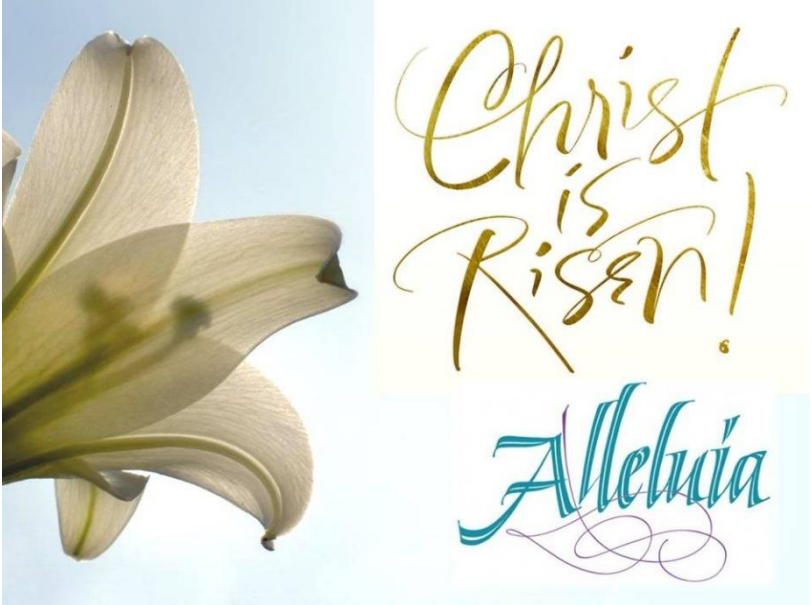


Coulsdon Cross

News & Views from St. Andrew's Church



April 2026

St Andrew's Vision Statement

A joyful, daring, diverse and generous Christian community, setting the world alight with the love of God.

Come and join us! All are welcome

DATES FOR YOUR DIARY:



Holy Week

Tuesday 31st March – 7 pm Stations of the Cross (Church)

Wednesday 1st April 10 am Holy Communion (Lady Chapel)

Thursday 2nd - Maundy Thursday 7.30 pm Liturgy of Maundy Thursday followed by Compline (night prayer) at 9pm.

Friday 3rd - Good Friday: 11 am Churches Together Walk of Witness (meeting at St Aidan's RC church and walking to Brighton Road Methodist). 2-3 pm at St Andrew's: The Cross of Christ, a service of music and readings for Passiontide with the opportunity to pray at the foot of the cross.

Sunday 5th Easter Day 6.15 am Churches Together Sunrise Service, St John's C of E school, Old Coulsdon.

9.45 Festal Eucharist followed by Easter Egg Hunt for children in church.

May

Saturday 9th – St Andrew's Qui-Art day, St Mary's Church Farleigh 10-2

Sunday 10th – Annual Parochial Church Meeting after church.

Sunday 24th – Pentecost Sunday sponsored walk. See article below.

REGULAR EVENTS

Every Sunday 9.45 Parish Communion – (Junior Church on the 1st Sunday of the month 'Renew' all Age on the 3rd Sunday)

Every Monday 10 -12 noon Time 2B: Coffee, chat and craft in the church Hall (Committee Room).

Every Tuesday Tots and Toys playgroup in the church hall. 11-12.30

Every second Tuesday Pop in Tea at 2 pm in church hall preceded by Service of Holy Communion in church at 1.30 pm.

Every third Tuesday 3.30 – 5.30 pm Messy Church – craft activities, Bible story and hot meal for children and their parents / carers.

Every fourth Tuesday 7.30 pm – Mothers' Union, Committee Room.

