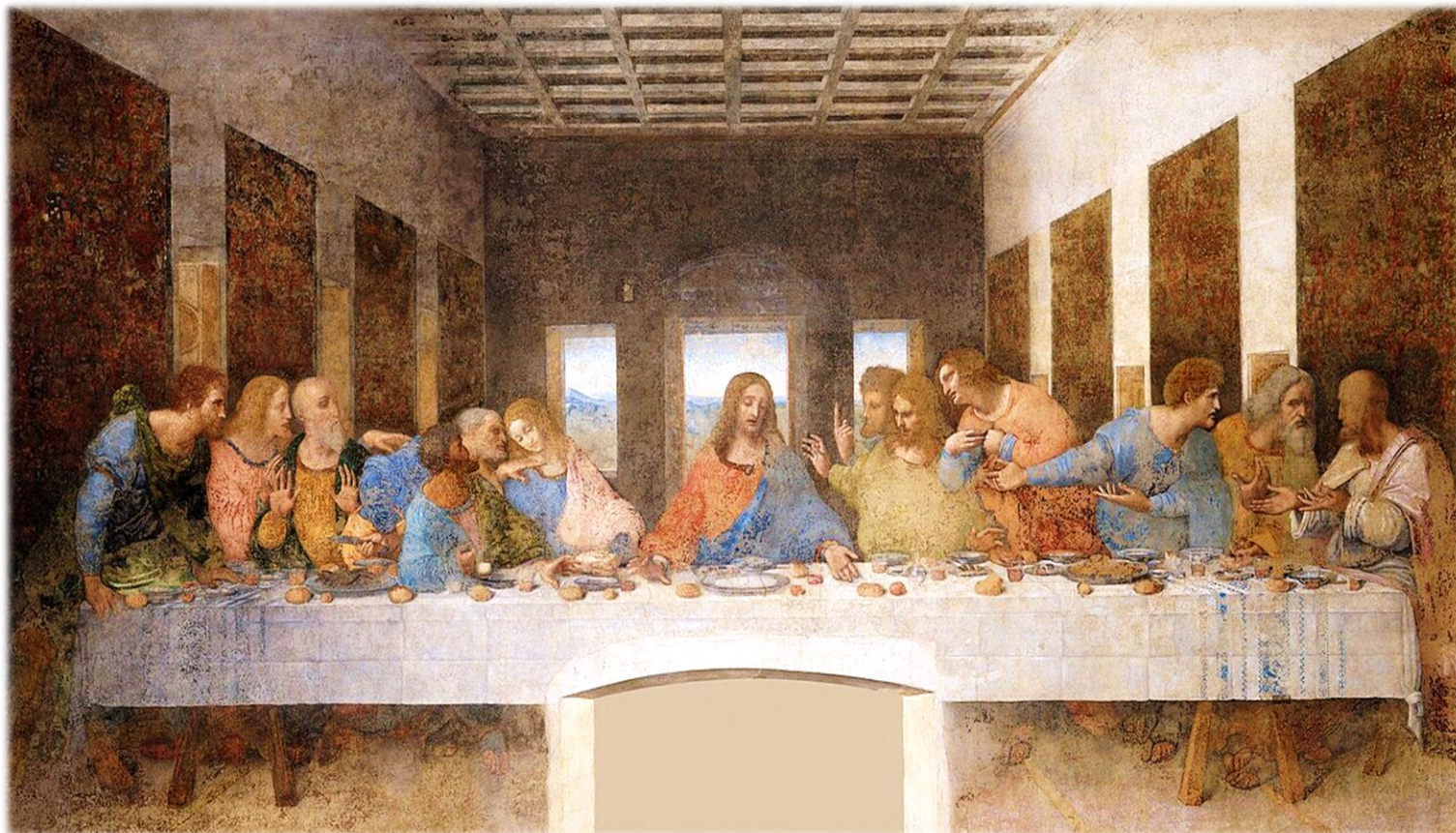
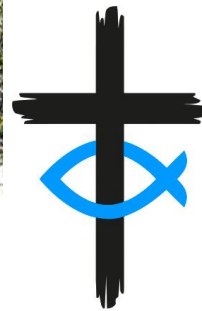




THE NEWS

April 2026

The Magazine of Potters Bar United Reformed Church





Oxford United Academy player, Amelia Aplin, collapsed during a game against Fulham at the club's training centre in Horspath on the afternoon of Saturday 7th March.

Fulham FC Women said the club was "shocked and saddened" and its thoughts were with Amelia's family and friends.

The Junior Premier League said Amelia was "an enormously talented goalkeeper" and a "bright light in our all-stars programme".

The league said her loss would be "felt deeply across our football community".

The statement added: "Amelia represented everything we hope to see in a young footballer: resilience, passion, and a strong team spirit.

"As a goalkeeper she played with courage and determination and was a constant source of encouragement to her teammates. Her presence on the pitch and within the all-stars programme made a lasting impression on those who had the privilege of playing alongside her."

Oxford United added: "We would like to place on record our appreciation for the efforts of the medical staff at both Oxford United and Fulham Football Club, along with the emergency services".

Amelia's school, Aylesbury High, said she had been a much loved, bright and talented student who was a cherished member of its community. Headmistress Marieke Forster said Amelia was a "remarkable young woman who brought joy to everyone who knew her. She was a gifted athlete and a dedicated student, but more importantly, she was a friend to many and a vital part of our school."

The church learned of Amelia's untimely death at our Service on the 8th March and prayers were said for Amelia and her family. She was the granddaughter of our Interim Minister, Revd. David Aplin.

When he took our Communion Service the following week, he prayed for Amelia and all her family:

"We pray, Lord, for the soul of dear Amelia. A young girl with so much potential. Doing so well, putting so much into everything that she did, particularly her sport. And suddenly, she was no longer there, lord. But she is with you. And we are confident of that.

We pray for her, but we also pray for those left behind, those... who are grieving for her, particularly... for her... Mom and Dad, Patricia and Peter. And for her sisters, Freya and Harriet. And for Maren and myself. And for Trisha's mum, and all the other members of the family. And all the friends, who really lost a friend.

