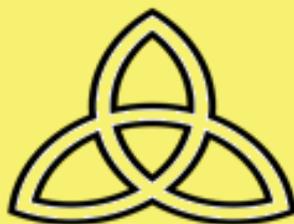


# ***Your Parish News***

Parish of Luton, St Augustine Limbury  
with Holy Trinity



**Holy Trinity**

Sharing God's love with you

***Easter 2026 - Autumn 2026***

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

## Dates for your diary

Month	Day	Time	Event
<b>March 2026</b>	29th	10.00am	<b>Palm Sunday</b> - Palms Procession and Sung Eucharist
		11.30am	Palms at Holy Trinity
	30th	7.30pm	<b>Holy Week:</b> Evening Service with Taizé music at St Augustine's
	31st	7.30pm	Evening Service with Taizé music at St Augustine's
<b>April 2026</b>	1st	7.30pm	Evening Service with Taizé music at St Augustine's
	2nd	12.15pm	Organ recital
		7.30pm	<b>Maundy Thursday</b> - Eucharist of the Last Supper and Watch of Prayer
	3rd	9.30am	<b>Good Friday</b> Ecumenical Walk of Witness from St. John's Methodist Church via St. Augustine's Church to Limbury Baptist Church
		11.30am	Family Easter Experience - Messy Church
		2.00pm	Good Friday Liturgy - The Last Hour
	4th	11.00am	Young Growers' Club
	5th	10.00am	<b>Easter Day</b> - Sung Eucharist at St Augustine's
		11.30am	Said Eucharist at Holy Trinity
	7th	2.00pm	Mothers' Union
	17th	12noon	Community lunch
	19th	6.00pm	Concert by the Watoto Children's Choir from Uganda
	24th	2pm-4pm	Craft and Natter group
<b>May 2026</b>	1st	10.30am	Coffee morning
	2nd	11.00am	Young Growers' Club
	7th	12.15pm	Organ recital
	10th	3.30pm	Messy Church
	12th	2.00pm	Mothers' Union
	15th	12noon	Community lunch
	16th	10.00am	Jumble Sale
	17th	10.00am	Patronal Festival
		11.30am	Annual Parochial Church Meeting
	24th	10.00am	Pentecost

Continued on the inside back cover

## 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

St Augustine's Hall bookings: Angela Thomas 07305 060316

Holy Trinity Caretaker: William Raghu 01582 585092

## Holy Week Services and Events 2026



**Palm Sunday - Sunday 29th March**

**10:00am: Palms Procession and Sung Eucharist**

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

**Monday 30th March, Tuesday 31st March, Wednesday 1st April**

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



**Maundy Thursday - 2nd April**

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



**Good Friday - 3rd April**

**Silent walk of witness from St John's Methodist Church at 9:30am,  
via St Augustine's then to Limbury Baptist Church**



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

**2:00pm: Liturgy – The Last Hour  
at the Foot of the Cross**



**Easter Day - Sunday 5th April**

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

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

**He is  
RISEN**

## Rev. Jairo writes

I began this year with deep thoughts about the life of the Church. I am reflecting on the direction and the future of the Church. I have been seeing the transformation of the makeup of the traditional congregations and wondering how the church will change in a few years' time and what we should be doing now. The Church of England's commitment of presence in every community is currently being challenged by many factors. We have witnessed a drop in attendance to Sunday services with a number of those attending being non resident in the parish. Future survival from this trend will depend on how we navigate the emerging trends in order to maintain community presence, mission of the church and appropriate pastoral support for all members of the congregation.



As we celebrate the resurrection of Jesus Christ this Easter, we do so with a renewed hope. We see trees and bushes that had lost their leaves over the winter season grow new leaves again. Flowers such as daffodils that had disappeared are emerging from the soil. This rebirth brings us a renewed hope as we think about the future of the church. Easter helps us recognise that all goodness of life comes from God through Christ. It reminds us that we do not live to die but to overcome the trials of life by continually renewing ourselves. So we come together this Easter to plant new seeds of mission for new life to spring up.

St. Matthew (4:1-11) writes how Jesus was led by the Spirit into the wilderness to be tempted by the devil. Despite hunger and hardship, he overcame the temptations which would have affected his future ministry. He relied on the Holy Spirit and the Word of God. So, as we prepare for Easter we too must rely on the guidance of the Holy Spirit as we pause to think about what is going on and how we can continue to make positive impact through our mission and ministry.



We are proud to look for outside help. We work closely with our community partners and invite members of our local community to help us with different tasks and ways in which we can continue to maintain our buildings and the grounds around them. We cry out to God the Father in prayer to meet us at the point of need. We are also reviewing how we can continue to effectively use our two church buildings for community events and worship. We recently introduced a monthly Swahili Service at St. Augustine as part of our intercultural engagement and we are working towards creating a community space at the back of Holy Trinity Church.

I would therefore urge everyone to make this a season that awakens to a need to affirm new life and create renewed energy for the journey ahead. We will be awakened by special services throughout the season of Lent and especially during the Holy Week with evening services from Holy Monday to Wednesday, Liturgy of the Last Supper on Maundy Thursday and a number of events on Good Friday which will begin at 9:30am with a Silent Walk of Witness from St. John's Methodist Church via St. Augustine's Church to Limbury Baptist Church. Finally, the service on Easter Sunday when we celebrate the resurrection of Jesus Christ and the promise of eternal life. The dates and times of events and services are listed in this magazine and on our parish website.



