

Impact

Church and community magazine
St Hilda with St Cyprian, Crofton Park



Spring 2006

In this issue

Fr. Bates writes...

Crisis averted for many

Of cats and chocolate

Handy new Crofton Park café

Elder People's Support Project

Charity and Lent

...and more

CroftonPark.CommunityLink

www.croftonpark.com

ST HILDA'S PARISH CHURCH CHURCH OF ENGLAND

Parish Priest Fr S G Bates *The Vicar*

The Vicarage, 35 Buckthorne Road, Crofton Park, SE4 2DG
Tel: 020 8699 1277

CHURCH WARDENS

Mrs Irene Griffiths 07747 723 378
Mrs Ida Buss 07903 606 769

READER

Mr Doug Whitfield 020 8699 4497
Hall bookings 07747 723 378

SERVICE TIMES

Sundays:

8.30am Holy Communion

In Lady Chapel: via main entrance on Courtrai Road

10am Eucharist and Sunday School

Followed by refreshments in the Parish Room

10am Third Sunday of the month: **Children's Service**

Wednesdays:

10am Said Mass

In the Lady Chapel: via Crucifix Door on Courtrai Road

Weddings, thanksgiving for childbirth, and other pastoral offices

To arrange banns, weddings, thanksgivings, confessions or other offices please telephone the Vicarage on 020 8699 1277.

Hall and room bookings

In our guise as Crofton Park Community Link we have a number of premises, including a large Hall, which you can book for your group or function. Please telephone 07747 723 378 or e-mail bookings@croftonpark.com.

Impact advertising

If you would like to reach nearly 4500 homes and businesses in this area, please telephone 07747 723 378 or e-mail impact@croftonpark.com.

Impact editorial

We serve the wider parish and local community through *Impact*. If you have an item of local interest which you would like to see published, please write to the Editor c/o the Vicarage, or e-mail impact@croftonpark.com.

Kattitude

The Complete Cat Care Service
020 8692 0230

Recommended by vets and by our many satisfied clients, we care for all your cats' needs in the comfort of their own home. We'll also look after your plants and garden as required. For complete peace of mind, before you book your holiday, contact us.