Every first and third Wednesday 10 am Holy Communion (Lady Chapel)

Dear Friends,

Easter is a season of journeys: journeys that lead “from death to life, from despair to hope, from fear to trust.” Yet these kinds of journeys rarely go straight from A to B. It was just this way with Cleopas and his pal in St Luke’s story. We meet them as they walk away from Jerusalem, back home to the village of Emmaus. (Luke 24:13-35)



Grief dogs their footsteps as the city of David recedes into the background. As they walk, their thoughts keep going over the terrible tragedy that befell their friend Jesus, the one ‘in whom they had hoped’. They are among those of us who hit rock bottom... and find that it has a basement. So it’s good that a sympathetic listener comes alongside at just the right moment to shed a ray of light into the darkness of their sorrow. And when they recognise who this mysterious stranger truly is, everything changes. They turn around – going back to be with ‘the eleven and their companions’ – the prelude to the fire and wind of Whitsuntide. In an instant, they were able to transition from death to life, from despair to hope, from fear to trust.

How about us? Where are we on that road as we approach Easter Day? Are our hearts burning within us from joyful faith? Or does life feel more like a dead end street? Wherever we may find ourselves, Luke’s story makes it plain that God is in both of these extremes – and everything in between.

Like those two disciples, we are easily blinded to the reality of God’s presence – which is why we need reminders – Holy Communion, Holy

Scripture – and the gift of our life’s experiences. For however bad, sad or even glad we may feel at any given moment – looking back, we often realise that we were not, in fact, abandoned – as the famous story of the footprints in the sand powerfully points out.

Sometimes we are given the grace of a miracle which causes the scales to fall from our eyes – that ‘breaking of the bread’ moment which comes out of the blue and changes us forever. I came across one such story recently, about a man named Allan Roberts. It’s told by a Canadian priest, Hugh Reed. (as quoted in Paul Scott Wilson, *Setting Words on Fire: Putting God at the Center of the Sermon*, Abingdon, 2008, pp. 159-60). As he tells it;

Allan came to me at church, wanting to be baptized. He was a child of the “me decade” and felt compelled to leave home and family to find himself. Instead he lost himself, wandering the streets, trapped in a world of drugs. One night he managed to get into a shelter. He didn’t know where he was or who he was but of one thing he was sure – he wanted it to be over, and so he began to consider how he might take his own life. However, he was shaken out of these melancholy thoughts when someone came in and called out a name from another world.

“Is Allan Roberts here?”

That had been his name once, but he hadn’t heard it for a long time. It couldn’t be him.

But the caller persisted, “Is there anybody named Allan Roberts here?”

No one else answered and so Allan took a risk. “I’m Allan Roberts... or at least I used to be.”

“Good cos’ your mother’s on the phone.”

“My mother? You must have made a mistake. I don’t know where I am, so how could my mother know where I am?”

“I don’t know, but if you’re Allan Roberts, your mother’s on the phone.”

Unsure what to expect, Allan went to the desk in the hall and took the receiver. It was his mother, who simply said “Allan, it’s time for you to come home.” Allan tried to explain. “Mum, I don’t know where I am, I

have no money and you don't know what I'm like anymore. I can't go home."

"Yes you can. There's a Salvation Army officer who's coming to you with a plane ticket. He's going to take you to the airport to get you home."

Allan's mother hadn't known where her son was, she just called every shelter and hostel for months until she found him. And so he went home and, supported and loved by his mother, who had never ceased to know him even though he had forgotten himself. Inspired by the faith that had sustained her hope, Allan began attending church services and one day came to my office seeking to be baptized. He did not find his own way to my office . . . A path, not of his own making, [was] made by the love that found him, that knew him better than he knew himself, and invited him to "follow me."

This is the love that visited the pilgrims on the Emmaus Road that long ago day. It is the love that transformed and continues to transform all the disciples – ourselves included. We don't know when it will happen, but we trust that it will. What better time than Easter to celebrate the truth that our Lord Jesus is risen from the dead – and beckons for us to follow him on that wondrous journey? May we run to greet him with joy.

Wishing you and your loved ones the joy, hope and new life of Easter.
Your friends,
Esther and Jessie the Vicarage Dog x



QUI-ART DAY AT ST MARY'S FARLEIGH: 'OPEN HEARTS AND OPEN DOORS'

We hope you'll be able to join us for our parish away day, from 10 am to 2 pm on Saturday 9th May at the beautiful 11th century church of St Mary Farleigh. (Farleigh Court Road Farleigh Warlingham CR6 9PX).



