

St Matthew's **MAIL**

**Suggested
Donation**

£1.00

News from the Parish of Kingsley, Northampton

MARCH 2024



www.stmatthews-northampton.org.uk

Services at the Parish Church of St Matthew

Sundays

10.15am	The Parish Mass (sung)
5.30pm	Evensong — according to The Book of Common Prayer

First Sunday in the month

10.15am	All Age Mass for the Parish Family
5.30pm	Choral Evensong

*When the choir is on holiday (coinciding with school holidays and half terms)
Choral Evensong is replaced with Congregational Evensong*

Second Sunday in the month

10.15am	Laying on of hands and Sacrament of Anointing is offered in the Lady Chapel
5.30pm	Congregational Evensong

Third Sunday in the month

5.30pm	Choral Evensong and Benediction
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Fourth and Fifth Sundays in the month

5.30pm	Congregational Evensong
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Weekdays *(During the winter months of November to March, held in the Parish Centre)*

Morning and Evening Prayer are said publicly at 9.00am and 5.30pm daily

Monday 7.00pm Mass (on Bank Holidays at 9.30am)
(Healing Mass and Devotions on the first Monday in the month)

Tuesday Currently suspended

Wednesday 9.30am Mass

Thursday 9.30am Mass

Friday 12 noon Mass

Saturday 9.30am Mass

(Mass of Our Lady of Walsingham followed by a Cell Meeting on the second Saturday of the month)

Major Feast-Days Procession and Sung Mass at 7.30pm

(Always held in church. The morning Mass may be cancelled — refer to literature in church and on website)

Sacrament of Reconciliation, commonly known as Confession, is celebrated in the Lady Chapel by appointment with the clergy. They are also available for advice and guidance on any matter of concern.

All aspects of the sacrament are in confidence.

Worship Calendar for March

Date	Observance	Intention
1	Feria	
2	Feria	
3	THE THIRD SUNDAY OF LENT	
4	Feria	The Ministry of Healing
5	Feria	
6	Feria	
7	Ss Perpetua and Felicity, Ms	
8	Feria	
9	Of OLW	The Shrine and Society
10	THE FOURTH SUNDAY OF LENT (Mothering)	
11	Feria	
12	Feria	
13	Monthly Requiem	The Faithful Departed
14	Feria	
15	Feria	
16	Feria	
17	THE FIFTH SUNDAY OF LENT (Passiontide begins)	
18	S Cyril of Jerusalem, Bp, Dr	
19	S Joseph, Husband of the BVM	
20	Feria	
21	Feria	
22	Feria	
23	Feria	
HOLY WEEK		
24	PALM SUNDAY	
25	Monday of Holy Week	
26	Tuesday of Holy Week	
27	Wednesday of Holy Week	
THE EASTER TRIDUUM		
28	MAUNDY THURSDAY	
29	GOOD FRIDAY	
30	HOLY SATURDAY	
31	EASTER DAY	

*The Church prays for the community daily.
Please include these topics in your daily prayers.*

March's Pastoral Letter from the Vicar

His Hour

It's common to speak of a person's finest hour. We may think of Churchill's 'finest hour' speech about those who prevailed in the Battle of Britain. However, when we think of a person's finest hour most likely we think of it in very worldly terms. We see it as an hour of triumph and glory, and we tend to speak of it in a rather glib way. We concentrate solely on the hour of glory. We forget the hours of blood, sweat and tears that made the hour of glory possible. The glory cannot be separated from the pain.

A number of times during his public ministry Jesus spoke about his 'hour'. But he always spoke of it as not having yet come. There will come a time when he speaks of it as having come at last.

What kind of hour had he in mind? The hour in question was the hour of his death, the climactic events of Holy Week. That hour was one of supreme self-giving in which he made a complete sacrifice of himself for us. From a worldly point of view that hour was an hour of failure. Worse, it was an hour of shame and humiliation. But by raising him from the dead, God turned it into an hour of triumph for Jesus, and an hour of grace for us. This was Jesus' finest hour. This was the hour when all that he had come on earth to do was accomplished. All his life had led him to this hour and prepared him for it.

In the same way, our lowest moments can prove to be turning points. Moments of great worldly success soon fade, leaving people feeling empty inside. On the other hand, moments of darkness, weakness, and failure can prove to be moments of great change and growth – as for instance when an alcoholic hits rock bottom and, by the grace of God, manages to turn his or her life around.

The lowest point proves to be a turning point. This is a great paradox. The lowest, darkest, and most painful hour in the life of a seed is the hour in which it dies. Yet this is precisely the hour in which new life springs forth.

Reflecting on what for Jesus was his finest hour will help us to evaluate our lives differently. Holy Week is that opportunity, and the most important time of the Christian year. Laid out before us in the worship of the Church is the climax of the Lenten journey. Those who participate wholeheartedly, faithfully, discover the meaning of life and the eternal destiny. As ever at St Matthew's we make a full provision for the faithful to come together to relive and take to heart all that Christ offers us. It is a time when we are invited to set other things aside (which do not offer salvation) and make Jesus Christ the intentional focus of our lives and devotion. We all need to stand with Christ at the foot of the cross if we are to experience true Easter joy.