**Accordion & Piano
TUITION**
LBCA, ABCA (TD)
Louise Savill
020 8291 4723

CLEANING AND IRONING SERVICE

~~~~~  
All cleaning undertaken - weekly,  
spring cleans, house-moving cleans etc.

For details, please phone Christine:

07956 589394

**TAI WU**  
**CHINESE RESTAURANT**  
PEKING & SZHECHUAN CUISINE  
82 Brockley Rise  
Forest Hill, SE23 1LN  
Tel: 020 8690 8790/3223

OPENING TIMES  
Monday to Saturday: 5.30pm to 11.30pm  
Also open on Bank Holidays

A family photograph, at home  
or in the studio

### **ANDREW COCKRILL PHOTOGRAPHY**

020 8692 2784  
448 New Cross Road SE14

**Desiman Limited**  
**Property Lettings**  
392 Brockley Road  
Crofton Park, London SE4 2BY  
Tel: 020 8691 2400  
Fax: 020 8691 2428  
Website: [www.desiman.co.uk](http://www.desiman.co.uk)  
Email: [enquiries@desiman.co.uk](mailto:enquiries@desiman.co.uk)

### **Hall and Rooms for Hire**

**A large Hall, and well-lit large and small meeting rooms  
Ideal for community, training and rehearsal groups**

**Enquiries to: 07747 723378 (for Hall); 020 8699 1277 (for rooms)**

## PLUMBWISE

Burst pipes & leaks  
Washing machines installed  
Bathrooms fitted  
Guttering  
General plumbing  
No job too small  
Free estimates

Call Steve on 020 8690 1697 or  
07939 411 957

Purveyor of  
High Class  
Meat & Poultry  
**Peter James**

Home made sausages  
a speciality

1 Ewhurst Road  
Crofton Park SE4  
020 8690 3320

## BARBAROS UNISEX HAIR & BEAUTY SALON

58 Honor Oak Park  
020 8291 1871

We specialise in advanced hair cutting & styling,  
Foil Hi Lites or Low Lites, Perming & Colouring  
Techniques and Hair Extensions

### BRIDAL HAIR

Ear piercing & Eyelash Tinting  
Eyebrows shaped

New clients: 20% off perming or colouring

*Special rates for senior citizens*

## CITY HOMEOPATHY

Richard Weller LCHE MARH  
Alice Wood MCPH MCThA  
Fully Qualified and Registered

Crofton Park Clinic  
Tel: 020 8291 2545

[cityhomeopathy@yahoo.co.uk](mailto:cityhomeopathy@yahoo.co.uk)

## Elizabeth Gajadhar

Made to Measure,  
Hand-Made

### CURTAINS, BLINDS, & SOFT FURNISHINGS

Free Estimates  
Tel: 020 8690 1461

## Daily Gardener

£9 per hour

**FREE ESTIMATES**

Call James on 020 8697 3301



## RIVOLI BALLROOM

**-DANCE CLUB-**  
350 BROCKLEY ROAD  
CROFTON PARK

Evening Dances – Mondays, Tuesdays,  
Saturdays and Sundays.

### Free Membership

Tel: 020 8692 5130 for more  
information

## William Dunphy

### FUNERAL DIRECTOR

Burials; Memorials; Floristry; Chapels of Rest  
Cremations; Repatriations; DSS advice

0800 413 249      0800 328 1342  
294 Brockley Rd    135 Evelina Rd  
Prop: Rev. W. Dunphy

## Fr Bates writes...

It is Ash Wednesday, when ashes are put on our foreheads in church. Today the oppressive gun metal grey skies opened up to the blue beyond and shafts of winter sun poured down. News of Iraq, Afghanistan and Guantanamo Bay have been more depressing than the grey skies - at least for the less warlike of us. Others, rather shockingly, seem to feel that war and torture and flagrant flouting of international law are necessary – and I fear our PM Mr Blair has been among them. The Ash Wednesday ashes remind us of our human preference for violence and domination



over Love. Can we not work against terror in a good way? We shame ourselves by uncritically condoning the power hunger of President Bush's America, by allowing the dismantling of rightful freedoms and the abuse of prisoners. I fear our government is complicit and is supported by those who have not spoken out. The Pope and the Archbishop of Canterbury have spoken out and the majority of Christian leaders in the USA too, and the United Nations.

You might think solemn Ash Wednesday would make things worse – not so! The Ashes are put there to wake us up – a kind of spiritual kick in the butt. God says "you only have one life so get living it: turn and let me release in you the power you need to live it well". This means living creatively, justly and mercifully. Only ways born of love can ensure our sons and daughters don't end up in some future Guantanamo. Lent is about recognising how we use our power badly and from motives driven by pride and fear. Christians seek the grace of one whose life was given in Love freely offered – Jesus Christ.

The coverage of the winter Olympics brought home the dedication, sacrifice and discipline people go through for the joy of their sport. Lent, on the other hand, is the time of the spiritual athlete and warrior. To train we use Fasting, Prayer and Self Giving. St Hilda's people take home boxes to collect the money saved from the things we give up (our fasting). This giving focuses us beyond our own desires towards other people's needs to have the basics in life. Our money will be given away to a project for the developing world which will feature in the next issue of *Impact*.



We warmly invite you to share our worship as Easter approaches.

