

St. Ed's TOGETHER

August 2026

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



WELLBEING AND SPIRITUALITY

We all have responsibilities and we are quite careful about our responsibilities. Of all the responsibilities that we have there is one which is of utmost importance which is our responsibility for our wellbeing. There are some people who are very careful about this responsibility but quite a lot of people take their wellbeing for granted. While we have work, relationships and other commitments, they all can contribute to our wellbeing but our wellbeing is in our hands. Life can be wonderful and profound if we take good care of ourselves.

The Hebrew word SHALOM is used as a greeting. Shalom means peace. Peace in Shalom refers to wellbeing. The books of the Bible both in the Old Testament and in the New Testament talk about such a peace. Our Christian spirituality teaches us that God is the source of peace. God helps us to have inner peace, peace with fellow human beings, peace with God and peace with creation, all these together ensure our wellbeing.

Spirituality is a beautiful exercise for wellbeing. The awareness that we live in God's world and that God loves everything that God has made and that God has created us for a purpose is the theological foundation on which we define ourselves and understand our lives.

Our worship of God, when we take a close look nourishes our wellbeing. We sing joyful songs with wonderful music which takes away our sadness and helps us to be filled with joy. We make peace with God and peace with ourselves as we confess our sins to God and receive forgiveness. In the readings, we are affirmed again and again of God's love. At the heart of the Eucharist is the sharing of Peace, we receive the peace of God from one another and offer peace to others. During Communion, we receive the body and blood of Christ and in this we are fed with the divine nature. The worship ends with the blessing, which is the assurance that God grants us God's love, peace and joy to ensure our wellbeing.

You will find in this issue amazing insights about wellbeing and helpful thoughts to practice wellbeing. Thanks to all those who have contributed.

With blessings and prayers.

Prem

FUNDING ST EDWARDS

Many readers of this parish magazine give generously to maintain our church and to support our mission in New Addington, and some have done so for a long time. This support is absolutely vital to the parish and St Edwards is grateful for it. Currently, we are all bearing the brunt of rising prices for fuel and it seems for everything else. St Edwards is no exception, and perhaps you sometimes wonder how we manage.

The short answer is that we struggle to do so. The PCC and sub-groups are acutely aware that a tight control must be kept of all our expenditure. Even so, it is the case that in most months our necessary expenditure exceeds our income. And our income is falling. (It is true that we still have some reserves that arose from the sale of the old church hall, clergy flats and the daughter church in Frensham Drive, but these capital reserves are dwindling. It has always been intended that these reserves should be spent on projects that would in one way or another improve the services we can offer to the parish and to enhance our mission to extend the Gospel to all, rather than to fund an income shortfall.)

If when reading this it occurs to you that you have not increased your giving to the church for some time (or are not giving at all!), perhaps you might now consider, to put it rather bluntly, whether you should now do something about it.

There are many ways to make regular financial contributions to the church to meet its costs and to support its mission;

- by placing money in the collection plate on a Sunday,
- by making use of the collection boxes around the church,
- by use of the envelope scheme that we operate,
- by using the contactless card machine,
- by monthly standing order or by some combination of any of these methods.

Supporting church fund raising and other events also helps of course. Many parishioners have completed a Pledge form, which gives the church some idea of what funding it can expect to receive (not a legally enforceable obligation but a help in making a personal

commitment). Donors who are tax payers can effectively increase their giving by 20 per cent at no additional cost to themselves, through the Government Gift Aid scheme.

Please give this matter some thought. Please feel able to discuss your position confidentially with Father Prem, with me or with any member of the PCC, by arrangement.

Thank you for taking time to read this article.

Ian Beazley *Church Warden and Gift Aid Officer*

Health & Well-Being

Sometimes it can feel selfish to be seen looking after ourselves although we are exhorted by the Government, media & NHS to do just that. Taking care to eat the current recommended foods, exercise, reduce bad fats, increase good fats, drink less, drink more, count calories or measure protein etc is a constant in our lives today. Most of that is sensible advice but I feel we are overloaded with it & may lead to more anxiety especially if you struggle & worry a lot so that eating is less of a pleasure.

