

Your Parish News

Parish of Luton, St Augustine Limbury
with Holy Trinity



Holy Trinity

Sharing God's love with you

Christmas 2025 - Easter 2026

www.staugustinewithholytrinity.co.uk

Dates for your diary

Month	Day	Time	Event
Nov	21st	12 noon-2pm	Community Lunch
	22nd	3.00pm	60th Anniversary afternoon tea
	28th	2pm-4pm	Craft and Natter group
Dec	4th	12.15pm	Organ recital
	5th	10.30am	Coffee morning
	6th	11am-2pm	Young Growers' Club
	7th	3.30pm-5pm	Messy Church
	9th	10.00am	Mothers' Union - Advent Corporate Communion followed by coffee and mince pies. All welcome
	13th	tba	Christmas Tree Festival
	14th	4.30pm	Carols by Candlelight in St Augustine's Church Hall
	19th	12 noon-2pm	Community Lunch
		2pm-4pm	Craft and Natter group
	21st	4.30pm	Traditional Service of Nine Lessons and Carols
	24th	4.00pm	Nativity Service - dressing up from 3.30pm
		11.30pm	Midnight Mass of Christmas
	25th	10.00am	Holy Communion Service at St Augustine's
Jan	2nd	10.30am	Coffee morning
	11th	3.30pm-5pm	Christingle at Messy Church
	13th	9.30am	Mothers' Union - Breakfast at the Moat House
	16th	12 noon-2pm	Community Lunch
	17th	10.00am	Jumble sale
	30th	2pm-4pm	Craft and Natter group
Feb	5th	12.15pm	Organ recital
	6th	10.30am	Coffee morning
	8th	3.30pm-5pm	Messy Church
	10th	2.00pm	Mothers' Union AGM
	18th	tba	Ash Wednesday
	20th	12 noon-2pm	Community Lunch
	27th	2pm-4pm	Craft and Natter group

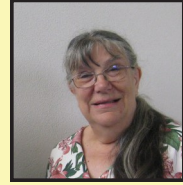
Who's who at St Augustine's



Prayer Chain
Co-ordinator
Sandra Hylton
01582 510053



Vicar
Rev Jairo Nyaongo
07763 104640



Church Warden/
Safeguarding Officer
Angela Thomas
07305 060316

Holy Trinity Caretaker: William Raghu, 07538 921391

Join us at our Christmas Services at St Augustine's

Wednesday 24th December at 4pm

Nativity Service

dressing up from 3:30pm

Wednesday 24th December at 11:30pm

Christmas Eve Service: Midnight Mass

Thursday 25th December

Holy Communion for Christmas Day

St Augustine's at 10am



*The children all
dressed up for the
Crib Service last year.
Come and join us on
Christmas Eve.*



Rev Jairo writes,

Journey of renewal and self-rediscovery

Time away from daily pressures of life and work can significantly improve the quality of life and work efficiency. After working continuously for 11 years of ordained ministry I took three months Extended Study Leave from June. After a week of being away I realised how tired and weak I was. The tiredness which I carried with me throughout that period appears to have been caused by a combination of factors including among others; work, family life, repetitive patterns and self-care. This made my time away a journey of self-rediscovery and renewal which brought me healing and restoration.

An uninterrupted period of rest rejuvenated me as it allowed me to listen to myself with a renewed sense of calmness and prayer. Travelling introduced me to new places and relationships. I was also able to catch up with family and friends, some of whom I have not seen for many years. So, the leave gave me what I consider a 'new lease of life.' I can now see and hear things more clearly. I now listen attentively to the quiet voice inside me and confidently engage with what I was previously fearful of.

I can therefore write with certainty that structured slowing down from my daily ministry's commitments, the space to reflect and learn different ways of responding to work demands and pressures of life have been truly valuable. I was able to refocus on my personal prayer and reading. I was challenged by a Swahili book 'Jiandae Kustaafu' which means 'Prepare Yourself for Retirement' by former Anglican Archbishop of Tanzania, Rt. Rev. Donald Leo Mtetemela. He explores the principles that can help readers to use well their time now to prepare for retirement and life in old age.

I was able to review my relationship with God and the rhythms of life. My eyes were opened to the weight of the priestly ministry and its impact on my well-being. My travels included a trip to the Shrine of Our Lady of Walsingham, a peaceful place for retreat where my devotion to parish ministry was renewed and enhanced as I was reminded of Mary's response to the Angel's message.

A trip to the Holy Island of Lindisfarne brought me closer to nature, the understanding of wildlife conservation and the real meaning of being 'set apart.' The isolated island placed me into a state of separation that took away my personal feeling for ministry and re-introduced me to the purpose of divine assignment and the ability to challenge what has been holding me back.

In Tanzania, through the Anglican Church in Zanzibar, I learned how difference and diversity is truly celebrated and respected. The cathedral, which is built on the site of a former slave market, serves as a powerful symbol of remembrance and reconciliation. The church works well in collaboration with the Muslim community to foster interfaith relationship and promote social cohesion.