---

## **Arthur D Holmesley is on holiday**

*But he hasn't forgotten us*



Regular columnist Arthur isn't with us this issue, though he did send the editors a telegram to remind us of the recent sad death of Minnie-the-Minx, aka the vicarage cat, on the Eve of St Nicholas. At the grand age of 17 and a half, Minnie was in some ways a feline analogue of Arthur - old and tricky yet much loved.

One more thing to do with Arthur: last issue he mentioned a fire in flats near the Co-op on Brockley Road. We are happy to point out that the fire started in a nearby business, not in one of the flats.

---

## **A flock of sheep and star-dazed children**

*Looking back at Christmas at St Hilda's*

The feedback from Christmas is good. Thanks to all who supported both our worship and our charitable efforts.



The Crib service doubled in numbers and an awed ooooh! issued from the mouths of children as the light of glory appeared over the Crib. We raised a good £60 from the collection, and a further £81 was put in the manger over the Christmas period - to help the particularly disadvantaged of Palestine.

Our giant walk-in Christmas Card was duly made and church people put in their Christmas messages. With the money saved from not sending each other individual cards, we raised £60 and topped it up with some of the crib money to buy a flock of sheep for Ethiopian villages needing aid. Thanks to Martin White of H White and Son Trade Paints for their support - we hope to feature an article on them in the next issue of *Impact*.

---

## **Have we gone completely mad?**

*£10 notes seen flying around at Mass last Sunday*

With all this talk of careful stewardship of our money so that others can benefit, you may be surprised to hear that Fr Bates handed out £10 to every regular St Hilda's member at Mass last Sunday. Dig out your Bible and read Matthew chapter 25, verses 14-30 to find out why. Last year we each used our money to organise a great assortment of events - quizzes, dinners, concerts, dances... - and returned the investment many times multiplied. Once again we're in friendly competition with St Antony's, Nunhead - watch out, you lot! We'll report back when the day of reckoning arrives in November.

---

## **New to Crofton Park: O'Rielly's Sandwich Bar**

*Hooray - more choice for grabbing a bite to eat ! And yes, it's spelt that way.*

On Brockley Road opposite the excellent Jam Circus, and near the top of Merritt Road, a new café has opened. O'Rielly's is run by business partners Sean and Theresa, and at only a few weeks old it already has a fair number of regular customers (including the nice people from Ziman's, the nearby dentists' practice).



Local man Sean spotted a gap in the market, he says, and wanted to set up a place in which you can feel unintimidated and at home. Apart from the counters, it does indeed feel a bit like someone's kitchen.

People drift in to have a breakfast meeting, to grab a cup of coffee and a bacon butty on the way to work, or to get their lunch. Sean and Theresa cater for all of these uses: decent tea and coffee for under a pound; toasted ciabattas; torpedoes and submarines; sandwiches; fresh salad bowls made to order; pies, sausage rolls, toast and baked beans; cold drinks for those far-off summer days; and so on.

Like its more expensive rival Pret, everything made by O'Rielly's is served only on the day. This explains why its opening hours aren't longer - but maybe if enough people lobby Sean to open earlier or later, he may do so!

*O'Rielly's Sandwich Bar: 367 Brockley Road. Opening hours 8.30am to 3.30pm Monday to Saturday.*

---

## **From scribble to professional business document**

*One easy step when you know Emily Roberts*



Emily Roberts has many years' experience as an executive PA, and has relatively recently struck out on her own to offer PA and secretarial services from her home in Crofton Park. (She does this while looking after her two-year old son full-time, so she is clearly also able to work deep magic.) Give Emily some dictation - digital, old-school cassette, or even hand-written - and she can convert it at a blindingly fast 90 words per minute into a professional Word document, Powerpoint presentation or Excel spreadsheet as appropriate. What a relief for those of us for whom Powerpoint is still a dark art!

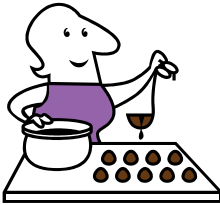
Emily charges an hourly rate, with a minimum of half an hour's work, and can e-mail the result back to you as soon as it's ready. Contact Emily on [impactad@thetypist.co.uk](mailto:impactad@thetypist.co.uk) for more information.



---

## Of cats and chocolate

*Holmesley Road resident Lola Gonzalez told us what she does for a living*