The idea that a little of what you fancy does you good & all things in moderation may bring a little peace to our lives.

Being kind to others & asking how they are can be a blessing especially if they return your kindness & check how you are, too. Chatting to others on public transport or in a queue anywhere has provided me with many glorious moments where I have felt I have made a connection with a human being I will never see again.

Think of our friends of many years that you rarely see or speak to but when you do meet it's as though you have never been apart.

Each day look for the small pleasures around us, the smell of the ground after rain, petrichor, watching plants grow & thrive, the relatives who share our growing up memories. All these things add to the general contentment in our lives, less concern that others have more than us. Appreciating if we can pay our bills on time & if we have a little cash to spare, using it to help others

My life at St Edward's is one of friendship & welcome & a life shared with many. I see a welcome extended to all who come through the door & hope they feel that warmth.

Mary De Silva

7 WAYS TO BUILD SELF CARE INTO YOUR ROUTINE

1. Stay active - Keep active within your own limits. This could be swimming or going to the gym, exercising at home, walking, running or trying a new sport. Walking in nature, in a park or green space, can be especially therapeutic. Your local park or a community group may offer organised walks that combine being active with a chance to socialise.

2. Improve your sleep routine - If you're not sleeping well, you may benefit from making lifestyle changes. Eating your last meal of the day earlier and avoiding caffeine and screens in the evenings may help. A regular, calming bedtime routine, listening to relaxing music, reading, or breathing exercises can help you wind down.

3. Practise mindfulness - Learn to take some pauses in your daily life. This is when you stop 'doing' and practise 'being'. You can try mindfulness meditation that involves noticing what you're sensing and feeling in the moment without any judgement, slowing down your thoughts, and letting go of tension.

4. Do something creative - The pressure of everyday responsibilities can make it easy to overlook creative interests and skills. Think about reconnecting with something you loved when you were younger or had more time for it. Drawing, painting, music, dancing or singing in a choir can all be relaxing and energising. And if done as a group activity, they can offer the chance to make new friends and gain a feeling of belonging.

5. Make time for friends and family - Set aside time to see friends and family, share experiences and have fun. If you're usually the host, or feel responsible for providing food and drink, you may think about meeting somewhere other than your home. You can then fully relax and enjoy the experience.

6. Take regular breaks - Try to avoid taking too much on. Have an early night when you feel tired. Instead of scrolling on your phone

you could try relaxing activities, such as a long bath or listening to your favourite music. If you work, rethink the belief that you always have to 'push through'. Take regular annual leave and sick leave if needed. If you have caring responsibilities, arrange respite care and learn to ask others for help.

7. Try talking therapy - You can see therapy as a lasting investment in yourself. Among other benefits, a therapist can help you learn how to be kind and compassionate to yourself, and can help you understand what your self-care needs are and how to meet them. Speak to your GP about finding a local therapy service, or refer yourself on the NHS website if you live in England.

Jacqueline

oo0oo0oo0oo0oo0oo0oo0oo0oo0oo0oo0oo0oo0oo0oo0oo

THE GIFT OF TIME

Time is often taken for granted, yet it is crucial for self-care. This poem celebrates the act of prioritizing moments that are dedicated solely to oneself.

Each minute made for self-reflection,
A sacred time, a warm connection,
With gentle hands, unwind the day,
For time alone can light the way.
In stillness found, your spirit grows,
Nurturing love, the essence flows,
Choose to cherish each passing hour,
In every moment, you find your power.

Here, the poem highlights how the deliberate act of taking time for oneself can foster personal growth and empowerment, shedding light on its vital role in self-care.

*Compiled by **Jacqueline** from various sources, Authors unknown.
Free for personal or non-commercial use.*

SELF CARE AND WELL BEING

Self-care includes knowing your limits, getting adequate sleep, eating well, and doing some form of exercise. Easy to say but not always easy to do.