Looking back on our life we will see that the incidents that seemed to be great failures were the incidents that shaped the life we have now. The things that hurt us and the things that helped us cannot be separated from each other. But to survive the low moments requires a special kind of faith. It involves sowing in tears. It would be unbearable unless there was a quiet hope mixed with our sadness: the hope that after the years of struggle will come the harvest. This can't be seen at the time. It can be seen only in retrospect.

We should take heart from the beautiful words of the psalmist, 'Those who sow in tears shall reap with songs of joy. Those who go out weeping, bearing the seed, will come back with shouts of joy, bearing their sheaves with them' (Psalm 126.6-7).

In the end good triumphs. God has the last word.

Your sincere friend and parish priest,

Fr. Nicholas

Come and help **spring clean**

our church building

on Holy Saturday

(after Morning Prayer)

March 30 at 9.30am



Many hands make light work

The Double Meaning of Palms

The grocer who sells me olives and cheeses is Italian and a lapsed Catholic, so he knows all about Palm Sunday and Easter and so forth. But he said to me rather sadly that he doesn't really enjoy going to mass any more, because the stories are always the same, year after year.

That seems extraordinary to me, because although the stories are the same, you hear them differently each time. It is well known that the Empress Helena went to the Holy Land in about 326 to find the holy places she had read about in the Gospels. Less well known is the trip made about 60 years later, by a Frenchwoman called Egeria. She wrote about everything she saw, and her interest was really liturgical. She watched how the Christians there worshipped, and one of the things she describes was how they always had a procession of palms to the Mount of Olives on Palm Sunday.

The story of the first Palm Sunday, as Jesus rode triumphantly into Jerusalem for the last extraordinary week of his earthly life, is told in the Gospels. In John's account, the whole thing is a joyful triumph, after Jesus raised Lazarus from the dead – a kind of mini Easter Day. In Luke's Gospel, the palms don't get mentioned at all. Instead, Luke tells us that the people threw down their cloaks at Jesus's feet. They loved him while they thought he was powerful, but they abandoned him as soon as they realised that he wasn't after that kind of power.



However you hear it, either as a festival of resurrection, or the bittersweet act of a dying king, the palms are at the heart of it – symbols of death and life, completely intertwined. Palm branches were waved for joy as a symbol of heaven, but they are also used as symbol of violent death endured for God. (Martyred saints are often depicted holding a palm branch.)

What does this mean for us? Well, that we should not let the fear of death frighten us off following Jesus. It was hard for the crowd in Jerusalem, battered and taxed by the occupying Roman army. But we stand on the other side of Palm Sunday from them. We have seen the triumph that came at the end of Christ's journey, even on the other side of death. Life and death are, indeed, intertwined, but the strongest thread is always life.

A Journey into Lent

Nearly everyone tries at some time or other a new diet programme, a self-help book, or a new form of therapy that seems to guarantee success. The market for such products has been flourishing since the 1950s. It may have started with Charles Atlas, but in the last twenty years there has been a huge proliferation of self-help books and makeover programmes. Even the Church has jumped on the bandwagon, with a plethora of programmes promising quick results from easy-to-follow formulae.

The promise that many of these books and programmes hold out is success, provided the recipe is followed to the letter, and maybe there is even a money-back guarantee if not fully satisfied. But most consumers who are disappointed never write for refunds – a mixture of guilt, indolence and embarrassment sees to that. Who can forget the cabbage soup diet? Living on nothing else for days on end may have shifted the weight, but may have made your friends unlikely to come near you too.

Lent is traditionally a time of penitence and self-denial, marking the days before Easter. In all probability, the first Christians spent only part of Holy Week preparing for Easter in this way; but as Christianity matured and spread, the periods of abstinence became longer and more formalized. The familiar scriptural readings that accompany us through Lent are also intended to help us as we journey through the penitential season. Typically, churches begin with readings that remind us that Jesus was tempted. And we are reminded to repent, because the temptations that Jesus is offered all cluster round seminal issues that are not that alien to our culture: diet – you will perform miracles with food; career – you will rule; and longevity – you will live.

Yet the temptations are more subtle than they first appear. For a start, like all true temptations, they are not ridiculous, but only slightly less true than something more worthy. These temptations are all things that Jesus will have to negotiate in his earthly ministry. But the questions are: Will the end justify the means? Is the short cut worth it? Does what is offered really match up to what is true? But the key is timing. The kingdom of God is a slow process of building, and unlike our quick-fix, instant self-help guides, this kingdom cannot be built in thirty or forty days. Put simply, the three traditional Lenten temptations of Jesus are really only one: why not take a short cut? Well, three reasons occur, that help us through the journey of Lent.