If you're addicted to chocolate, you might think it would be heaven to have a job which involved making it. Or if you're a cat lover, then looking after cats and getting paid for the privilege sounds pretty much like an ideal way to spend your day. By this reckoning, Lola Gonzalez has it made, because these situations describe her working life to a tee.

Needing a change from City banks and law firms, Lola decided to make a few radical shifts in her career. On return from a skiing holiday, she picked her cats up from where they'd been staying and thought "hang on... I could make a living from cat sitting!" So that, after a little while, is how **Kattitude** began. Lola now has around 20 clients who use her when their cats need looking after. She goes to a cat's home and looks after it in its own territory, even bringing along a grooming brush and a piece of string! If you are the kind of cat owner who gets paranoid that something awful is going to happen while you're away, Lola will e-mail you a mobile phone snapshot on demand.

And now to the chocolate part of this unusual tale. The cat care business is fairly seasonal, with Christmas being the busiest time, so Lola found herself searching for something else to keep the wolf from the door. After getting involved with a friend's catering class, she began developing a strong interest in the process of making chocolate. She has since perfected the art and now runs the **Ministry of Chocolate**.

Through the Ministry Lola runs chocolate making workshops for small to medium groups: 2 or 3 hour sessions which look at the history and culture of chocolate, allow you to taste-test a variety of different chocolates, and discuss the ingredients and processes which go towards making a delicious chocolate. Workshops are very hands-on and participants naturally get to take home whatever they've produced. Lola brings all her own equipment and only needs a couple of mains sockets or a gas hob for the session.

We really enjoyed talking to Lola about all this - not least because she brought along some samples of her chocolate! - so we can imagine that the workshops would be equally worthwhile. We learnt a lot. For example, did you know that in the same way there are two chief kinds of coffee bean, *arabica* and *robusta*, there are 3 kinds of cacao beans which go towards making chocolate? And that English chocolate tends not only to use a cheaper kind but also to replace cocoa butter with other vegetable fat? And that the cacao tree grows only

---

## **Of cats and chocolate**

*...continued*

within around 15 degrees of the equator despite liking the shade?

Lola also sells the chocolate she's made. She has developed 5 recipes of her own, and we tried the more exotic: chocolate with chilli and macadamia nuts, which was delicious and had a decreasingly subtle after-burn; white chocolate with rose water; and some very more-ish truffles whose ingredients we forgot to ask about but which certainly hit the spot.

And so to the contact details, which you'll need if you want to know the difference between cacao and cocoa.

**Kattitude:** e-mail [info@kattitude.co.uk](mailto:info@kattitude.co.uk) and web site [www.kattitude.co.uk](http://www.kattitude.co.uk); references available on request

**Ministry of Chocolate:** e-mail [ministryofchoc@aol.com](mailto:ministryofchoc@aol.com)

Mobile for both: 07737 863 926

---

## **Active Aging at the Acroyd**

*The Elder People's Support Project provides a rich mixture of activities*

The Elder People's Support Project is a group based at the Ackroyd Community Centre in Ackroyd Road, and if you're 55 or older you'd be welcome to join in the fun. On Wednesday, Thursdays and Fridays the project offers a wide range of exciting activities for older people: classes in art, computing for beginners, yoga, line dancing, French for beginners; and the opportunity to enjoy needlework, handicrafts, cards, bingo, table games and quizzes. Most activities are subsidised, including the lunch club – £2.50 for lunch Wednesday & Friday from 1-2pm, provided through Lewisham Council.

The project holds social events on special days such as Christmas, Easter, St Valentine's Day and Mother's Day. Members go on day trips in the UK and abroad – last year, to Hever Castle, Hampton Court and Boulogne.

The project retains strong links with the Ackroyd Children and Families group, so all age groups tend to be well integrated.

If you're interested in finding out more, please ring Oona Wesley-Smith on 020 8699 9009 (Wednesdays to Fridays) or e-mail [elderspsp@yahoo.co.uk](mailto:elderspsp@yahoo.co.uk). You can drop in on Wednesdays from 11.30am-1pm.

*The Ackroyd Community Centre, Ackroyd Road, SE23 1DL.*

---

## **A big thank you from Crisis Open Christmas**

*Some very generous gifts and a lot of hard work all paid off*

What an amazing response we had to our Crisis Open Christmas appeal: almost overwhelming. Thank you.

