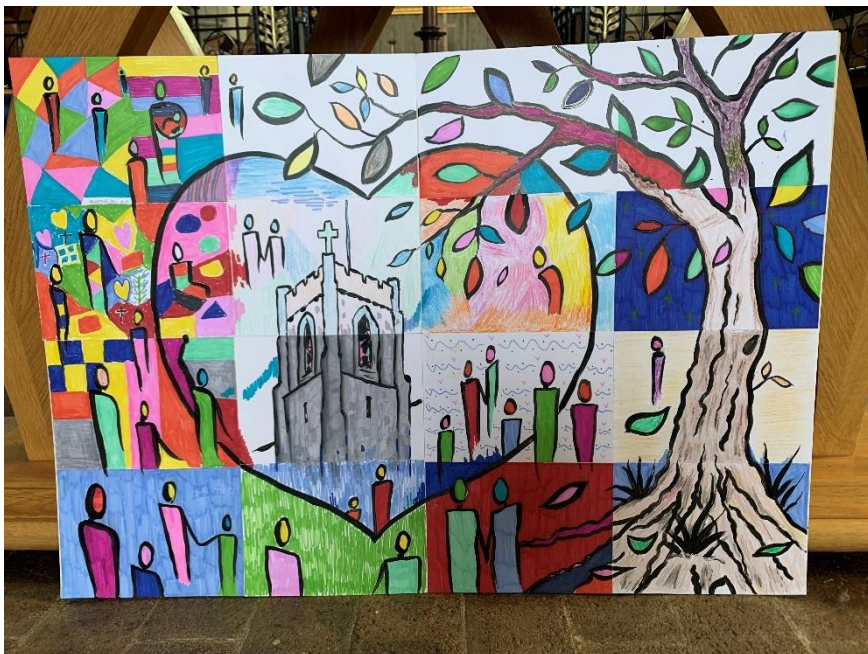


Coulsdon Cross

News & Views from St. Andrew's Church



Collaborative piece of art from the Qui-Art day

June 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:



Tuesday 2nd 8 pm – Archdeacon’s Visitation service, All Saints’ Sanderstead (the service where the churchwardens are formally sworn in)

7.30 pm Churches Together Open Meeting at St Aidan’s RC Church.

Sunday 7th 2 pm – Sponsored Walk to Chaldon Church and back - meet at Farthing Downs Car Park.

Tuesday 23rd 7.30 pm Mothers’ Union Open Meeting. Anita Peleg, daughter of Naomi Blake who created the sculpture ‘Genesis’ which is outside the committee room, will give a talk about her mother’s life and her work promoting understanding between faiths. All are welcome

Monday 29th – PCC meeting, 7.30 pm in the Committee Room.

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).

Please note there will be no service on Wednesday 3rd June

Dear Friends,

Do you know the names of Canon Samuel and Henrietta Barnett? They were social reformers who are remembered in the church's calendar on the 17th of this month.



After the couple married in 1873, they went to work in the parish of St Jude, Whitechapel, an area of extreme poverty, described by the then bishop as the worst parish in the diocese. The Barnetts became tireless advocates for the rights of the poor and are perhaps best known for establishing Toynbee Hall (a charity that still works to address the causes and impacts of poverty in the East End of London); Hampstead Garden Suburb (originally designed as a community where people of all social classes and income levels could live together in a healthy, green environment) and the Whitechapel Art Gallery, with the aim of presenting “the finest art of the world for the people of the East End.”

Within the parish at Whitechapel was the Forest Gate District School – an ‘industrial school’ which claimed to teach children a trade. However in reality these young people were ruthlessly exploited for their free labour. The conditions were truly awful – the children were fed meat ridden with maggots which resulted in deaths and severe illness from food poisoning. On New Year’s Eve 1890, twenty-six boys died in a fire because the staff wanted to go out and locked the children in their dormitories. Thanks to Henrietta’s determined efforts, the school was eventually closed and the passing of various parliamentary acts meant conditions for children improved across the country.

If you visit Westminster Abbey you will find a memorial plaque dedicated to the Barnetts with the inscription, “Fear not to sow because of the birds.”

Sadly, for many children the situation in our world today is just as bad as it was in the Victorian era. The shocking truth is that even here in the UK, one of the most prosperous of all countries, around 4.5 million children (1 in 3) live in poverty.

It is easy to lament the state of the world but as Christians we are called to do more than wring our hands. We are invited to make a positive difference – just as the Barnett's did. Like them, we must not 'fear to sow because of the birds'. God calls us to do his work, wherever and however we can. As another Christian reformer and the founder of Methodism, John Wesley put it:

Do all the good you can
By all the means you can
In all the ways you can
In all the places you can
At all the times you can
To all the people you can
As long as ever you can.