First, short cuts don't usually work – they cheat the journey of faith. In trying to shorten the long and winding road of discipleship, we may miss out on God's company and wisdom.

Second, God's work is slow; the Christian life is a marathon, not a sprint. Discipleship and holiness are built slowly, with years of patience, practice and learning. Lent is about this. Lent can't be done in ten days or twenty minutes; it is forty days. Short cuts can devalue our discipleship.

Third, short cuts rob other people of the chance to respond and grow. It may well be possible to grow a church or a ministry very quickly. The results can be spectacular. But now try and sustain it. Not so easy. There is no substitute for hard work. That's why miracle diets don't really work. So don't try a thirty-day wonder; slowly change the way you eat; effort and will are better than quick-fix cures.

So in one way, Lent is all about slowing down, and leaving quick-fix solutions behind. It is about patiently deepening our relationship with God, and doing so in a thorough and methodical way. The aim is not to achieve instant success, but steady and deep growth. Fruit that lasts comes from hard graft.

The early Christians observed Lent. That is to say, they didn't just look at the forty-day period that lay ahead with either indifference or fear. Rather, they entered into the spirit of the season and practised it. They saw it as an opportunity to re-evaluate their lives, perhaps laying aside those things that distracted and impeded spiritual development and the quest for a holier and purer life. They saw it as an opportunity to de-clutter their relationship with God; to concentrate on, focus and re-centre their discipleship through self-denial and penitence.

Moreover, they didn't just set things aside. They also took on new disciplines and responsibilities. So whatever you do or are doing this Lent, try and mark the season by changing the rhythms and routines of your life – and in so doing, make a little more room for God.

This is an edited chapter from 'Darkness Yielding' by Martyn Percy (Canterbury Press, £17.99).

The Parish Church of St Matthew

Lent 2024

Lent Course:

Based on the book by Gordon Giles

At Home in Lent

An exploration of Lent through 46 objects

For further details please see the Parish Magazine and the weekly pewsheets

Wednesday 21 February at 7.00pm

Wednesday 28 February at 7.00pm

Wednesday 6 March at 7.00pm

Wednesday 13 March at 7.00pm

Wednesday 20 March at 7.00pm

Held in the church

The Parish Church of St Matthew

Lent 2024



Stations of the Cross

Friday 16 February *St Gregory's*
Friday 23 February *St Matthew's*
Friday 1 March *St Gregory's*
Friday 8 March *St Matthew's*
Friday 15 March *St Gregory's*
Friday 22 March *St Matthew's*

All at 7.30pm

The Parish Church of St Matthew

Sunday 10 March

MOTHERING SUNDAY



10.15am

**All Age Mass
for the Parish Family**



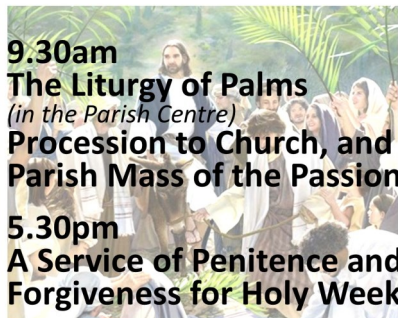
The Parish Church of St Matthew

HOLY WEEK

Sunday 24 March
PALM SUNDAY

9.30am
The Liturgy of Palms
(in the Parish Centre)
**Procession to Church, and
Parish Mass of the Passion**

5.30pm
**A Service of Penitence and
Forgiveness for Holy Week**



The Parish Church of St Matthew

HOLY WEEK

Monday 25 March

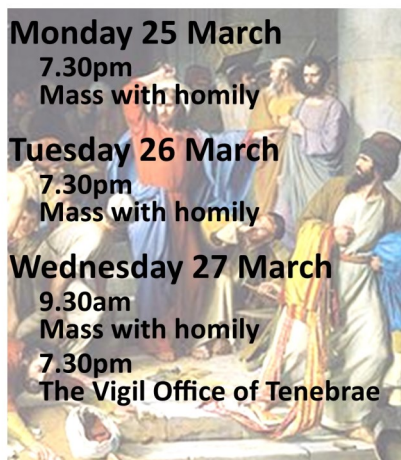
7.30pm
Mass with homily

Tuesday 26 March

7.30pm
Mass with homily

Wednesday 27 March

9.30am
Mass with homily
7.30pm
The Vigil Office of Tenebrae



The Parish Church of St Matthew

THE EASTER TRIDUUM

Thursday 28 March

MAUNDY THURSDAY



7.30pm

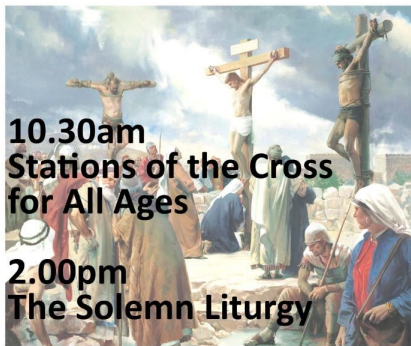
Liturgy of the Last Supper,
Foot Washing,
Stripping of the Altar, and
Watch at the
Garden of Gethsemane