May our good Lord continue to bless you.

Rev. Jairo Nyaongo

### Messy Church at St. Augustine's

This normally runs on the second Sunday of the month from 3.30pm - 5pm, with craft activities, prayers, followed by tea. In December the children made Christmas decorations for their tree for the Christmas tree Festival and in January, Christingles when the Christingle Service was combined with Messy Church.



On Good Friday, April 3rd, there will be a Family Easter Experience at Messy Church starting at 11.30am. You are all very welcome to join us.



*Enjoying crafts and tea!*



*Making Christingles*

## Community Lunch

Every 3rd Friday of each month we have a Community Lunch at St. Augustine's. Margaret, Teresa and I try to offer a wide and varied menu, which changes twice yearly with the approaching Summer and Winter.

One thing that doesn't change is soup! I have discovered the joy of soup making, whether in a soup maker or at home, with saucepan and blender. The following recipes are two favourites and work well whichever utensils you choose.

### Simple Tomato Soup:

#### Ingredients:

1 tbsp olive oil	1 tsp mixed dried herbs
1 onion, chopped	2 x 400g tin of chopped tomatoes
2 garlic cloves, crushed	850ml vegetable stock.
1 potato diced (approx. 100g)	

#### Method:

Sauté the chopped onion and garlic for a few minutes.

Add the other ingredients. If using a soup maker, put the lid on and select the smooth setting. If using a saucepan, bring to the boil and then simmer until the potato is cooked. Blend until smooth.

### Spiced Root Vegetable Soup:

#### Ingredients:

1 tbsp olive oil	150g parsnips, peeled and chopped
1 onion, chopped	400g swede, peeled and chopped
2 cloves of garlic, crushed	2tsp garam masala
300g carrots, peeled and chopped	750ml vegetable stock

#### Method:

Sauté the onion for about 5 minutes, then add the garlic and garam masala.

Add all the ingredients - select the smooth setting if using a soup maker, or bring to the boil in a saucepan, then simmer until the vegetables are cooked. Blend until smooth.

Angela Thomas

### Coffee mornings at St. Augustine's

Please come and join us on the first Friday of the month from 10.30 am - 12 noon when delicious homemade sausage rolls, cheese scones and a selection of cakes are on offer.

## Craft and Natter

If you are interested in craft work – knitting, crocheting, patchwork, cross stitch, general sewing, scrap books etc etc – this is the group for you on the last Friday afternoon of the month – 2.00pm to 4.00pm. Skill levels are from absolute beginners upwards and we generally bring along a piece of our work to enjoy while nattering and enjoying a cuppa. We share ideas, overcome technique problems and occasionally contribute to neonatal requests (hats & blankets) for the L&D, or Christmas projects for the Church. You can rely on a fun and relaxing afternoon and all for £1. Do ring either Glenise 07789910879 or Teresa 01582 654523 for any more information.



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## Holy Trinity Biscot Community Warm Space Lunch



This takes place every Thursday at 11:30am. Everyone is welcome to pop in for a hot drink and a biscuit, or soup and a roll, and always a warm, friendly welcome.

In this beautiful traditional church, consecrated in 1868, you can admire the architecture and stained glass windows, as you while away some time chatting to friends old and new.

Lynne Betts

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## Holy Trinity Church Organ

The organ in Holy Trinity was built by Jardine in 1915. It has two keyboards and pedals but is not regularly played. There is an opportunity for someone to play it on a Thursday lunchtime for about 15-20 minutes as background music during the weekly 'Soup and a Roll' lunch. Are you a pianist or organist who would like to play occasionally? The organist at St Augustine's Church will help you get started. Please telephone Roy Meek on 01582 575823, who will show you the Biscot organ.



**For more information visit [www.staugustinewithholylrinity.co.uk](http://www.staugustinewithholylrinity.co.uk)**

St. Augustine's Facebook page and our weekly pew sheet, The Star.

## November 2025

November was quite a month to remember, firstly with the Christmas Bazaar on 15th November. There was a wide selection of items to buy on all the stalls, plus a raffle, and the opportunity to enjoy tea, coffee and lunch.

The Mothers' Union and the Craft & Natter group made some cute Christmas Stable biscuits.



Then on 22nd November we enjoyed an Afternoon Tea to celebrate the 60th Anniversary of St Augustine's Church, which was consecrated on 7th December 1965.



## December 2025



On December 13th we had a wonderful display of Christmas trees, which were admired by visitors who appreciated the thought and planning that had gone into each tree. Many groups were represented, and entries came from individuals and families too, with the Mothers' Union tree being voted the most popular. Next Christmas, St Augustine's will be holding a Crib Festival on 12th December 2026, so put the date in your diary!



The Crib Service on Christmas Eve attracted many families and children, all keen to start their Christmas in church by taking part in the story of the Nativity. They enjoyed dressing up and adding their figures to the crib.

