

# ***Your Parish News***

Parish of Luton, St Augustine Limbury  
with Holy Trinity



Holy Trinity

Sharing God's love with you

***Christmas 2024 - Easter 2025***

[www.staugustinewithholytrinity.co.uk](http://www.staugustinewithholytrinity.co.uk)

## Dates for your diary

Month	Day	Time	Event
Nov	15th	12noon	Community Lunch
	16th	11.00am	Christmas Bazaar
	24th	3.30pm	Messy Church
	29th	2pm-4pm	Craft and Natter group
Dec	5th	12.15pm	Organ recital
	6th	10.30am	Coffee morning
	7th	11.00am	Young Growers' Club
	8th	3.30pm	Messy Church
	10th	10.00am	Mothers' Union - Advent Corporate Communion followed by coffee and mince pies. All welcome
	14th	tba	Christmas Tree Festival
	15th	4.30pm	Carols by Candlelight in St Augustine's Church Hall
	20th	12noon	Community Lunch
	22nd	10.00am	Christingle - Family and Parade Service
		4.30pm	Traditional Service of Nine Lessons and Carols
	24th	4.00pm	Nativity Service - dressing up from 3.30pm
		11.30pm	Midnight Mass of Christmas
	25th	10.00am	Holy Communion Service at St Augustine's
	11.30am	Holy Communion Service at Holy Trinity	
Jan	2nd	12.15pm	Organ recital
	3rd	10.30am	Coffee morning
	11th	10.00am	Jumble sale
	12th	3.30pm	Messy Church
	13th	9.30am	Mothers' Union - Breakfast at the Moat House
	17th	12noon	Community Lunch
	19th	10.00am	Mothers' Union 40th Anniversary Eucharist and refreshments
	31st	2pm-4pm	Craft and Natter group
Feb	6th	12.15pm	Organ recital
	7th	10.30am	Coffee morning
	9th	3.30pm	Messy Church
	11th	2.00pm	Mothers' Union

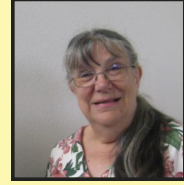
## Who's who at St Augustine's



Church Warden/  
Hall bookings  
Mary Schrimshaw  
07982 256152



Vicar  
Rev Jairo Nyaongo  
07763 104640



Church Warden/  
Safeguarding Officer  
Angela Thomas  
07305 060316



Prayer Chain  
Co-ordinator

Sandra Hylton  
01582 510053

Holy Trinity Caretaker: William Raghu, 01582 585092

## Join us at our Christmas Services at St Augustine's

Sunday 24th December at 4pm

**Nativity Service**

dressing up from 3:30pm

Sunday 24th December at 11:30pm

**Christmas Eve Service: Midnight Mass**

Monday 25th December

**Holy Communion for Christmas Day**

**St Augustine's at 10am**

**Holy Trinity at 11.30am**

# JOIN US FOR OUR CHRISTMAS EVENTS



ST AUGUSTINE'S CHURCH HALL  
16TH NOVEMBER  
11.00AM - 2.00PM

## CHRISTMAS BAZAAR

JOIN US FOR FESTIVE GIFTS, A CHRISTMAS RAFFLE WITH LOTS OF PRIZES, TOYS, TOILETRIES, TOMBOLA AND MUCH MORE!

REFRESHMENTS AVAILABLE

The poster features a gingerbread man on the left, a Santa Claus character at the bottom left, and a decorated Christmas tree on the bottom right. At the top, there is a string of Christmas decorations including stockings, a gift, and holly leaves.



ST AUGUSTINE'S CHURCH HALL

15TH DECEMBER  
AT 4:30PM

## Carols by Candlelight

AN INFORMAL SERVICE OF YOUR FAVOURITE CAROLS FOLLOWED BY MULLED WINE AND MINCE PIES

The poster features three lit candles in the bottom right corner against a green background.



## CHRISTMAS TREE FESTIVAL

ST AUGUSTINE'S CHURCH

14th December

The poster features three stylized green Christmas trees with white stars on a dark blue background with white snowflakes. At the bottom, there are small gift boxes and candy canes.



Sunday 22nd  
December at 4:30pm

## Traditional Service of Nine Lessons and Carols

The poster features a decorative border with pine branches, snowflakes, and gold stars.

### Forthcoming events to look out for at St. Augustine's

For more information, look on the website: [staugustinewithholyltrinity.co.uk](http://staugustinewithholyltrinity.co.uk), Facebook: St. Augustine's Church, Limbury, and our weekly pew sheet, The Star.



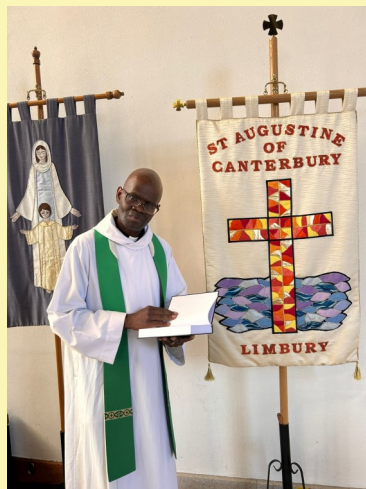
Rev Jairo writes,

## Amazing Grace

As I am thinking about this year's Christmas edition of the Parish magazine, I look back with gratitude to the ten years of my ordained ministry. I have known and learnt how costly the ministry is, and how supportive many people have been. It is support, the support



within the community in which I serve, that has brought me this far. I am therefore thankful and particularly grateful for my anniversary celebration which was organised by members of the church.