Holy Island

The Anglican Church in Tanzania focuses its mission on evangelism, church planting, and community development. Community development projects which are aimed at poverty alleviation, education, health improvement and combating global warming are linked or attached to local churches.

The ageing congregation are supported through a multi-faceted approach which includes responding to both the needs of older members and the overall health of the church. They provide and foster connections between generations by offering intergenerational activities and church services in family homes.

I have a lot to write that this space does not allow but I can say in summary that I have acquired a new set of eyes that helps me to clearly see things from different perspectives. I have therefore brought back a renewed vision and energy for my ministry and the life of the church in our interdimensional community. I have learnt how to adapt to the changing and emerging needs of the church. We have now introduced a monthly Swahili Service as a way of reaching our diverse community with a worship that is culturally appropriate. For the first we will launch a parish trip to the Shrine of Walsingham.

This was truly a journey of renewal and self-rediscovery and I will for ever be grateful for the opportunity. I will therefore continue to translate the experiences into our local context. So, as we approach Christmas this year, I want us to intentionally focus on the spiritual meaning of Christ's birth of God's love and grace, and as we do so let us make Christ accessible to our local community through our missional events and activities.

May Lord bless us this Christmas and in the years to come.

Rev Jairo



JOIN US FOR OUR CHRISTMAS EVENTS

ST AUGUSTINE'S
CHURCH HALL

14TH DECEMBER
AT 4.30PM

Carols by Candlelight

AN INFORMAL
SERVICE OF YOUR
FAVOURITE
CAROLS
FOLLOWED BY
MULLED WINE
AND MINCE PIES



Eat, drink and chat

At St Augustine's there are lots of ways to meet and chat, nearly always involving food and drink! You are very welcome to join us.

- ◇ After the service at 10am on Sunday mornings we have **Parish Breakfast** in the hall with tea/coffee and biscuits.
- ◇ If you are not a regular churchgoer, don't worry, because you can always join us for our **Community Coffee Mornings** on the first Friday of the month from 10.30am to 12noon for tea/coffee and a selection of delicious cakes.
- ◇ We hold **Community Lunches** on the third Friday of the month from 12 noon - 2pm. In the winter normally soup and jacket potatoes are on offer with pudding and, of course, cake.
- ◇ **Biscot Community Lunch** takes place every Thursday at 11:30am to 2.00pm at Holy Trinity Church, with warming soup and a roll.
- ◇ **Craft and Natter Group** meets on the last Friday of the month from 2 to 4pm for craft, chat and tea and biscuits.

Messy Church runs for children, normally on the second Sunday of the month from 3.30 - 5pm, when there are craft activities based around the theme of the month, followed by prayers in church and yummy tea. In July they celebrated St Augustine's Birthday and had fun making a happy birthday banner and decorating stained glass window biscuits. Come and join us on 7th December, 11th January and 8th February. We would love to see you.



Young Growers' Club meet on the first Saturday of the month. It's free and lunch is provided.



Youngsters inspecting the bug hotel



Tasty tea and a decorated biscuit at Messy Church



Christingle is at
Messy Church on
11th January at
3:30pm



Craft & Natter Group

Join us for a creative and fun-filled afternoon at St Augustine's Church Hall! Our Craft and Natter Group normally meets on the last Friday of every month from 2pm to 4pm.

What's on offer?

- A warm welcome to everyone, regardless of skill or experience
- A variety of crafts, including knitting, crochet, stitching, and repair work
- Opportunities to work on personal projects or join in with group initiatives, such as knitting for our local hospital's neo-natal unit and the church's Christmas tree festival
- Refreshments for just £1.00
- Friendship, companionship, and plenty of laughter
- Occasional trips out for lunch at local venues

When and Where?

- Dates for your diary: 28th November, 19th December, 30th January, 27th February, 27th March, 24th April
- Time: 2pm - 4pm
- Where: St Augustine's Church Hall

Come and join us for a fun and relaxing afternoon! We look forward to meeting you.

Margaret Barnett

For any further information, call Glenise 07789910879 or Teresa 01582 654523



Harvest Festival was held on Sunday, 28th September and members of the congregation brought contributions of food which were distributed to people who are in need among us, including the Foodbank. Donations were also made to the Bishop of St Albans' Harvest Appeal. The service was followed by a Bring-and-Share Harvest Lunch during which everyone took part in a table quiz set by Sue White. A wonderful selection of food was on offer.



Concentrating on the table quiz!

*Savoury
and sweet
offerings*



St Augustine's Picture Gallery Church Open Day - 19th July

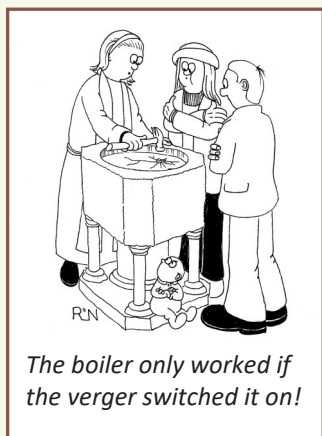


Stalls and helpers

Welcome back Rev Jairo - 21st September



Rev Jairo had been on study leave for 3 months and the congregation welcomed him back with a special Parish Breakfast.



