St. Ed's TOGETHER

SEPTEMBER 2025

Parish magazine of St. Edward King and Confessor Church, New Addington



FOOD FOR LIFE

It is very significant that the UN observes 29th September every year as day of awareness about food loss and food waste. We live in a time where there is plenty of food in the world yet so many people in the world do not have access to food. We are everyday reminded of the thousands of people in Gaza who are starving and so many children dying of starvation and hunger. We hope this cruelty will end soon.

I was a bit shocked to read from the Trussel report that in our context, in the UK, in the year 2024 I4.I million people faced food insecurity due to rise in food prices and millions of people in the UK are reducing the quality and quantity of food they consume due to the escalation of costs.

Food gives us good health and healing and without proper nourishment we face various setbacks in our health. One of the features of the modern world is not having time. People are very busy with work and other engagements and the immediate causality is food. People do not have time to prepare food and as a result fast food and processed food become an easy way out. Over a period of time this affects our health and wellbeing. It is extremely important to spend time and energy to cook food and to give the best to our body so that we can be healthy.

We also hear that a he quantity of food is wasted everyday as people buy more than what they need and as a result food is wasted. Careful and mindful planning can help us to overcome this sad state of affairs.

Our Lord Jesus Christ valued food, he loved to visit friends for table fellowship where food is cherished and shared. He also tells us that food is a gift from God, God provides food for all species. We need to respect our body and we need to respect the food that we receive. We pray that the hungry may be fed and it is wonderful that we are able to contribute food to our local food bank. As we prepare for our Harvest thanksgiving let us dedicate ourselves to always be grateful for the food that we receive and be determined to avoid wastage of food.

Prem

FOOD GLORIOUS FOOD

Today you can purchase fruit and veg that used to be seasonal any time of the year. I think it has spoiled us for the joy of that first tomato, potato, runner bean etc. We mostly used to grow them in our own gardens. There are many people today that now have an allotment so they can grow their own fruit and vegetables, sadly there are not enough and there is a long waiting list. There is also a trend lately to buy a smallholding where you can rear your own livestock and also grow your own fruit and veg. This is now becoming a costly thing to do with the cost of feed, fuel etc. Whenever I go to a farm shop the cost of local produce is a lot higher than the local supermarket this is obviously due to costs as the supermarkets can purchase in bulk from anywhere in the world. Food has an economic value but we are often held to ransom by global businesses and production costs.

We need all types of food for growth, health, and energy. It helps ward off illnesses and boosts our immunity; it also helps with physical and mental energy.

The amount of food waste is dreadful, when you consider there are countries that have nothing due to famine, drought and wars. About a third of the world's food is thrown away during processing, distribution, restaurants and fast-food outlets. It takes a lot of resources and manpower to dispose of food waste. It is up to us to try and help to stop this. One of the ways to do this is better meal planning and utilising our freezers to use up leftovers instead of putting them in the bin. We also tend to over purchase especially potatoes and when they start to sprout or go wrinkly, we throw them away, when they could be used in recipes ie. Soup. This is one of my favourite ways to use up any leftover veg as my freezer can verify.

One thing that really makes me angry is that schools no longer seem to educate children the value of food or teach them to cook. This is where it should all start.

Gill

NOTABLE QUOTES

There is no love sincerer than the love of food. George Bernard Shaw

Laughter is Brightest in the place where food is. *Irish Proverb*

You don't have to cook fancy food or complicated masterpieces:

Just good food from fresh ingredients.

Julia Child. American Chef and Author. 1912–2004

Then God said "I give you every seed - bearing plant on the face of the whole Earth and every tree that has fruit with seed in it.

They will be yours for food "

Genesis 1:29

When they all had enough to eat, He said to his Disciples "Gather the pieces that are leftover, let nothing be wasted " *John 6: 12–13*

THE POWER OF WORDS IS REAL. USE IT WISELY.

STOP saying "I'm tired,"

"I'm broke,"

"I'm stuck."

START saying "I'm learning."

"I'm building,"

"I'm becoming unstoppable."

Your mind believes what you tell it. Every word you speak is a seed. Speak defeat — and you'll feel drained.

Speak defeat — and you'll feel drained. Speak power — and you'll start to rise.