The greatest lesson in this journey has been the encounter with God's amazing grace in unexpected turns of events. It is the grace that led me this far and it is the grace that will continue to lead me. It is in this amazing grace that I invite you to, this Christmas. So, as we prepare for Christmas, we can also look back at how God's grace brought us this far. Our Christmas celebration with others will therefore be about what God has done for us individually and in the life of the church. With this in mind, Christmas becomes a reminder that God is with us, and is walking with us in all turns of life events. His love and presence drown out our everyday challenges and the noises of this world. As we reflect on God's grace, we are consumed by the events of incarnation and how its redemptive power has changed our lives. It is an amazing grace.

It was grace that led Mary, the mother of Jesus, to take up the call. She was central to carrying out the duties of fulfilling God's plan of rescuing humanity from the bondage of sin. She was full of grace. She was not consumed by the events which were unfolding in her life, instead focused on God's purpose. She simply said "***I am the Lord's servant, let it be to me according to your will***" (Luke 1:38). We, like her, have to trust God when he asks us to represent His mission in the world, even when the task appears impossible.

In reflecting on my personal call, I am drawn to think about your personal calls and what God is placing in our individual hearts with which to serve him. We notice the differences because he is asking us to do different things. He is calling us to become the people he created us to be. We can learn this from Mary's personal call. In her humility, she didn't worry about the callings of others, only what God wanted of her. We can embrace her attitude and allow our lives to become what God created us to be. This is what I have experienced along the way - what an amazing grace!

I am thankful to have experienced the freedom of God's Grace throughout my years of service. I am looking forward to what He has prepared for me in the years to come. Let us all be grateful for all that He has done for us. May the Lord continue to bless us this Christmas and in the years to come.

Rev Jairo

## There are lots of things to do at St Augustine's whether you are young or old!

### Young Growers' Club at St. Augustine's

On the first Saturday of every month, Young (and not so young!) Growers meet at St. Augustine's Church to plant, grow and learn more about healthy food.

This initiative is run by Laura, an enthusiastic mum of two young children who enjoy gardening as much as she does. The group is comprised of people who like to be outdoors and range in age from 3 years to 70+.

So far, they have grown a variety of herbs, tomatoes and squash. As well as planting, the group have had an indoor session or two, potting on seedlings, decorating flowerpots and learning about different herbs. The latest project has been the construction of a large bug hotel.



There is no admission fee and included in the 11.00am to 2.00pm time slot is a light lunch, provided by church members. This is a delightful group, so if you are interested in gardening and want to have a fun time with some friendly people, come along. You will be made very welcome!

Angela Thomas

### St Augustine's Church Hall is available for hire at £20 per hour Suitable for family parties

Large fully equipped kitchen  
Disabled access and toilet

Also available is a small meeting room  
which accommodates up to 20 people at £9 per hour

Phone Mary Schrimshaw on 07982 256152



## Coffee Morning

*Everyone Welcome*



### Coffee mornings at St. Augustine's

Please come and join us on the first Friday of the month from 10.30 - 12noon.



### Community Lunches at St. Augustine's

In June of this year, Frances, who had been running Community Lunches with such success, decided that it was time to step down. It seemed a shame to let this successful community event fall by the wayside, so I said I would carry on. Since then, we have hosted the lunch several times.

Usually, we serve a ham and cheese Ploughman's; Scotch egg and salad; Quiche and salad; filled roll....and of course, cake! I am not as talented a cake maker as Frances, but we usually manage a couple of homemade offerings as well as shop bought cakes. As the weather becomes colder, we will turn to soup and jacket potatoes with a variety of fillings to warm us up.

It is such a joy to see people relaxing, chatting and enjoying each other's company over a meal. We are usually very busy in the kitchen but are still aware of all that is happening in the hall. Do come along to St. Augustine's Church Hall on the 3rd Friday of each month if you are free. Lunches are served from 12.00 and we finish by 2.00.....better to come early in case the food runs out!

A word of thanks to volunteers who help in so many ways – Margaret, Teresa, Pat, Sandra to name a few. If you would like to contribute some time - or a cake! - to this venture, just let me know. I look forward to seeing you!

Angela Thomas

### Craft & Natter

This friendly group meets on the last Friday afternoon of the month between 2.00pm and 4.00pm in St Augustine's Hall. Although the crafts are basically knitting and crocheting, members do share other crafts/ideas from time to time and, of course, all skills are welcome. We have become experts in multi-tasking – crafting & nattering while enjoying a cuppa or two! If you fancy an afternoon out, do pop along and see what we are up to – just come along for the company – you will be more than welcome. Cost £1. See the diary on the inside cover for dates of our meetings.

For any further information, do call Glenise 07789910879 or Teresa 01582 654523

## Holy Trinity news

Greetings to you all. Well, it's almost Christmas, my word how this year has flown by! Holy Trinity congregation is growing very slowly – but it is growing. The Sunday morning service starts at 11.30am and finishes at 12.30pm approximately.

GTJC, the Sri Lankan church, meets on a Sunday morning in the Hall and their numbers have increased this last year too. They have just started a food bank and extra tuition for children who need the extra attention. These are held on a Saturday morning.

AoG Bethlehem Ministries, a Portuguese/English speaking church, meet in Holy Trinity church every Sunday from 5pm until 8pm.



Strong Tower Nursery is going from strength to strength and it is a delight to hear the children playing. It has passed an LBC Inspection, and it looks really good, having been redecorated during the Summer holidays. The children have drawn and painted new pictures with which to adorn the hall.



Luton Aikido have been meeting 3 times a week in the hall, which they have done for many years. They meet Wednesday and Thursday evenings and on a Sunday afternoon - a very lively group.