Forthcoming events to look out for at St. Augustine's

For more information, look on the website: stauginewithholyltrinity.co.uk,
Facebook: St. Augustine's Church Limbury, with Holy Trinity.

Organ Open Day

The Royal College of Organists has called the year 2025 'The Year of the Organ'.

There are many churches in Bedfordshire that have no organist to play for services, weddings or funerals. It is hoped that people, young and older, will take an interest in learning to play the organ.

On Saturday July 12th this year, St. Augustine's Church, on the corner of Icknield Way and Catsbrook Road, welcomed a constant stream of interested visitors who came to look at, listen to and play our historic 'Luton Hoo' organ. The church organist showed the visitors how the organ can sound like a trumpet or flute or violin or even an entire orchestra. Each visitor 'Had a Go' at playing and were amazed how they managed to play a tune having never touched a keyboard before. A tune was written down in a simple format that everyone could follow and all were astonished at the sound they made, especially when the church organist added some harmonised chords. At the end of the session, two people showed an interest in learning to play the organ, and are now having lessons with professional teachers. If every church has the same sort of response, there will be no shortage of organists for the future.



If you missed the visit to St. Augustine's Church in July, there is an opportunity every Sunday at 10am to come to a service and hear well known hymns and bible stories and, of course, hear the organ. You will be very welcome.

Roy Meek, Organist, St. Augustine's Church

Celebrating 50 years

It has been a wonderful year for the organ and organist at St Augustine's, as Roy celebrated 50 years of playing the organ here. He entertained us with his annual organ concert on September 7th, with a wonderfully varied programme showcasing the capabilities of the organ (and Roy!). This was followed by afternoon tea at which Roy cut a beautifully decorated cake made by Margaret Barnett.



My family took advantage of the Organ Open Day and they all took turns having a go at playing the organ, and enjoyed the magnificent sound it made. Thanks to Roy for his encouragement and patience.

Rosemary Cavanagh



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Jenny's Tuff's n Tails

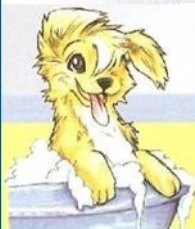
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St Augustine's Photographic Competition 2025

It was great to see so much interest in what we hope can, once again, be thought of as an annual event. After last year's successful return, I am delighted to report that we had a near 50% increase in entries for this year's competition with over 60 photographs for our independent judge to ponder over!

My thanks to everyone who submitted photographs, and I know that everyone who has had the chance to view the display of entries will have been impressed by the standard and not at all envious of the judge's task!

Terry Mills



The winning photographers in each category were:-

Animals - Winner: Carole Chamberlain; Commended: Richard Evans and Paul Ramsey

Children - Winner: Margaret Woodbridge; Commended: Krishna Mogili



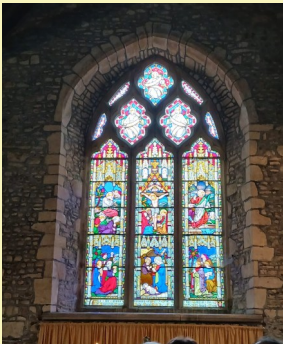
General Interest - Winner & Overall Winner of the Competition and holder of the Trophy for the next 12 months: Krishna Mogili

Commended: Rose Davey and Rosemary Cavanagh



Parish Outing 2025

Although this year's Parish outing was within Bedfordshire, our own county, I had never heard of Bolnhurst, in the Deanery of Sharnbrook! Nor had I driven through or visited it! This lovely village church of St Dunstan was built in the 1200s, its first Chaplain in 1223 was Godfrey de St. Edmundo. Sadly in 1348, when the Black Death had claimed over 900 village dwellers, the houses round the church were set fire to, to rid the village of this plague, and the Church was left in splendid isolation, now set back from the rest of the village.



It is a delightful Church, and we were given a very warm welcome. It is now part of the benefices of Wilden, Colmworth, Ravensden, Keysoe and Bolnhurst, and has a small congregation. The Priest in Charge is Rev. Timothy Wilson, assisted by Reader Geraldine Skinner.



When we had looked around the Church, Roy played the organ, and as is customary, we sang two hymns. The organ, which has painted doors covering the pipes, was built by Bryson Bros and Morton, and resided in St Mary's Church Keysoe from 1836-1874, but was passed to St Dunstan's in 1908. The Churchyard is a designated wildlife site, and there are bird boxes in the trees to encourage kestrels and sparrow hawks to nest. The wild flowers which bloom include Bee Orchids, Pyramidal Orchids, White Campions; Scabious, and Knapweed, all enjoyed by butterflies, bees, and other insects. Paths are cut through the wild areas to allow access to the graveyard, which includes three Commonwealth War Graves of men from the village.

The 15th Century Tower houses a ring of four bells, which were rung recently to commemorate the 80th Anniversary of VJ Day.