*The advent candles*



*The completed crib*

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## Baptism of Daniel Akwarandu

Daniel was baptised on 15th February 2026 by Rev Jairo at St Augustine's Church during the Sunday Eucharist service.

*Rev Jairo making a sign of the cross on Daniel's forehead.*



*Baby Daniel, pictured with his parents, Ebube and Nnamdi, his brother, Godparents and family.*

Daniel received a lighted candle as a symbol of his Baptism and Teresa gave him a gift of a Teddy 'With love from the Mothers' Union', as well as gifts for his brother and the family.



Christmas has come and gone and as I write this, Lent begins on Wednesday, only 6 weeks to Easter! They say time flies as you get older! Certainly does not drag.



In November we made small edible cribs using biscuits, icing and jelly babies, a national M.U. project, and sold them at the Bazaar. Our cards to prisoners were duly signed by members and sent to the prison to be distributed. In preparation for Christmas we had our Advent Corporate Communion, followed by coffee and of course traditional mince pies!



Our normal New Year breakfast in January took place at CJ's, Bushmead as the Moat House only does breakfast now on Fridays. I was unwell but, as reported to me, it was very good!!

Our A.G.M. was very ably conducted by the committee in my absence, a new member, Diana, volunteering. Home made pancakes followed, with many toppings! I had some delivered to me!! Delicious! I was not off my food!

Next Tuesday we look forward to welcoming Paul Fowler, a local Reader in the Orthodox church as our speaker for Lent, an interesting character, as he is Father Christmas in Cambridge! Sandra Wright, a member, will talk to us about her experience of her links with Bedford prison in April. Another long term member and local teacher, Margaret Woodbridge, will speak to us in May about her interesting and comical experiences in life and of teaching young children, mostly at The Meads in Limbury, alongside Joan Meek who is unfortunately housebound nowadays. Everyone is welcome to join us, she will be remembered by many!

We hope to have our Midsummer tour of Dunstable Priory, followed by tea and cake, in June. We're fortunate to have arranged a visit in July to St. Monica's Centre, Bright Eyes, with refreshments, a follow up from the informative talk given by Yasmin, about the charity, last year.

We continue to raise money for the charity and raised £700 at our last jumble sale, half to the church and half to the Mothers' Union. Three jumble sales this year raised £800 for M.U. Thankyou all who donated, bought or helped. We enjoy it! A cup of tea and chat with all. See the diary in this magazine for dates.

150 years ago the worldwide organisation in 84 countries with 43 million members was started by a vicar's wife in Arlesford, Mary Sumner, to help a small group of young mums to bring up their children in the Christian faith.



50 years later, serving families worldwide, it has grown!!!! Some of our mothers were members 80 years ago! Celebrations will go on throughout the world, in our diocese on July 26th, and in our branch.

We hope the weather will be dry when we have our own celebration of 150 years, 41 years in our branch, with tea and cake in the church garden on 9th June.

A service for all members will be held on 10th June at 5pm in St. Paul's Cathedral, which is very convenient for members in our diocese and branch with the Thameslink trainline.

We continue to meet in the St. Albans diocese for meetings and services. In June we meet in church for our half an hour part of the Wave of prayer, praying for our diocese and four other linked diocese overseas, going on every minute throughout the year and the world. We're involved in the Mothering Sunday service and Baptisms, giving gifts and information to the families.

Lastly thank you, come and join us, we're a friendly bunch, you may well recognise us I'm sure! With my love and prayers, Teresa.

Teresa Nichols, Branch Leader  
01582 654523

*PS The hospital is in need of large baby blankets. Please use the pattern below, and contact me if you would like them passing on to the correct department.*

### **Basket stitch baby blanket**

Using 4mm needles and double-knitting wool

Cast on 130 stitches

Knit 20 rows in garter stitch (Knit every row)

Keeping to a border of 10 in garter stitch at each end of knitting

Knit 10, Purl 10 for 10 rows

Next row Purl 10, knit 10 for 10 rows

(On the first row you will knit 20 stitches at the beginning and end of row)

(On the second row you will knit 10 stitches at the beginning and end of row)

Continue in this manner until 16 pattern repeats have been done

Knit 20 rows in garter stitch and cast off loosely

Using the same method you can knit this blanket in any size or any ply of wool.



St Augustine's Church, on the corner of Icknield Way and Catsbrook Road, is looking for new choir members to join them singing at the Sunday service at 10am.



Singing is great fun, good for you and we are a small friendly group.

We rehearse on Friday evenings in the choir vestry from 7:30 pm to 8:15 pm. You can just turn up on any Friday evening.

For more information please ring our organist, Roy Meek, on 01582 575823.

## The Archive at St George's, Windsor

St. George's Chapel, Windsor Castle, was founded in 1348 as the spiritual home for the Most Noble Order of the Garter, newly created by Edward III. Its clergy form a small part of a wider College of St. George; College in the sense of a collection of people brought together for a common cause, not as we recognize today, an educational establishment, although confusingly there is a prep school at the bottom of the hill!



