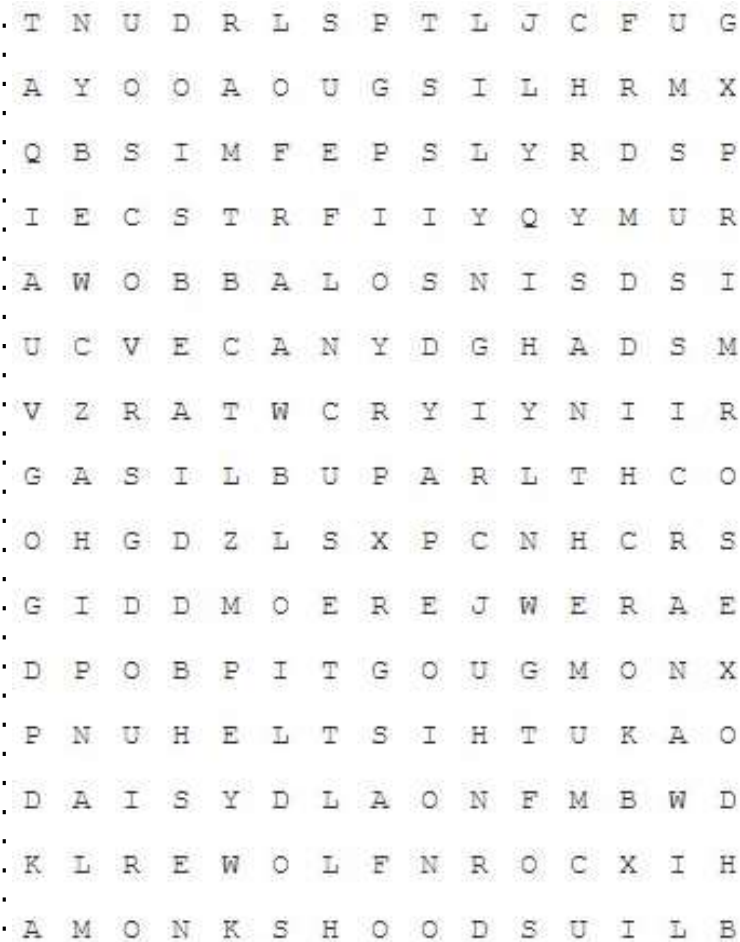


WORDSEARCH: FLOWERS



LILY
DAISY
GYPSOPHILA
GERBERA
CHRYSANTHEMUM
CARNATION
ROSE
CORNFLOWER
ORCHID
NARCISSUS
DAFFODIL
PRIMROSE
COSMOS
DIGITALIS
THISTLE
MONKSHOOD
NIGELLA
LUPIN

St Michael and All Angels Church

Pastoral Team

Name: _____

Contact Details: _____

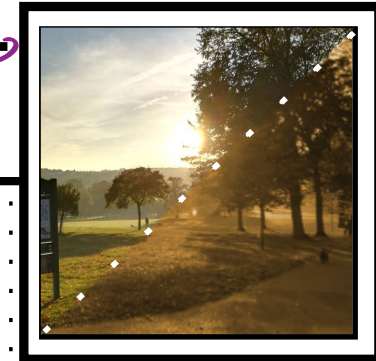
How can we help? _____

FOR
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OR EMAIL
SMAAANEWS@
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19/05/2019

ST MICHAEL AND ALL ANGELS CHURCH

NEWSLETTER

MAY 2019



PRAYER

Heavenly Father, we want to see your Kingdom grow.

Help us to love one another, for you are love. Love will enable us to draw others to you.

Enable us to see and seize every opportunity to spread the Good News of your love to the world.

Enable us to be Fishers of Men.

Amen.

VOLUNTEERS FOR WILD GOOSE CAFE

Please let us know if you would like to join our team of volunteers helping out at the Wild Goose Cafe.

THOUGHT FOR THE MONTH: MAY

Fishers of Men. You cannot just start fishing, you have to plan to do it. You have to gather equipment - fishing rod, fishing net, bait. Maybe you have to pack a picnic and fill a thermos and don your waterproofs. You have to do some research; it is no use fishing at a lake with no fish. You need to know what fish are available, to use the right bait and right techniques. It takes thought and planning. Jesus said 'Follow me, and I will make you fishers of men.' We are fishers of men, because we follow Jesus. Are we intentional about our fishing I wonder? Do we think 'How can I lead someone to salvation?' or 'By the time I die I want to have helped save two, twenty or two hundred people.' Do we equip ourselves by studying God's word to know what message to give? Do we prepare to fish by praying for confidence? Do we hope that somehow we will win others for Christ just by being nice; that they will absorb a love for God just by shaking our hands? If we truly want to save others, and be fishers of men we have to be intentional about it.

The thought of the month has been being brought to us each month by Andrew Josham

BROWNIES AND BOYS' BRIGADE

We have a Brownie Pack connected to the church; if anyone would like further information about this group, please see Donella.

The Boys' Brigade Company, also connected to the church, meets in the Community Centre across the road. Please see Ian for more details.

UPCOMING EVENTS

BBQ

We are holding a BBQ on 7th July. There will be food and games (including the popular Capture the Flag). This will be shortly after the Sunday service, starting at Midday.