You'll remember we advertised that Crisis were asking for food, clothing, practical equipment, arts material and so on for use in their homeless projects over Christmas. Your response was generous and very much in spirit: the organiser's of the local collection point, a St Hilda's member and her husband, collected and parcelled up 40 boxes of goods! And much of what was donated was very high quality, this being the point – that those who have nothing be given things you would not be ashamed to own. For many donors, there were stories attached to the things they gave.

The Crisis Open Christmas week was a success, we were told by resources project manager Bob Evans. Over 1500 people were guests during the week, each able to see a doctor, get their teeth fixed at a fully equipped dental surgery, get a new pair of glasses, visit a chiropodist, have a hair cut (or 2!), don a new set of clothes, or take part in one of the many inspiring, vocational activities provided.

In case you think homelessness could never happen to you, consider how you'd manage if your salary or pension were stopped for just a couple of months. Would there be enough to pay the mortgage/rent/grocery bill? A comfortable life is a much more fragile thing than most of us ever have to realise.

---

## **A thought for Lent**

For Christians, the fragility of life is one of the lessons of the season of Lent and the reason why it is customary then to give something up or undertake some particular self-discipline. It shows us how much we try to escape the fear of the void by feeding our addictions or hiding behind our habits. But just as the act of choosing to reach out in generosity to Crisis negated the darkness of a homeless Christmas for some, in choosing to exercise self control we begin to heed what we are told over and over again in the Bible: do not be afraid.

---

## **Recently at St Hilda's**

**Funeral:** Katherine Suleyman

---

## Happy retirement!

Tommy White swept thoroughly many streets of our parish, year in, year out. Always friendly and with a smile, he could sometimes be seen working even on Sundays in Stondon Park or other main roads.

In December he finally hung up his broom and retired. Tommy, thank you very much for all your hard work to make a visible difference and help our area look cleaner. Enjoy your retirement and your hobby!



---

## Advertisements

### **SERGIO & SERGIO** *Building Services*



Plumbing, electrics, decoration, carpentry, plastering etc

No job too big or too small.

References available. Free estimates.

All work guaranteed for one year.

Phone: 07869 254301

Phone: 07884 402503

United Kingdom

### **WING CHUN KUNG FU** Association

Beginners always welcome

*A dynamic and explosive martial art, Wing Chun makes use of the Centre Line Theory, economy of motion, simultaneous defence and attack, using powerful punches, kicking techniques, open hand, finger, knee and elbow strikes.*

*Ideal for self-defence!*

*The Undercroft, St Hilda's Church, corner of Brockley and Courtrai Roads; Tuesdays at 8.15pm*

Contact: John Cossentine: Sifu  
Student of Master James Sinclair

Phone: 07901 790 650

[john.cossentine@ukwingchun.com](mailto:john.cossentine@ukwingchun.com)

[www.ukwingchun.com](http://www.ukwingchun.com)

\*\*\*\*\*  
\*\*  
\*\*  
\*\*  
\*\*  
\*\*  
\*\*  
\*\*  
\*\*  
\*\*  
\*\*  
\*\*  
\*\*  
\*\*  
\*\*  
\*\*  
\*\*  
\*\*  
\*\*  
\*\*  
\*\*  
\*\*  
\*\*  
\*\*\*\*\*

### **COTTAGE DAY NURSERY**

St Hilda's Church Hall, Courtrai Road  
Open 8am to 6pm

For a prospectus, ring Hope or Carol  
on  
020 8291 7117

## Advertisements

**Plastering**  
**Tiling**  
**Built-in wardrobes**  
**Laminate and real wood floors**

No job too small

We offer free no-obligation quotations

Call Derrick on 020 8692 6015 or 07950 535 283

## MB ELECTRICAL INSTALLATIONS

**NICEIC Domestic Installer Scheme  
Part P Qualified**

**All domestic electrical work undertaken  
Free estimates**

**020 8314 5087  
07762 882 382**

## EXPERT LADY DECORATOR

**Quality Work  
Prompt Service  
Free Estimates**

**Contact:  
020 8310 4026 after 6pm**

## FITNESS CLASSES AND PERSONAL TRAINING

Fitness classes at **ST. DUNSTAN'S COLLEGE SE6:**

Mondays 7-8pm } £3.50 per  
Wednesdays 7-8pm } person

Also 1:1 personal training sessions at either **THE BRIDGE LEISURE CENTRE, SE26**, our gym, your home, or outside.

Therapeutic massage available.

Fully insured and with 16 years' experience.

For details & appointments,

**call Gus on  
020 8465 0596 or 07956 410 308**



Contact: Kamal on 020 8699 6980  
23 Parbury Road, SE23 1NZ  
kamal@chaithanyayogaschool.com  
www.chaithanyayogaschool.com

Yoga Courses \* Yoga Class \* Pregnancy Classes \* Workshops \* Meditation & Chanting Class \* Private Tuition \* Group Bookings \* CD and Cassette Tape "Yoga for Pregnancy" \* Baby Yoga

**H H Swamy Atmachaithanya** visits the Yoga School annually giving private consultation and conducting a Kundalini Kriya Yoga Class.