*St George's Chapel - David Watt*

Ever since its inception, St. George's has recorded its governance, daily life, responsibilities to the parishes over which it has patronage and, given the circumstances of its foundation (along with Westminster Abbey) it being a Royal Peculiar, its relationship with the Crown. Today the Chapter Archive preserves and makes that record available and it is some of its contents which Caroline and David Watt are having the privilege of, very gently, cleaning as part of the ongoing maintenance and preservation programme.

The Archive is split into a Library of books which reflect the many and varied interests of generations of Deans and Canons over the centuries, ecclesiastical and otherwise. Other copies are often held elsewhere, but ours often carry unique manuscript annotations. The Archive proper holds the unique records of the College of St. George.

Beginning last October, and starting with the Library, four of us have been removing the volumes from the shelves, slipping numbered tags into them to ensure they go back in the same order, then with soft brushes and bare hands cleaning the first and last six pages then the front, back and spine. Finally we 'riffle' the pages noting any damage, signs of new mould and if any creepy-crawlies are or have been in residence. Fortunately there's barely any. Then, using the tags, we put them back again. We do however, discover some amazing maps, engravings (such as in a 17th century treatise on female anatomy with a baby crowning), annotations, doodles, children practicing their letters, 18th century bookmarks, pamphlets arguing back and forth on some religious hot topic and other discoveries that make you say "Oh my word!". The Archive is even more interesting, who knew there was a near riot in the Chapel in the 18th century over ticket touting and forgery; swords were drawn!

Its all voluntary, our other team members are a former BA air hostess (she regularly served David Frost on Concorde) and a former Royal Collection conservator who cleaned Her Majesty's Michelangelo drawings years ago. So, we've cleared the diary for our weekly book dusting day for the next year or so and as Caroline says, why didn't the Careers Advisor mention this job. Roll on next week!

David & Caroline Watt

## **Celebration – u3a Luton’s 30<sup>th</sup> Birthday**

I am inviting you all to come along to a party on Saturday 18<sup>th</sup> April 2026, at Christchurch, Bushmead, from 10.30am to 4pm. The Lord Lieutenant of the County will be attending to cut our celebration cake, and there will be coffee and tea, biscuits and cake, and lots of information about our groups, plus a film showing some of our members enjoying themselves, walking, playing board games or croquet, putting the world to rights in our discussion group, or talking about the books they have read. Some of our members enjoy a game of badminton, or table tennis, or some of us go off to London each month to explore museums, or exhibitions, or simply to enjoy walking along the Regents Canal. Our MOTO Group (Members on their own) meet regularly to enjoy a coffee together or a cinema trip, and find it more fun if there is someone there to discuss it with. When you come along to our party, just drop in any time, and there will be exhibitions of some of the things members have enjoyed over thirty years.

As the u3a in Luton has grown over thirty years, we moved from above Bath Road Swimming Pool, to the Co-op Hall in Stockingstone Road, to our present Venue 360 in Gypsy Lane. Here there is plenty of room for our members to enjoy the monthly meeting, with a talk, a coffee, and the opportunity to catch up with friends, or ask any questions of the Group Liaison Team, the Membership Secretary, or the Treasurer, and you can also pick up a book from our bookstall, or buy from the Bric a Brac table. We meet there on the last Monday of each month from 10am ‘til around 12 noon. Our speaker begins at 10.30am. Our Art Group displays some of the work they have produced once a year which is amazing, and our Photography 1 Group also displays photos which have been judged on an annual basis.

If you haven’t heard about u3a Luton, do pop in and say hello. You will receive a warm welcome, and it will be a good opportunity to talk to the Chairman, Gina Indge, or any of the Executive Committee who help to keep the wheels turning month by month.

I look forward to seeing you there. Let someone know you saw the invitation in St Augustine’s Magazine!

Carole Chamberlain, Vice Chair, u3a Luton



*Enjoying a u3a trip to Windsor*

## Maurice and Matilda Mouse - A story for children

Mary was excited when she came home from school. In her cookery lesson she had been shown how easy it was to make pancakes, and everyone had helped to make some. After they were cooked they all sat down to a feast of pancakes, made by themselves, and Mrs Shah, their cookery teacher, had brought in some toppings which were sugar and lemon juice, Nutella, maple syrup and golden syrup, and also some raspberries and blueberries. The pancakes had been cut into quarters, so that they could see which one they preferred when they tasted them.



“Can we make some at home please Mummy?” asked Mary. As Lent and Pancake Day, also known as Shrove Tuesday, were looming, Matilda agreed that they could indeed make some. They made some extra ones which they froze to be eaten on Shrove Tuesday, as that is the beginning of Lent in Christian households.

Matilda explained that during Lent Christians should fast, and Pancake Day was a way of using up the flour and the eggs and milk in the household, so during times of fasting in Lent there would be no wasted food.

Mary said that not all her friends were Christian, but they fasted in different ways. Mrs Shah had explained to the class at school that if you followed Islam, Muslims would fast during Ramadan from dawn to sunset. When meals were provided at sunset, they would be shared with neighbours, or friends as well as the family. Fasting is one of five pillars of faith.



The holiest day of fasting in Judaism is Yom Kippur when Jews say sorry for what they have done wrong over the last year. Another solemn day of fasting is Tisha B'Av, when people remember the destruction of ancient temples.