You're not just talking.

You're "casting spells". Choose your magic wisely.



Sent by Mary De Silva

Oh Junk Food!

I want to be healthy, and trust me, I'm trying,
But to say I've succeeded, well, that would be lying.
I do take the stairs and I walk when I can,
I've even enrolled on a strict fitness plan,
But the problem I have, as my fridge will attest,
Is that unhealthy food is the food I like best.

I could give up bananas or beetroot with ease,
But not cakes or waffles or deep-fat-fried cheese.
Junk food, oh junk food! I love it so much,
The way that it smells, its soft greasy touch.
Burgers are heaven, pizza's amazing,
And what about doughnuts with caramel glazing?
All night and all day I dream and I dream
Of cookies and milkshakes and tubs of ice cream,
Of takeaway curries, of chilli cheese fries,
Or puddings with names such as Chocolate Surprise.

But I have to resist, I have to be stronger, This junk food obsession can go on no longer.

I'll buy healthy food, I'll go on a diet, It may not be fun but I've just got to try it. There's nothing to lose, there's nothing to fear,

So it all starts right now...
Wait, next week...
No, next year.



Jonathan Sellars

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Submitted by Jacqueline

Top 10 Food Waste Facts You Need to Know in 2025

Did you know a third of food produced globally is wasted?

Food waste is one of the most urgent challenges our planet faces today. Greenhouse gas (GHG) emissions, a contributing factor to climate change, are exacerbated by the production of food waste and it currently accounts for 8% of the UK's GHG emissions.



For a top-line glance, here are ten surprising food waste facts everyone should know:

Top 10 Food Waste Facts You Need to Know in 2025:

1. 1.3 billion tonnes of food are wasted globally each year

The staggering amount of food wasted could feed approximately 3 billion people. To put this in perspective, that's nearly enough food to nourish the entire global population, emphasizing a shocking contrast between abundance and hunger.

2. In the UK, up to 40% of food never gets eaten

A large portion of our food supply is being discarded instead of consumed. Instead of ending up in landfills, much of this food could be redirected to those in need, providing essential



nutrition and support to communities experiencing food insecurity.

3. Households are responsible for over 60% of food waste

This also shows that we all have the power to make a difference at home. By becoming more mindful of our food purchases, meal planning, and proper storage, we can dramatically cut down on food waste while improving our sustainability practices.

4. If food waste were a country, it would rank as the third-largest emitter of greenhouse gases

The environmental impact of food waste is equally alarming. Reducing food waste can significantly lower our overall carbon footprint, helping combat climate change and its devastating effects.

5. One-third of all fruits and vegetables never make it to store shelves

Many food items are wasted simply because they don't meet strict cosmetic standards, which focus on appearance rather than taste or nutritional



value. This waste isn't just about discarded food—it also represents wasted resources like labour, transportation, and water that went into producing these fruits and vegetables.

6. Food waste costs the UK around £19 billion every year

This immense financial loss impacts not only families and businesses but the entire economy. It reflects the cost of producing food and the significant resources, such as energy and water, that are wasted along with it, creating a costly cycle of waste for everyone involved.

7. Expired labels confuse consumers

Furthermore, many individuals mistakenly discard perfectly edible food due to misconceptions around "best before" and "use by" dates. By educating ourselves about these labels, we can reduce unnecessary waste and begin assessing food quality based on smell and appearance rather than relying solely on dates.

8. Uneaten food accounts for 25% of all fresh water used globally

Additionally, the environmental toll of food waste is staggering, especially in terms of water consumption. Reducing food waste helps conserve significant amounts of fresh water, which is critical for both human consumption and maintaining healthy ecosystems worldwide. Read more about the link between food and water waste here.

9. Bread is the most wasted food item in the UK.

Each day, more than 20 million slices of bread are thrown away, showcasing how easily staple items contribute to food waste, often due to poor planning or improper storage. By repurposing stale bread or freezing it, we can significantly cut down on this waste.

Some food companies are doing cool things with potential waste food, check out Toast Brewing who make beer with unused bread!