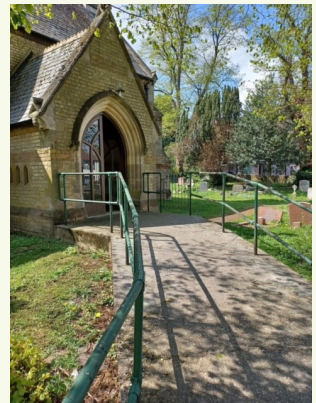
The church grounds and graveyard have been maintained by the Community Payback team, as has St. Augustine's, and they do a fantastic job every Friday. My very grateful thanks go to them for keeping both church grounds looking very smart.

Thursday lunch time at Holy Trinity church is from 11am until 2pm, where you will be able to sample homemade vegetable soup accompanied by a fresh roll, then tea, coffee and a selection of "posh" biscuits. All free! Please do come along if you can - I am sure you will enjoy the group. The numbers vary from 6 to 12 people attending, and one week there were 19 people who sampled the soup and the hospitality.

Thank you very much to all of you who have supported Holy Trinity during this past year; it's been great to be alongside you. Please continue to support us – we enjoy your company and appreciate all your support,

May you all have a peaceful and enjoyable Christmas and New Year – may 2025 be a year of abundant blessing for us all.

In His love and Service,



Mary, Churchwarden



## Thank you, John



On 9th June we enjoyed a 'Bring and Share' lunch to thank John Clark for handling St Augustine's Hall hire for 50 years. John has now retired and we wanted to recognise his achievement and dedication to the Church over all these years.



John cutting his special cake



It was also 50 years since Shirley Clark took on the role of PCC Secretary. Sadly Shirley passed away in September, whilst still doing the role, so we didn't have the opportunity to thank her in the same way.

Raising a glass to John



## Celebrating a marriage

Samantha and Immanuel Eze were married at St. Augustine's Church on 23rd March 2024





# The Flower Girl

3 Neville Road Luton, LU3 2JG

01582 599120

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Hand tied arrangements

House plants

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## Harvest Festival

Harvest Festival was celebrated this year on 29th September. The Flower Team excelled themselves in decorating the Church, and our congregation and visitors generously donated food items which were beautifully packaged and brought in front of the altar. There was also an opportunity to donate towards the Bishop of St Albans Harvest Appeal.



We welcomed residents and carers from Little Bramingham Care Home.



## Herb Garden by the Church

Bide awhile on church yard seat  
A perfect summer's day  
Respite from the midday heat  
To pass an hour away.

A little plot close Vestry wall  
With herbs of every kind  
A spot accessible to all  
Peace and calm to find.

Lemon Balm and leafy Bay  
Tarragon and Borage thrive  
Thyme and Rosemary today  
Scent the air beside the Chives.

Butterflies and bees alight  
Busy in their quest  
Such a special lovely sight  
Delightful place to rest.

Malcolm Bailey  
28 September 2024





## The Harvest Lunch

On Sunday 6th October (a week after our Harvest Festival) we held our annual Harvest Lunch. More than 30 people sat down to a “Bring-and-Share” meal – thank you to everyone who contributed towards an excellent and varied spread.

Sue White had prepared a table quiz to amuse us during the meal and later on she shared the answers and announced which table had won – well done to them!

There was a display of all the photos submitted for the Annual Photographic Competition – a colourful and diverse selection. We were all able to take a closer look and find out which pictures had been chosen for special recognition. Well done to all photographers who submitted their pictures – they were all winners! (See the report on the competition on the facing page). It was good to see what other members of the congregation had been doing during the Summer!

Our thanks to the Social Committee for organising a happy and enjoyable event.



Valerie Mills



Enjoying good food and concentrating on the quiz!



During the Harvest Lunch, Rev Jairo was able to show everyone the plaque commemorating Keith Woodbridge which has been added to a wooden lectern made by Keith for the Lady Chapel.



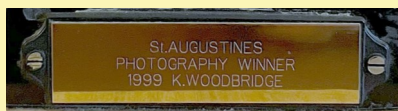


# St Augustine's Photographic Competition 2024



After a Pandemic forced break, it was good to see the return of what up until 2019 had been an annual competition for over 20 years.

Back in 1999 the first winner was Keith Woodbridge, and he then went on to organize the competition right up until the Covid Pandemic.



Sadly, Keith died last year, and it was fitting to resurrect what had always been such a popular event in his memory.



We kept to the categories introduced by Keith and had some 43 photographs on display at our Harvest Lunch on Sunday 6th October. The standard was very high, and I certainly didn't envy the task we set our independent judge.

The winning photographers in each category were:-

**Animals - Winner: Rosemary Cavanagh**

Commended: **Rose Davey** and **Richard Evans**

**Children - Winner: Elodie Ramsey**

Commended: **Krishna Mogili** and **Melanie Ramsey**



**General Interest –**

Commended: **Melanie Ramsey** and **Rose Davey**

Winner and Overall Winner of the Competition and Holder of the Trophy for the next 12 months: **Debbie Cavanagh.**

Her photo was of the Viaduct at Knaresborough in North Yorkshire.



My thanks to all those who entered their photographs – I am sure that everyone who has had the chance to look at these will agree that there were some excellent pictures – here's to next year's competition!

Terry Mills

## Maurice and Matilda Mouse - A story for children

How the time had flown! Matilda had been busy making small blankets for little mice who were poorly. This was one of the things the Mouse Mothers' Union did, and she really enjoyed knitting them in many beautiful colours when her family were tucked up in bed.

Maurice had helped to make the wooden beds the Young Mouse Gardeners needed to learn how to grow their own food, and Matilda had sent some lentil soup so they could all eat a meal together after their labours.