Fasting is also an important part of the Hindu religion and the Hindu faithful fast on New Moon Days, certain week days and festivals. Buddhists fast from noon to dawn on particular days known as Uposatha days, and days relating to the phases of the moon.



Wow, Mary was really impressed to hear about the fasting that so many people do in different ways in our world. Matilda explained to the children that sometimes taking our minds off food helped us to remember our beliefs, and to think about kindness, and things which help us to feel better. We also remember things we should not have done, and ask to be forgiven. Some people spend the time praying, or working out solutions to something that is bothering them. In that way which ever religion or no religion we follow, we are all united in trying to be better human beings, helping each other.

“OK Mum, but can we make some more pancakes tomorrow after school please?”

Carole Chamberlain

## Mary's pancake recipe

### Ingredients

125g plain flour  
300ml milk

2 medium eggs  
Pinch of salt

25g melted butter  
Oil for frying



### Method

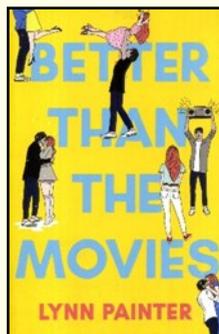
1. Put the flour and salt into a large bowl, make a well in the centre and pour in a small amount of milk, eggs and melted butter.
2. Give the liquid mixture a whisk before incorporating the flour.
3. Continue to whisk while you gradually pour in the remaining milk until you have a smooth batter. Ideally, let the batter rest for 15–30 minutes. You can even make the batter the night before and leave it covered in the fridge.
4. Put a teaspoon of oil in a frying pan over a medium heat and swirl around so it is evenly coated.
5. Add the batter to the pan and immediately start swirling it round the pan to get a nice even layer.
6. Cook the pancake for 30–40 seconds. Check the underside is golden brown before turning over with a fish slice or palette knife.
7. Cook the other side for another 30 seconds and transfer to a serving plate. You can serve your pancake with lemon and sugar or your favourite topping.

*Pancakes are delicious to eat at any time of year - except in Lent!*

### Book review - Better Than The Movies

By: Lynn Painter ★★★★★ (5 Stars)

Better Than The Movies is a charming and heartwarming romance novel by Lynn Painter and is recommended for ages 12+. This entertaining book is an enemies-to-lovers trope book where hopeless romantic Liz Buxbaum tries to have some romance in her life. If you're a fan of swoon-worthy stories and well-written stories, then this might just be the book for you!! There are two stories in this series: Better Than The Movies and Nothing Like The Movies. (Although a few more of Lynn Painter's books include main characters Liz Buxbaum and Wes Bennett.)



Elodie Ramsey (age 12)

### Easter Anagrams

Can you unscramble these words? (answers on page 26)



- |             |                 |            |          |            |
|-------------|-----------------|------------|----------|------------|
| 1. RETESA   | 2. NOISERURCERT | 3. SSCREOS | 4. HCKIC | 5. NUBNY   |
| 6. DLOFDAIF | 7. TELAHCOCO    | 8. NREWEAL | 9. PEHO  | 10. RNGPIS |

## Church Flower Arranging

Flower arranging in churches is a cherished tradition that brings both beauty and spiritual meaning to places of worship across Britain. From simple posies on side altars to elaborate displays for feast days and weddings, the art of church flower arranging has evolved over centuries, reflecting local customs, seasons, and the talents of dedicated volunteers.



At its heart, church flower arranging is about creating an atmosphere of reverence and celebration. Flowers add colour and vibrancy to the sacred space, marking special occasions such as Easter, Christmas, and harvest festivals. The choice of flowers is guided by seasonality, aesthetic appeal and symbolic meanings, with lilies, for example, representing purity and resurrection.



At St. Augustine's with Holy Trinity we rely on five volunteers who arrange fortnightly and gather for special events and Festivals such as Easter, Harvest and Christmas to arrange flowers. These wonderful ladies, Margaret Woodbridge, Barbara Tasker, Teresa Nichols, Frances Higgins and myself, Rachel Devey, have dedicated many years of service to our arranging. Over the years the team has become smaller leading to, unfortunately, the introduction of a silk arrangement in our porch and flowers are arranged less often but we all enjoy creating tasteful, meaningful floral displays in the Sanctuary of the church that enhance the worship space.

There has always been a small flower fund for flowers at St. Augustine's which has been built up over the years for the up keep of pedestals and general equipment. But the funding of the fortnightly arrangements comes from the parishioners who wish to have flowers placed in memory of a loved one or for a birthday or a Wedding anniversary.

Eco-friendly practices are increasingly being adopted in many churches. Only this week the General Synod voted that all churches should be thinking of ways to be more sustainable in their arranging practices. In early February I created an arrangement for a parishioner which contained lilies, roses, alstroemeria. All of these will have been flown many thousands of miles from places like East Africa, South America and Kenya. They will have been sprayed with chemicals as they have grown and to keep them in good condition for the journey. And the amount of plastic the flower industry uses to wrap is a real concern. The motion voted forward by Synod does not introduce any rules or bans. Instead, it encourages churches, wherever possible, to consider using seasonal,



locally sourced flowers and foliage, and to phase out single use floral foam - a 1950s era plastic product which cannot be recycled or composted, sheds micro particles when handled, and contains the equivalent of up to ten carrier bags' worth of plastic per block. The Royal Horticultural Society has already prohibited floral foam at its shows, including Chelsea, since 2021. Also, I read that the floral decoration for the King and Queen's Coronation was produced without the use of floral foam, using only buckets, troughs and chicken wire!