10. Redistribution organisations, like City Harvest, make a substantial difference

On a brighter note, community-driven initiatives rescue enough food to provide over 1.5 million meals every month. These efforts show the powerful impact of redistributing surplus food, ensuring that it feeds people instead of ending up in landfills. This not only supports hunger relief but also promotes waste reduction and a more sustainable food system. Come and volunteer with City Harvest to help rescue food from being wasted, and get it to those most in need.

Lesley Clay

DEEP IN OUR REFRIGERATOR

Deep in our refrigerator, there's a special place for food that's been around awhile... we keep it, just in case. 'It's probably too old to eat,' my mother likes to say. 'But I don't think it's old enough for me to throw away.'

It stays there for a month or more to ripen in the cold, and soon we notice fuzzy clumps of multi-coloured mold. The clumps are larger every day, we notice this as well, but mostly what we notice is a certain special smell.

When finally, it all becomes a nasty mass of slime, my mother takes it out, and says, 'Apparently, it's time.'
She dumps it in the garbage can, though not without regret, then fills the space with other food that's not so ancient yet

Jack Prelutsky

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Submitted by Jacqueline

A Dialogue between God and a Child Called Agnes

AGNES: Dear Father, every time we eat, my mum says grace, but I don't really understand why she does that...

GOD: Dear Little Agnes, food is a divine provision, my own created resource, hence it has spiritual value and is a blessing that should be handled with honour and respect, and received with gratitude. By saying grace, your mum thanks Me for the blessing that is food.

In Genesis 9:3, I declare, "Every moving thing that lives shall be food for you; and just as I gave you the green plants, I give you everything." "I [give] food to all flesh, for [My] steadfast love endures for ever." (Psalm 136:25)

AGNES: My mum also encourages us not to waste the food that's in our plate... but why?

GOD: Because my gracious provision should be handled with reverence, not dismissed as useless. Therefore, it is vital to acknowledge that even leftover fragments have value. Let's remember Jesus' directive after the Feeding of the Multitude (John 6:12). When Jesus fed the five thousand with five barley loaves and two fish, He commanded "his disciples, 'Gather up the fragments left over, so that nothing may be lost."

Genuine gratitude flows from recognising Me as the provider of every gift. Wasting food may reveal an underlying ingratitude or indifference toward My blessings. Being grateful, instead, is a quality of a faithful life.

AGNES: My mum also doesn't like when we play with food, saying that we need to care for it... but how?

GOD: By showing diligence, stewardship, and care for My blessings. By treating food and all the created resources entrusted to you with wisdom and discipline.

Joseph's wise management during Egypt's famine (Genesis 41) is a perfect example of careful resource handling, by discouraging carelessness or wastefulness in periods of abundance, so that in the time of famine there would be provision for all. "During the seven plenteous years the earth produced abundantly. So Joseph stored up grain in such abundance. The seven years of plenty came to an end; and the seven years of famine began to come but throughout the land of Egypt there was bread." Wasting food carelessly reflects poor stewardship.

AGNES: My mum also always says that we shouldn't waste food because lots of children die of hunger...

GOD: Yes. Avoiding wasting food, considering the needs of others when we eat it, and sharing it with those in need is a sacred habit. Matthew 22:39 reminds you that "You shall love your neighbour as yourself." Wasting food can indirectly reflect a disregard for the community, especially the hungry. In Galatians 6:10, Apostle Paul encourages to share and care for the poor, "So then, whenever we have an opportunity, let us work for the good of all". A neglect of usable food does not align with helping others in need.

Gleaning Laws were ancient agricultural customs requiring landowners to leave portions of their crops unharvested for the poor, foreigners, widows, and orphans. Leviticus 19:9-10 explains this: "When you reap the harvest of your land, you shall not reap to the very edges of your field, or gather the gleanings of your harvest; you shall leave them for the poor and the alien: I am the Lord your God."

These laws reveal My concern for the needy and highlight the moral standard that food should not be discarded. Instead, I intend for any surplus or leftover to serve others. Being mindful of the needs of others is a fundamental Christian value.

AGNES: It's not good, Father, because we need to help others. Now I understand that there is a strong connection between responsible stewardship of the resources You created and faithful gratitude to You. From the Old Testament gleaning provisions to Jesus' instructions after miraculously feeding the multitude, the Bible consistently teaches us that food is a life-sustaining blessing deserving of gratitude, careful use, and generosity towards others. Now I understand that - according to Christian values - needlessly wasting food diminishes reverence for Your bounty, overlooks the call to serve others, and disregards spiritual wisdom. By practicing faithful stewardship, we honour Your provision and reflect the values taught by Your Word.