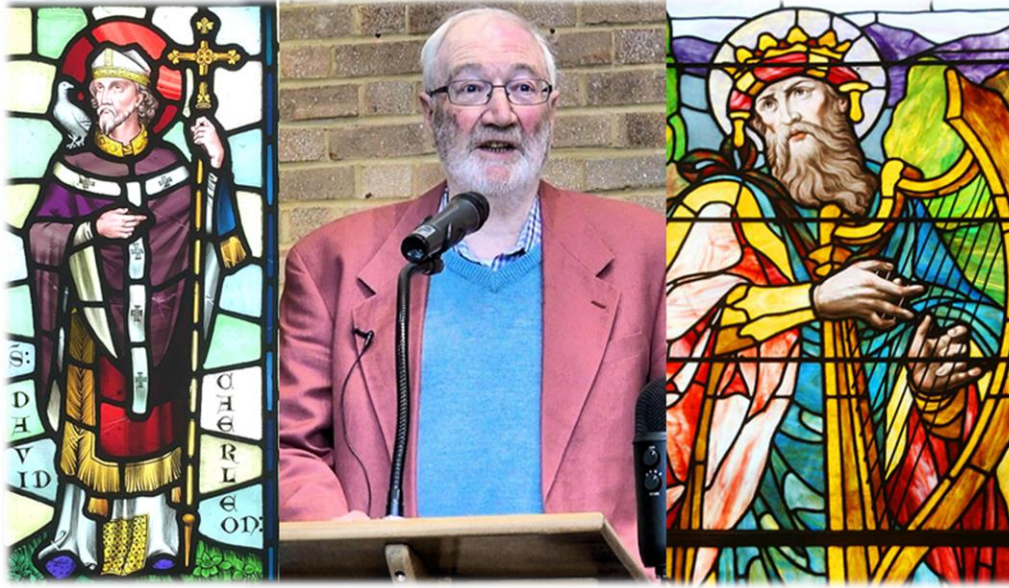
Lord, we ask you to comfort them. And let this not be something that makes them doubt in you.

Lord, I thank you for giving me the strength to go on today and to say these words.

But dear Amelia, and all the family, you.....Lord, our bountiful Lord.....But more than that, you are a loving and caring Lord. Help our world, Lord, and rightly expect us to help, too. Through the love of Jesus Christ, and the power of His Holy Spirit. Amen"

Communion Service Sunday 1st March – led by David Ramsay

It was St. David's Day, and David had placed a leek and a daffodil on the table - traditional Welsh symbols worn by Welsh soldiers to distinguish themselves from the enemy. His talk was to be about



'Two Davids' but actually there were three; a saint, a king, and a fun worship leader – and was there was a certain resemblance?

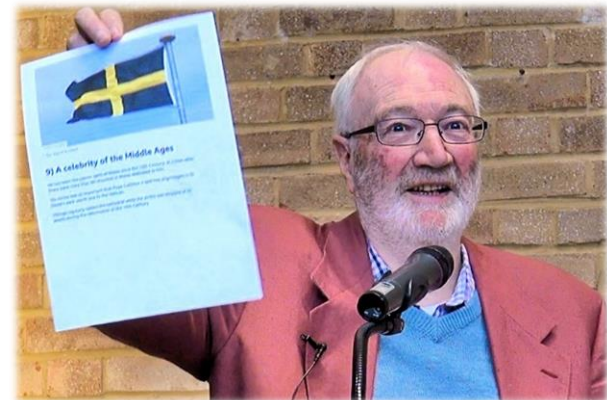


St David, the Patron Saint of Wales was best known for founding numerous religious communities. His image had evolved over time from the saintly figure with a halo and dove depicted in stained glass, to a humble, scholarly hermit in recent portrayals. And David gave us ten widely held beliefs about St. David:

1. St. Patrick was said to have foretold David's birth thirty years before it occurred. Some claimed David lived over a century, but he died on 1st March 589.
2. According to legend, his mother, Non, had given birth to him during a storm atop a Pembrokeshire cliff, and a bolt of lightning split the rock at his birth. There was a holy well nearby reputed to have healing powers.
3. He had come from aristocratic roots—his father was said to be a prince and his grandfather a king. His mother had become a nun and was later canonised.
4. He was not baptised David; his given name was Dewi, the Welsh diminutive form of David.
5. He'd studied at a monastery, become a minister, and spread Christianity throughout Wales, founding many monasteries, settlements, and churches. He once rededicated Glastonbury Abbey and donated a travelling altar with a great sapphire.
6. He'd made a pilgrimage to Jerusalem, returning with a stone that was now on the altar at St. David's Cathedral, on the site of the original monastery.
7. He and his monks practised extreme asceticism—they were teetotal vegetarians, said to subsist on just leeks and water. They'd pulled the plough themselves when ploughing their fields. No animals!
8. He was credited with miraculous acts, such as curing his tutor's blindness and reviving a dead boy with his tears. One famous story had told how the ground rose beneath his feet as he spoke to a crowd, and a white dove settled on his shoulder.
9. By the Middle Ages, St. David had become a celebrity, with over sixty churches in Wales dedicated to him. Pope Callistus had declared that two pilgrimages to St. David's shrine equalled one to the Vatican. St. David had his own flag: a yellow cross on a black background.
10. St. David's final message to his followers had been to "be joyful, keep the faith, and do the little things" they had seen him do—a phrase still cherished in Wales today: "*Gwnewch y pethau bychain mewn bywyd*"

David had also compiled ten key facts about King David of Israel.

1. King David had been the second king of Israel and had begun life as the youngest son of Jesse in Bethlehem, working as a shepherd, defending his flock against wild animals.
2. He'd famously defeated Goliath, the Philistine giant, with a slingshot and become a national hero. Some scholars speculated that Goliath's poor vision may have contributed to his defeat.
3. He had been a talented harpist and songwriter, serving in King Saul's court and soothing the king's troubled spirit.
4. Despite being the youngest son, the prophet Samuel had anointed David as the future king of Israel.