The motion does highlight long established alternatives such as reusable vessels, twigs, moss, chicken wire, and metal "frogs", which for centuries enabled churches to create arrangements without single use plastics. It also celebrates the creativity of volunteers and the opportunity to support local growers and community gardens.

In essence, church flower arranging is more than mere decoration - it is an offering of beauty, a symbol of faith, and a way to connect the community with the changing seasons and the cycles of life. Whether grand or simple, each arrangement is a testament to devotion and the enduring power of nature within sacred spaces.

Long may the tradition of flower arranging continue at St. Augustine's with Holy Trinity but it would seem we need to consider what is best practice for the future.

Rachel Devey



*It is always a pleasure to see the beautiful flower arrangements produced by our flower ladies, who work tirelessly without really receiving the recognition they deserve. It is particularly moving when you see an arrangement in memory of a beloved family member. The flower ladies are extremely talented, as the selection of photos shows, and I know that arranging flowers in the winter in a freezing cold church when there is no heating is quite a challenge!*

Rosemary Cavanagh

## **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.



Contact Angela Thomas on 07305 060316 for more information.



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## Bring and Share Lunch

Our Social Committee organised a Bring and Share Lunch for us on the first Sunday in February, and it was a great success. Following weeks of grey, rainy January, it was good to sit down to a sumptuous lunch with plenty of time to chat and look forward to Spring!

Sue once again gave our brains a workout with one of her quizzes, which we all enjoy, and the tea and coffee flowed as we caught up on all the news, reminisced about the Christmas just gone, and heard about journeys during the beginning of the year to see friends and family across the country.

The season of Easter was also discussed, and in no time we would be eating pancakes, and once again walking with the Lord towards his crucifixion and resurrection! Angela will be leading us in our Lenton Bible Study, which can be enjoyed together, or at home, following a six week study.

Thank you to everyone who helped make this time together so enjoyable, shaking off the winter blues! We all went home full of delicious food, as well as food for thought!



*Margaret in the kitchen and a wonderful selection of food.*



Carole Chamberlain



## Winter's Silhouettes



The golden sun sinks into the winter's sky  
And sends out golden hues to delight the eye  
The golden sky offers a backdrop for trees  
Stripped so bare of their autumnal leaves  
Gnarled and bare branches stand so tall  
Their dark shapes silhouetting to enthral  
Shapes dark and brooding against the sky  
Winter offering beauty delighting the eye.

Frances Higgins

*Do you ever forget or trip over a word?  
I know I do and thought of the following poem as I often use such words  
which trip easily off the tongue. Do others understand, strangely they do!*

### Whatchamacallit and thingamabob

What are those words within my mind?  
Those dratted words I cannot find  
Other words will just have to do  
Will others understand, I hope they do  
I say to them will you know what I mean?  
The meanings I am sure you can glean  
Whatchamacallit and thingamabob  
They trip off my tongue in my brain fog  
Why do such strange words never me trip  
They help my mind when other words slip  
Do others understand the strange words I use?  
Strange to say they do not seem to be confused.



*Frances Higgins*



### A wildflower puzzle

Can you decipher these flowers?  
Somehow all the vowels have  
gone missing!

BLBLLS

PRMRS

SNWDRP

CWSLP

MDWSWT

WD NMN

LSSR CLNDN

SNK'S HD FRTLLRY

LLY F TH VLLY

HRB-RBRT

PPPY

FXGLV



Answers on page 26

### The Lea in Winter

Pale winter sun on river Lea  
By Waulud's field to Limbury  
Raw icy winds the Herons feed  
Proud in the flow, by Lammas Mead.

My winter walk along the Lea  
Past Clinker's Close to Boar's Moat  
Willows weeping, bay and goat  
Where Cat Brook meets the Luton Lea.

Across Birdsfoot to Fallowfield  
A darting flash of blue seen there  
Last summer's nests to all revealed  
In leafless branches stark and bare.

Winter storms will swell the Lea  
Ever flowing to the sea  
Little river swift and free  
I love to walk by Luton Lea.

Malcolm Bailey

## Overlord Embroidery - The D-Day Story, Portsmouth

A good friend of mine is Ros Wilson, Co-Leader u3a Ambles and French, as well as being a member of Country Dancing for fun. When we were thinking about a short Winter holiday, she suggested we might stay at Warners Resort in Hayling Island, and make a trip to the D-Day Story, Portsmouth.

The Overlord Embroidery tells the story of D-Day and the Battle of Normandy in 34 extraordinary hand-stitched panels with a total length of 83 metres. Together with my late husband Hamish Maclean, I had visited many of the First World War Cemeteries, as well as the Landing Beaches for the second World War along the Normandy coastline. This included the huge American Cemetery on Omaha beach that stretches as far as the eye can see, in all directions, and is the resting place for so very many young American soldiers who had never even been out of their own State before and who lost their lives on D day. With that in mind, and also remembering the various Museums I have visited before, exploring the D-Day landings, I was surprised to be so moved by the way the young British artist, Sandra Lawrence, had designed the tapestry.