May this be true for us this month
and every month.

Your friends,
Esther and Jessie the Vicarage Dog
x

*Merciful Father, whose servants
Samuel and Henrietta Barnett served
Christ in the poor of Whitechapel and
worked to provide educational*

*opportunities for all: make us know that all your children are equal in
your sight; help us to build a society in which the gifts and needs of each
person are recognized and valued, so that we may all live in the joy of
your kingdom. Through Jesus Christ Our Lord. Amen.*



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

We had a truly blessed time together at St Mary's Church, Farleigh, a peaceful, prayerful place where worship has been offered to God since 1080. The sun shone and we were even joined by the resident moggy who shared a little of our lunch! It was great to spend time being creative with a range of different art activities for us to do, from salt pictures to watercolour sunsets.

Many of us also enjoyed sitting in the grounds, reflecting on how the Lord is inviting us into a deeper relationship with him, and how we might share that with others.

It was so lovely to be surprised by a visit from Kate Buckley and her husband Rob. Kate masterminded the day, providing so many different and interesting ways for us to explore our theme of opening the door through art. Here is one fantastic example from Simon Windle:



We were so proud to display the collaborative piece of work in the church (featured on this month's front cover). Everyone was asked to colour one square which were then put together to create a beautiful picture of St Andrew's. Kate helped us to think about the deeper meaning behind this process in some words that were included in the instructions:

"Working together for church growth, personal growth, or community life can sometimes feel a bit disjointed, often puzzling, and the results may not be obvious. When we pray and lift our thoughts and efforts into God's hands, he sees the whole picture and joins them up."

What a wonderful way to think about what it means to be a church. May we all continue to work and pray so that we can more truly reflect God's desire for St Andrew's church and share the good news of his love in all that we do.

ANNUAL CHURCH MEETING: RESULTS

We are delighted to have two church wardens in place for the coming year – Toni Best who is continuing on in his role and Audra Proctor, who is returning to the role after a well deserved break. Audra and Toni will be formally admitted to office at 8 pm on the 2nd of June at All Saints' Sanderstead. Everyone is welcome to attend.

It was very good for us to publicly thank Sheila for everything she has done over the past six years as warden, presenting her with a peony plant. We hope it thrives as you have enabled St Andrew's to thrive dear Sheila! We also thanked the many volunteers who do so much not only to keep the show on the road to but to make St Andrew's a beacon of light in our community.

Jenny Atkinson, Gerry Daley and Monica Jefford were elected as Deanery Synod Representatives. Sheila was elected to the one PCC vacancy.

PCC members are:

Catherine Atkinson – Electoral Roll Officer

Jenny Atkinson – Commissioned Lay Pastoral Worker and Deanery Synod rep.

Toni Best - Churchwarden

Julie Best

Karen Bowey – Parish Safeguarding Officer

Katie Burrows – PCC Secretary

Gerry Daley – Reader and Deanery Synod Rep

Sara Jane Davidson – Parish Safeguarding Officer

Canon Esther Foss - Chair

Monica Jefford – Deanery Synod Rep

Sheila Linney

Allison North

Lauren Powell

Audra Proctor - Churchwarden

Danielle Stobart

Beth ten Cate

Julie Webb

Together, PCC members are responsible for the overall wellbeing, practical as well as spiritual, of the church, the church members, and the church buildings. They also have a duty to promote the mission of the church within the wider community.

Do speak to any PCC member if you have questions or suggestions – and thank you to all of them for so generously giving time and talents for the building up of Christ's body here in Coulsdon.

ST ANDREW'S SPONSORED WHIT WINDOW WALK – POSTPONED TO JUNE 7th

The baking hot weather on Whit Sunday was too much for both four legged and two legged walkers – so our walk will now take place on Sunday June 7th. That means there is still time to sponsor us if you haven't already done so! Grateful thanks to all who have already pledged funds towards our West Window renewal.

STAY COOL!

When the temperatures soar, it's important to look after ourselves and our pets. Jessie has some top tips for keeping cool: Hi Everyone
Jessie here – you know I am a Godly dog so I have put together some bible verses with my top tips:



- Be like “a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit.” (Jeremiah 17:8) Don’t forget to **keep hydrated**. For dogs like me this means water, but if you’re strange like my mum who likes tea even when it’s 30 degrees plus, that is still ok.
- “The Lord is your keeper; the Lord is your shade on your right hand. The sun shall not strike you by day, nor the moon by night. (Psalm 121: 5-6). **Keep in the shade**. I am a sun worshipper but I know when it’s time to go back onto my settee with the curtains drawn. Getting sun stroke is no joke.
- “Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.” (Ephesians 5:18). Being a clean living canine I don’t drink alcohol – but if you do, **be careful not to get dehydrated**. Make sure you alternate your glass of champagne with some Adam’s ale.
- “With joy you will draw water from the wells of salvation.” (Isaiah 12:3) Having a **cool shower** is a great way of cooling down. I run away when mum gets the hose out but I don’t mind a damp flannel on my brow. Each to his or her own!
- “...Nor will the scorching heat or sun strike them down; For He who has compassion on them will lead them.” (Isaiah 49:10) Don’t forget to put on your **sun cream**. Use at least factor 30 and make sure you cover your hot spots. Light coloured dogs can sometimes need sun cream, but be sure to use a dog friendly product. Enjoy your summer, and remember – it’s never too hot to read the Bible! Jessie xx

NURSES ACT OF KINDNESS TRANSFORMS LIFE OF PATIENT

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

Epsom and St Helier nurse, Sumitha, was recently working in the community when she visited a made a home visit to check in on a patient who was in their 90s.



She noticed the property was cold, there was barely any food, and the patient told her that they'd been unable to collect their medication due to ill health. The patient was unaware that help was available to her, until Sumitha stepped in. Sumitha contacted the relevant agencies, resulting in heating being installed in the patient's property and a care package being arranged.

Sumitha, who is a Practice Educator within the Medicine Division at Epsom and St Helier, with a Master's degree in Community Health Nursing, said: "The next time I visited the patient's home, it felt completely different. It was warm, safe and comforting - and they were no longer facing everything alone.

"Nursing isn't just about caring for patients clinically. It's about noticing the things left unsaid, showing compassion in action, and advocating for people who may not have the strength to ask for help themselves."

There are over 80,000 nurses and midwives working across London, supporting the work of the NHS, social care and charitable sector. The decision to pursue a career as a nurse in the NHS can be life-changing. Both for you, and for the patients you treat. Find out where a nursing career could take you. Search 'NHS Nursing Careers' for more information.

SMALL IS BEAUTIFUL

Our Eco-church co-ordinator Ann Witham writes:

Last month Bob and I visited the Eden Project in Cornwall, an amazing introduction to the plant life of both rain forests and the mediterranean area but also a warning about the dangers many of these plants face. In a more recent gallery, The Core, I was fascinated by a series of photos about microbes, organisms often impossible to see with the naked eye. For example an average bacterium can fit about 50 times into the diameter of a single hair and viruses are even smaller. However fungi also include species like the honey fungus which is the largest living thing on earth by virtue of its vast underground networks which can stretch for miles and mould on bread and infections like athletes foot are very visible.

Scientists estimate that around 100 million different species of micro organisms live on earth. That is far more than all the plants and animals combined. They emerged around 3.5 billion years ago and through photosynthesis managed to pump more and more oxygen into the atmosphere making it possible for more complex life forms to exist. Around 1.7 billion years ago the first multicellular micro organisms evolved and about 600 million years ago life forms like worms appeared. Everything and everyone in Earth descends from a microbe.



We are often fearful of viruses and bacteria knowing that they can cause disease and death but only 1% of all microbial species are known to cause disease in humans whilst the vast majority provide essential, often overlooked, benefits to our planet and daily lives. Microbes are essential in keeping the planet habitable, productive and balanced. The

following are just a few of the benefits we receive from them. We are covered by microbes on our skin, in our mouth and nose and those in our gut help break down food, produce vitamins like vitamin K and defend against harmful pathogens. They are crucial in manufacturing food and drinks via fermentation including bread, cheese, yogurt, beer, wine and vinegar. Without them we would be surrounded by dead plants and animals as they act as decomposers recycling nutrients back into the ecosystem and preventing the accumulation of waste. They are essential for cleaning up contaminated environments as they can degrade pollutants, even if slowly, such as petroleum, pesticides and plastics.

Bacteria and fungi play a key role in soil fertility by breaking down organic matter increasing nutrient availability and providing natural protection against crop pests. Microbes are also used to produce antibiotics, vaccines, hormones such as insulin, enzymes for laundry detergents and sustainable biofuels. As the Eden project Invisible Worlds Exhibition states “If the invisible lifeforms and systems we rely on for fresh air, clean water, fertile soil, nutritious food, rich biodiversity, a stable climate and a natural recycling system are threatened so are we”.



NEWS FROM THE CONTACT GROUP

Contact Group co-ordinator Monica Jefford writes...

The combination of flowers and music is well known. Flowers often inspire classical, romantic musical compositions and botanical research proves plants react to sound vibrations.