There is also the mental side of self-care, learning to say " no " when you think you will be overwhelmed by others asking you to do things you are not equipped to do.

You also need to treat yourself kindly so as not to overwhelm yourself with your own "expectations".

It costs nothing to just stand still and " Smell the Roses " take a deep breath and see the wonder of nature in the world around you. Unplugging your phone, leaving it in another room when you go to bed, and setting yourself a limit for screen time, has been found to be beneficial for everyone's wellbeing as is showing empathy and compassion to other people and especially " yourself ".

Knowing when to ask for help, either from a professional, a friend or your local Priest is a first step for self-care and to not being embarrassed by doing so.

Talking to a trusted friend over a cup of tea can allow you to talk openly about your feelings so you hopefully won't bottle them up.

I find for my own wellbeing that gardening, reading a book, or researching for quotes and recipes for the St Eds magazine totally absorbing and in itself very relaxing.

Singing on a Thursday in Church with the St Eds Singers has proved to be good for the mind and body as Singing can trigger the release of feel - good chemicals in the brain such as dopamine which can counteract the impact of stress hormones.

Eating a healthy diet is also paramount for my self-care as the older I get the more intolerances I encounter and that can affect my own wellbeing.

Visiting National Trust properties and walking around the gardens and seeing the wonder of God's creation gives me a feeling of peace and tranquillity. As does sitting in Church and listening to the silence, it allows my mind to still itself and hear Gods voice.

Gill

“FOR HE GIVES SLEEP TO HIS BELOVED”

BEN: Dear Father, why do I get so tired sometimes? I try to keep up with school, my friends, and helping everyone, but sometimes my head hurts and I just want to stop.

GOD: My dear child, you were never meant to run without stopping. Boundaries around rest and solitude are vital to your wellbeing and self-care. Even when the apostles were overwhelmed by crowds and had no opportunity to eat, Jesus instructed them to step away into solitude to rest: *‘Come away to a deserted place all by yourselves and rest a while.’ For many were coming and going, and they had no leisure even to eat.*” (Mark 6:31). Jesus also integrated silent prayer and personal quiet time into his daily spiritual practice: *“In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed.”* (Mark 1:35). Rest is not failure. It is a necessity that is My gift to you.

BEN: So, is it okay to just sleep, then? Sometimes I feel guilty for needing a break.

GOD: It is more than okay, Ben - it is how I made you. Remember when the prophet Elijah was exhausted, overwhelmed and ready to give up? I did not lecture him. I sent an angel to nourish and strengthen him through food and sleep (1 Kings 19:5–7). Scripture warns against working incessantly out of anxiety, emphasising that sleep is a gift given by Me because I love you. *“It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives sleep to his beloved.”* (Psalm 127:2)."

BEN: So, my body matters to you, Father? Not just my heart?

GOD: Yes, Ben, absolutely. Physical well-being is stewardship, because the body is a place where the Holy Spirit resides. Paul encourages believers to treat their bodies with honour and respect, noting, *“Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body.”* (1 Corinthians 6:19–20). Paul observes that self-care involves nourishing and cherishing one's own body like a spiritual vessel, *“For no one ever hates his own body, but he nourishes and tenderly cares for it, just as Christ does for the church”* (Ephesians 5:29). Also, John's blessing to his friend Gaius indicates that physical health and overall well-being mirror the prosperity of the soul, *“Beloved, I pray that all may go well with you and that you may be in good health, just as it is well with your soul.”* (3 John 1:2).

BEN: What about when my mind gets overwhelmed, Father? When I feel worried or sad?

GOD: My sweet child, when anxiety comes, do not carry it alone. Tell me about it, surrender it to Me through prayer, and I will carry it for you, protecting your mental health: *"Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."* (Philippians 4:6–7). Fill your mind with positivity and focus on constructive happy thoughts: *"Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things."* (Philippians 4:8). Always remember, Ben, *"A cheerful heart is a good medicine, but a downcast spirit dries up the bones."* (Proverbs 17:22). Focus on your spiritual growth, on strengthening your faith, and every day build a perspective where your will coincides with My will and plan for you: *"Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect."* (Romans 12:2)."

