunteering role at Westminster Abbey, I watch all the frantic communications taking place on modern technology. The business calls, the videos being watched, games being played, the frantic typing on lap tops and in texts being written, all seem to be 'plugged in' to some device. I wonder what people would do if the plug was suddenly pulled and no-one could do any of these things. I know I feel comfort in knowing that I have instant access on my Smartphone.

I had already thought about the subject of stillness for my next poem, these days I am always writing, and so the sermon was very timely. What will you do in a moment of stillness?

### Be Still

Be still my soul let me rest awhile,  
In the stillness let me find peace.  
In the stillness let me from the chaos  
And busyness, seek a release.  
Be still my soul let me rest awhile,  
In the stillness let me find peace.  
In the stillness allow me time to meditate  
Calming thoughts to contemplate.  
Be still my soul let me rest awhile,  
In the stillness let me find peace.  
In the stillness and quiet of this space.  
I seek the goodness of God's Grace.  
Be still my soul let me rest awhile,  
In the stillness let me find peace.

Frances Higgins



*'Oh, so you're the one  
who took all our jobs'*

### Seeing a child in need

One afternoon a little boy was playing outdoors. He used his mother's broom as a horse and had a wonderful time until it was getting dark. He left the broom on the back porch. His mother was cleaning the kitchen when she realised that her broom was missing. She asked the little boy about the broom and he told her where it was. Then she asked him to go and get it. The little boy told his mum that he was afraid of the dark and didn't want to go out to get the broom. His mother smiled and said 'The Lord is out there too, don't be afraid'. The little boy opened the back door and said 'Lord if you're out there, hand me the broom'.

## Cookery Corner

### Memories

Spring is just around the corner and we can all look forward, hopefully, to better weather and some colour and life in the garden. It's this time of year when I like to go around the house and see what I can dispose of – things which I have kept for so long and may never use or need again. Recently I came across a recipe given to me by a friend some 60 years ago. Why am I keeping this, I thought? I suppose I had put it away thinking it may be tried again some day. The friend had been on a visit to Canada and had been given the recipe to try out when she got home. It's called Californian Chicken Casserole.



Nothing unusual about a chicken casserole you may think, but this is different – it uses tinned tuna. The recipe states that a tin of chunky tuna be tipped into a strainer and boiling water poured over it until the fishy taste has disappeared. This is then put into a casserole dish with small partly boiled potatoes, frozen vegetables and a tin of Campbell's Condensed chicken soup. This is carefully mixed together and cooked in the oven for about an hour. Back in the late 50's/60's chicken didn't seem so readily available, so this was a way of getting over a problem. I smiled at what we used to do back then for a change. All very interesting, and I wonder if anyone else has come across this old recipe.

P.S. I did try this out back then and served it with crusty bread and an orange salad, which was suggested in the recipe. I was newly married and eager to impress. Success! Job done!

Ann Hall

### Pancakes

The idea of eating pancakes on Shrove Tuesday is more than 1000 years old. They were originally invented as a way of using up all the leftover fatty and rich foods before Lent begins on Ash Wednesday. In France and the United States Pancake day is called Mardi Gras which means 'Fat' or 'Grease Tuesday'.



The most number of tosses in one minute is 140.

The highest pancake toss reached 9.47m, over 31 feet!.

Good luck trying to beat that!

## Minestrone Soup – a hearty lunch!

### Ingredients

1 onion (chopped)	100grams of short pasta
2 carrots (sliced)	(I used macaroni)
2 celery sticks (chopped)	1 can of white beans
2 garlic cloves (chopped)	(I used cannellini)
1 tablespoon dried thyme	600mls vegetable stock
A pinch of chilli flakes	125grams spinach (chopped)
1 can of chopped tomatoes	3 tablespoons olive oil



### Method

- \* Heat the oil in a saucepan over medium heat. Add the onion, carrots, celery, thyme, chilli flakes and a pinch of salt and pepper. Cook for 8 to 9 minutes, until the vegetables begin to soften.
- \* Add the garlic, chopped tomatoes, white beans and stock. Cover and simmer for 15 minutes.
- \* Stir in the pasta, cook for 5 minutes, then add the spinach and cook for a further 5 minutes, or until the pasta is cooked through.
- \* Season to taste and enjoy! If you like, you can add a sprinkle of parsley and a little parmesan cheese.

Angela Thomas

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## Easy Irish Soda Bread

### Ingredients

170g / 6oz wholemeal Flour	290ml / 10fl oz buttermilk
170g / 6oz plain Flour – plus extra for dusting	½ tsp salt
	½ tsp bicarbonate of soda



### Method

- \* Preheat the oven to 200°C / 180°C Fan / Gas 6
- \* Tip the flours, salt and bicarbonate of soda into a large bowl and stir. Make a well in the centre and pour in the buttermilk, mixing quickly to form a soft dough. Depending on the absorbency of the flour you may need a little milk if the mixture seems too stiff but it should not be too wet or sticky.
- \* Turn onto a lightly floured surface and knead briefly. Form into a round and flatten the dough slightly before placing on to a lightly floured baking sheet.
- \* Cut a cross on the top and bake for about 30 minutes or until the loaf sounds hollow when tapped. Cool on a wire rack.

### Tips

If you don't have buttermilk then half plain yoghurt can be used or all yoghurt. Alternatively all milk can be used that has been soured by stirring in a tablespoon of lemon juice and allowing it to stand for 10 minutes.