This philosophy was the basis for a delightful concert with Ann Heaven's amazing singing accompanied by the considerable talents of pianist Richard Pilliner for the May Pop In. Guests and volunteers enjoyed listening to the singing and identifying, from pictures available, the flowers mentioned in her songs. The majority were well known and easily recognised audibly and visually, some more obscure and a few, such as the apple tree, requiring lateral thinking. Ranging from Spring bulbs and shrubs such as daffodils, tulips and lilac to the more annual blooms. The rose featured more than once, accompanied by lilies, violets, daisies and buttercups. Memories of Fred Hackel's homeland were stirred as he sang along with Ann in her rendition of Edleweiss. Recall of lyrics from The Sound of Music film enabled other guests to join him. Who'd have thought there was a song about Bindweed? Well there is and its relationship with the Honeysuckle, casting it in a different light for some gardeners aiming to keep it at bay.

The Victorian language of flowers demonstrates the gamut of communication with a simplicity through to a wordless complexity requiring insider knowledge. Often their beauty and perfume is all that is needed. Regardless of the extent of this horticultural appreciation flora is an integral part of human life. Starting at an early age concern is expressed re 'Quite Contrary Mary's' garden, followed by their use

throughout life to give thanks, offer congratulations, say sorry, enhance a relationship or to say an earthly farewell in death.

Practically, domestic gardeners and horticulturalists take great pleasure from cultivating blooms for personal enjoyment or as part of national RHS displays such as the Garden at Wisley or Chelsea Flower show., with some becoming obsessed with creating a new genus or propagating every variety of eg a miniature daffodil/snowdrop.

Flowers are also of value for our bee colonies honey production, use in alternative therapies, as a dietary addition or as pot pourri.

In conjunction with the physical world our natural one, including plants, flowers and trees, contribute to a positive symbiotic relationship essential to the environmental wellbeing of our planet – a well promoted aspect of church life thanks to Ann Witham.

Join us at our June Pop In to learn more and share any tips you have. Thanks to Ken and Jill George, St Andrew's attendees, on arrival, have their spirits uplifted by the well kept flower tubs outside the church. Although economic reasons and reduced personnel make it harder to achieve, the 'flower arranging team' ensure there are floral displays inside to enhance worship at major festivals.

"The flowers that bloom in the spring tra la," an innocent sounding song, from the Mikado, shows how interpretation of floral language can vary, Nanki-Poo's romantic idealism contrasting with Ko-Ko's harsh reality. However our plants, flowers and trees also remind us of the rhythm of life that in everything there is a season. Rather than rushing through our lives we do need to take time to relish the moment, to stand and stare. *'May you find the gift of space: stop and take stock, catch your breath, collect your thoughts, request divine guidance to weigh up and make good choices. So that, rooted in what brings spiritual, emotional and physical health, becomes a wide and open space for you. As spring buds turn to summer blooms may new possibilities bud in you and become a season of fruitfulness laden with blossoms of blessing.'* (Malcolm Duncan)

Monica and the Contact Group volunteers x

'SWEET' JUNE QUIZ

Can you guess the chocolate products from the clues? First correct answer emailed to Esther wins a box of chocs! estherfoss79@gmail.com

1. Definitely not before 20.01hrs
 2. Mothers pub
 3. Voodoo in a box
 4. Dairy Carrier
 5. Gets people together for a date
 6. Single snowy deposit
 7. 100% AU
 8. Passenger carrying vehicle, or a club sandwich?
 9. Big cats drink here
 10. Prairie Roller
- (answers in the next edition)

JESSIE'S JOKES!

They say that money talks. Mine only knows one word... goodbye! 😊

Did you hear about the Meatloaf super fan who married his accountant girlfriend? He said "she will do anything for love but she won't do VAT" 😊

How do you get two whales in a car? Down the M4 and over the Severn Bridge. 😊

How do you make toast in the jungle? Put it under the Gorilla! 😊

I asked the librarian if she has any books about paranoia.
She whispered: "They're right behind you ..." 😊

Finally my winter fat is gone. Now I have spring rolls! 😊

Stephen took two stuffed dogs to the Antiques Roadshow. "Ooh!" said the presenter, "This is a very rare breed. Do you have any idea what they would fetch if they were in good condition?"

"Sticks." replied Stephen. 😊

The God of War rode out one day
Mounted on his filly.

"I'm Thor!" he cried.

"Of course you are," the horse replied.

"You forgot your thaddle, thilly." 😊

Where do sheep go on holiday? The Baa-hamas! 😊

Why did the elephants get thrown out of the swimming pool? They kept dropping their trunks! 😊

Did you ever wake up, kiss the person sleeping beside you, and feel glad that you are alive?

I just did and apparently will not be allowed on this airline again. 😊

The older I get, the more I regret all the people I've lost over the years.

Maybe being a hiking guide wasn't the best career choice. 😊



CONTACTS AT ST ANDREWS

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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.