BEN: Father, my faith in You is strong and I have full trust in Your plan for me and Your timing, but, practically, sometimes I feel like people ask so much of me. I feel like I have to do everything and cannot say no.

GOD: My dear child, please remember that self-care is not strictly individualistic - it includes knowing one's limits and accepting help. Even Moses thought he had to solve every problem alone, until his father-in-law, Jethro, advises him to delegate responsibilities, warning him: *"What you are doing is not good. You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone."* (Exodus 18:17–18). You must learn to share the weight and set healthy boundaries. After all, Jesus told you, *"You shall love your neighbour as yourself."* (Matthew 22:39). This commandment implicitly acknowledges that caring for oneself forms the baseline for effectively caring for others. You cannot pour from a wellspring that you have allowed to run completely dry.

BEN: So, taking care of myself is not selfish, Father?

GOD: Taking care of yourself is taking care of the work of my hands, my dear Ben. Now, sleep and have a restful night, my child.

BEN: Thank you for everything, Father. Good night.

Candida Mulé

INSPIRING SAYINGS

Early to bed and early to rise makes a man
HEALTHY WEALTHY and WISE.

Benjamin Franklin *One of the Founding Fathers of the USA.*

Make the most of " yourself " for that is all there is of you.

Ralph Waldo Emerson *Philosopher and Poet*

Life is not measured by the breaths we take,
but by the moments that take our breath.

Unknown

Don't count the days, make the days count.

Muhammad Ali.

Things today May not be great,
but they are not Bad, and that's Good.

Unknown

Think of all the beauty still left around you and be happy.

Anne Frank diaries.

Have regular hours for work and play ; make each day both useful and pleasant, and prove that you understand the worth of time by employing it well. Then youth will be delightful, old age will bring few regrets and life will become a success, in spite of poverty.

Louisa May Alcott. *Author*

Above all else, guard your Heart, for everything you do flows from it.

Proverbs 4: 23.

He makes you rest in green pastures and restores your soul.

Psalms 23: 2 -3

Your body and spirit may fail,
but God is the strength of your heart forever.

Psalms 73: 26

Gill

SELF CARE AND WELL BEING:

I thought I would look up the official meaning of Selfcare and Well Being and this is what I found:

Selfcare and Well Being: Self-care refers to the intentional actions and habits individuals engage in to maintain or enhance their health and well-being. It is not limited to indulgent activities like spa days or vacations; rather, it includes everyday practices such as exercising, eating nutritious meals, getting adequate sleep, practicing mindfulness, or engaging in hobbies that bring joy and relaxation. Self-care helps reduce stress, build resilience, and improve self-esteem, allowing individuals to function effectively in daily life and support others.

Well-Being: Well-being is a broader state of health and life satisfaction, encompassing physical, mental, emotional, social, and even spiritual. It reflects how individuals feel about their lives, their sense of purpose, and their ability to cope with challenges. Practicing self-care is a key contributor to well-being because it ensures that personal needs are met, which supports long-term health and life.

I think we are all guilty of not practicing good selfcare at times, I know if I'm busy, I will skip meals, usually lunch, I stay up to late for the time I get up in the mornings, my exercise consists of walking the dogs but as they are both small breeds they don't need to walk very far.

Having said that I do have habits and routines that help my selfcare, especially my mental health. I see a lot of my children and grandchildren and now great grandchildren. Yes, I get up at silly o'clock as my mum used to say to take 3 of my grandchildren to school 3 days a week, but it brings joy to my heart to share breakfast with them, to have time to talk and to hear them read their books to me before school, these are precious moments that pass all too quickly so I make sure to treasure them all while I can. My family is one of the biggest joys in my life and I am very blessed to have them. My friends are a blessing to me, we all have friends that we see a lot of but I am lucky to have a few best friends, who will always take me as I am, as I do them, we know we can offload our

stresses and concerns to them and they will not judge, as I would never judge them.