Mary had made up a poem about Harvest:

*Mary and Moses were happy  
The Harvest Lunch was yummy  
Lots of tit bits and crumbs for their tea  
They went to bed with a very full tummy!*



In October, the little mouse family had been on an outing when they managed to get to St Mary's Church in Hitchin, which seemed such a long way away from their safe and secure home in St Augustine's Church in Luton! Their teacher had told them all about Robert Thompson who was born in 1876 in Kilburn, near Thirsk, North Yorkshire. He was a furniture maker by trade, but became known as The Mouseman, as he always left a small carved mouse somewhere on the furniture he was making. When they arrived at St Mary's they were taken to the Lady Chapel, and just as they had heard in the story, at the end of the altar rail was a carved wooden mouse. Robert Thompson's work can be seen in many churches including Kilburn Parish Church, as well as older houses with dark wood furniture, or occasionally on a bar stool in a pub! The children were enthralled by actually seeing an example of his work, and all went home excited that day.



Moses decided he would try his hand at carpentry, with Maurice's help, and Mary decided she would make a model of the mouse with her plasticine. However, Matilda decided they should have a go at making pastry mice with mincemeat inside them, so they would enjoy mice pies at Christmas instead of round ones!

When November arrived, and fireworks, their little sister was so scared of the loud bangs that Mary and Moses found some tin lids, and some pots and pans, and decided to have a family band. Matilda was not too sure about this idea, but she knew her little mice didn't like loud bangs so she agreed to the band idea. What fun they had! In fact they were asked to take their band to school, and invited some of the other mice to join them, with the music teacher helping them to create an amazing sound. Matilda was delighted this was happening. What had started with some loud banging had become very tuneful, and she was pleased to see her little family working hard to create music!

As Christmas approached, Mary and Moses were excited to be able to put their new skills to good use. They enjoyed baking more mice pies and practicing Christmas carols so that they could entertain their family on Christmas Day.

Matilda and Maurice wish you a Very Happy Christmas.

With love to you all.

Carole Chamberlain

## Messy Church at St. Augustine's

This year, we decided to re-launch Messy Church at St. Augustine's and began with a Good Friday Easter Experience. This was very successful, so our plans were set for the rest of the year.

We meet on the last Sunday of the month, from 3.30 until 5.00pm, starting with craft activities in the hall, followed by a time of sharing and worship in church.



Rev. Jairo is adept at finding us appropriate worship songs to sing on YouTube and we make full use of the projector for this. The children also can show what they have made and talk about their work. We usually have a short talk and then a prayer to finish. After this, we return to the hall to share in a buffet tea.



So far, our themes have been: Friends of Jesus, Saints and Heroes, Our World, Holidays and Harvest. For October, we will be looking at the story of the Good Samaritan; November's theme is Light and Darkness and then, of course, Messy Church will be concentrating on Christmas, which will involve decorating a tree for the Christmas Tree Festival.

As before, we have a number of volunteers, without whom Messy Church just would not happen. So, a big thank you to Margaret, Carole, Teresa, Gill, Kathryn, Jenny, Fran and Christine.

Next year, we will be continuing with Messy Church, but on a different Sunday of the month. The first two dates in 2025 will be 12th January and 9th February. Keep an eye on the Facebook page for further details! We hope to see you then.

Angela Thomas

What is the best Christmas present in the world? A broken drum, you just can't beat it!

Why did no one bid for Rudolph and Blitzen on eBay? Because they were two deer!

Would you like to knit a Christmas angel to go on top of your Christmas tree? Take a look at page 26.



Sitting here at the window on this beautiful, frosty day, the hot sun pouring in through the window, I'm reminded of those warm, sunny, carefree days, coats left behind and enjoying those outside events.

Since Easter we have enjoyed many activities at St Augustine's and elsewhere. In September, we heard about the work of the Refuges in the diocese and the one we support in Luton, where a parent and children can live in safety. Revd. David Kesterton gave us an interesting presentation on his trip to Georgetown in the West Indies as part of his study leave. The annual Windrush Celebration held at his church, All Saints, Bury Park is being held in October. We look forward to Debbie Newbound, the Parish Nurse at St. Thomas's, speaking to us about her caring work, and to our observance and action of the 16 Days of Activism against Gender Based Violence in November.

Our Advent Eucharist before Christmas is at 10am, Tuesday 10th December, followed by coffee and mince pies. We are preparing for our bottle stall, of all types, at our Christmas Bazaar and we will be taking part in our Christmas Tree Festival.

We continue to knit Fiddle cuffs for care homes and items for the Maternity Unit at the L&D Hospital. I have just delivered a large number of hats, cardigans, blankets and cannulas with labels attached 'With love from the Mothers' Union'. The nurses are very grateful and thanks goes to all who continue to knit the items, whether members or contacts with church members. If you'd like to knit for the hospital please ring 07855633345 for a pattern.

Next year we begin with Breakfast at the Moat House at 9.30am on Monday, 13th January. Our meetings for 2025 are on the 2nd Tuesday at 2pm in the Church Hall. Please refer to dates in the diary at the front of this magazine.

We are very sorry that our secretary, Shirley Clark has died recently. She was a very capable and long standing member of the Mothers' Union and St. Augustine's Church. She will be missed by all of us. We also remember and pray for our members who are unwell.

We look to the future of the Mothers' Union in St. Albans diocese, and we will continue to support and raise money for the charity, caring for families worldwide. Our three jumble sales raised £750 for the Mothers' Union, the church also receiving £750. Thank you to all those who donate and we very much enjoy welcoming those who come, enjoying tea, coffee and a chat with us.