5. David first became king of Judah in Hebron, later uniting all twelve tribes of Israel and reigning for forty years. The tribes were named after Jacob's twelve sons: Reuben, Simeon, Levi, Judah, Naphtali, Gad, Asher, Zebulun, Benjamin, Dan, Joseph, and Issachar.
6. He'd conquered Jerusalem, making it the political and religious capital of Israel.
7. Despite significant flaws, David had been described as "a man after God's own heart" and was remembered for his devotion.
8. He was traditionally credited with writing 73 of the Psalms, which expressed worship, repentance, and a range of human emotions.
9. David's life had been marked by grave sins, notably his adultery with Bathsheba and the arranged death of her husband, Uriah.
10. In Jewish, Christian, and Islamic traditions, David's lineage was significant, believed to include Jesus Christ.

Reflecting on these two remarkable figures, it was striking how different their lives had been. King David a powerful leader and warrior who had also committed serious transgressions. St. David, by contrast, a gentle, devout man who had built churches and monasteries, blessed and preached to the people, and led a humble life. Both were important to the Christian tradition. Their legacies continued to inspire and remind us of the diverse ways people could shape faith and culture.

The name David itself was ancient and meaningful, translating as "beloved" or "gift from God."

Chris tells me she often calls David "beloved" – generally when he's not deserving it!

And we have to thank Laurence Williams, our organist for the day, who had flown in from Canada to play for us. His claim for travelling expenses at £19.40 appeared modest under the circumstances.



Church Officers and Elders

Interim Minister: Reverend David Aplin

Serving Elders

David Aplin, Revd. 07900673529

Alastair Maclean 653636

Janet O'Connor 856967

Frank Palmer 873179

Marian Poulton 07795516707

Treasurer (Asst): Alastair Maclean Tel: 01707 653636

Lettings Officer: Jane Wood

Mobile: 07879 687569

Chairman Premises & Finance Committee

John Knott Tel: 01707 335238

Dear friends (Lovely to hear from old friends)

I was formally Valerie Colman niece of the late Gladys Archer who sang in your choir for many years . I have the most wonderful memories of Sunday school outings and the whole interesting life of your dear church . I still recognise the names of many of your church members . I am now 88 years old and was first taken to your former church building from the age of 2 by my dear aunt. I love to read all your news . I now attend St Mary's Church in Old Welwyn with my family where I was in the choir for many years. With so many good wishes for your future. Best wishes,

Valerie/Vickie.

Morning Service Sunday 8th March – led by Anne Walton



We started the Service with a prayer, on a very sad note, having learnt that David Aplin's teenage granddaughter Amelia had suffered a cardiac arrest whilst playing in a football match, and died – an almost unimaginable tragedy for the family.

Anne had been “in the wars” as well, losing a front tooth and having been in considerable pain for most of the week - thankfully now abated.

The Bible reading from John 4 was to be about Jesus and the Samaritan woman at the well, and Anne had brought the usual visual aid.



Just who was this Samaritan woman, Anne asked. Well, certainly a woman with a past. Her life seemed to have been marked by guilt and regrets, by wounds and sorrows, and perhaps even secrets that she'd kept close. A past often thought to have been one of promiscuity, because she had been married five times and now lived with a man who was not her husband. The timing of her visit to the well suggested she wished to avoid the eyes of the community. She was looked at but not truly seen - remaining nameless and unknown to all but Jesus.

It was easy to forget that women of her day had had little or no choice or control over their lives. If she was divorced, it was because the men had divorced her: she would have had no right to initiate divorce, as that right belonged only to men. If not divorce, perhaps she had suffered the loss of five husbands - five times left alone, nameless and of no value, forced to begin again and again. Either way, her story had been marked by tragedy.

For Anne it didn't matter that we didn't know the details of her past. What mattered was that, like her, we all had a past and a history, and aspects of our lives that we would rather keep hidden - perhaps living in fear of being found out. It wasn't simply the fear that others would know the truth about us. It was that they would do so without ever truly seeing us - observing only the surface, never digging deep. Deep down, we all thirsted to be seen and understood at a profound level, longing to pour out our lives to someone who really knew and cared for us. And that, Anne thought, was precisely what Jesus had offered the Samaritan woman. When He had asked her for a drink, He was inviting her to let herself be known; for to be known was to be loved, and to be loved was to be known. To be found out, without being truly known, left us dry and desolate - living a dehydrated life, thirsting for something more. Yet time and again, we returned to the same old wells in our lives, hoping for satisfaction that never came.

We all returned to familiar wells—whether they were marriage, perfectionism, hiding, power, control, or even addiction and busyness. Each of us could name the wells from which we drank, hoping our thirst would be quenched, only to find ourselves just as thirsty as before - locked in a vicious circle. We needed to turn our footsteps in a new direction - towards the well of Jesus Christ, who would wash us clean of our past and offer new life and new possibilities.

The Samaritan woman had gone to the well as she had many times before, but this time was different. She'd encountered Jesus, who brought her past into the light - not to condemn, but simply to state what was. He knew everything she had done yet was more interested in her future than her past. He had seen not just her history, but her thirst to be loved, seen, accepted, included, forgiven, and truly known.

Jesus had said, “Everyone who drinks of this water will be thirsty again, but those who drink of the water that I give them will never be thirsty.” The living water Christ that offered was new life, new possibilities, and freedom from the past. In the Samaritan woman, it became a spring gushing up to eternal life. She'd discovered an internal wellspring and had left her water jars behind, becoming a well from which Christ's life flowed. But it was not enough merely to hear her story or even to believe it; until we ourselves came to the well of Christ's life within us, we would keep returning to the dry wells of our own making, continuing to thirst and live in fear of being found out but not known. We all knew the wells from which we drank, and if we were still carrying our water jars, we needed to come to the well of Christ's love and presence - a well already deep within us. We just needed to find it.



Communion Service Sunday 15th March - led by Revd. David Aplin.