Having said I don't walk far with the dogs, I go far enough to clear my mind and see the beauty around me, My dogs and now my cats bring me pleasure every day, all of them like to be near me, either on my lap or by my side when I'm watching TV or listening to music, one of my cats is openly affectionate to me, if he is in the bedroom sleeping (lazy boy) when he comes down he will always come to me, want to rub noses and he will gently put one paw up and stroke it down my face, on the other hand I'm sure his brother has additional needs, he will jump on you, headbutt your face and collapse in a heap to show his affection, they make me laugh, give me love and stroking them is proven to be good for your mental and physical health.

Of course, my biggest thing for health and wellbeing is my faith. In my bedroom I have a small area where I can just be quiet, I have the Lord's prayer on my wall behind me, I sit in an old wooden chair my dad made as a young man, light a scented candle and just be with God. Sometimes I say nothing at all just listen and rest in him, other times I will offload my troubles and concerns to him, but I always give thanks for my day and the pleasures it has brought to me, This gives me a renewed feeling of faith in God and peace of mind, and that has to be is the best selfcare and wellbeing you can ask for.

Lesley Clay



I still keep a small piece of silliness tucked somewhere inside me. The part that laughs at nothing, makes faces at babies, dances a little when the right song comes on, and talks to dogs as if they understand. Life can make us serious. Age can make us dignified. The world can insist we act our years. But maybe that is why we need to protect that silly spark. Not to avoid growing up, but to survive it with a heart that still knows how to play.

From
Mary De Silva

This is it - 'I've forgotten what the subject is for this month - actually self-care and wellbeing.

My over-riding intention isn't to guilt-trip anyone, or lay blame anywhere, but provoke accountability amongst those faithful to St. Edward's. I'm very much committed to our church - I have been on the PCC in the past, and have served for the past few years too. I have been a member since Bishop Wilfred Wood confirmed me, in 1997. I was brought up in a Baptist Church, and was adult baptised, by full immersion when I was 13.

Recently, I went on my 60th Solo Cruise, on which I had my 70th birthday, so, I have been a Christian for many decades.

Many people, including those who have never met me (strangers, really) and including those to whom I'm close, bit with whom I interact on Messenger, Landline, WhatsApp or even FB, rather than face to face, were aware, months ago, that all wasn't well with me. The complete opposite was actually true. Assumptions were made as to the cause of my prolonged absence, which lasted over 5 months, from early March, when I sang "I Surrender All", accompanied by Josh, during the Eucharist. I finally appeared again, on Sunday 23rd August.

Various assumptions were made, which were utterly wrong, and no one even rang or texted me.

Why? I don't have an answer. Suffice it to say, that this isn't a problem unique to St Ed's, but, sadly, is true of many churches. Of course, others will have a totally different experience, but, no fellowship of God's people is perfect, without fault.

Yes, St Edward's has much going for it, but, is showing love and empathy, a priority'

Lesley Fordham



PARISH BBQ 16 08 2026



PARISH BBQ 16 08 2026





St. Edwards singers were invited to sing at the Seventh Day Adventist Church on the 15th August. Pic taken just before we left.

St. Edwards singers at the POP IN, New Addington. 28th August.



RECIPES FOR YOU

Two recipes from Marguerite Patten's World War II cook book

HONEY CAKES

Heat the oven to Gas mark 4 / 350F / 180C / 160 fan /

Moderate Grease a baking tray

Ingredients:

1 level teaspoon sugar

70g margarine

2 level tablespoons runny honey

170g self raising flour

1 level teaspoon pf cinnamon

Method:

Beat together the sugar & margarine until soft & creamy then add the honey.

Sift together the flour & cinnamon & add to the creamy mixture with a spoon until it binds together.

Then work it with your fingers until you have a soft smooth dough.

Flour your hands & take off a piece of dough the size of a large walnut.

Roll between the palms of your hands until it is a smooth ball.

Place on the baking tray & flatten slightly.