The Parish Church of St Matthew

THE EASTER TRIDUUM

Friday 29 March

GOOD FRIDAY



10.30am

Stations of the Cross
for All Ages

2.00pm

The Solemn Liturgy

Blessed Easter Triduum

The Parish Church of St Matthew

THE EASTER TRIDUUM

Saturday 30 March

HOLY SATURDAY



8.00pm

The Pascal Vigil and
First Mass of Easter

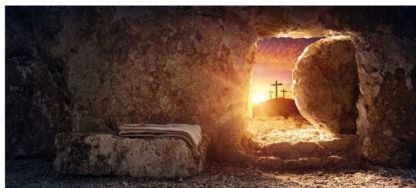
The Parish Church of St Matthew

Sunday 31 March

EASTER DAY

10.15am

Procession and
Parish Mass of the
Resurrection



5.30pm

Solemn Choral Evensong

The Season of Lent

The season of Lent is a time when we can acknowledge the pain and hurt that we encounter in the world around us on a daily basis, to recognise the times of difficulty and uncertainty and to find Jesus in those dark places, as we remember his own struggles and temptations in the desert. Our world is broken in so many ways and we can often feel helpless and full of despair. Sitting with that pain is not comfortable and yet when we do so, we can encounter healing and hope.



This year's Archbishops Lent book has offered resources drawn from Black Spirituality to help us find new wisdom even in times of struggle and trial. And this discipline of travelling with Jesus through Lent and the events of Holy Week both prepare us and give us fresh insight into the glory of the resurrection. As we wake on Easter Sunday, we can rejoice again that Christ is risen indeed – hallelujah.

I am delighted to now be ministering among you and I look forward to hearing your stories and getting to know you. I hope I will be able to meet you in person in due course and I am excited to hear about the hope of the risen Christ in your communities. The joy of Easter brings confidence in our belief that God does transform our hearts and lives and that his kingdom stretches to every corner. I pray that over the coming weeks and months, we all have new stories to tell of Christ at work in the lives of those around us.

+Debbie

+Debbie
Bishop of Peterborough

Next month's magazine

Contributions to our magazine are always appreciated so let us know what you / your group are up to! If you don't have the confidence to write something yourself, just let us have the details and we'll write it for you.

Please leave paper contributions in the 'P' (for 'Parker') pigeon hole in church or email files to: magazine@stmatthews-northampton.org.uk

When attaching photographs to the email address please send no more than 7mb -worth per email, otherwise it jams the system! Thank you.

Deadline for the APRIL magazine is SUNDAY 17 MARCH

Editor: Dorrie Parker

Layout and production: Gary Drinkwater

We can recycle...

Used **postage stamps** from your envelopes

Your redundant **spectacles** (not the cases though)

There are receptacles in the bookstall area in which to put them

Thank you!



Olde England Public House

**199 Kettering Road
Northampton NN1 4BP
01604 619285**



NEW OPENING TIMES

Monday:	Closed
Tuesday:	5.00pm – 11.00pm
Wednesday:	5.00pm – 11.00pm
Thursday:	5.00pm – 12.00am
Friday:	4.00pm – 12.00am
Saturday:	3.00pm – 12.00am
Sunday:	3.00pm – 11.00pm

Weekday Scripture Readings for March

Our weekday scripture readings, one from the Old Testament and one from the New Testament, taken from the 'Additional Lectionary' which was constructed by the Church of England principally for use in Cathedrals at weekday Evensong.



Friday	1 st	Exodus 19.1-9a	1 Peter 1.1-9
Saturday	2 nd	Exodus 19.9b-19	Acts 7.44-50
Monday	4 th	Joshua 4.1-13	Luke 9.1-11
Tuesday	5 th	Exodus 15.22-27	Hebrews 10.32-end
Wednesday	6 th	Genesis 9.8-17	1 Peter 3.18-end
Thursday	7 th	Daniel 12.5-end	Mark 13.21-end
Friday	8 th	Numbers 20.1-13	1 Corinthians 10.23-end
Saturday	9 th	Isaiah 43.14-end	Hebrews 3.1-15
Monday	11 th	2 Kings 24.18–25.7	1 Corinthians 15.20-34
Tuesday	12 th	Jeremiah 13.12-19	Acts 13.26-35
Wednesday	13 th	Jeremiah 13.20-27	1 Peter 1.17–2.3
Thursday	14 th	Jeremiah 22.11-19	Luke 11.37-52
Friday	15 th	Jeremiah 17.1-14	Luke 6.17-26
Saturday	16 th	Ezra 1	2 Corinthians 1.12-19
Monday	18 th	Joel 2.12-17	2 John
Tuesday	19 th	Genesis 50.22-end	Matthew 2.13-end
Wednesday	20 th	Job 36.1-12	John 14.1-14
Thursday	21 st	Jeremiah 9.17-22	Luke 13.31-35
Friday	22 nd	Lamentations 5.1-3,19-22	John 12.20-26
Saturday	23 rd	Job 17.6-end	John 12.27-36
Monday	25 th	Lamentations 2.8-19	Colossians 1.18-23
Tuesday	26 th	Lamentations 3.40-51	Galatians 6.11-end
Wednesday	27 th	Isaiah 63.1-9	Revelation 14.18–15.4
Thursday	28 th	Exodus 11	Ephesians 2.11-18
Friday	29 th	Lamentations 5.15-end	Colossians 1.18-23
Saturday	30 th	Job 19.21-27	1 John 5.5-12