Like the Bayeaux Tapestry, the Overlord Embroidery was stitched by a group of women – a team of highly skilled women at the Royal School of Needlework in London. They used a technique called applique, stitching smaller pieces of fabric onto a larger background piece to recreate Sandra’s designs. The result of the panels, depicting the huge armada of ships of all sizes, landing craft, guns firing into the coastline with aircraft swooping down to the sea, results in a wonderful three dimensional picture that captures the view that the French civilians would have had on that day standing on the beach in Arromanches in Normandy watching the Allies Invasion. General Sir Bernard Montgomery (‘Monty’), Field Marshall Sir Alan Brooke and Winston Churchill feature on panel 28 of the Overlord Embroidery.



*Jo and Ros outside the museum*



*Jo on Southsea Prom*

After we had sampled the restaurant, we decided to walk from the Portsmouth Museum along the front, next to the sea all along the Southsea Promenade, ending up on the little Ferry that takes you across to Hayling Island. We then walked the final mile back to Sinah Warren and a very well deserved glass of wine with our meal. Ros told me then that we had clocked up 6 miles on her wristwatch!

Josephine Maclean

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## The Cross at St Augustine's

In late October 2025, the congregation of the 10.00am Eucharist at St. Augustine's had a bit of a shock! Usually the service starts on time, but on this particular Sunday, the choir, the servers and the minister did not appear. Instead, we could hear several exclamations and quiet mutterings coming from the Choir Vestry. Eventually, the missing groups arrived, but in place of our beautiful black and gold-painted cross, Sandra was carrying the plain wooden, rather rustic cross which we use on Good Friday.

At the end of the service, I discovered what had happened. The cross had slipped onto the floor and broken! It was in several pieces. We decided that I would write to The Repair Shop to see if they could repair our sixty year old cross, although we thought this might take a long time. Ideally, we would like to have the cross back where it belonged by the 60th Anniversary of St. Augustine's Church in early December, but that did not seem likely.

When I came home from church that Sunday, I told my husband, David, about what had happened. He suggested asking his friend Malcolm to have a look at the cross. Malcolm, who lives in Norfolk, had been involved in restoring wooden church items in the past and when he heard about the mishap, said that he would have a look at the cross. David handed over the parts of the cross to Malcolm (with the Vicar's blessing) and a few weeks later, went to collect the repaired cross from Malcolm. Dear Malcolm would not accept payment, but we gave him a bottle of his favourite tipple!

What a blessing it is to have friends who will help you out! Our special cross was back in place in time for the Anniversary and I have to say, it is looking beautiful.

Angela Thomas



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## Palm Sunday: Jesus at the gates of Jerusalem

Holy Week begins with Palm Sunday, when the Church remembers how Jesus arrived at the gates of Jerusalem just a few days before the Passover was due to be held. He was the Messiah come to his own people in their capital city, and yet he came in humility, riding on a young donkey, not in triumph, riding on a war-horse.

As Jesus entered the city, the crowds gave him a rapturous welcome, throwing palm fronds into his path. They knew his reputation as a healer, and welcomed him. But sadly the welcome was short-lived and shallow, for Jerusalem would soon reject her Messiah, and put him to death. On this day churches worldwide distribute little crosses made from palm fronds in memory of Jesus' arrival in Jerusalem.

At St Augustine's everyone receives a palm cross at the service on Palm Sunday.



### Cumberland Pie

Cooking time: 3 hrs - 3 hrs and 50 mins

#### Ingredients—serves 5

2 celery sticks, sliced into 1cm pieces

1 onion chopped

2 really big carrots halved

lengthways then chunkily sliced

5 bay leaves

3thyme sprigs

2 tbsp vegetable oil

1 tbsp butter

2 tbsp each plain flour, tomato purée and Worcestershire sauce

2 beef stock cubes crumbled

850g stewing beef or other braising cut, cut into large chunks

850g large potato

25g finely grated each mature cheddar and parmesan (optional)



This crisp, potato-topped beef and vegetable pie is slow-cooked and is a great family meal. The best thing about it is you don't have to brown the meat first on the hob which is a messy business.

#### Method

- \* Heat oven to 160°C/140°C fan/gas 3.
- \* Soften the celery, onion, carrots, bay and 1 thyme sprig in a casserole with 1 tbsp oil and the butter for 10 mins. Stir in the flour, followed by the purée, Worcestershire sauce and stock cubes.
- \* Gradually stir in 600ml hot water, then tip in the beef and bring to a gentle simmer. Cover and cook in the oven for 2 hrs 30 mins, then uncover and cook for 30 mins -1 hr more until the meat is really tender and sauce thickened.
- \* Meanwhile, cook potatoes in a pan of boiling water until they're not done but about ¾ of the way there.
- \* Transfer meat to a baking dish. Slice spuds into 1cm thick rounds and gently toss with seasoning, the remaining oil and thyme leaves. Layer on the beef, scattering with the cheese as you layer. You can cover and chill the pie now for 1 day, or freeze for up to 3 months.
- \* Increase oven to 200°C/180°C fan/gas 6 and bake for 30-40 mins until golden and crispy, and sauce bubbling if the dish went in cold.
- \* Can be served with peas.