For Amelia

Mother's Day this year was a day of joy tinged with sadness as we continued to come to terms with the death of David's granddaughter, Amelia Aplin, during a football match just 8 days before. David had opted to take the Service, and after we'd sung an anthem about Mary, David used Mary as the exemplar of motherhood. But Amelia was never far from our thoughts throughout the Service, be it in the mother's love recalled as they had sat together in the hospital that Saturday evening, the role David's 'Mam' had played in creating a loving family over the generations, Amelia's sisters desire to relive one of their favourite family holidays, the challenge to his faith that the events had represented – summed up in the prayers of

Intercession.

Although deep in grief, David held it together through the Service, and the reception of Heather and Geoff into church membership added some extra light to a moving and never sombre morning of worship.

It was the **Fourth Sunday of Lent**, and though the central theme was Jesus the Messiah it was also dedicated as Mother's Day - a time to acknowledge the importance of mothers in our lives. Mothers held a vital place in our lives, David told us, because of the love they gave. Their care and affection formed the foundation of our families and communities.

Mary, betrothed but not yet married, had been visited by a spirit and told she would conceive a child by the spirit, not by human means. It might have seemed like a regular birth, but it was truly an extraordinary event. And it would have been incredibly difficult in those times, bringing shame and hardship for Mary, but also for Joseph, who was deeply affected by the situation. Nevertheless, they had accepted God's will, and raised Jesus along with his siblings, providing a normal, though not luxurious, family life until Jesus had begun his ministry. Mary had been aware of the prophecies and the path that awaited Jesus, including his death on the cross. Yet she'd supported him throughout his ministry and remained loyal to the very end.

David's own mother had presided over a large family—five children, fifteen grandchildren, and around thirty-four great-grandchildren. She had been the centre of his family and had cared diligently for David's father through his final years, continuing to be the family's anchor for a further sixteen years, setting a lasting example for them all. She'd enjoyed holidays with the family in Devon that had become cherished occasions, and that sense of love had continued to grow across generations.

As he grieved for the loss of Amelia and felt the sadness and shock of her passing, David reminded us of the importance of caring for one another, especially for sisters Harriet & Freya. But the day was not about Amelia alone, it was about mothers and the love they gave. David had spent three hours with his daughter-in-law Patricia, sitting beside the still body of her daughter. That, too, was love, and it was this love that we honoured and cherished - the love women gave their children.

Spiritual Blindness and Faith: Reflections on John's Gospel - The reading from John's Gospel was lengthy, yet the story straightforward. Jesus had made mud with his spittle, to give to the blind man to rub on his eyes. He'd needed something tangible to convince the blind man - mere words would not have been sufficient. Jesus had instructed the man to go to the Pool of Siloam—which means 'sent'—and wash his face. This had allowed the man to participate actively in his healing. The physical act had made the miracle real to the blind man. Jesus had not only healed the man physically; he'd also convinced him of his divine identity.



In our spiritual lives, physical acts such as sacraments like Mass or Communion played a significant role. And when he came to the Lord’s table, David treasured the intimacy and specialness, the feeling of the Spirit binding us together.

The doubting Pharisees had cast the blind man out of the temple because they refused to believe Jesus was a prophet from God. Initially afraid, the blind man had been strengthened by the faith he had gained. Jesus heard that he’d had been driven out and found him, asking, “Do you believe in the Son of Man?” And after Jesus had revealed himself to him, the man had declared, “Lord, I believe,” and worshipped him.

There were moments in our lives that tested our faith; and certainly David had questioned why the Lord allowed what had happened to Amelia. But it was our faith that enabled us to carry on. And David’s faith assured him that death was not an end, but a new beginning. He was not blind anymore; he could see the truth. None of us was blind to the teachings of Christ’s Gospels. If we believed in the power of God and His promise - the covenant we would soon speak of in our Communion – and came to Jesus and repented, our sins would be forgiven—a free gift given in love. If we came to our Lord in faith, we would have a place in our Father’s house. We were to be sure of it, confident in it ,and to be happy in the love of Christ.



At the end of the prayers of intercession David said, “Lord, I thank you for giving me the strength to go on today and to say these words.”

I think all of us present were with David, hoping and willing him to come through probably one of the most difficult services for him that you could imagine.

A little vignette from the quiet time after the Service. Support comes in many forms, and for some it comes naturally. We are lucky to have the church community that we do.



Church Family

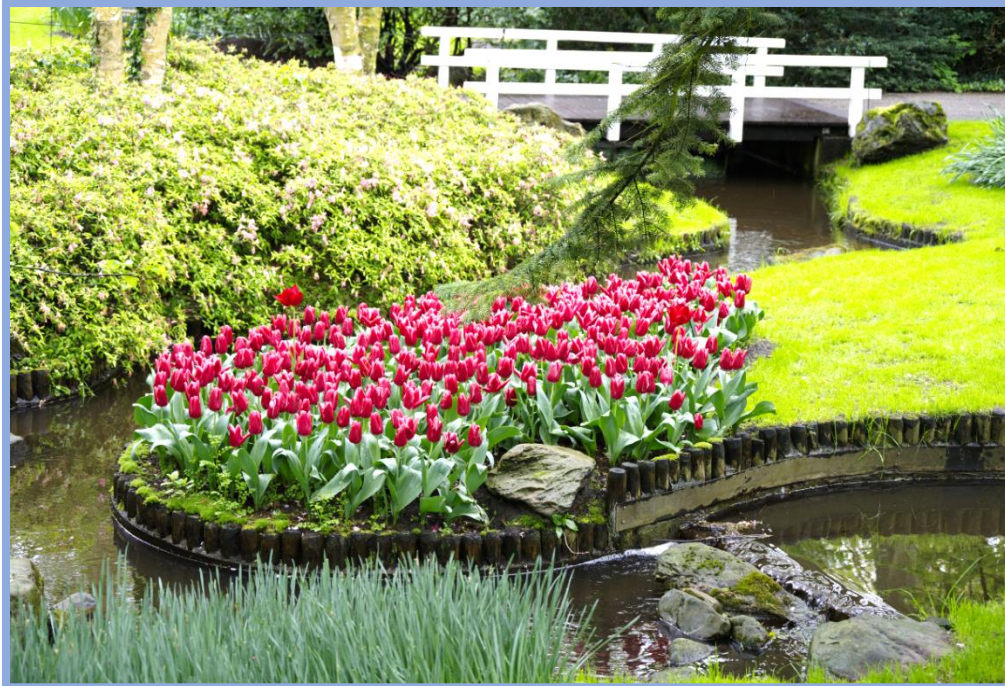
We continue to pray for the Aplin family. Amelias Funeral Service will take place on 7th April at her family’s local church near Aylesbury. David will be doing her Eulogy and we pray for him.