Church Crawling no.9

Fabian Robertson

Versatile Architects: the Gilbert Scott family

Looking across the Solent from Portsmouth the cathedral-like spire of All Saints' Church, Ryde dominates the view of the Isle of Wight opposite. Once ashore at Ryde the steep climb up the shop-lined Union Street reveals the magnificence of this Gilbert Scott church, consecrated in 1872. Interestingly, Sir George Gilbert Scott's plans for the church were rejected in 1866 but undeterred, after some modification he resubmitted them, and his design met with approval.



*All Saints' Church, Ryde, Isle of Wight, built 1868-72
Architect Sir George Gilbert Scott*

Princess Christian, a daughter of Queen Victoria, laid the cornerstone in 1869. The dignified North Porch, which is the main entrance, was constructed in memory of Prince Albert and funded by donations from members of The Royal Victoria Yacht Club at Cowes. The tower and spire were the last major building undertakings and another Gilbert Scott was the architect for that, namely Sir George's grandson John; they were finished nearly ten years after the church was consecrated.

Although now in 2024 they are rather faded, the walls of All Saints' interior are finely painted with murals of the Victorian era by Clayton and Bell. Much of the glass of the stained-glass windows was blown out by explosions during World War II (these too were designed by Clayton and Bell). Other treasures of church furnishings include the alabaster pulpit designed by Sir George and winning first prize in its class in the



Interior of All Saints' Church, Ryde, Isle of Wight

Great Exhibition of 1851. The church is proud of its organ built by one of the greatest organ builders, 'Father' Henry Willis in 1874. It was restored and electrified by his great grandson Henry Willis in 1985. Much of the original pipework remains.

A number of publications just tell you that a certain building was designed by Gilbert Scott, which is not helpful as several generations of Gilbert Scotts were architects with their own businesses. A starting point would be Sir George (1811-1878). In 1833 at the age of 22 years, he built a Georgian-style vicarage for his father in the village of Wappenham in Northamptonshire. His success led him to design other buildings in the vicinity. He was a versatile architect and many notable buildings include The Midland Grand Hotel at St Pancras Station, The Albert Memorial in Kensington Gardens and the Foreign and Commonwealth Office, Whitehall (leading to Horse Guards Parade). Outside London he worked on Bath Abbey and the cathedrals of Gloucester and Lichfield. Sir George had a role in designing over 500 buildings in his career.

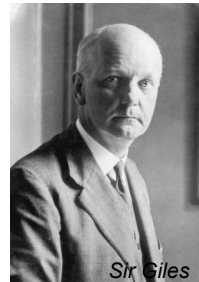


*The Albert Memorial,
Kensington Gardens, London
designed by Sir George
Gilbert Scott*



*Sir George Gilbert Scott
1811-1878*

Both John and George junior, sons of Sir George, were well-respected architects. Sir George's grandson Sir Giles Gilbert Scott (1886-1980) was heavily involved with the design of Liverpool Anglican Cathedral as well as diverse buildings in many spheres – particularly the red telephone boxes and Battersea Power Station which one can see without paying!



*Sir Giles
Gilbert Scott
1886-1980*



*Battersea Power Station
Designed by Sir Giles Gilbert
Scott*



*Red
Telephone Box
Designed by
Sir Giles
Gilbert Scott*

Visitor information:

Check opening hours of All Saints' Church, Ryde on website

All Saints' Church
Queen's Street, Ryde, Isle of Wight PO33 3BG
Telephone 01983 472535



NORTHAMPTON BACH CHOIR

J S Bach St John Passion

23 | SATURDAY
MARCH 2024
7.30pm

St Matthew's Church
Kettering Road, Northampton, NN1 4RY

Northampton Bach Choir Soloists from Old Royal Naval College Trinity Laban Chapel Choir

Orchestra - Charivari Agréable Conductor - Simon Toyne

Tickets: £17 • Concessions (over 60) £15 • U16 £10

Bookings: www.wegotickets.com/northamptonbachchoir
on the door, or in person via St Giles Music, St Giles Terrace,
Northampton NN1 2BN Tel: (01604) 250905

Reg Charity No. 276390

www.northamptonbachchoir.org.uk

**making
music**





John Luce Lockett
A retrospective exhibition



Place Where We Dwell
An exhibition of new portraits of local people
by Gavin Wallace

A collaboration of two Northampton artists
5th March - 5th April at 78 Derngate, Northampton, NN11UH

OPEN INVITE

Opening night 5th March 6.30 - 9.30PM at 78 Derngate.