The village comprises 60 families at the moment, and planning has not allowed new houses to be built in the village. Existing houses have expanded, but this does not allow new younger families to join the village community.

Our next port of call was The Bell, the village pub in Odell where we enjoyed a delicious lunch, in this historic Inn.

We then moved on to our second Church, All Saints in Turvey. Once again we were given a very warm welcome.



This was a much larger church, with Saxon origins, but expanded during the 10th, 13th, and 15th Centuries. This building owes a lot to the Mordaunt Family, possibly coming from Normandy, France with William the Conqueror. Their family tomb is housed in the Church. There are very rare wall paintings, depicting the Crucifixion, discovered in the 19th Century when plaster was removed during renovations. An article in The Times describes the fresco as “the finest painting of its subject and time in the country”. This family’s mausoleum is in the Churchyard, and is the burial place of the Lords of the Manor since the 19th century.

The Belfry houses a ring of 8 bells. The organ, which Roy played for us was built by Hill and Sons, and presented to the Church by Charles Longuet Higgins in 1855. Originally powered by hand operated bellows, still to be seen at the east end of the north aisle, it was converted to electricity in the 1930’s. Its richly decorated pipes set into a Purbeck marble arch make it a feature of this Church. The stained glass is mostly Victorian, and the triple window behind the altar catches one’s eye. This is a much bigger church than St Dunstan’s, steadily enlarged over the centuries to impress visitors of the wealth of this lovely village.



The sun shone, and we all enjoyed our day out. Thanks to Roy for playing the organs, and to Sue for arranging our lunch. A most interesting and enjoyable day.

Carole Chamberlain



Diamond Wedding

Congratulations to Carole and Keith Chamberlain whose Diamond Wedding was on 15th June 2025.

We shared their celebrations with cake and wine at Parish Breakfast.



Maurice and Matilda Mouse - A story for children

Gathering in the Harvest

It was an arduous task, but one which had to be done, and every year Matilda organised her team of helpers. It was important, and she had just finished the final stitches on the gilets the team would wear, in luminous yellow, so they are easily seen, and the chance of an accident is lessened. She had already made many batches of cookies in her small oven, and they were stored away where prying eyes couldn't see them, and little hands get hold of them, so that when the work was done there would be a treat for everyone. She had contacted her country cousins, and agreed that the townies would meet them at the nearest field. It was the same field they always started their Harvest Gathering, and it was a great opportunity for all the families to get together, exchange news, and then get down to the most important thing on the agenda. Even the school teachers had agreed to publicise the event this year, and Matilda had made some small posters to send home with the class, so that more families could be made aware of the need to gather the precious harvest, a vital freebie for the winter!



It was much more difficult now to collect the wheat, as the farmers used much larger machines, known as combine harvesters, which could actually reach right to the edges, and the corners of the field, leaving very little left for the little mice to garner into their pantries for use during the bad weather! They tried to follow the machines closely, wearing their bright yellow gilets to make them more visible, just in case the machine was still around and likely to mince them up in the enormous blades. This is why the groups had a leader, to make sure they kept clear of the nasty things, and also to keep the naughty mice in check, because every year there was at least one who would chance an injury, or worse, by not obeying the rules!

This year, the adjoining field had a huge array of beautiful large pumpkins growing, and Matilda had asked some of the Dads if they would go with her husband Maurice, and surreptitiously dislodge one of these tasty treats, and roll it home to her house, where she would make it into a delicious pumpkin pie, with some soup to accompany it, and they would all be invited to her house on Halloween Evening for a feast. As Matilda was known for her excellent cooking skills, there were plenty of people to help Maurice with this task!

The children all knew the hymn “We Plough the Fields and Scatter the Good Seed on the Land”, and they sang to their hearts content whilst busily gathering any little grains they could find! There were also a few rose hips which had fallen from the hedges as they worked, and it all went into their little baskets.





In no time, the dark nights arrived, fireworks were enjoyed, and Christmas was on its way. This year Matilda was hosting all her friends who had no permanent home for Christmas dinner, and she set the children the task of making table



decorations. There would be sixteen hungry mice around her dinner table this year, and she needed to plan well ahead, so that she could afford to get enough food into the larder. Of course some of her friends in the Mice Mothers' Union helped by bringing some food with them, and the children made small lanterns to light the way to the table. Mary had written some lovely prayers to be said before the dinner began, and everyone was looking forward to being together on this most Holy Night, when Jesus came into the world.

Happy Christmas everyone.

Carole Chamberlain

Jesus, I love the story about You being born with the animals in the manger.

I'm so glad that Mary and Joseph had You, and that You laid under that big star for the world to know how much God loves us.

I pray everybody on the whole Earth can learn this story and remember that every Christmas is celebrated because of You.

Amen



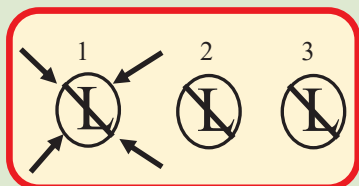
St Augustine's Travelling Crib

Christmas Anagrams - Can you untangle these?