We advertise the charity wherever possible and annually advertise at the Pride Festival, whatever the weather, sharing a stall with the u3a and St. Augustine's Church.

Everyone is welcome to join any of our activities, we'd love to see you!

Teresa Nichols, 01582 654523



## Johann Sebastian Bach 1685-1750

Who was he? You may think you know nothing about him, but you will have heard some of his music, eg. Jesu, Joy of Man's Desiring, the Air on the G string (do you remember the Hamlet Cigar advert?) and the famous Toccata and Fugue in D minor which is often used in creepy film music.

He wrote hundreds of pieces of music which are played by musicians all over the world as soon as they have completed their initial piano or organ training. Bach's Preludes and Fugues are played at many concerts with the Toccata and Fugue in D minor being the best known. To organists, Bach's music is supreme and can be heard often in the Royal Albert Hall or the Festival Hall in London. Bach was a family man who had many children, nearly all musicians.

There is no greater thrill than to hear a large organ in a Parish Church or Cathedral. There is an Organ Concert in St. Augustine's Church, in Icknield Way, every first Thursday in the month at 12.15pm - 1pm. Admission is free with a retiring collection. Everyone is welcome and I am certain that you will find something you will like. Do come and listen, you will be pleasantly surprised.

Alternatively, why not come to the traditional service in St. Augustine's any Sunday at 10am - 11.15am when you will be able to hear our historic organ live.

I look forward to meeting you.

Roy Meek  
Organist, St. Augustine's Church

Whilst out delivering the Parish Magazine in Limbury Mead, a lady called after me. I was curious, but then she emerged from her house with this little gift. She was a Muslim and it was during Ramadan. My first thought was that we were of different religions and the magazine would not be relevant. However, she said we can all respect one another's beliefs and she had made these gifts for her neighbours and wanted me to have one too. What a lovely idea, and how I wish that this sentiment could be felt worldwide.

Rosemary Cavanagh



What happened to the man who stole an Advent Calendar?  
He got 25 days!



Why was the turkey in the pop group?  
Because he was the only one with drumsticks!



## Victoria's Wedding

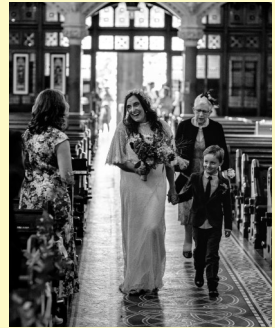
Christmas Eve morning 2022, I had a call from Eoin, Victoria's then partner of 18 years, in Cobh. "I want to ask Victoria if she will marry me, is that ok?!" My response, "You bloomin can!", "Are you sure?", "I'm bloomin sure!" I never pestered them but secretly, for years, awaited that day, June 1st 2024, that I expected would happen.



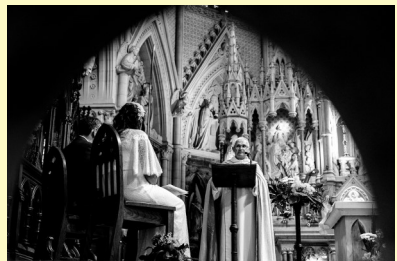
Plans began immediately. The Cathedral, no problem, but reception venues they wanted were both booked up 18 months ahead! Times change. Eoin, sensibly, immediately booked a large airbnb for us 'Brits', my sisters and their growing families. Eoin's family live in Dublin and close by, friends from America, Wales and closer to home spread around Cobh. Whatsapp and video narrowed the distance between us, dresses and accessories shared online between us, but I was very pleased to see THE DRESS when visiting. Cake, flowers, hair, music for the evening were provided by staff from the small pub opposite their house, all sourced locally supporting the small coastal town they live in.

The day eventually arrived and we all assembled at the Cathedral, five minutes walk down the hill from their house.

Victoria was determined to at least walk the last few yards down the hill and the weather was warm and dry! We walked down the long aisle, Thomas (5), with Victoria and James (9) with me. Eoin and one of his brothers were waiting patiently at the front of the church. On hearing about the wedding that Christmas day, James made it clear he did not want to be a page boy! How proud to be with Victoria and my grandsons in their navy attire. The boys joined their Mum and Dad, and I sat at the front with Victoria's birth mother Kim and her partner, and Victoria's long term flat share friend Jean, her supporter.



The priest welcomed those at St. Augustine's who joined us from Luton. Friends and family were very much involved in the service with the readings and prayers; their favourite hymns were sung including *Guide Me O Thou Great Redeemer*, signifying Victoria's Welsh origin and *Ave Maria* was sung by a soloist. The joyful service finished, my daughter and now son-in-law led us back down the aisle.





The neighbours and tourists were waiting when we emerged from the cathedral. On leaving, I thanked the priest for the service and the live streaming. Photographs finished, I turned round to find only Victoria, Eoin and the photographer in the car park! The reception 30 mins away! No lift! I shouted to Victoria that I would have to go with them but she replied “No, we’re just married”. The sympathetic photographer invited me into his car. We had a lovely chat on the journey to Barnabrow where we stayed for two days. It was great to be with Eoin’s family again and the boys loved being with their cousins from Dublin.

Lynne Betts had the idea of having the service streamed, as Victoria had been brought up since she was four years old and involved at St. Augustine’s until she went to University; teenagers at the time babysat her for several years as they did for her friends at church. I felt sorry for those who gathered at church to watch the service and share lunch and drinks because they were clad with winter coats in church and we enjoyed warm sunny weather! I’m very grateful to all those at St. Augustine’s who in many caring ways shared in the lives of Victoria and Mary, shaping them for the future, and who were able to share with Victoria on her special day. We all had a very memorable weekend with friends and family, sharing in their joy as they continue their careers and enjoy James and Thomas as they are growing up, getting involved in their own hobbies and interests as Victoria did.