N.B. Soda bread is best eaten on the day that is made.

Frances Higgins

## GROUPS & ACTIVITIES

Group	When	Contact	
<b>Mothers' Union</b>	As arranged	Teresa Nichols	01582 654523
<b>Mums and Tots</b>	Wednesday in term time 9.30 - 11am	Gwen Ruane	07808 158819
<b>Coffee Morning</b>	1st Friday in the month at 10.30am	Frances Higgins	07856 983943
<b>Community Lunch</b>	3rd Friday in the month at 12 noon	Frances Higgins	07856 983943
<b>Craft and Natter</b>	Last Friday in the month 2 - 4pm	Teresa Nichols Glenise Bench	01582 654523 07789 910879
<b>Freedom Fridays Youth Club</b>	Friday 5pm - 7pm	Collete Simpson	07962 392892
<b>Choir</b>	Practice on Fridays at 7.30pm	Roy Meek	01582 575823

## Uniformed Groups

<b>Guides</b>	Tuesday 6.00 - 7.30pm	Jenny Ilgunas	07948 523717
<b>Brownies</b>	Monday 6.30 - 8.00pm	Gemma Pickering	07507 444879
<b>Brownies</b>	Wednesday 6.25 - 8.00pm	Lindsey Norman	07950 377711
<b>Rainbows</b>	Wednesday 5.15 - 6.15pm	Linda Oliver	07746 202162
<b>Scouts / Cubs / Beavers</b>	For details of days and times:	Caroline Sutherst (GSL)	01582 881742

All events are held in the church hall with the exception of the Scouts, Cubs and Beavers, who meet in the scout hut in Icknield Way.

## Answers to Crossword puzzle on page 18

### ACROSS

1. Christ; 5. Thomas; 6. Colt; 7. Peter;  
10. Spring; 11. Eggs; 13. Garden;  
16. Resurrection; 17. Palm Sunday

### DOWN

2. Heaven; 3. Stone; 4. Palm; 6. Cross;  
8. Magdalene; 9. Pilate; 12. Lent;  
14. Judas; 15. Bunny

## Dates for your diary

Month	Day	Time	Event
<b>May 2024</b>	26th	10.00am	<b>Trinity Sunday</b> Patronal Festival
		3.30pm	Messy Church
	31st	2pm-4pm	Craft and Natter group
<b>June 2024</b>	6th	12.15pm	Organ recital
	7th	10.30am	Coffee morning
	11th	2.00pm	Mothers' Union - Talk on Hospital at Home by Jane Ford
	21st	12noon	Community lunch
	22nd	tba	Church Open Day
	28th	2.00pm	Craft and Natter Group
<b>July 2024</b>	4th	12.15pm	Organ recital
	5th	10.30am	Coffee morning
	9th	2.00pm	Mothers' Union Afternoon tea at Aley Green Methodist Church.
	19th	12noon	Community lunch
	26th	2.00pm	Craft and Natter Group
<b>Aug 2024</b>	1st	12.15pm	Organ recital
	2nd	10.30am	Coffee Morning
	9th	12.30pm	Mothers' Union Mary Sumner Day Lunch
	16th	12noon	Community lunch
	30th	2.00pm	Craft and Natter Group
<b>Sep 2024</b>	5th	12.15pm	Organ recital
	6th	10.30am	Coffee Morning
	10th	2.00pm	Mothers' Union - Talk about the Refuges by Chris Powell

### St Augustine's Church Hall is available for hire Suitable for family parties

Large fully equipped kitchen/ Disabled access and toilet  
Also available is a small meeting room which  
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## St Augustine's Church

Icknield Way / Catsbrook Road, LU3 2JR

## Holy Trinity Church

20 Trinity Road, LU3 1TR

**Church of England, Diocese of St Albans**

**Everyone is welcome to worship with us on Sundays and during the week**

### **Sunday Service Times - St Augustine's**

<b>Time</b>	<b>Sunday of the Month</b>	<b>Services</b>
10.00am	Every Sunday	Sung Eucharist - a service with hymns, readings, prayers, a sermon and Holy Communion.

All Sunday morning services are followed by refreshments in the Church Hall to which all are invited for a time of fellowship.

### **Sunday Service Times - Holy Trinity**

11.30am	Every Sunday	Said Eucharist
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### **Weekday Service Times**

Monday, Tuesday, Thursday at 9.00am: Morning Prayer in St Augustine's Lady Chapel

Tuesday at 9.30am: Said Eucharist in St Augustine's Lady Chapel

Wednesday at 9.00am: Morning Prayer at All Saints, Bury Park, Luton LU4 8AH

### **Contact details:**

For all enquiries about any Church services and Baptisms, Marriages and Funerals please contact:

**Vicar:** Rev. Jairo Nyaongo on 01582 572415 or 07763 104640  
or email - [jnyaongo@hotmail.com](mailto:jnyaongo@hotmail.com)

### **Churchwardens:**

Mary Schrimshaw on 07982 256152; Angela Thomas on 07305 060316

**For all enquiries about hiring the Church Halls** phone Mary Schrimshaw on 07982 256152

For enquiries about advertising or publishing an article in the magazine, please email: [magazine@staugustineslimbury.org](mailto:magazine@staugustineslimbury.org)