1. LAVENDER AND CAT (Countdown to Christmas)
2. RED ERNIE (Santa relies on these)
3. VICAR'S THEMES (One more sleep to go)
4. HE'S FAT, SMART, RICH (The bearded one)
5. SPICE IN 'EM (Christmas pastry)
6. LIGHTEST INN (Peaceful time)

What songs are these?

A



B



C



Answers on page 26

Visiting the Shrine of our Lady of Walsingham

I first went to Walsingham in 1999 at the invitation of friends in the Company of Servers of which I am a member. We all travelled by coach from Yorkshire to Walsingham having a break just before King's Lynn; it was enjoyable to travel with like minded Christians and to be able to talk and not do the driving. We arrived at the Shrine at about 3-4pm after setting off at 11am and the welcome we received was lovely. The reception staff were really helpful, giving us keys to our rooms and helping in any way they could and our organiser, John, was the person we consulted on any problems.

After we had unpacked we went to the Shrine church for a short service, then it was dinner time and what a dinner it was, you were spoilt for choice. As it was October you could only get a glimpse of the grounds because of the dark. Next morning we had breakfast and followed the itinerary until lunch, then the afternoon from 12.30 was ours to do as you wanted.



There are plenty of walks for those who like that; the Walsingham railway is near and the grounds and ruins are well worth a visit, a few shops and the Orthodox chapel is interesting, but don't get too carried away or you will miss tea!

There are special services and a candlelight procession around the grounds followed by a service of healing where you are anointed, prayer and blessing, and confession, which are all

optional. After that it's supper and another visit to the Norton Room which is on site and is for relaxing, having a drink of coffee or something stronger. Next morning you have breakfast, pack your cases and take them to the coach for loading and get ready to go to the local Church of St Mary's. We return to the Shrine for Lunch and then we have a service of Sprinkling at the Well where you will be blessed by the Priest making a sign of the Cross on your forehead and pouring the rest into your hands. We go back into the Shrine Church for a final blessing after which we turn to face Our Lady's Chapel for the farewell hymn, and usually there is not a dry eye in the house. That was 26 years ago and I have been every year since, and when John became ill and asked me to take over from him, which I did with his guidance for the remainder of the year when he died, and that was 14 years ago. I continued to run the trips till I came here when I handed over to someone else.

The Shrine Church, the Chantry Chapel, the grounds themselves have had many alterations over the years with a new accommodation block, updates to the rooms, many now ensue. There are places to sit in the grounds, listen to the birds and breathe the air, and you often see the Sisters from the Priory many of whom will sit and talk. The Shrine Church has many chapels and you can walk round them all but the golden rule is you do it quietly as often there is a service going on in one of the Chapels. The Shrine priests are very approachable unless there is a big service due in the Church when they are too busy. This place is a place to find peace and consolation if you need it, if you are grieving or just lost, because here is a lifeline. Over the years I have helped many people on this journey and I hope you will find your way to the Walsingham Way and to Mary mother of our Lord.

Vivienne Granger

Here at St Augustine's we are planning a trip to Walsingham next year. If you would like more information, please talk to Vivienne or Rev Jairo.



Season Soup

There was a time, not long ago
When summer, autumn, winter, spring
Nearly always seemed to know
The kind of weather they should bring.

Seasons now appear all churned
As if put through the blender
Winter into summer turned
The weather's on a bender.

Birds migrate to feed and breed
But insect food has gone
Hedgehogs, squirrels, no more need
To hibernate all winter long.

Storms and floods at any time
Summers cold and winters mild
Season soup without a rhyme
Any month is calm or wild.

Flowers unsure when to bloom
Or trees their leaves to shed
A consequence of climate doom?
Have seasons lost their head?



Malcolm Bailey



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Luton Choral Society Mozart Requiem

Mozart - Ave verum corpus

Marianna Martines -

Dixit Dominus (Psalm 110)



Luton Choral Society - Chiltern Sinfonia
Conductor: Crispin Lewis

Saturday 13th December 2025 at 7:30pm
St Andrew's Church, Luton LU3 1HA

Tickets £15, £12 (concessions), £5 (under 18)
available online at
www.lutonchoralsociety.org.uk
or on the door



Time has flown yet again since I wrote my last report just before Easter. Since then, the Rev. Jairo Nyaongo, our vicar here at St Augustine's



and Holy Trinity, has been away on his three months study leave and returned bringing with him brightly coloured bags made by the Mothers' Union in Tanzania, his home country, for us to sell. During recent months we have welcomed some interesting speakers including a talk by Tara on the charity, Friends of Bright Eyes, who support children with disabilities in the community. We heard about their dedicated work and hospitality to the children and their families. We were also given a very informative and interesting history of the St John's Ambulance service by John Williams, accompanied by his wife.