Together we will explore the theme of 'opening the door': the door of our church so that it may be a place of welcome, acceptance and love for everyone – especially those who are yet to enter it – and the door of our own hearts to God, who longs to share his gift of abundant life with every one of us.

There will be various art activities to do, thanks to our talented artist friend Kate Buckley – with all materials provided, or you may prefer to spend some time in silence in the church or the beautiful grounds. We will conclude the day with a service of Holy Communion and a simple lunch. Everyone is welcome. Please let Esther know if you can come for catering purposes, and if you can offer anyone a lift. We look forward to seeing you!

Jesus said, 'Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened.' Matthew 7:7-8:

ANNUAL CHURCH MEETING

This year's Annual Parochial Church Meeting (APCM) will be held on Sunday 10th May at 11.15 in church. It will be immediately preceded by a short meeting (at 11.10 am) to elect churchwardens, known as the Parishioners Meeting.

Churchwardens play a key role in the life of our parish. This year Sheila will be stepping down after completing 6 years of faithful service. We thank her for all she has done to build up the body of Christ here in Coulsdon. Could the Lord be calling you to take on the churchwarden's role?

Here is a quick summary of what it entails:

- Wardens are legally responsible for the plate, ornaments and other movable goods of the church.
- They compile and maintain an inventory of church goods and a terrier of church lands, and make an annual fabric report to the Annual Parochial Church Meeting.
- They keep a logbook of all work done to the church.
- They are responsible for the maintenance of order and decency in the church and churchyard.
- Other essential qualities include tact, discretion, a good sense of humour, readiness to take the lead on occasion and a firm commitment to St Andrew's.

To be eligible for election, a person must be baptised, aged 21 or over, on the church electoral roll, and a regular communicant.

The APCM is a very important event in the life of the church. It's an opportunity to celebrate the joys and face the challenges of what it means to be the parish church here in Coulsdon. There is a presentation about the finances. There is also the opportunity to ask questions on any matter of concern. If you have a specific question in mind. Please let Esther know beforehand so that she can ensure she has all the necessary information to hand.

The APCM also includes elections to the Parochial Church Council (PCC). This year we need to fill one casual vacancy for two years. We are also electing 3 deanery synod representatives.

Do chat to Esther if you'd like further information on any of these roles.

ST ANDREW'S SPONSORED WHIT WINDOW WALK!



This year Pentecost (Whit Sunday) falls on Sunday, May 24th. We plan to celebrate the birthday of the church by walking from Farthing Downs to Chaldon Church, meeting at Farthing Downs car park for 2 pm. Everyone – including 4 legged friends - is very welcome to join us. If you don't fancy the walk you can always meet us for

a cuppa at Chaldon Church where tea and cakes are on sale.

As well as enjoying one another's company and the beauty of the Downs and Happy Valley, we are walking to raise much needed funds for our West Window project.

The circular walk is approximately 3 miles. You might like to sponsor yourself if you are walking - or a church friend if you aren't. You might even choose to sponsor a church dog! If everyone on our electoral roll sponsored someone/ a canine £2 per mile we would make a wonderful £648!

However, we are grateful for anything you can afford to contribute. "It is not how much we give, but how much love we put into giving." (Mother Teresa)



Please sign up on the sponsorship sheet coming soon to the Narthex!

NHS BOOSTS ITS BONE CARE

Our friend Lizzie Mills works in the Communications team at King's College Hospital.

Hospitals across London are set to benefit from new bone scanners, helping people with osteoporosis get the treatment they need as quickly as possible. Known as DEXA (dual-energy X-ray absorptiometry) scanners, the machines are equipped with cutting-edge technology capable of detecting minute changes in bone density, enabling earlier and more accurate diagnosis. DEXA scanners are the gold standard for diagnosing osteoporosis and assessing fracture risk, and will help specialists across London prevent painful, life-changing fractures.