We were very sorry to hear that Joan Young was in hospital again with Pneumonia. We send our love and prayers that you will recover quickly with the right medication and care.

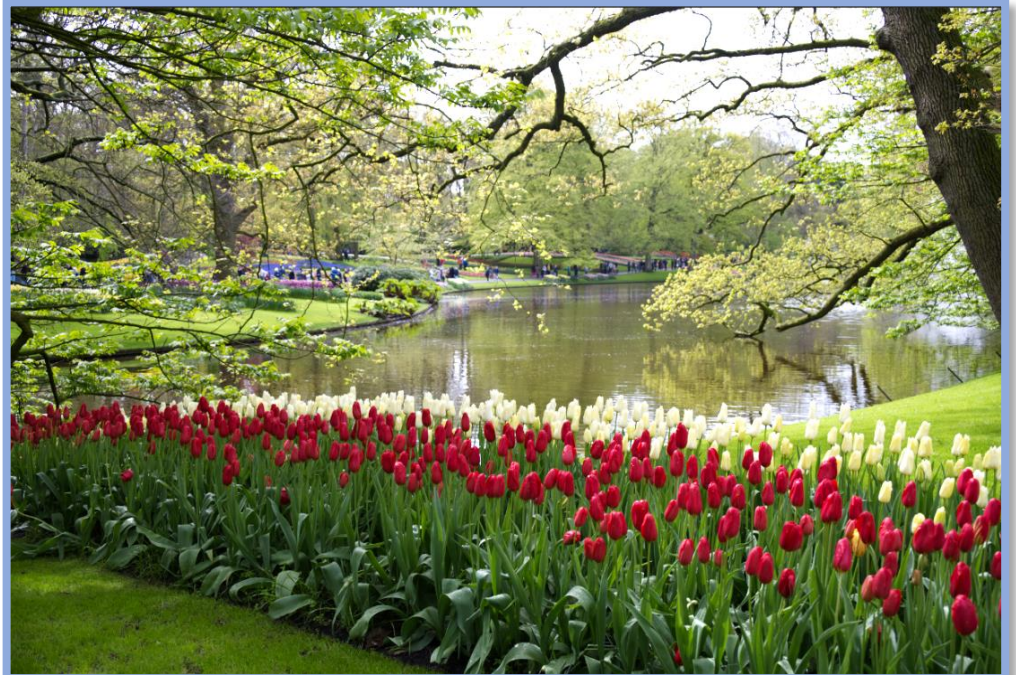
Stephen told us on Sunday (22.3.26) that Margaret Hill was in hospital having had another fall and that she was now very frail. Sadly we haven’t seen Margaret at church for many years, since she chose to remain housebound after Covid. Margaret is a very sweet lady, loved by us all, and she was a great walker – often walking from her home to church and regularly to Sainsburys. We all miss her greatly. We send our love and prayers to you too Margaret and hope you will soon be home again.

David Morris's Photo Corner - VISIT TO KEUKENHOF GARDEN.

As springtime approaches here is a reflection on a recent visit to the "Garden of Europe". This area showcases the Netherlands' world-famous flowers in breathtaking patterns of red, pink, yellow, and purple. We went to Keukenhof Gardens, located in Lisse, and it is known as the crown jewel of the Dutch Bulb fields.



It started in 1949 when a group of 20 leading flower bulb growers and exporters came up with the plan to use an estate to exhibit spring-flowering bulbs, signalling the birth of Keukenhof as a spring park. The park opened its gates to the public in 1950 and was an instant success, with 236,000 visitors in the first year alone.



2024 was the 75th edition of Keukenhof.

The peak period, when the vast tulip fields are in full vibrant bloom, is between mid-April to early May, just 4/5 weeks and Keukenhof garden is only open for that period!

Well worth another visit.



Luncheon Recital 6th March – Vanessa Brookes-White and Charis Morgan



This was Vanessa's third recital for us (previously with Tom Jesty on piano) but this time she'd partnered with Charis (*silent H*) who'd she'd met 2 years ago, giving us the chance to enjoy the sound of two string instruments in duet – a new experience for many of us. And they'd



Folk Tunes: King of the Fairies and O'Carolan's Concert
 J.S Bach - 3 Duets after Two-part Inventions, S.772-786
 Sibelius - Duo in C Major for Violin and Viola
 Mozart - Duo No2 in B flat, KV 424 II. Andante Cantabile
 Benedikt Bruyden - Bebop for Beagles
 I. Hoover's Holiday
 II. Cookies in Space
 IV. Roosevelt's Sun Shower
 V. Flea Control: Mission Impossible
 Carlos Gardel - Tango - arranged by Diego Collatti
 1. Melodía de arrabal
 2. Por una cabeza
 Halvorsen - Sarabande con Variazioni

selected a range of pieces for violin and viola across the range of musical genre, from classical baroque, through Jazz, to dance. They opened with a lovely piece reminiscent of an Irish or Scottish pub music session – 'King of the Fairies and O'Carolan's Concert' that very much got us in the mood.

And as in any successful partnership, the main melody and the 'leadership' passed seamlessly between the two of them – lots of eye contact and facial expression underpinning it.

For me, listening to string instruments is a particular pleasure. Violin and viola, similar but subtly different, make an especially attractive coupling. A great session for all of us.



Vanessa told us that a violin is light and easy to hold between shoulder and chin. The viola is heavier and requires more physical effort to play (we were in a conversation on why Charis appeared to smile less).

Perhaps this explains their different pre-recital preparations; Vanessa focussed on hydration, Charis more into 'warm-up' exercises.