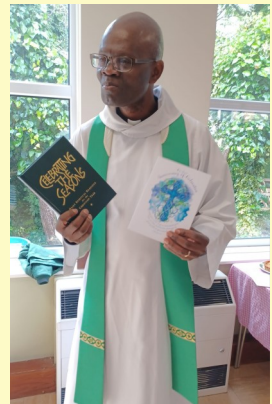
Teresa (Mother of the Bride!)



### **Celebrating 10 years of ordained ministry**

As Rev Jairo mentioned in his letter, the congregation celebrated with him on 16th June 2024. and made a presentation to him.

Jairo, pictured with his daughters Grace and Anna.



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# Jenny's Tuff's n Tails

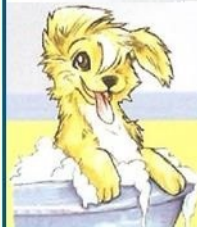
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## Learn, Laugh, and Live

Have you heard of u3a Luton? We have 600 members, and around 60 interest groups you can enjoy, either as a member, or helping others to learn about your favourite subject!

The University of the Third Age (u3a) is an international charitable organisation, and across the UK there are over one thousand groups, with over 400,000 members, providing an opportunity for those who are no longer in full time employment, to come together and learn from each other – just for the fun of it!

It is run by members, for members, and here in Luton we have over 60 groups ranging from Ambling, Antiques, Armchair Travel, Art, to Theatre Group, Transport, Weather & the Environment, to Yoga (not forgetting a Luton Town Football Group too).



We meet in Venue 360, on Gypsy Lane, on the last Monday of each month, where we can meet up, and enjoy a talk, and during the month there are Groups which meet on various days of the week, in Church Halls or someone's house. A new Group which formed a few months ago is called MOTO which is Members on Their Own, and this has proved popular with many of our members. They can now have a meal together, or visit the theatre together - much more fun than being alone.

We send out a bi-monthly newsletter, to keep everyone in touch with what is happening, which includes a schedule for short and long walks, and this November we hope to begin a Curling Group in a church hall, certainly not on ice! So you see, there is a wide variety of subjects covered. If there is a subject you really enjoy, you can get help to form a group with like-minded people, and we have recently begun a ukelele group, and a guitar group. Our singing group has recently folded, because there was no one to play the piano for them, and using recorded music didn't work for them, so if anyone out there likes singing, and can play the piano, you are just the person we are looking for!

I hope I have given you a taste of the u3a in Luton. We have a website, and the cost is £18 per year to join, and around £2 per month per group meeting to cover rental, tea and biscuits – and sometimes cake! This cost covers access to all our groups, our general meeting, and a newsletter.

Carole Chamberlain

## Fundraising Ceilidh for Local Food Banks

As well as being a member of St. Augustine's Church, I am also a member of Luton u3a. I am Group Leader for the Scottish Country Dancing Group which meets every two weeks in the church hall. Following the national campaign for additional help for the nation's Food Banks, amidst the Cost of Living Crisis, our group decided to run a Ceilidh with all proceeds being divided between Luton Food Bank and the Food Bank run out of Holy Cross Church, Marsh Farm. We decided to have a Ceilidh which is inclusive of all the arts – singing, poetry, and dancing - and fixed the date for Friday 26th July, 2024. From the start we had huge support from both u3a members, church members, and friends including our local Member of Parliament, Sarah Owen. All the tickets were sold very quickly and we had a full house with a waiting list.

The evening started with Roy Meek at the piano with the church choir singing delightful Scottish ballads. He encouraged the audience to join in the singing with the choir, which they did with gusto. Following that my niece, Jenny Swift, led the audience to recite the famous poem by Robert Browning – 'How they brought the good news from Ghent to Aix'; table by table, with everyone joining in the last verse:

'And all I remember is, friends flocking round  
As I sat with his head 'twixt my knees on the ground;  
And no voice but was praising this Roland of mine,  
As I poured down his throat our last measure of wine,  
Which (the burgesses voted by common consent)  
Was no more than his due who brought good news from Ghent.'

We completed the entertainment with the u3a Scottish Country Dancing group demonstrating 'The Duke of Perth'. We didn't manage a perfect demonstration of this dance but the audience appreciated our efforts. As a group, we decided that, if we get it wrong, we would dance, laugh, and have another go. By then the audience had had a chance to complete the Table Quiz devised by church member, Sue White, with quite a lot of audience participation over the answers, which was great fun.

Rev Pete Farquhar and his wife Pam, served the hot supper of Forfar Bridies, home-made salads, with sweets of pavlovas or cheesecake. The evening finished with dancers getting up for 'The Duke of Cumberland', 'The Dashing White Sergeant', 'Circassion Circles' and other dances, led by u3a member Kate Boniface.

I would like to thank my son for providing the sound system for the evening. Thanks to the generosity of so many people we were able to raise £250 for Luton Food Bank and £250 for the Holy Cross Food Bank.

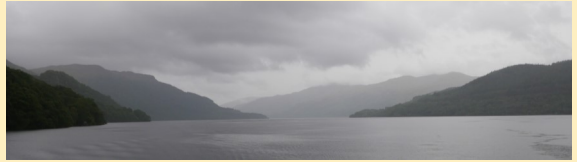
Jo MacLean

## Jo's holiday in Scotland

Jo McLean had a wonderful holiday in Scotland at the beginning of September with her friend Pat. They stayed at the Ardgartan Hotel which is a beautiful location set on the banks of Loch Long in Argyll & Bute with acres of ground to explore surrounding it.