Karen Bonner, Chief Nurse for the NHS in London, explained: “Fractures linked to weak bones can lead to loss of independence, long hospital stays and reduced quality of life. Thanks to the new DEXA scanners, earlier diagnosis means patients can begin medication and make lifestyle changes to strengthen bones and reduce the risk of breaks.”

Top tips to help keep bones strong

- Exercise is vital for strong bones. Weight-bearing and resistance activities, including simple weightlifting if you're able, can make a big difference to your bone density over time.
- A balanced diet rich in calcium and vitamin D important for bone health, this can include dairy foods, oily fish, green leafy vegetables, soya products, nuts and egg yolks.
- Most of our vitamin D comes from sunlight, so getting regular, safe exposure to sunshine is helpful. Some people are more at

risk of low vitamin D levels, including those who are housebound, people who cover their skin, and people with darker skin. These people may benefit from vitamin D supplements.

- Certain medical conditions and medications can weaken bones. If this applies to you, your healthcare team will guide you on the best steps to protect and improve your bone health.

ECO CHURCH: 'TO BE OR NOT TO BE'

Our eco church co-ordinator Ann Witham writes...



In recent years you may have noticed that a number of companies are including on their products or advertisements a logo which is a large B inside a circle. This signifies that they have been certified as a B Corp company, the B standing for “benefits for all”. These companies don’t just operate to make a profit but aim to meet high standards of social and environmental performance, accountability and transparency and they commit to considering the impact of their decisions on their workers, customers and governance, and on the community and the environments.

There are now over 2,700 B Corps in the UK – examples include Jamie Oliver, Oddbox, Innocent Drinks, Guardian Media Group, Riverford and Divine chocolate although the majority are much smaller companies.

I suspect that many mothers will have received flowers on Mothering Sunday from Bloom and Wild. This is a B Corp company and how they try

to make a difference indicates the types of actions B Corp companies are expected to take. Their packaging is 100% recyclable or compostable, they champion as many organic and locally grown products as possible, they have built long term relationships with ethical growers in Kenya who provide good working conditions and financial security to lift local communities out of poverty and donate to their charity partners (though I did notice that only one of their letter box flowers is at present labelled Fairtrade). As employers they provide flexible working hours, enhanced family leave, free mental health support and financial coaching.

However there has been much criticism that verification is not strict enough. Companies self report and only need to score 80 out of 200 making it possible for them to prioritise what is easier for them to implement rather than complex environmental issues. They could score almost zero in one area and still display the logo. B Lab has been particularly criticised for certifying some of the subsidiaries of multinationals (eg. Nespresso, part of Nescafe). There is no expectation that companies should report on their carbon emissions and it is difficult for customers to see how products that interest them are scoring. The beer brand Brewdog did however lose its status as a B Corp company after current and former employees signed an open letter alleging a culture of fear.

B Lab has been reviewing its conditions and new minimum standards will be introduced from this September and there will be tighter requirements around carbon management and reporting. B Corps must recertify every three years and are expected to increase their score over time as they progress towards becoming more equitable, inclusive and regenerative businesses.

B Corp certification is obviously a welcome step in the right direction but it is not always sufficient for ethical consumers to be sure they are making an ethical choice. Companies still often need more specific certifications to reassure consumers – for example Café Direct also has Fairtrade, Soil Association and Social Enterprise logos.

However refined the standards of B Corps are they cannot offer the assurance that audited agricultural standards like organic or Fairtrade can for food production or the Fair Tax Mark around tax practices. At present a B Corp logo on its own on a coffee jar still does not give full assurance around chemical use or workers rights.

“Woe to him who builds his palace by unrighteousness, his upper rooms by injustice, making his own people work for nothing, not paying them for their labour.” Jeremiah 22:13

NEWS FROM THE CONTACT GROUP

Contact Group co-ordinator Monica Jefford writes...