Lunchtime Recital Friday 1st May at 12.15 – Jinah Shim (piano)



British-Korean pianist Jinah Shim is in much demand as a soloist, chamber musician and accompanist. She has won prizes at both national and international competitions including Chandos Young Musician of the Year 2011, 1st prize at Christopher Duke International Piano Competition, 1st prize at the Alexander Kelly Concerto Competition, 2nd prize at Tunbridge Wells International Piano Competition and 1st prize at John Longmire Competition. In 2019, she won the Mozart Memorial Prize, in association with Kent International Piano Course, where she was awarded the title of 'Pianist in association with London Mozart Players'. In 2021, she won 1st prize at Alfred Kitchin Competition, in addition to the Audience Prize at Oleggio International Piano Competition. She also received the Kerr Memorial Prize at the Royal Overseas League Competition for two years consecutively.

Notable past performances include performing concertos with London Mozart Players as well as directing Mozart's Piano

Concerto No. 12 at the piano with Birmingham Junior Chamber Orchestra, aged 18. She has performed with a variety of orchestras including Southampton Concert Orchestra, Havant Symphony Orchestra, Petersfield Orchestra, Dorking Chamber Orchestra, Aylesbury Symphony Orchestra, Birmingham Festival Orchestra, Epsom Orchestra, Guildford Symphony Orchestra and Winchester Chamber Orchestra. Her repertoire includes major concertos such by Rachmaninov, Tchaikovsky, Prokofiev and Brahms. Jinah regularly gives recitals as a soloist and has performed in prestigious venues around the UK including London's Wigmore Hall, Steinway Hall, St. Martin-in-the-Fields and St. James's Piccadilly Church. She has also given recitals as a guest artist in Italy, France and Germany.

Programme:

Robert Schumann – Kreisleriana, Op. 16

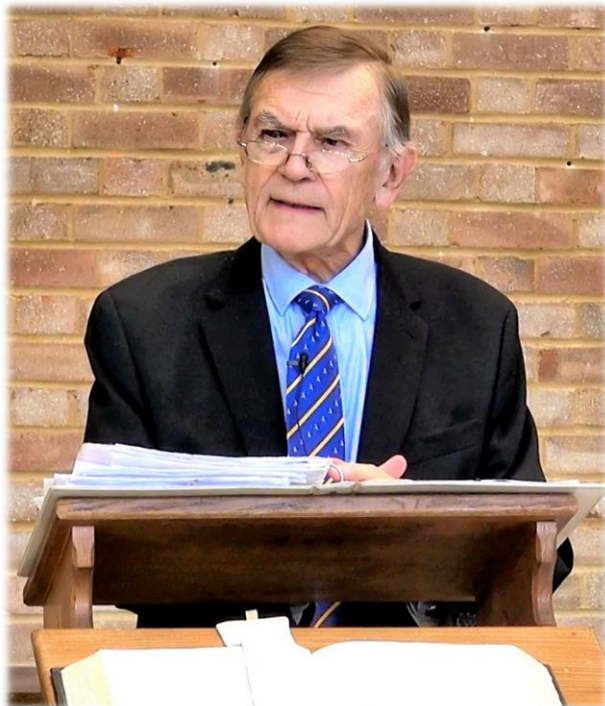
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|----------------------------------|----------------------------------|
| 1. Äußerst bewegt | (extremely animated) |
| 2. Sehr innig und nicht zu rasch | (very profound and not too fast) |
| 3. Sehr aufgeregt | (very excited) |
| 4. Sehr langsam | (very slow) |
| 5. Sehr lebhaft | (very lively) |
| 6. Sehr langsam | (very slow) |
| 7. Sehr rasch | (very fast) |
| 8. Schnell und spielend | (fast and playful) |

Scriabin- Prelude and Nocturne for the Left Hand Op. 9

Fazil Say - Paganini Jazz



Morning Service Sunday 22nd March – led by Tony Alderman



Good to have Tony back with us after a 'hiatus' of 15 months. He praised Affinity Water for providing us with a 'fountain of youth' – we were all looking so young and fresh! – something that unfortunately had not reached as far as Barnet, he observed. He was wearing the tie he had worn on 22 December 2024: had he ever taken it off I wondered?

It had been a challenging week for Tony, and his 'chat' opened on a sombre note, much of it focused on death – reflections matching the solemnity of Lent.

Tony reflected on the week's events that had affected him and his family. He'd been deeply saddened to read about the death of David Aplin's granddaughter Amelia. The news had struck a chord with him, reminding him of the fragility of life, especially among the young. Tony's 12-year-old grandson now lived with them because his father (their son-in-law) had also died suddenly at the age of 23 – the cause believed to be Sudden Arrhythmia Death Syndrome. There was a charity called CRY, which offered support and information to families who had suffered a loss to SADS. CRY was campaigning for every

newborn child to have their heart monitored. Had James' condition been detected, he could have been fitted with a pacemaker and would likely still be alive today. It was possible that this could have made a difference for Amelia as well. Tony encouraged us all to press those in government to introduce screening that could save twelve young lives each year.

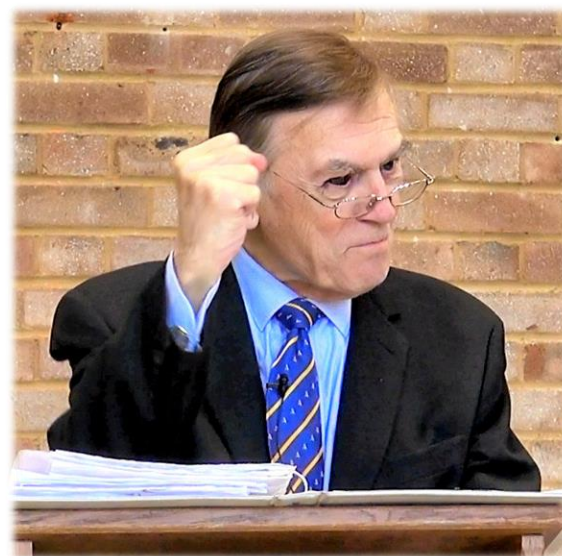
At around the same time another of Tony's grandchildren, Ava, a 14-year-old, had been attacked at the bus stop outside her school by a 17-year-old girl, and her phone had been stolen. She'd survived the attack, but since then, her mother had had to stay with her most nights and now escorted her to the school gates where she was met by the head of year. The girl responsible for the attack had been charged with robbery but had used Ava's phone telephone family members, threatening to murder Ava.