GOD: Exactly, little Agnes. Isaiah 58:10 connects helping the hungry with spiritual light: "If you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday."

Candida Mulé

JOKES FOR KIDS

What did the duck say after they bought chapstick? Put it on my bill!

What do you call a sad strawberry? A blueberry!

What do you call people who really like tractors? Protractors!

What did the mama cow say to the calf? It's pasture bedtime!

Why are peppers the best at archery? Because they habanero!

What do you call a hen who counts her own eggs? A mathema-chicken!

What do you call a bear without any teeth? A gummy bear!

What's the best thing about Switzerland? I don't know, but the flag is a big plus!

What is fast, loud and crunchy? A rocket chip!

What did the teacher say when a book fell on their head? I have only my shelf to blame!

What do you get when you mix a cocker spaniel, a poodle, and a ghost? A cocker-poodle boo!

Why do bicycles fall over? Because they're two-tired!

Why are elevator jokes so good? They work on many levels!

What did one eye say to the other eye? Between us, something smells!

How did the barber win the race? They knew a short cut!

What's the difference between a hippo and a Zippo?

One is very heavy, the other is a little lighter!

What do you call two bananas? A pair of slippers!

How do you tell the difference between a bull and a cow? It is either one or the udder!

What do you call an elephant that doesn't matter? An irrelephant!

Did you hear about the guy who invented the knock-knock joke?

He won the "no-bell" prize!

Sent by Lesley Clay





















RECIPES FOR YOU

MICROWAVE MUG CAKE

Ingredients

4 tbsp self-raising flour

4 tbsp caster sugar

2 tbsp cocoa powder

1 medium egg

3 tbsp milk

3 tbsp vegetable oil or

sunflower oil

a few drops of vanilla essence

2 tbsp chocolate chips (nuts or

raisins optional)

Method

Add 4 tbsp self-raising flour, 4 tbsp caster sugar and 2 tbsp cocoa powder to the largest mug you have (to stop it overflowing in the microwave) and mix.

Add 1 medium egg and mix in as much as you can, but don't worry if there's still dry mix left.

Add the 3 tbsp milk, 3 tbsp vegetable or sunflower oil and a few drops of vanilla



essence and mix until smooth, before adding 2 tbsp chocolate chips, nuts, or raisins, if using, and mix again.

Centre your mug in the middle of the microwave oven and cook on High for $1\frac{1}{2}$ -2 mins, or until it has stopped rising and is firm to the touch.

Even better is a scoop of vanilla ice cream is added.

Lesley Clay

SODA FARLS. (Courtesy of Good Food Magazine)

INGREDIENTS.

250g plain flour,

1/2 tsp salt,

I tsp sugar,

Iheaped tsp Bicarbonate of Soda,

225 ml buttermilk. (you can use equal quantities of milk and plain yogurt)

METHOD.

Tip the flour into a large bowl and stir through the salt, sugar and Bicarbonate.

Make a well in the centre and pour in the buttermilk, quickly stirring to combine.

Tip onto a lightly floured surface and knead briefly.

Roll into a roughly 20cm circle and cut into quarters.

Heat a heavy based frying pan over a low to medium heat.

Add the farls and cook for 8 -- 10 minutes on each side or until golden brown and cooked through.

Remove from the heat and leave to cool in the pan for 10 minutes. Split open and eat warm with butter.

Gill



Blessing Les and Joyce on their 70th Wedding Anniversary.

God Bless you Les and Joyce

POT ROAST CHICKEN WITH STOCK.

INGREDIENTS.

2tbsp olive oil,

2.4 k Chicken.

4 onions cut into wedges,

1/2 bunch thyme,

3 garlic cloves,

6 peppercorns,

175ml white wine,

1.2 litres chicken stock.

METHOD.

Heat oven. 170c / 150c fan.

Heat oil in a large flame proof casserole dish or large frying pan.

Brown the chicken on all sides.

Then sit it breast side down, pack in the onion, thyme, garlic and peppercorns.