In June, to celebrate 40 years of our branch, we had a delicious Afternoon Tea in our hall, brought to us by Nicky Rowley who runs Susie's tea room at Little Bramingham Farm and is the owner and manager of 'Afternoon Tea 2 You'. They brought the Tea and came and collected the 'washing up"! On 9th August, Mary Sumner Day, our founder, we enjoyed a celebration service at Flitwick and, yet again, a lovely tea to follow.



Like many organisations and churches we collect for the Foodbank, so we were very interested to hear our speaker in September give an informative talk on how donations are distributed and other support given to those in need.

We will finish off the year's events with our Advent Communion service followed by tea, coffee and mince pies. Christmas cards for prisoners, given by members, will be delivered to the prisons to be distributed.

After the festivities, we begin the New Year on 13th January, by traditionally meeting for breakfast! Our first Jumble Sale of the New Year is on 17th January when we hope to raise £500 as we did in September.



Thank you to all who support us and enjoy browsing, buying and enjoying tea, biscuits and a chat. There is a great communal atmosphere - come and experience it! You're most welcome. Jumble can be brought to the church at any time. In February we shall have our Annual General Meeting, and in March our Lent service, followed by refreshments in preparation for Easter.

We meet on the 2nd Tuesday at 2pm in the church hall except for December and March when we meet at 10am in church in Advent and Lent. We'd love to see you at anytime.

Teresa Nichols, 01582 654523

Trip to South Wootton

We were so pleased to hear that our previous curate, Rev Pete Farquhar, had been appointed Priest-in - Charge of the Church in The Woottons, which we discovered was near King's Lynn in the Diocese of Norwich.



Plans were made to hire a coach to take us to his Installation Service on 3rd September. On that morning we all set off, with a break at King's Lynn, by which time the rain had thankfully stopped, and then drove to St Mary's Church in South Wootton where the service was to take place. We were thrilled to be met by Rev Pete and were directed into the Church where seats had been reserved for us. Some of us went up into the gallery where we had a brilliant view of the proceedings.

The service was led by the Right Rev Dr Jane Steen, Bishop of Lynn, who made everyone feel at ease. The service was very moving and we sang with gusto at the uplifting choice of hymns. It was a privilege to be part of the next step in Rev Pete's ministry and share the occasion with his family and new parishioners. After the service, which ended with the rousing *Lord of the Dance*, we were all invited to the Village Hall for refreshments.



The Bishop greeting Rev Pete in the peace of Christ

The new parishioners had certainly pulled out all the stops, with ‘feeding the five thousand’ coming to mind! What a wonderful spread, an opportunity for old and new friends to socialise, and of course a wonderful cake for Pete to cut and share. We wish him and his family all the best in their new Parish and home.

Rosemary Cavanagh



Rev Pete with his family



Ann pictured in King's Lynn

Clearing out by Ann Hall

“Sleep well tonight” was what he had said
 As I was about to go to bed,
 “I hope that I do” was my weary reply
 As I climbed up the stairs and heaved a big sigh.
 For that day had been busy – we’d been sorting through
 things,

Things from the past when the memory brings
 The thoughts of those times, some happy, some sad,
 And the many treasured moments with dear Mum and Dad.

We looked through their diaries, papers and books,
 Ornaments, photos and old china cups,
 Brass candlesticks bright and shiny like gold,
 Mirror and pictures with frames big and bold.
 What a day it had been and still more to scan,
 We’d do it another day, well, that was the plan.

That day came along and we had to make
 So many decisions on what path to take.
 Some things we would keep and some we would throw,
 And a few would be offered to good friends we know.

At times it was hard in so many ways
 As small items they’d kept from their younger days.
 It took us some time but we finished the task
 Then looked at each other and shouted “At last”.

*If you have those jobs to do, just make a start
 You may hit some problems but do not lose heart.
 It won’t always prove easy but just carry on
 Until you’ve completed the work to be done.*

From the Door of No Return to the Call to Serve

From the late 15th century, the southern coast of Africa became dotted with fortified castles; built by Europeans as they established their first footholds in that part of the world in order to sustain the vast gold trade there, but by the 17th century, these castles along the coast were the staging ground for the devastating and hugely lucrative Trans-Atlantic slave trade. In the dungeons of these places, thousands and thousands of captured men and women were held until they could be shipped off to the various colonies of the new world. The slave castles at **Cape Coast** and **Elmina Castle** in Ghana were some of the largest of these horror centres of the English and Portuguese slave trade. In the unspeakable confines of airless, foul dungeons, over 1500 men and women were shackled in darkness and held for months at a time until they exited through the infamous “door of no return” to board ships and be hauled like cargo across the ocean.

Cape Coast Castle and Elmina Castle were built high enough to overlook the ocean vista. They had windows to allow for refreshing breezes off the water; they were the sites of the Anglican chapel for the British and Catholic Church who occupied the place. It was there that hymns were sung, prayers offered, Holy Communion celebrated — there directly over the place below it of savage misery for enslaved human beings in chains.

You cannot have the glory of the Ascension without descending to the deepest depths of human pain; Christ led the way there. The doors of those dungeons imprisoned not just the enslaved persons but kept those above from knowing the Reign and reality of God too. Catholic clergy baptized enslaved Africans, often as part of a justification for slavery — claiming it was a path to salvation, even as they were chained below.