Tony also reflected on passing of Jean Morse, it being the first anniversary of her funeral. They had shared a mutual friend, Stella Palmer, whose husband had sadly died of liver cancer just weeks after his diagnosis. It had now been nearly five years since Tony had been diagnosed with liver cancer, which brought additional poignancy to his reflections. He'd also lost a friend of 76 years, Brian, in this same week.

There had been good news as well. He'd been very pleased to read that a number of church adherents had chosen to become church members. And going back to Jean Morse, he'd sat next to Jean at our 90th anniversary dinner, with Jean on his right, Margaret Barton to his left, and Maureen opposite. What a great evening for a chap. The wife had been away, and he'd had all these young ladies to talk to. That was something to remember!

The Story of Lazarus: Grief and Hope - Four days after their brother Lazarus had died, Jesus had arrived to visit Mary and Martha. In the midst of their sorrow, Jesus had comforted them, declaring, "I am the resurrection and the life," and assured them that Lazarus would rise again. Moved by the grief of those around him, Jesus had wept for Lazarus. Then, standing before the tomb, he'd called Lazarus forth and Lazarus had been restored to life - a miracle that brought hope amid the solemnity of Lent, with the shadow of the cross looming nearby. The week's readings had been full of hope and the promise of new life, yet the Gospel reminded us not to rush towards joy without first dwelling in grief. We were urged to awaken, but had first to enter the darkness, acknowledging loss and sorrow before moving forward.

When Jesus wept at Lazarus' tomb, he assured us that it was okay to grieve. More than that, grieving was vital, and our familiar rituals were part of this process. In the Gospel, Lazarus had been given new life, Martha and Mary gained new



understanding, and many witnesses had gained new belief. It was the life-giving power of God's breath and spirit, bringing not just new life, but also purpose and responsibility.

The Power of Gratitude and Renewal - On 17/03/2012, Fabrice Muamba had been playing for Bolton Wanderers in an FA Cup match at Tottenham Hotspur. Partway through the first half, he'd collapsed, and his heart had stopped beating. In



the crowd that day there had been a cardiac consultant who recognised that a man was dying on the pitch and immediately used his expertise to help rescue Fabrice. Not only had he pulled through, he'd gone on to live a full life.

In his book, "I'm Still Standing", Fabrice started with a simple expression of gratitude: "Thank you." Two small words that made all the difference, though they could never do justice to the many people who had ensured he was still alive and well today. He thanked God for granting him health, happiness, and family, as well as for ensuring he received the specialist care he'd needed to save his life.

In Jesus's dialogue with Martha, resurrection was portrayed as both an experience for the present and a hope for the future. For those who believed in Jesus, there was a daily dying and rising to be done—dying to sin and rising to holiness. This was symbolised in baptism and echoed in the themes of Lent. There was also the glorious hope of the day when, even as our bodies failed, we should never die. This hope was heralded on Easter Day. Might God awaken us to the wonder of resurrection, both in the here and now, and in the day to come. We were encouraged: stay awake, stay alert, and stay hopeful!

And there was a smile of appreciation from Faye, who was with us for the first time today, as Stephen finished the closing music. She loves singing, so our choir lives in hope!

Tony Alderman's Prayer

Where rockets and missiles and bullets prevail, God is not glorified.

Where dust and smoke and tear gas fill the air, God is not glorified.

Where food and medicine are denied, the water is cut off, God is not glorified.

Where land is seized, walled off and others are excluded, God is not glorified.

Where the soundbite's slogan of support override decades of complex history, God is not glorified.

God is glorified, where stones are heard and difficult truths are shared.

God is glorified, where land is fruitful and all can flourish.

God is glorified, where streams of living water bring healing to all.

God is glorified, where the air is filled with music and laughter.

God is glorified where steadfast love and faithfulness meet.

Where righteous and peace have kissed.

May God be glorified.

----oOo----

Go tell all creatures in the world

Go tell all creatures in the world, the Good News that I bring

That was the message Jesus gave, and He is Lord and King.

Let's tell it by the deeds we do; in ways they understand:

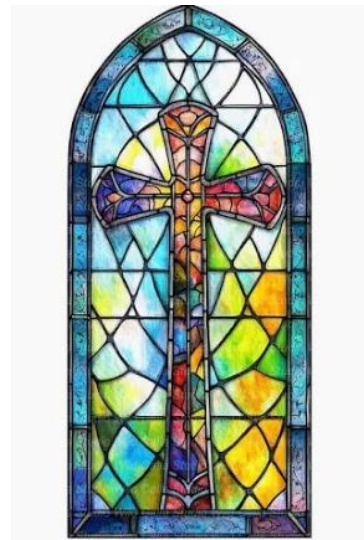
Deal gently with the beasts and birds, who share our Saviour's land.

Protect His forests, heal the air, care for His shining sea,

Arrest our cruelty and greed and set its victims free.

We shall our lives proclaim the One who sent a little child

To lead all things safe home, in Him, redeemed and reconciled.



To where – upon His holy hill - none hurt and none destroy

And all Creation's present groans, are turned to songs of joy.

Armored Kay Walling

Apricot & Marzipan Sponge

(A cake for Easter)

100g (4oz) ready to eat apricots)

100g (4oz) marzipan

225g (8oz) self-raising flour

225g (8oz) softened butter

225g (8oz) caster sugar

4 eggs

2 level teaspoons baking powder

For the filling:

4 tablesp. Apricot jam

150ml (1/4 pint) double cream whipped

Icing sugar to dust

Grease & line two 8" sandwich tins. Preheat oven to 180degC/160degC fan/Gas4

Cut the apricots with scissors into tiny pieces. Grate the marzipan on the coarse side of the grater and toss into 2 tablesp. flour to stop sticking together.

Mix butter, sugar, eggs, remaining flour and baking powder and beat until thoroughly combined. Add apricots and marzipan/flour mixture and fold into the cake mixture gently. Divide the cake mixture evenly into prepared tins.