Pour over the wine and stock, bring to the boil.

Carefully transfer to a casserole dish if using a frying pan.

Put in oven for 2hrs, remove and rest for 20 mins.

Carefully lift the chicken onto a chopping board and carve as much as you need.

Serve the carved chicken in a shallow bowl with the onions and some of the stock poured over.

Serve with some usual Sunday veg and roast potatoes.

Strain the leftover stock into a bowl and strip the carcass of all the chicken.

Chill for up to 3 days or freeze for up to a month, to use for other recipes.

Ideal for adding leftover veg to make a soup and could be topped with Dumplings.

Gill

LORRAINE PASCALE'S ORANGE & CARDAMOM RICOTTA CAKE.

Ingredients:

100g caster sugar.

100g soft light brown sugar.

3 eggs lightly beaten.

200g plain flour.

I egg yolk.

I heaped teaspoon baking powder.

15-20 cardamom pods, seeds only, lightly crushed.

Finely grated zest of 4 oranges.

I tablespoon orange blossom water (optional)

250g ricotta cheese.

Method

Lightly grease a 23cm springboard cake tin & sprinkle with sugar. Preheat the oven to 180g softened butter plus extra for greasing. Cream butter & sugar together until pale & fluffy.

Add half the eggs & half the flour & beat well.

Add the rest of the eggs inc the egg yolk, the flourv & baking powder & beat well.

Stir in the cardamom seeds, orange zest, if using, & finally, the ricotta.

Dollop into the tin & bake for 25-35 minutes.

The cake will be firm on top but the crumb will still be very moist. Leave to cool before removing from the tin & serving.

Mary De Silva

BIBLE QUIZ – September 2025

Rivers, Brooks and Wells of the Bible

Here are 12 questions about Rivers, Brooks and Wells mentioned in the Bible.

Jesus was baptised in this river
•
(Mark 1v9)
Ezekiel was among the captives by this
one. (Ezekiel 1v3)
The northern river in God's promise to
Abraham (Genesis 15v18)
The southern river in God's promise to
Abraham. Moses knew it well.
(Genesis 15v18)
The Israelites defeated the Amorites
here. (Deuteronomy 2v24)
A brook so called for its grapes.
(Numbers 13v24)
Elijah hid beside this brook
(1 Kings 17v3)
The garden of Gethsemane lay beyond
this brook (John 18v1)
David left 200 tired men by this brook.
(1 Samuel 30v9 and 10)
Jacob's name was changed to Israel at
this ford. (Genesis 32v22-28)
There were twelve wells of water here
and seventy palm trees.
(Exodus 15v27)
Where Isaac made a covenant with
Abimelech. (Genesis 26v32-33)

Ian Beazley

YOUR MONTHLY GARDENING CHECKLISTS: FLOWERS

- Plant drifts of spring bulbs informally in a lawn, including crocuses, daffodils and fritillaries
- Lift tender cannas to avoid frost damage, dry off the tubers and store in cool dark conditions until spring
- Plant up cheery pot displays with winter colour, such as heathers, cyclamen, winter pansies and skimmia. More winter container inspiration.
- Lift and pot up tender perennials, such as chocolate cosmos, gazanias and coleus, to protect over winter
- Plant evergreen shrubs and conifer hedges while the soil is still warm
- Remove any pot saucers and raise pots up onto feet to prevent waterlogging over winter
- Move deciduous shrubs that are in the wrong place or have outgrown their current position



- Wrap layers of fleece or straw around banana plants and tree ferns to protect from winter frosts
- Collect seeds from hardy perennials, such as astrantia, achillea and red valerian, and sow straight away
- Take hardwood cuttings from ornamental trees and shrubs
- Reduce the height of shrub roses to avoid wind rock damage over winter

Empty spent summer pots and hanging baskets, and compost the contents

Lesley Clay

LISTEN TO YOUR BODY

God in his ingenious, creative design for human kind, has built within us natural alarm signals – headaches, exhaustion, migraines, stress, agitation to warn us when the pendulum of calm has swung too far.

Do yourself a favour and
Listen to your body.

Psalm 32:8

Church Events for your diary

Saturday 4th October: Children's Harvest Workshop

10.30- 12 in church.