Complimentary drinks sponsored by V&B's and a Live performance by Billy Lockett.

The exhibition will be opened by the Mayor and Mayoress of Northampton.

Sponsored by   **wilson browne**
SOLICITORS

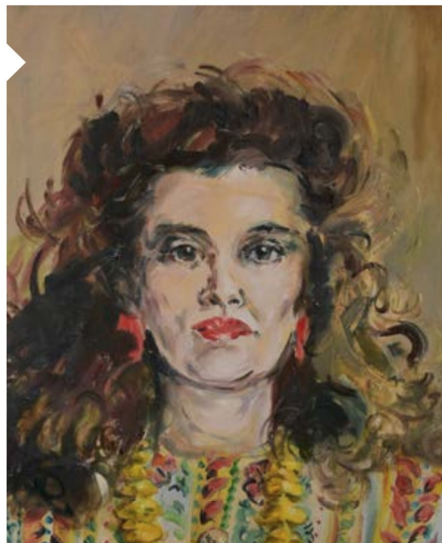
LIFE AND ART: ELKE POLLARD RETROSPECTIVE

Saturday 10 February

- Sunday 28 April 2024

Northampton Museum & Art Gallery

Well-known amongst the local art community for her gregarious personality, Elke Pollard created a wide body of work in a variety of media and styles predominantly colourful large-scale portraits and floral still lifes. Alongside her art, Pollard worked as a designer and seamstress. This exhibition will showcase art and design highlights from the life of this influential and prominent Northampton artist.



32nd St Matthew's Multi-Aged Girlguiding

Mandy Ludlow

Half term is almost upon us, so we are starting to look forward and plan for the coming months. The leaders have come up with a novel type of planning meeting; historically we would meet and have the diary in front of us and so on, now we go out for an Indian! Over our meal we chat about what has worked well in the previous half term and what we will do in the next half term, all whilst enjoying a meal at the Imran on the Wellingbrough Road – we can thoroughly recommend it.

The Rainbows have been working on their Express Myself theme and creating a family tree; historically this was easy – Mum, Dad and perhaps a baby brother or sister, now we have so many variations – step families, merged families, same sex families, disabled parents or siblings, and so the list goes on. So, how to do this in a sensitive and inclusive way? We found the solution in them drawing a house and adding in the people who live in the house with them, including their pets. The girls collected their recycling, and brought in boxes, plastic containers, bottles etc. This was then made into robots – junk modelling. I don't think I have seen so much recycling in one place. For one evening because of space and leaders being poorly we put the Guides and Rainbows together; a funny combination you might think, but it works. All the girls had a lot of fun making stress balls out of balloons, filling them with flour – I do think the Guides made more mess than the 4 year olds! Bubbles and karaoke have also featured in our weekly meetings too.

Brownies too have been looking at the same theme and have made friendship bracelets. They each made a bracelet and then gave it to one of their Brownie friends. Another activity they complete about themselves was to make a flag or pennant reflecting their personality. This they created using fabric pens/paint and canvas. One of the challenges given to the girls was to walk in a straight line whilst blindfolded – we put masking tape on the floor of the Parish Centre, the girls blindfolded each other and the Brownie then had to walk along the line... lots of giggles ensued. The leaders thought it was time to give the older girls who are Sixers and Seconders a little more responsibility. We gave these girls their own Sixer/Secunder handbook giving them an outline as to why they had been chosen and what they needed to do, plus they were given a register for their Six. Not knowing how this would go down we decided to give it a trial and so far it has been a success and these girls have really taken to it.

Now the Guides are of an age when they are 12 going on 22! The Natural Remedies and Be Well theme have gone down particularly well. They

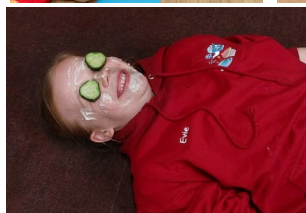
created a 'relaxing space' in the Garden Room; the girls brought in scented candles and incense sticks, we drew the curtains and then turned off the lights. The Guides then laid down on the floor closing their eyes whilst a script was slowly read out, asking the girls to think of themselves in their happy place and doing some relaxation breathing. On another evening they were faced with bi-carbonate of soda, citric acid, lavender, essential oils – bath bombs and fizzers were made, and because they need to dry out, the Guides made them one week and the following week they made them into pretty packages.

On the second week of our Be Well on the table were oats, natural yogurt, honey, cucumber. Why? Natural facemasks – they could choose what they wanted to use, made face masks, put them on and then 'relaxed'. It was quite funny seeing them lying down with cucumber on their eyes – perhaps that's what we leaders need...