Continue with the rest of the dough until all used up

Bake in the oven until done, about 15 minutes

Mary De Silva

WORSHIP AT ST EDWARDS

Sunday Early service 9 am

this is also live streamed on Facebook.

1st 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 Eucharist 9.30 am in the Chapel

**The next Sunday school will be
on Sunday 27th September, 10.25 am start.**

NO-COOK CHOCOLATE CAKE

Have ready an 18-20cm loose bottom flan ring

Ingredients:

226g plain, sweet or digestive biscuits

85g plain chocolate

85g butter or margarine

25g caster sugar

1 level tablespoon golden syrup

Few drops vanilla

Method:

Crush the biscuits till fine crumbs.

Break up the chocolate & place in a heatproof bowl & melt over a pan of hot water.

Cool slightly.

Add the butter or margarine with the sugar, vanilla & syrup.

Beat until soft & creamy & add to the crumb mixture & mix well.

Press the mixture firmly into the tin & chill overnight or for at least several hours.

Ingredients for the topping:

50g butter or margarine few drops vanilla

115g icing sugar approx.

2 teaspoons milk

25-50g chocolate drops

Method:

Cream the butter or margarine with the vanilla, sift in the icing sugar & mix well.

Add enough milk to give a fairly firm spreading consistency.

Coat the cake & sprinkle over the chocolate drops

Mary De Silva

CORONATION CHICKEN SKEWERS.

Courtesy of Good Food Magazine.

Ingredients:

2 tbsp Greek yoghurt,	1/2 cucumber sliced,
1tbsp mango chutney,	4 radishes, thinly sliced,
1tbsp mild curry powder,	olive oil for drizzling,
1/2 tsp ground turmeric,	2 tsbp toasted flaked almonds,
1 tbsp lemon juice, plus extra for	a small handful of coriander,
drizzling and wedges to serve,	chopped,
1 garlic clove, finely grated,	
a thumb sized piece of ginger,	For the coronation sauce,
finely grated,	100g Greek yoghurt,
600g skinless chicken breast,	3 tbsp mayonnaise,
sliced into strips,	1tbsp mango chutney,
2 little gem lettuces cut into thin	1 tsp mild curry powder,
wedges,	1 tbsp lemon juice.

Method:

Mix the yoghurt, chutney, curry powder, turmeric, lemon juice, garlic and ginger in a large bowl, season then stir in the chicken strips to coat, cover and chill for at least 30 minutes (up to 24 hours).

Soak wooden skewers in water for 20 minutes, thread the marinated chicken onto the skewers, folding each strip back and forth.

For the coronation sauce, stir all the ingredients together and season to taste.

Heat a griddle pan over a medium- high heat, cook the skewers for 8 - 10 minutes turning often, until charred and cooked through.

Scatter the lettuce, cucumber and radishes over a platter, drizzle with olive oil and lemon juice, and toss.

Lay the skewers on top, scatter over the almonds and coriander and drizzle with the coronation sauce.

Serve with extra lemon wedges and sauce on the side.

Gill

NORWEGIAN APPLE CAKE.

Cooking time 20 - 25 minutes. Oven 200° C / 180° fan gas mark 6

Ingredients:

2 large eggs,	6 1/2 oz plain flour,
9 oz caster sugar,	3 tsp baking powder,
4oz butter,	3 - 4 Bramley apples.
1/4 pint of full cream milk,	

Method:

grease and flour and 8 x 12 inch roasting tin,
whisk the eggs and 8 oz of the sugar until the mixture is thick and creamy and the whisk leaves a trail when it is lifted out.
Put the butter and milk into a pan.
Bring to the boil and stir, still boiling, into the eggs and sugar.
Sieve in the flour and baking powder and fold carefully into the batter so that there are no lumps of flour.
Pour the mixture into the prepared roasting tin.
Peel, core and slice the apples and arrange them over the batter.
Sprinkle with the remaining sugar.
Bake in oven until well risen and golden brown.
Cool in the tin, then cut into slices.
This is delicious served with ice-cream.