But Jesus came to save, not to enslave. He came to liberate, not to destroy. The Gospel was never meant to echo through stone while silencing the cries beneath it.

If you are prepared to fight for the right of adoring Jesus in his Blessed Sacrament, then come out from before your Tabernacle. Walk with Christ mystically present in you. Go out and look for Jesus in the ragged, in the naked, in the oppressed, in those who have lost hope, in those who are struggling and forgotten. Look for Jesus and when you see him, gird yourselves with his towel and try to wash their feet.

Violet and William Raghu



Elmina Castle became a World Heritage Site in 1979 and opened as a museum in 1997

John Milton's Cottage



There is an unassuming cottage in Chalfont St Giles where the writer, John Milton, lived for a brief period from 1665 to 1667 to escape the great Plague in London; he moved there with his wife and daughters. By this time Milton was completely blind and so his daughters supported him with his writings especially in the transcription of his epic poem



'Paradise Lost' which he wrote whilst staying at the cottage. Did you know that John Milton contributed 630 new words within his works, some of which we use every day such as: terrific, lovelorn, earthshaking, padlock to name but a few?

The cottage is now a museum and although it is small there is a great array of knowledge to be gleaned about John Milton's life and work. I love the quiet and stillness that the cottage and the garden offers and it is well worth a visit. Whilst on a visit this summer I saw a garden bench where I sat and wrote the following poem. This is not to Milton's standards of course but the quietness offers time to think and contemplate.

Ode to a Bench

Oh garden seat may I sit here awhile
And soak in the beauty of this space?
Where canopies of green offer dappled shade
And sun shines brightly on yonder glade.
Water in a fountain trickles gently nearby
Offering tranquillity as time goes by
Such serenity is found within this space
Where life can be imagined at a slower pace
Flowers in abundance paint a picture serene
Garden seat you give me time to take in the scene.



And whilst in the area the Chiltern Open Air Museum is not far away and that too is worth a visit. Some people may remember a very old cottage that stood in Compton Avenue in Leagrave, which was dismantled and rebuilt and is now one of the museum's exhibits. As we have lived in Leagrave for 52 years we remember passing the cottage many times.



Frances Higgins

Knitting Pattern

Striped stocking

This colourful stocking would be good to fill with Christmas treats and can be made from oddments of wool.

You will need small amounts of DK wool in different colours, 4mm knitting needles, stitch holder.

Size: height excluding loop: 19cm

Top

Cast on 36 sts in a chosen colour, yarn A. Rows 1-10: p to end.

Rows 11-30: starting with a k row, work in st st in stripes.

I have chosen blocks of 4 rows, alternating with 2 rows.

Heel

Change to yarn B; Row 31: k9

Place rem 27 sts on a st holder to work later

Rows 32-38: starting with a p row work in st st

Row 39: k2, k2tog, turn; Row 40: p3, turn

Rows 41-46: rep Rows 39-40 three times

Row 47: rep Row 39; Row 48: p. (4 sts)

Place four sts on a st holder to work later.

Place nine sts from end of Row 31 on needle with RS facing (leave 18 sts in middle of row on holder to work later)

Work in yarn B; Row 31: k9

Rows 32-39: starting with a p row work in st st

Row 40: p2, p2tog, turn; Row 41: k3

Rows 42-47: rep Rows 40-41 three times

Row 48: p2, p2tog, p1. (4 sts)

Hold four sts on a stitch holder to work foot.

Foot

Change yarn to previous colour.

Row 49: k four sts from heel, pick up five sts from side of heel, k 18 sts from stitch holder, pick up five sts from side of heel,

k four sts from heel. (36 sts)

Row 50-69: starting with a p row work in st st in stripes.

Toe

Change to yarn B

Row 70: p2tog, p14, (p2tog) twice, p to last two sts, p2tog. (32 sts)

Row 71: k

Row 72: p2tog, p12, (p2tog) twice, p to last two sts, p2tog. (28 sts)

Row 73: k

Row 74: p2tog, p10, (p2tog) twice, p to last two sts, p2tog. (24 sts)

Row 75: k Row 76: p2tog, p8, (p2tog)

twice, p to last loop two sts, p2tog. (20 sts)

Row 77: k

Row 78: p2tog, p6, (p2tog) twice, p to last two sts, p2tog. (16 sts). Cast off

Sew side seams. Join toe seams.

Loop

Cast on 35 sts using cable cast on method.

Cast off all sts.

Make a loop and sew to top of stocking.

Fill with treats.



You could adapt this pattern by working in Christmassy colours and changing the stitch as I have done here.