RECIPE OF THE MONTH:

VEGGIE SPIRAL PIE WITH SPICED TOMATO SAUCE & CHOPPED SALAD

COOK: 1 hour, 30 minutes

Ingredients

1 tbsp cumin seeds, 1 tbsp coriander seeds, 3 tbsp olive or rapeseed oil, 2 onions halved and thinly sliced, 100g green lentils, 300g basmati rice, 4 garlic cloves crushed, 1 nutmeg, ½ tsp ground turmeric, ½ tsp allspice, 400g spinach, small bunch dill, finely chopped, small bunch parsley finely chopped, small bunch mint finely chopped, zest 2 lemon plus juice of 1, 200g pack feta crumbled, 2 x 270g packs filo pastry (12 sheets in total), 100g butter melted, 1 egg beaten, 1 tsp black sesame seed (or regular sesame seeds), **To serve:** Greek yogurt, **For the tomato sauce:** 2 x 400g cans chopped tomato, 1 tbsp red wine vinegar, 2 tsp sugar (any will do), 1 tsp ground cinnamon, 2 tbsp olive oil, **For the salad:** 1 cucumber, 1 onion finely chopped, 2 large tomatoes finely chopped, handful parsley chopped, 1 tbsp red wine vinegar, 2 tbsp extra virgin olive oil

Method

Heat a large saucepan, tip in the cumin and coriander seeds and toast for a few mins until you can smell their fragrance and they turn a shade darker, then tip into a pestle and mortar. Add the oil to the pan, then tip in the onions and cook slowly until golden and caramelised – this will take 15-20 mins. Meanwhile, bring 2 pans of water to the boil. Add the lentils to 1 pan and cook for 20 mins. Put the rice and a pinch of salt in the other pan and cook for 5 mins (it should still have a little bite). Drain both pans, and leave the lentils and rice to steam-dry.

Boil the kettle. Stir the garlic into the onions and cook for 1-2 mins over a low heat. Grind the whole spices in the pestle and mortar to a fine powder and add these to the onion mixture. Grate half of the nutmeg and add to the onions with the turmeric and allspice.

Put the spinach in a colander in the sink, pour over a kettle of boiling water, then rinse under cold water. Use your hands to squeeze out as much liquid as possible. Finely chop the spinach and add to the onions with the herbs, lemon zest and juice and the rice, lentils and plenty of seasoning. Leave to cool before stirring through the feta.

To assemble the pie, you'll need plenty of space on your work surface – about 1 metre. Unwrap the filo and cover with a damp tea towel. Have your bowls of melted butter and beaten egg to hand, as well as a pastry brush for each. Working quickly, lay 4 sheets of filo end to end, running along the length of your work surface, and butter each piece generously, overlapping each sheet by about 10cm. Top with another 4 sheets, butter well, then repeat with 3 final sheets of filo (save the last one to cover any cracks later on.)

Spoon the rice filling down the centre of the filo, leaving 5cm free on either end. Brush the egg around the edges and tuck the ends in to cover the filling. Starting from one end, roll the filo over the filling, working your way along until you have a long filo sausage. From one end, start to coil the sausage back on itself – if the pastry cracks, patch it over the hole with your reserved piece of filo. When the coil is complete, slide onto a tray lined with baking parchment, brush the top with beaten egg and sprinkle over the sesame seeds. You can now cover it loosely with cling film and chill for up to 24 hrs.

When you're ready to bake, heat oven to 200C/180C fan/gas 6. Place the pie on the middle shelf and bake for 45 mins until golden and crisp. Meanwhile, tip the ingredients for the tomato sauce into a pan, season and bubble for 30 mins until rich and thick.

For the salad, halve the cucumber through the centre, then cut in half lengthways and chop into small cubes. Put in a bowl, add the remaining ingredients and season well. Set aside until ready to serve.

Leave the pie to cool for 20 mins before serving with the sauce, salad and a large bowl of yogurt.

Please let us know if you have any recipe ideas you would like included.

GU DESSERTS

For anyone who eats GU desserts we are collecting the glass jars they come to use in our upcoming fundraising events. Please let someone on the social and fundraising team know if you are able to help.

RECENT EVENTS

We hope you all had a lovely Easter. We held some well attended events at church, including a fish and chip supper, and a food workshop.

We have also recently held two concerts. Charlie & Jake's concert and the Fools on the Hill ABBA evening. These were both greatly enjoyed by many and were surely a highlights of the year so far. Thank you to Charlie & Jake and the Fools for putting these on for us all.

We hope you will find the next few events just as much fun.

EASTER FLOWERS

Thank you for the donations towards the Easter flowers. It was much appreciated and I'm sure we can all agree they looked lovely.

A NOTE FROM VALERIE

Valerie would like to thank everyone for the flowers she received on Mothering Sunday in thanks for all of her work over the years.

DATES FOR YOUR DIARY: MAY

SUNDAY 05th

Service taken by Andrew
Josham LLM

SUNDAY 12th

Service taken by Rev
Andrew Doarks

SUNDAY 19th

Service taken by Sally
Tooze LLM

SUNDAY 26th

Service taken by Rev
Andrew Doarks