Gill



May you always have work
for your hands to do.
May your pockets hold always
a coin or two.
May the sun shine bright
on your windowpane.
May the rainbow be certain
to follow each rain.
May the hand of a friend
always be near you.
And may God fill your heart
with gladness to cheer you.
IRISH BLESSING

From Gill

BIBLE QUIZ – August 2026

In the life of Moses

Name:

Here are 10 questions about the life of Moses

1.	Who found Moses in the river? (Exodus 2v5,6)	
2.	Why did Moses flee from Egypt? (Exodus 2v12-15)	
3.	What was Moses looking at when a voice called to him to put off his shoes? (Exodus 3v2-5)	
4.	What was the name of Moses' brother? (Exodus 4v14)	
5.	How many plagues fell upon Egypt? (Exodus 7-11)	
6.	What memorial feast did Moses institute? (Exodus 12v3-14)	
7.	What food did God send His people in the wilderness? (Exodus 16v15)	
8.	What did Moses receive from God on Mount Sinai? (Exodus 20)	
9.	How did Aaron anger God? (Exodus 32v1-14)	
10.	How old was Moses when he died? (Deuteronomy 34v7)	

Ian Beazley

We encourage people to answer the questions and return this sheet in church with your name. The next issue will feature the names of people who gave the correct answers.

A BIBLE QUIZ FOR CHILD AGED 9-12 ISH

Questions about the Bible True or False:

1. The Bible is the most popular book ever written. (by copies sold) A: True
2. What is the first book in the Bible? A: Genesis
3. What is the last book in the Bible? A: Revelation
4. What four books tell about Jesus life on Earth? A: Matthew, Mark, Luke, John
5. Which book did Jesus directly write? A: None
6. What is the longest book in the Bible? A: Psalms
7. True or False: David wrote the entire book of Psalms. False:
The Psalms are a collection by many writers, but David contributed the most.
8. What is the shortest book in the Bible? A: 3 John
9. How many books are in the Bible? A: 66
10. How many books in the Old Testament? A: 39 books in the OT
11. How many books in the New Testament? A: 27 books in the NT
12. Which NT book has Jesus' Sermon on the Mount? A: Matthew
13. True or False: The Bible was first written in the English language?
A: False
14. In what language was most of the Old Testament given? A: Hebrew
15. In what language was most of the New Testament given? A: Greek
16. Which human author wrote the most books? A: Paul wrote 13 books.
17. What was most likely the first Gospel written? A: Mark
18. What was most likely the last Gospel written? A: John
19. What was most likely the first of Paul's letters written?
A: 1 Thessalonians
20. What was most likely the last New Testament book written?
A: Revelation.

Lesley Clay

YOUR MONTHLY GARDENING CHECKLISTS

September is a transitional Month as we move from summer to autumn, the still warm soil supports root growth while the shorter days signal it's time for a garden clean up and preparation for the Autumn and winter, Own thing to remember is to hold off planting your spring bulbs until the soil cools down and drops below 60 f.

FLOWERS

Sow hardy annuals, such as cerinthes, ammi, scabiosa and cornflowers, for flowers early next summer

Lift gladioli corms, dry them off, then store in a frost-free shed or garage over winter

Plant wallflowers, pansies, forget-me-nots and other spring bedding in pots and borders

Collect ripe seeds from your favourite flowers and store in labelled envelopes, ready to sow in spring

Plant up containers for autumn interest, using cyclamen, heathers, heucheras and other colourful bedding plants

Lift, divide and replant congested clumps of perennials, such as achilleas, once they finish flowering

Apply vine weevil control to pots if plants show the tell-tale sign of notched leaf margins

Fill any gaps with late-flowering perennials, such as sedums, to provide nectar for pollinating insects into autumn

Plant spring bulbs in autumn including crocuses, daffodils, hyacinths, bluebells and snake's-head fritillaries in pots and borders

Take cuttings from fuchsias, salvias and pelargoniums

Keep summer bedding flowering in hanging baskets and pots until the first frosts by deadheading and feeding regularly

Trim conifer hedges to neaten them up and control height

Leave sunflower seedheads in place for birds to feed on

Make an autumn wreath, using flowers, foliage and berries from the garden

Visit other gardens for late-season inspiration.