Great excitement for the Guides was when I let them use my smoothie maker – we had strawberries and banana or tropical fruits. Experiments were conducted as to what they preferred, the fruits were added to apple juice for some, milk for the other and then added some oats, so quite a lot of different combinations were made.

In addition to the above the girls have tried yoga and different sleep techniques.

When we finished each of the above evenings the Parish Centre has smelt lovely!



Café Guides Recipe for March

March sees us having Mothering Sunday and Easter in the same month, Spring is (hopefully) about to put in an appearance, therefore this recipe is something special for a family gathering, or equally quantities could be halved for a lunch or supper.

Salmon and Broccoli Fish Pie

– A Scandinavian inspired and very upmarket fish pie

Serves 10

Ingredients

For the topping:

- 2½ lb potatoes, peeled and cubed
- A generous knob of butter
- Approx 3½ fl oz milk
- Salt and freshly ground black pepper

For the filling:

- 2 oz butter
- 1 large onion, roughly chopped
- 2 oz plain flour
- 1 pint hot milk
- Juice of half a lemon
- 4 oz mature Cheddar cheese, grated
- 1 lb salmon fillet, skinned and cut into ½” pieces
- 4 hard-boiled eggs
- 8 oz broccoli, broken into small ‘trees’



Method

- 1) Grease a shallow 2 litre/4 pint shallow dish.
- 2) To make the topping, cook the potatoes in boiling salted water until they are completely tender. Drain in a colander.
- 3) Add the butter and milk to the hot pan and return to the heat until bubbling. Return the potatoes to the pan, remove from the heat, mash and season to taste. Cover and put aside until ready to use.
- 4) Next, make the sauce for the filling. Melt the butter in a medium sized pan, stir in the onion and cook over a low heat until softened, but not coloured. Sprinkle in the flour and cook for 1 minute, then pull the pan aside from the heat before gradually stirring in the milk. Allow to thicken.

- 5) Return the pan to the heat and bring to the boil, stirring. Lower the heat to a gentle simmer and add the lemon juice, half the cheese and then the salmon pieces. Season and remove from the heat and pour into the dish. Arrange the eggs over the top, cover and leave to cool.
- 6) Cook the broccoli in boiling salted water for 4 minutes. Immediately drain in a colander and cool under cold running water. Drain well and dry on kitchen paper then arrange the broccoli in an even layer over the eggs, pressing the broccoli down a little into the sauce.
- 7) Spread the mash over the top and sprinkle with the remaining cheese. Cover and chill for 1-2 hours until firm.
- 8) Pre-heat the oven to 180°C/160°/Gas 4. Bake the pie for 30-35 minutes or until crisp and golden brown. Serve at once, if kept hot for too long the colour of the broccoli will fade.





32ND ST MATTHEW'S
GIRLGUIDING

Spring

CRAFT
FAIR

SATURDAY 9TH MARCH 2024

St Matthew's Parish Centre, 27A The Drive,
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12.00 Noon to 3pm

Including vintage tea rooms serving
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Girlguiding

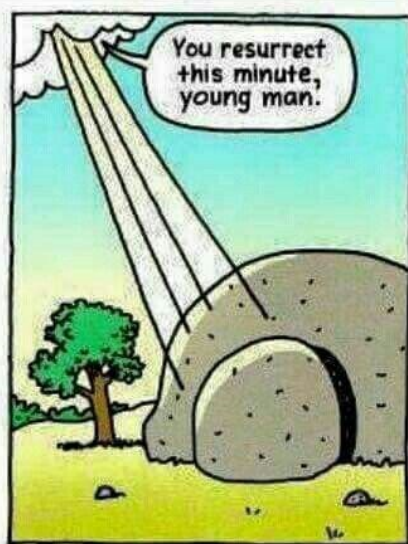
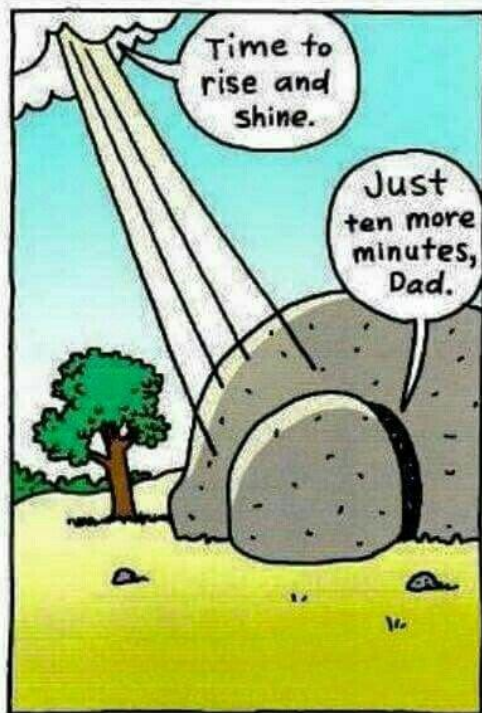
32nd St Matthew's Rainbow
Brownies, Guides and Rangers





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The whole church watched with nervous anticipation as the visitors sat where the Martins have sat for 42 years.