In this fast disappearing natural world it was refreshing, thanks to Bob and Marion Charman, to see the abundant flora of the Surrey countryside and further afield. March's Pop In took us on an enjoyable tour in our 'green and pleasant land' and beyond without us leaving the comfort of the Hall. It was a time to reflect on what Dara McNulty, the young naturalist who lives in a world of Autism, 'sees as an opportunity to escape the onslaught of modern life and remember we are but cogs in a constantly turning world of interacting seasons, components vital to continuation of our created world.'

Contact Group volunteers devote a significant time to considering an afternoon's Pop In agenda, trying to make sure they are varied, entertaining, informative and as appropriate responsive to the current local, national and global prevailing conditions. Always acknowledging our stewardship of the resources given/gained through evolution, for now and future generations. In the order they were created, here is a quick run through of some of the themes Pop Ins have covered:

1. Day and night: the backdrop to each 24hrs. Specific features defined by their geographical latitude and longitude. Putting aside the universal concerns re health, mobility, safety, risk many in older age prefer not to go out after dark, a reduced confidence increasing vulnerability. A fire safety talk from four 'young firemen' was well received.

2. Sky: see 4.
3. Dry land/earth and sea: activities enjoyed include flower arranging, assembling Easter Gardens, playing Bird/Tree Bingo. All benefit from the wonderful displays produced by Ken and Jill George's tubs outside the Church.
4. Sun, moon and stars: ably supported by his young son's written descriptions Alan Heavens was able to give us an interactive session on the wonders of our solar system and beyond. Afterward we concluded there was little likelihood of guests/volunteers enhancing the body of burgeoning scientific knowledge. Your position is safe Alan!
5. Living creatures on land, in sea and air/sky, beasts of the earth, fish of the sea, birds of the air: a virtual Jessie attends every Pop In and is regularly bought supplies of her favourite treats. Knowing what a soft touch her mum is we know they won't last long and receive customer satisfaction feedback as to how much they were enjoyed (by Jessie!). John Linney, Oreo and Hazel visited to show us her achievements so far and future expectations. Sessions often remind us of our environmental responsibilities with Ann Witham providing useful practical advice.
6. "Humankind": many of our guests are in older age, with suboptimum physical and mental wellbeing, are less able and often live alone with limited support. Consequently isolation, loneliness, low mind and, or clinical depression can occur.



The companionship, friendship, fun and laughter provided at the Pop Ins

are helpful antidotes, as are those of Hilary Fife whose repertoire has covered Victorian life (simulated personal experience), the Mary Rose (Peter's family archive), romance, marriage and wedding anniversaries.

Music, intergenerational visits, craft creativities, quizzes and table top games stimulate interaction and engagement.

Preparing and wrapping cards and presents for Ukraine extends care to others. Arthritis Action visited and provided guests with some useful tips re managing their conditions on a daily basis.

The Pop Ins' hospitality of well received food and drink enhances all.

We've nothing against apples and know Margaret Eaton makes a mean apple pie but one of Stella Corney's cream teas is not to be missed.

7. Rest: The Significance of nature for mental health and wellbeing: the ways shown here demonstrate how the Pop In's ethos acknowledges these. We hope to facilitate:

- reduced stress and anxiety, an improved mood and happiness, cognitive restoration, increased mindfulness, social, emotional and spiritual wellbeing.

Many find also attending the preceding church service beneficial.

We look forward to seeing you at our April Pop In when we will sharing a Southern Harrier member's marathon running experiences.

Monica and the Contact Group volunteers x

JESSIE' JOKES!

What are 45 rabbits in a row, all marching backwards called?

A receding hare line! 😊

How does the Easter bunny stay in good shape? It's the 'Hare'robics! 😊

Did you hear the story of the Easter bunny who sat on a bee? It's a tender tail 😊

A newly discovered chapter in the Book of Genesis has provided the answer to the question, "Where do pets come from?"

Adam said, "Lord, when I was in the garden, you walked with me every day. Now I don't see you anymore. I'm lonely here and it's difficult for me to remember how much you love me."

And God said, "No problem! I will create companion for you that will be with you forever and who will be a reflection of my love for you, so that you will love me even when you cannot see me. Regardless of how selfish or childish or unlovable you may be, this new companion will accept you as you are and will love you as I do, in spite of yourself."