Bake in the oven for 25-30 minutes or until well risen. Leave to cool a few minutes then turn out, peel off the paper.

When completely cold, spread the cakes with the jam and whipped cream and sandwich together.

Sprinkle with icing sugar.

Mary Berry

A picture and some history from Heather Rae

My mother, Grace White, née Simmonds, was born on the 3rd April 1910 and died 6th January 1997.

Her mother Alice Amelia Simmonds (and my Nan) was a very small, short lady, but a real dragon who expected everyone to do their duty to their parents.

Mum was offered a place at the Slade School and went on to be taught by Mrs Kruger of South African origin. Mrs Kruger had one arm missing from just below the elbow, but mum could not remember which arm. She taught my mum silk screen hand painting.



The picture is the result of her teaching, and I have hung two of her green silk pictures (*my favourite colour*) in my hall with other original pictures from friends.

A wartime picture of our family – mum, dad and me!



Aged 3, I'm pictured reading to the son of another RAF colleague of my father.

(So no excuses then for not doing Bible readings in church!)

Diary for April

- Thu 2 18.30 Maundy Thursday Supper with Communion led by Reverend David Aplin
- Fri 3 17.00 Final Rehearsal of the Good Friday Choir
19.00 Performance of "Stainer's Crucifixion"
- Sun 5 9.45 Easter Breakfast provided by the men of the church
11.00 Easter Communion led by Mrs Anne Walton
- Fri 10 14.00 Phoenix Whist Group
19.00 **No** choir practice
- Sun 12 11.00 Morning Service led by Mr Mike Findley
- Tue 14 14.20 Elders' Meeting
- Fri 17 14.00 Phoenix Whist Group
19.00 Choir Practice
- Sun 19 11.00 Communion Service led by Reverend David Aplin
- Sat 25 15.00 Moozic Appreciation – The U3A Music & Appreciation Piano Groups
- Sun 26 11.00 Morning Service led by Mr John Wainwright
- Wed 29 14.00 Knit & Natter group in the Vestry

ROTAS

Pulpit Supply

5th Anne Walton 12th Mike Findley 19th Revd David Aplin 26th John Wainwright

Duty Officer

5th Frank Palmer 12th Janet Green 19th David Ramsay 26th Frank Palmer

Flower Donations: (Arranger: Barbara Corfe)

Easter Heather Rae 12th Frank Palmer 19th Joan Gooding 26th Flower Fund

Communion Preparation

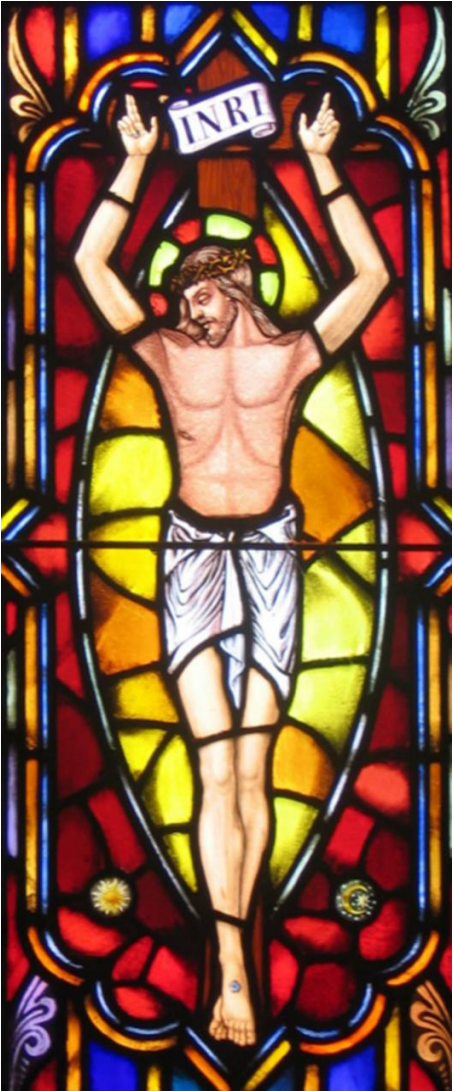
5th Marian Poulton 19th Janet O'Connor

Coffee

5th Heather Rae 12th Margaret Hillyard 19th Marian Poulton 26th Chris & David Ramsay

Readers

5th Heather Rae 12th Janet Green 19th Jenny Blumsom 26th Robert Hillyard



The Crucifixion

A Meditation on the Sacred Passion of the Holy Redeemer

John Stainer

The Good Friday Choir

Moses Torto - Tenor

Saul Rothwell - Bass

Simon Worley - Organ

Stephen Jones - Conductor

Good Friday, April 3 2026, at 19.00.

United Reformed Church, Potters Bar, EN6 1BZ

You are invited to join us for a glass and a hot cross bun in Tilbury Hall after the service.



Simon Worley



Stephen Jones



Moses Torto, Tenor, has been passionate about music from a young age, beginning with choir in high school. His love for classical music blossomed after discovering tenor legends online.

After graduating in Environmental science in Ghana, he gained a place to study at Guildhall school of music and drama in 2023.

Moses loves Bel Canto music and enjoys romantic composers, with aspirations of becoming a professional opera and concert singer.

Beyond music, he enjoys watching movies and creating videos online. His dream is to build a successful career in the world of classical music.



Saul Rothwell is an enthusiastic Bass-Baritone originally from West Yorkshire, now living in Northeast London. He is in his fourth and final of study at Guildhall School of Music and Drama, currently studying with Sarah Pring and Caroline Jaya-Ratnam.

He previously studied for two years at Chethams School of Music in Manchester under Helen Francis. He has performed many solo, operatic and choral works such as a Haydn's Mass no.11 in C minor with BBC Philharmonic Orchestra, bringing the role of Commendatore to life in Mozart's Don Giovanni and many solo recitals from a range of composers and styles.

Saul is currently a member of The Philharmonia Chorus and He has also been selected to have masterclasses from Roderick Williams, Alessandro Fischer and Quentin Hayes. Outside of singing, Saul is passionate about literature, sports and religion.