Rachel Devey

## Ginger Fairlings

### Ingredients—makes 20 biscuits

100gm butter	2 tsp baking powder
4 tbs golden syrup	2 tsp bicarbonate of soda
225 plain flour	1 tbs ground ginger
100gm caster sugar	2 tsp mixed spice



### Method

- \* Preheat the oven to 180°C degrees
- \* Mix dry ingredients in a bowl and stir well to mix
- \* Melt butter and golden syrup together
- \* Add the melted mixture to the dry ingredients and mix well
- \* Take spoonful of mixture and roll into walnut sized balls
- \* Place balls on a greased baking tray leaving space between the cookies as these will spread during cooking
- \* Bake on middle shelf for 10 to 12 minutes until even golden colour
- \* Check regularly as these biscuits can easily overcook

Frances Higgins

## Valencia – a city of contrasts

I was lucky to be able to visit the beautiful city of Valencia last year and was amazed at the contrasting styles of architecture. We started with a tour of the historical centre, visiting the Silk Exchange which boasts Gothic architecture with helical columns and a star-shaped ribbed vault. Also in the historical centre is Valencia Cathedral, built between the 13th and 15th centuries and now famous for housing the Holy Grail, the chalice believed to have been used by Jesus at the Last Supper.



There was so much to see in the old city, including the Central Market with its impressive modernist architecture, but we had to move on!



We boarded a coach which took us to The City of Arts and Sciences, a complex of attractions housed in futuristic buildings. They were unlike anything I had seen before and absolutely spectacular. We only had time for a taste of this amazing city and I would love to revisit.

Rosemary Cavanagh

## GROUPS & ACTIVITIES

Group	When	Contact	
<b>Mothers' Union</b>	2nd Tuesday in the month	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	Angela Thomas	07305 060316
<b>Craft and Natter</b>	Last Friday in the month 2 - 4pm	Teresa Nichols Glenise Bench	01582 654523 07789 910879
<b>Choir</b>	Practice on Fridays at 7.30pm	Roy Meek	01582 575823
<b>Messy Church</b>	2nd Sunday in the month 3.30-5pm	Jenny Small Angela Thomas	07961 100412 07305 060316
<b>Young Growers' Club</b>	1st Saturday in the month 11am-2pm	Margaret Barnett Laura Mathurin	07984 229057 07855 464610

## 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: 4.45 - 6.00pm	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 Anagrams on page 15 and Wildflower puzzle on page 20

1. EASTER    2. RESURRECTION    3. CROSSES    4. CHICK    5. BUNNY  
6. DAFFODIL    7. CHOCOLATE    8. RENEWAL    9. HOPE    10. SPRING

---

BLUEBELLS    COWSLIP    LILY OF THE VALLEY    HERB-ROBERT  
PRIMROSE    MEADOWSWEET    LESSER CELANDINE    POPPY  
SNOWDROP    WOOD ANEMONE    SNAKE'S HEAD FRITILLARY    FOXGLOVE

## Dates for your diary

Month	Day	Time	Event
<b>May 2026</b>	29th	2pm-4pm	Craft and Natter group
	31st	10.00am	Trinity Sunday - Holy Trinity's Patronal Festival
<b>June 2026</b>	4th	12.15pm	Organ recital
	5th	10.30am	Coffee morning
	6th	11.00am	Young Growers' Club
	9th	2.00pm	Mothers' Union
	13th	3.00pm	Hymns & Pimms
	14th	3.30pm	Messy Church
	17th	TBA	Church trip to Walsingham
	19th	12noon	Community lunch
	20th	11am-3pm	Summer Table Top Sale and Open Day
	26th	2pm-4pm	Craft and Natter Group
<b>July 2026</b>	2nd	12.15pm	Organ recital
	3rd	10.30am	Coffee morning
	4th	11.00am	Young Growers' Club
	4th	7.30pm	Luton Choral Society Concert - Opera Highlights
	12th	3.30pm	Messy Church
	14th	2.00pm	Mothers' Union
	17th	12noon	Community lunch
	31st	2pm-4pm	Craft and Natter group
<b>Aug 2026</b>	6th	12.15pm	Organ recital
	15th	TBA	Church outing
	21st	12noon	Community lunch
	28th	2pm-4pm	Craft and Natter group
<b>Sep 2026</b>	3rd	12.15pm	Organ recital
	4th	10.30am	Coffee morning
	5th	11.00am	Young Growers' Club
	6th	3.00pm	Annual Organ recital by Roy Meek
	8th	2.00pm	Mothers' Union
	13th	3.30pm	Messy Church
	18th	12noon	Community lunch
	26th	10.00am	Jumble Sale
	27th	10.00am	Harvest Festival

# 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

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](mailto:jnyaongo@hotmail.com)

### Churchwarden:

Angela Thomas on 07305 060316

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