Lesley Clay

PASTORAL SERVICES AT EDWARDS – August 2026

Baptisms

09 08 26 Baptism of
Myla Maie Johnson,
Danielle Johnson and Michelle



23 08 26 Baptism of
Mia Sawacha and
Leo Sawacha

Church Events for the next month.

20th September, 7.30 -10.30 pm

INTERNATIONAL NIGHT

with music and food from around the world

Next Confirmation Service date:

**8th November 2026 at St Edward King and Confessor,
New Addington**

If you are planning to be confirmed, this is a good opportunity.
Please contact Fr. Prem

St. EDWARD KING AND CONFESSOR CHURCH

New Addington

September 2026 Worship Services

Sundays 9.00 am and 10.30 am, Thursdays 9.30 am

Date	Reading	Readers	Intercessor
Thursday 3rd September	Luke 5. 1-11	Celebrant	
Sunday 6th September	Exodus 12:1-4	Kadiatu Fofanah	Lesley Clay
14th Sunday after Trinity	Romans 13:8-end	Mary De Silva	
	Matthew 18:15-20	Celebrant	
Thursday 10 th September	Luke 6.27-38	Celebrant	
Sunday 13th Sept	Exodus 14: 19-end	Julie Brooker	Kester O'Connor
15th Sunday after Trinity.	Romans 14:1-12	Jacqueline Sanderson	
	Matthew 18: 21-35	Celebrant	
Thursday 17 th September	Luke 7.36-end	Celebrant	
Sunday 20th Sept.	Exodus 16:2-15	Gill Gillam	Lesley Fordham
16th Sunday after Trinity	Philippians 1-21-end	Ros Green	
	Matthew 20: 1-16	Celebrant	
Thursday 24 th September	Luke 9.7-9	Celebrant	
Sunday 27th September.	Exodus 17: 1-7	Lesley Clay	Mary De Silva
17th Sunday after Trinity	Philippians 2: 1-13	Kadiatu Fofanah	
	Matthew 21: 23-32	Celebrant	

REGULAR EVENTS AT EDWARDS

A WARM SOCIAL SPACE:

St Edwards will be open every Thursday from 10 am to 4 pm
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
1st Wednesday of the month from 2-4 pm in the church
hall for tea/coffee cake and a chat. Everyone welcome.

**NEXT MEETING
WEDNESDAY 02 09 26**

St. Ed's Together

Welcome to our August edition of our Parish Magazine from St Edward King and Confessor in New Addington.

This magazine is available as printed copies, our church website and A CHURCH NEAR YOU.

If you wish to receive an electronic copy, kindly give your email ID to Lesley Clay (lesleystedwards1958@gmail.com)

Thanks to all those who have contributed to this issue.

Hope you enjoy reading this issue.

Cover photo by Ian Beazley: Pic of Salisbury Cathedral

The Eds Together is a platform for you to share your thoughts, experiences, share recipe's, poems, art, short articles.

Theme for the September issue:
Forgiveness/Forgiving

CHURCH CONTACTS

Email: stedwardnewaddington@gmail.com

Website: www.stedwardnewaddington.org.uk

If you wish to contact **Fr. Prem**

Vicarage Telephone: 01689 845588 – Mobile No: 07942 755011

Email: prem_rajcsi@yahoo.com

Parish Administrator and Commissioned Pastoral Lay Minister

Lesley Clay

Telephone: 01689 842462 Mobile: 07495 688660

Email: lesleystedwards1958@gmail.com

Ian Beazley

Mobile: 07929 661942

**IF YOU HAVE SAFEGUARDING CONCERNS
PLEASE CONTACT**

Lesley Clay lesleystedwards1958@gmail.com

Jacqueline Sanderson jacqueline@sandersonmail.org.uk

Fr. Prem prem_rajcsi@yahoo.com