And God created a new animal to be a companion for Adam. And it was a good animal. And God was pleased. And the new animal was pleased to be with Adam and he wagged his tail. And Adam said, "Lord, I have already named all the animals in the Kingdom and I cannot think of a name for this new animal." And God said, "No problem, because I have created this new animal to be a reflection of my love for you. His name will be a reflection of my own name, and you will call him 'Dog.'" And Dog lived with Adam and was a companion to him and loved him. And Adam was comforted. And God was pleased. And Dog was content and wagged his tail.

After a while, it came to pass that Adam's guardian angel came to the Lord and said, "Lord, Adam has become filled with pride. He struts and preens like a peacock and he believes he is worthy of adoration. Dog has indeed taught him that he is loved, but perhaps too well." And the Lord said, "No problem! I will create for him a companion who will be with him forever and who will see him as he is. The companion will remind him of his limitations, so he will know that he is not always worthy of adoration." And God created CAT to be a companion to Adam. And the cat would not obey Adam. And when Adam gazed into Cat's eyes, he was reminded that he was not the supreme being. And Adam learned humility. And God was pleased. And Adam was pleased. And the dog was pleased. And.... the cat didn't care one way or the other. 😊

If the Easter bunny could talk...

- Keep your hands off my tail; that's not cotton!
- Don't put all your eggs in one basket!
- A few bad eggs will find their way into everyone's basket of life.
- Everyone needs a friend who is all ears
- Everyone is entitled to a bad hare day
- All work and no play can make you a basket case
- Sometimes you have to hunt for the good things in life
- It's possible to be slightly cracked and still be a good egg!
- Keep your paws off other people's Easter chocolate!



*Easter morning bright and fair
Tells me of God's loving care.
Flowers that were gone from view,
Now awakening, bloom anew.
Though God's face I do not see,
I will trust His care for me.*

"We must take action, set out to look for Jesus: look for him in life, look for him in the faces of our brothers and sisters. We must look for him without ceasing. Because if he has risen from the dead, then he is present everywhere, he dwells among us, he hides himself and reveals himself even today in the sisters and brothers we meet along the way, in the most ordinary and unpredictable situations of our lives. Jesus is alive and is with us always, shedding the tears of those who suffer and adding to the beauty of life through the small acts of love carried out by each of us"

(From Pope Francis' final Easter Message, April 20th, 2025)

CONTACTS AT ST ANDREWS

Woodmansterne Road CR5 2DD www.standrewscouldon.co.uk

Vicar: Rev'd Canon Esther Foss – 020 3620 1885
(Day off – Friday) estherfoss79@gmail.com

Reader: Gerry Daley – 07717 233858
gerrydaley@btinternet.com

Churchwardens: Sheila Linney 07815 091206
Toni Best 07767 308375

CPLM & Messy Church Co-ordinator Jenny Atkinson

Treasurer: finance@standrewscouldon.co.uk

Baptisms/Weddings: standrewsoffice@yahoo.com

Contact Group Co-ordinator: Monica Jefford
sutherland-18@hotmail.com

Hall Lettings: hiringthehallatstandrews@gmail.com

Safeguarding: Karen Bowey k.bowey@allaw.co.uk
Sara Jane Davidson sara-jane.17@hotmail.co.uk

Junior Church: Beth Ten Cate

Parish Canine Rep: Canine Jessie Foss (Days off Monday – Sunday.
Don't contact unless you have treats.)

PARISH MAGAZINE:

Editor: Rev'd Canon Esther Foss (details as above)

Parish Administrator: Danielle Stobart, Parish Office 020 86762966
(open Monday and Wednesday 9 a.m. - 1 p.m.)
standrewsoffice@yahoo.com

USUAL SERVICES Sunday 9.45 am Parish Eucharist (1st Sunday Junior Church, 3rd Sunday Renew All Age Eucharist) Wednesday (1st and 3rd) 1st 10.00 am Book of Common Prayer, 3rd Holy Communion with prayers for healing.