Friday 10th Saturday Music festival Time to be announced

Saturday 11th Music festival 11am-3pm

Sunday 12th October Patronal Festival and Music Festival 11.45-

3 pm

Church Services at St Edwards.

Sunday Early service 9 am this is also live streamed on Facebook.

Ist Sunday of the month is an All-age worship with
Eucharist & music 10.30 am
Sunday main service 10.30 am Eucharist with music
Thursday Morning Service 9.30 am in the Chapel

The next Sunday school will be on Sunday 26th October

PASTORAL SERVICES THIS MONTH

Ashes Interment

14th September Maureen Jean Woods 21st September Amanda Jane Goldsmith 28th September Nina Christina Froud 28th September John Alan Charles.

St. EDWARD KING AND CONFESSOR CHURCH

New Addington

OCTOBER 2025 Worship Services

Sundays 9.00 am and 10.30 am, Thursdays 9.30 am

Dates	Readings	Reader	Intercessor
Thursday 2 nd October	Luke 10.1-12	Celebrant	
Sunday 5 th October	Joel 2:21-27	Lesley Clay	Mary De' Silva
All Age Service	I Timothy 2:1-7	Sidney Adanaike	
Harvest Thanksgiving	Matthew 6:25-33	Celebrant	
Thursday 9 th September	Luke 11. 5-13	Celebrant	
Sunday 12th October	2 Samuel 23. I-5	Kester O'Connor	Lesley Clay
Patronal Festival	I John 4. 13-16	Julie Brooker	
	Matthew 21. 12-17	Celebrant	
Thursday 16th October	Luke II. 47-end	Celebrant	
Sunday 19th October 18th after Trinity	Jeremiah 31:27-34	Lesley Fordham	Sidney Adanaike
la dicer i i i i i i i i i i i i i i i i i i i	2 Timothy 3: 14-4.5	Mary De' Silva	
	Luke 18: 1-8	Celebrant	
Thursday 23th October	Luke 12. 49-53	Celebrant	
Sunday 26 th October	Isaiah 45: 22-end	Lesley Clay	Kester O' Connor
Last Sunday after Trinity	Romans 15:1-6	Jaqueline Sanderson	
Sunday School	Luke 4: 16-24	Celebrant	
Thursday 30th October	Luke 13. 31-end	Celebrant	

REGULAR EVENTS AT EDWARDS

A WARM SOCIAL SPACE:

St Edwards will be open every Thursday from 10am to 4pm As a warm social space during these worrying times of rising energy and food prices: People are welcome to call in whenever they wish, and stay for as long as they like.

These will be tea/coffee and biscuits available all day, there are board games to play if you wish or just to read a book or chat.

Please do come and join us and spread the word to anyone you think may like to come.

Singing for fun

An informal singing group every Thursday 3-4 pm in church, we sing all the old-time favourites accompanied by the piano and Fr Prem on the Guitar.

Everyone welcome.

CAMEO

A group for retired folk who would like to meet on the Ist Wednesday of the month from 2-4 pm in the church hall for tea/coffee cake and a chat. Everyone welcome

NEXT MEETING 01 10 25

EDWARD'S

SMUSIC FESTIVAL

FEATURING POP, ROCK AND CLASSICAL MUSIC



S.

SATURDAY 11th OCTOBER 2025 11 am — 4 pm

SUNDAY 12th OCTOBER 2025 Service 10.30 am — 11.45 am Festival 11.45 am—3 pm

AT ST. EDWARD KING AND CONFESSOR CHURCH, NEW ADDINGTON

St. Ed's Together

Welcome to our September edition of our Parish Magazine from St Edward King and Confessor in New Addington. Thanks to all those who contributed to this issue. Hope you enjoy this issue.

Kindly note that our service timings are: Sunday Eucharist at 9.00 am and at 10.30 am. We have our Midweek Eucharist at 9.30 am on Thursdays.

We continue to have a **Eucharist live streamed on our Facebook page** on Sundays at 9.00 am. We also have a prayer help line open from 6am-10pm. If you would like to speak to priest or to ask for a prayer to be said you can call the Vicarage 01689 845588

If you would like a call even if just for a chat please call us, we are here to help.

CHURCH CONTACTS

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