HAPPY EASTER!



Annual advertising costs

for *St Matthew's Mail*



A5	Full page	£100.00 per annum
A6	Half page	£60.00 per annum
A7	Quarter page	£40.00 per annum
A8	Eighth of a page	£25.00 per annum

Spaces are available – please contact

Anita, Parish Administrator, at the Parish Office

St Matthew's Ladies Group

Meetings are on Monday afternoons from 2.00pm till 4.00pm in the Parish Centre, on the second and fourth Mondays of the month.

Meetings in March

- 11 March Speaker: Linda Wyatt –
Northamptonshire Search & Rescue
- 25 March *Holy Week – No Meeting*

The full Spring / Summer programme is on our website:

Click on 'Community & Events', then 'St Matthew's Ladies Group' in the right-hand column.



Our next Cell Mass will be
Saturday 9 March 9.30am
Followed by refreshments
All are welcome to attend.

Friends of St Matthew's Music **100+ Club**

Congratulations to the lucky winner of £50 in our FEBRUARY draw —

Number **28**, held by **Fr Nicholas Gandy**



You too could win the **single prize of £50** in our monthly draw if you had a number! For just £3.00 a month you'd be in with a chance, whilst also helping pay for our Director of Music's salary.

For full details and a form, please email jonathan.starmer@yahoo.com

Jonathan Starmer

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A Christain Workers Co-operative supporting the local community and the wider world.

Parish Giving Scheme

The Parish Giving Scheme exists to allow members of the St Matthew's community to support the life and work of the Parish, and the upkeep of our church, through regular giving. It provides our principal source of income and helps us meet our main financial commitments, including our contribution towards the Diocesan Common Fund (the 'Parish Share') and the costs of our employees.



THE PARISH CHURCH OF
ST MATTHEW • NORTHAMPTON

The Scheme is the most tax efficient way of contributing to the church because contributions may be eligible for Gift Aid (raising your donation by 25% at no cost to either you or St Matthew's).

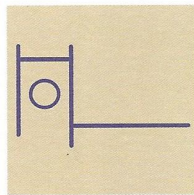
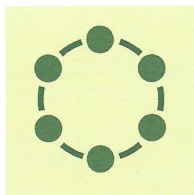
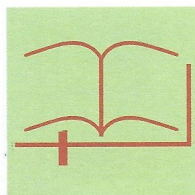
There are two methods of payment available: by a banker's direct debit or by weekly-numbered envelopes via the collection plate. The amount that you give is entirely confidential and is known only to the lay people who administer the Scheme.

If you are interested in learning more or in joining the Scheme, please speak to our Stewardship Recorder Polly Matthews. She can be contacted via the Parish Office or as below.

Polly Matthews

<office@stmatthews-northampton.org.uk>

Tel. 01604 846074



TM

PARISH GIVING SCHEME

Parish Office

27A The Drive, Kingsley, Northampton NN1 4RY (*within the Parish Centre*)

Telephone: 01604 791251 Email: office@stmatthews-northampton.org.uk

Parish Administrator: Anita Speake Office opening hours: Mondays, Tuesdays, Thursdays, Fridays 9.30am till 12.30pm, 1.00pm till 4.00pm; Wednesdays CLOSED

Ministry Team

Parish Priest	The Revd Canon Nicholas Setterfield vicar@stmatthews-northampton.org.uk
Honorary Assistant Priest	The Revd Canon Nicholas Gandy OGS OGS@stmatthews-northampton.org.uk
Honorary Assistant Priest	The Revd Canon Peter Garlick

Parish Officers

Churchwardens	Gary Drinkwater churchwarden@stmatthews-northampton.org.uk Dave Wilson churchwarden@stmatthews-northampton.org.uk
PCC Secretary	Sarah Oughton pcc-secretary@stmatthews-northampton.org.uk
PCC Treasurer	Donald Cran treasurer@stmatthews-northampton.org.uk

St Matthew's Trust

Ben Drouet
chairman@stmatthews-northampton.org.uk

Particular Responsibility

Safeguarding Officer	Sarah Oughton (Assistant: Ben Drouet) safeguarding@stmatthews-northampton.org.uk
Verger	Gary Drinkwater
Head Server	Seymour Franklin head-server@stmatthews-northampton.org.uk
Stewardship Recorder	Polly Matthews
Electoral Roll Officer	Seymour Franklin
Archives	Patrick Rawlinson
Website & Magazine Editor	Dorrie Parker magazine@stmatthews-northampton.org.uk

Music Department

Director of Music	Tom Moore music@stmatthews-northampton.org.uk
Parish Organist	Jonathan Stamer
Friends of St Matthew's Music	Keith Hirst friends@stmatthews-northampton.org.uk

Walsingham Cell

Cell Secretary	Dave Wilson walsingham@stmatthews-northampton.org.uk
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