Rosemary Cavanagh

See page 26 for the origin of stockings

Cookery Corner

Cumbrian Ginger Cake

Method

- * In a pan melt together:
 - 1 cup water
 - 1 dessert spoon treacle
 - 1 dessert spoon syrup
 - 4oz margarine
- * Add
 - 2 teacups SR flour
 - 1 teacup sugar
 - 2 teaspoons ginger powder
 - 1 teaspoon bicarb
 - Half a teaspoon salt
- * Mix thoroughly and pour into a lined tin
- * Bake for 45 minutes at 140°C / gas mark 3



Cook's Tips:

- * Nice if topped with lemon drizzle glaze or chopped up crystallised ginger is added to the mix
- * If left for a day the top goes sticky
- * Use olive margarine to make the cake dairy free

Cinnamon Butter Biscuits

Ingredients

- | | |
|-------------------|----------------------------------|
| 6 oz butter | |
| 4 oz caster sugar | 1 level teaspoon cinnamon powder |
| 8 oz plain flour | 1 oz granulated sugar |



Method

- * Cream butter and sugar together until soft and fluffy
- * Blend in flour and cinnamon
- * Knead lightly by hand until smooth
- * Divide dough in two and roll each into a 6 inch long 'sausage'
- * Roll in granulated sugar, wrap in tin foil and chill in fridge
- * Cut each 'sausage' into 16 slices and place on greased baking sheets, allowing room for them to spread
- * Bake in the centre of the oven at 180°C / gas mark 4 for 20 minutes, or until edges are a light golden brown.

Barbara Graham

Rock Cake Recipe

Ingredients

8oz self-raising flour 1 egg
4oz margarine Milk to mix
4oz caster sugar Glace cherries to decorate (optional)
4oz mixed dried fruit



Method

Preheat oven to 180°C / 160°C fan / gas mark 4

Grease two baking trays

- * Sift the flour into a bowl
- * Rub margarine into flour lightly till like breadcrumbs
- * Mix in sugar and dried fruit
- * Mix 1 egg with a little milk and add to dry ingredients
- * Add additional milk to bring mixture to a stiff lumpy consistency
- * Drop tablespoons of mixture onto a greased baking tray leaving a space for the mixture to spread
- * Optional – Add a quarter of a cherry on top
- * Put tray into a preheated oven for 12 – 15 minutes until light brown

Take care to not overcook

Frances Higgins

Where did stockings come from?

No one is really sure, but a story is told of St Nicholas, a bishop who lived in the 4th century, who may have started the custom by accident. St Nicholas was of a wealthy family, and of a generous heart. As Christmas approached one year, he wanted to help a poor family whom he knew, but he did not want them to know it was him. So he climbed up on their roof on Christmas Eve and dropped some coins down the chimney.

The next morning the coins, to the great surprise of the family, were found in the stockings of the ladies, who had hung them to dry by the fire the night before. Every year after that they put their stockings out, in the hope that some more money would fall into them. They told the story of this amazing appearance to their friends and neighbours, and the custom caught on.

Answer to puzzles

Christmas Anagrams

1. ADVENT CALENDAR
2. REINDEER
3. CHRISTMAS EVE
4. FATHER CHRISTMAS
5. MINCE PIES
6. SILENT NIGHT

Christmas Songs

- A. THE FIRST NOWELL
- B. AWAY IN A MANGER
- C. WHITE CHRISTMAS



GROUPS & ACTIVITIES

Group	When	Contact	
Mothers' Union	2nd Tuesday in the month	Teresa Nichols	01582 654523
Mums and Tots	Wednesday in term time 9.30 -11am	Gwen Ruane	07808 158819
Coffee Morning	1st Friday in the month at 10.30am	Frances Higgins	07856 983943
Community Lunch	3rd Friday in the month 12 noon-2pm	Angela Thomas	07305 060316
Craft and Natter	Last Friday in the month 2 - 4pm	Teresa Nichols Glenise Bench	01582 654523 07789 910879
Choir	Practice on Fridays at 7.30pm	Roy Meek	01582 575823
Messy Church	2nd Sunday in the month 3.30-5pm	Jenny Small Angela Thomas	07961 100412 07305 060316
Young Growers' Club	1st Saturday in the month 11am-2pm	Margaret Barnett Laura Mathurin	07984 229057 07855 464610

UNIFORMED GROUPS

Guides	Tuesday 6.00 - 7.30pm	Jenny Ilgunas	07948 523717
Brownies	Monday 6.30 - 8.00pm	Gemma Pickering	07507 444879
Brownies	Wednesday 6.25 - 8.00pm	Lindsey Norman	07950 377711
Rainbows	Wednesday 4.45 - 6.00pm	Linda Oliver	07746 202162
Scouts / Cubs / Beavers	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.

St Augustine's Church Hall is available for hire at £20 per hour

Suitable for family parties

Large fully equipped kitchen; Disabled access and toilet

Also available is a small meeting room
which accommodates up to 20 people at £9 per hour



St Augustine's Church

Holy Trinity Church

Icknield Way / Catsbrook Road, LU3 2JR

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

Time	Sunday of the Month	Services
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 except 3rd Sunday	Said Eucharist
	3rd Sunday in the month	No service

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

Churchwarden: Angela Thomas on 07305 060316

For enquiries about advertising or publishing an article in the magazine, please email: magazine@staugustineslimbury.org