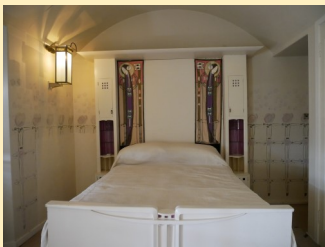
Good food & nightly entertainment made this a very pleasant place to stay.



They enjoyed daily coach trips out to a variety of destinations, including Loch Lomond, Inverary, The Isle of Bute, Glencoe, Fort William, Helensburgh & Glasgow.

Two of the many interesting places they visited were the very ornate Mount Stuart on the Isle of Bute where many of the interior furnishings originated from Luton Hoo, as the 3rd Earl of Bute was the owner of the original house there, having had it built for himself in 1767. Later ancestors relocated many interior items to Mount Stuart when the family sold Luton Hoo.

Another visit was to Hill House near Helensburgh which is full of interior decoration by the renowned architect Charles Rennie McIntosh and totally different in style to the very extravagant Mount Stuart.



Well worth a visit too is the Riverside Museum in Glasgow. Whilst in the city they also enjoyed a guided tour that pointed out some very interesting places and facts.

They are planning to return to Scotland to do some more exploring hopefully next year.

Pat Ions

# Cookery Corner

## Quick and Easy Teabread

### Ingredients

Serves 6-8

350g / 12oz mixed dried fruit

75g / 3oz soft brown sugar

1 large egg

175g / 6oz self-raising flour



### Method

- \* Put the fruit in a bowl and add a mug of boiling water (approx. ¼ pint). Leave fruit to soak for 30 minutes
- \* Preheat the oven to 180° C / 350° F / Gas 4
- \* Use a 2lb loaf tin liner case to prepare the tin
- \* Stir in the sugar, egg and sift in the flour. Once all combined, tip the mixture into the prepared tin and sprinkle a few grains of demerara sugar over the top.
- \* Put in preheated oven for 50 minutes or until the loaf is risen and a skewer inserted into the centre comes out clean
- \* Leave the loaf in the tin for 10 minutes before turning out on a cooling rack

### Cook's Tips:

As an alternative to adding just plain boiling water when soaking the fruit I add two teabags in the mug

Luxury dried fruit can be used as an alternative to ordinary mixed dried fruit

This is a great recipe if a Gluten Free alternative is required, as the ordinary flour can be replaced by Doves Gluten Free Flour

I add a few glace cherries for extra moisture

Only add a few sprinkles of demerara sugar before putting the loaf in the oven - too many and it will spoil the balance of sweetness

Once cold the loaf can be sliced and served with butter.

Enjoy playing about with the tips given. I can guarantee it is a winner and, if a fat free cake is required, then it fits the bill!

Frances Higgins

\*\*\*\*\*  
\* What do they sing at a snowman's birthday party? \*  
\* Freeze a jolly good fellow! \*  
\*\*\*\*\*

I wrote this poem in response to the spectacular display of forget me nots that we enjoyed in our garden this year. The delicate little garlands of blue always fill me with immense joy, as they take me back to my childhood days. My grandparents lived in Great Offley and in spring the beautiful display of forget me nots were always there to greet me as I walked up the path in their beautiful cottage garden. I had tried unsuccessfully to get them to grow until a friend gave me a clump. However, she also gave me warning that once planted you will never be able to get rid of them. I never will as they hold such beautiful memories.

Frances Higgins

### Forget Me Not

Oh sweet forget me nots  
So many memories from long ago  
When in a country garden  
I did see you grow.

Oh sweet forget me nots  
Your bright garlands of blue  
Scatter seeds so freely  
They ensure hopes are renewed.

Oh sweet forget me nots  
Wherever your flowers bloom  
They bring such delight  
Helping to banish winter's gloom.

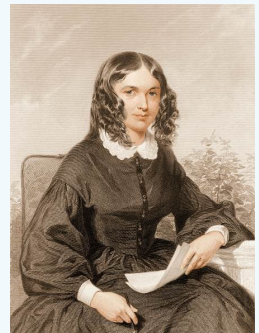
Oh sweet forget me nots  
As your blooms fade and disappear  
Brightness is lost from my garden this year  
Please remember to return next year.

### Forget me not

### The Holy Night

We sate among the stalls at Bethlehem;  
The dumb kine from their fodder turning them,  
Softened their horn'd faces,  
To almost human gazes  
Toward the newly Born:  
The simple shepherds from the star-lit brooks  
Brought visionary looks,  
As yet in their astonished hearing rung  
The strange sweet angel-tongue:  
The magi of the East, in sandals worn,  
Knelt reverent, sweeping round,  
With long pale beards, their gifts upon the ground,  
The incense, myrrh, and gold  
These baby hands were impotent to hold:  
So let all earthlies and celestials wait  
Upon thy royal state.  
Sleep, sleep, my kingly One!

Elizabeth Barrett Browning



## Christmas Angel Knitting pattern

This is a nice and simple pattern to knit a Christmas angel.

You will need small amounts of double knitting wool in 3 colours for the body, head and wings eg. white, flesh coloured and yellow.

Size 3.75mm knitting needles; darning needle; small amount of stuffing

### Instructions

#### Angel – body

Cast on 48 stitches in body colour and work in stocking stitch as follows:

Row 1: Knit; Row 2: Purl; Row 3: K2tog, K10\*, repeat until end (44sts)

Row 4: Purl; Row 5: Knit; Row 6: P2tog, P9\*, repeat until end (40sts)

Row 7: Knit; Row 8: Purl; Row 9: K2tog, K8\*, repeat until end (36sts)

Row 10: Purl; Row 11: Knit; Row 12: P2tog, P7\*, repeat until end (32sts)

Row 13: Knit; Row 14: Purl; Row 15: K2tog, K6\*, repeat until end (28sts)

Row 16: Purl; Row 17: Knit; Row 18: P2tog, P5\*, repeat until end (24sts)

Row 19: Knit; Row 20: Purl; Row 21: K2tog, K4\*, repeat until end (20sts)

Rows 22 – 27: work in stocking stitch starting with a purl row

#### Angel – head

Change wool to head colour

Rows 28 – 34: work in stocking stitch starting with a purl row

Row 35: K2tog and repeat until end

Row 36: Purl; Row 37: Knit; Row 38: P2tog and repeat until end

Using a darning needle, thread the end of the wool through the stitches and

tighten to create the top of the head. Turn the angel inside out and sew up the head and the body. Stuff the head, and thread some wool between the stitches around the neck and pull loosely together. Embroider eyes, nose and mouth.

#### Angel – wings Option 1

Note: pssso means 'pass slipped stitch over'

Cast on 27 stitches in wings colour

Row 1: Knit; Row 2: Knit

Row 3: Decrease at each end as follows: K1, pssso, Knit to last 3 stitches, K2tog, K1

Row 4: Knit

Repeat Row 3 until 5 stitches remain

Next row: K1, pssso, K2 tog; Next row: K1, pssso; Next row: K2 tog; pull wool through remaining stitch.

Sew wings to body

#### Angel – wings Option 2 ( more advanced)

The wings are knitted in short rows: bring the wool forward, slip the stitch over purlwise, take the wool back again, replace the slipped stitch, bring the wool forward again and turn the work.

Note: w&t means wrap and turn

Cast on 9 stitches in wings colour

Row 1: K8, w&t, K8; Row 2: K6, w&t, K6; Row 3: K4, w&t, K4;

Row 4: K2, w&t, K2; Row 5: K4, w&t, K4; Row 6: K6, w&t, K6;

Repeat these 6 rows, 4-5 times as necessary.

Sew wings to body.



Thanks to Rose from the Craft and Natter Group



## GROUPS & ACTIVITIES

Group	When	Contact	
<b>Mothers' Union</b>	2nd Tuesday in the month	Teresa Nichols	01582 654523
<b>Mums and Tots</b>	Wednesday in term time 9.30 - 11am	Gwen Ruane	07808 158819
<b>Coffee Morning</b>	1st Friday in the month at 10.30am	Frances Higgins	07856 983943
<b>Community Lunch</b>	3rd Friday in the month at 12 noon	Angela Thomas	07305 060316
<b>Craft and Natter</b>	Last Friday in the month 2 - 4pm	Teresa Nichols Glenise Bench	01582 654523 07789 910879
<b>Choir</b>	Practice on Fridays at 7.30pm	Roy Meek	01582 575823

## UNIFORMED GROUPS

<b>Guides</b>	Tuesday 6.00 - 7.30pm	Jenny Ilgunas	07948 523717
<b>Brownies</b>	Monday 6.30 - 8.00pm	Gemma Pickering	07507 444879
<b>Brownies</b>	Wednesday 6.25 - 8.00pm	Lindsey Norman	07950 377711
<b>Rainbows</b>	Wednesday 4.45 - 6.00pm	Linda Oliver	07746 202162
<b>Scouts / Cubs / Beavers</b>	For details of days and times:	Caroline Sutherst (GSL)	01582 881742

All events are held in the church hall with the exception of the Scouts, Cubs and Beavers, who meet in the scout hut in Icknield Way.

### We will remember them

Rachel Devey created this moving flower display for Remembrance Sunday with memorabilia from Keith Woodbridge.



# St Augustine's Church

Icknield Way / Catsbrook Road, LU3 2JR

# Holy Trinity Church

20 Trinity Road, LU3 1TR

**Church of England, Diocese of St Albans**

**Everyone is welcome to worship with us on Sundays and during the week**

## **Sunday Service Times - St Augustine's**

<b>Time</b>	<b>Sunday of the Month</b>	<b>Services</b>
10.00am	Every Sunday except 3rd Sunday	Sung Eucharist - a service with hymns, readings, prayers, a sermon and Holy Communion.
10.00am	3rd Sunday in the month	Family and Parade Service - a shorter service with Holy Communion

All Sunday morning services are followed by refreshments in the Church Hall to which all are invited for a time of fellowship.

## **Sunday Service Times - Holy Trinity**

11.30am	Every Sunday except 3rd Sunday	Said Eucharist
	3rd Sunday in the month	No service

### **Weekday Service Times**

Monday, Tuesday, Thursday at 9.00am: Morning Prayer in St Augustine's Lady Chapel

Tuesday at 9.30am: Said Eucharist in St Augustine's Lady Chapel

Wednesday at 9.00am: Morning Prayer at All Saints, Bury Park, Luton LU4 8AH

### **Contact details:**

For all enquiries about any Church services and Baptisms, Marriages and Funerals please contact:

**Vicar:** Rev. Jairo Nyaongo on 01582 572415 or 07763 104640

or email - [jnyaongo@hotmail.com](mailto:jnyaongo@hotmail.com)

### **Churchwardens:**

Mary Schrimshaw on 07982 256152; Angela Thomas on 07305 060316

**For all enquiries about hiring the Church Halls** phone Mary Schrimshaw on 07982 256152

For enquiries about advertising or publishing an article in the magazine, please email:

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