

St. Ed's TOGETHER

September 2026

Parish magazine of St. Edward King and Confessor Church, New Addington



FORGIVENESS

It is so wonderful that the heart of Christian faith is the message of salvation. Salvation that God offers by forgiving the sins and trespasses of people. That is how God demonstrates God's love for the world. God's forgiveness did not come easy, God gave his son Jesus Christ to brutally suffer and die on the cross as an atoning sacrifice for the sins of the world. It is the sinners who should suffer but on the cross we find the one who should be forgiving suffered immensely and endured agony so that the world may be forgiven and redeemed. St. Paul emphasises this message beautifully, 'But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God'. (Romans 5.8-9)

In a way forgiving people who have wronged us is a struggle as there is a reluctance within us to forgive. It is quite amazing that our Lord Jesus Christ emphasised so much about forgiveness. To the extent, he taught that if one needs to be forgiven by God then they should forgive other people who have wronged them. God's forgiveness is conditional; you will be forgiven only if you forgive others. The measure we forgive will be the measure we will be forgiven. Christian spirituality thereby necessitates forgiveness. While we remember the wrongs others do to us, we may not be so conscious of the wrongs that we do to others. Jesus says, 'So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift'. (Matthew 5.23-24).

Forgiveness and forgiving results in something very profound, JOY. It is the joy that comes by reconciliation. Reconciling within ourselves and reconciling with others. The result is inner peace, the peace that flows from God. However, we should realise that it is not easy to forgive but we can with prayer and the help of God.

Prem

What Is Forgiveness?

Psychologists generally define forgiveness as a conscious, deliberate decision to release feelings of resentment or vengeance towards a person or group who has harmed you, regardless of whether they actually deserve your forgiveness.

Just as important as defining what forgiveness is, though, is understanding what forgiveness is not. Experts who study or teach forgiveness make clear that when you forgive, you do not gloss over or deny the seriousness of an offense against you.

Forgiveness does not mean forgetting, nor does it mean condoning or excusing offenses. Though forgiveness can help repair a damaged relationship, it doesn't obligate you to reconcile with the person who harmed you, or release them from legal accountability.

Instead, forgiveness brings the forgiver peace of mind and frees him or her from corrosive anger. While there is some debate over whether true forgiveness requires positive feelings toward the offender, experts agree that it at least involves letting go of deeply held negative feelings. In that way, it empowers you to recognize the pain you suffered without letting that pain define you, enabling you to heal and move on with your life.

While early research focused on forgiveness of others by individuals, new areas of research are starting to examine the benefits of group forgiveness and self-forgiveness.

Compiled by Jacqueline

from various sources, free for personal or non-commercial use

MY THOUGHTS ON LEARNING TO FORGIVE

To learn to forgive others is first to learn to forgive yourself. Forgiving someone or the actions of someone in your life does not mean you are asking for an apology you just need not to let your anger spoil your path to inner peace.

Forgiving others can free you from emotional baggage and can improve your mental health and allows you to take back the power in your life.

I found this following prayer by Heather C King an American Author and Ministry Leader while researching for my article.

A PRAYER ON FORGIVENESS

Lord, I struggle sometimes with forgiveness,

I struggle to give it, I struggle to receive it.

Thank you for loving me enough to die for me.

For wiping my sins away and erasing my wrongs.

I'm sorry for ignoring this free gift of Grace, sorry for rejecting the forgiveness You offer me.

I know I am not perfect and I need a Saviour.

Thank you for saving me.

I am letting go of the shame of the past and accepting this fresh start, this new day with new mercies.

Help me also to extend forgiveness to others just as You have extended forgiveness to me, even on days when it's hard, when I'm angry, when I'm hurt, when I don't see change

--- even then show me how to forgive.

IN JESUS NAME. AMEN

FORGIVENESS.

The dictionary says, “forgiveness is a conscious voluntary decision to let go of resentment Bitterness and the desire for vengeance towards someone who has hurt you” Forgiveness is a personal release: a gift to yourself to free your mind from corrosive anger.

An internal shift: it changes your emotional response so the pain no longer controls your life. People say” just forgive and forget” which is often easier to say than to do even when we know this is something we should aim for as Christian people.

It is often easier to forgive as you can try to rationalise why they did/said what was done. In some situations, such as domestic abuse the fear that it may happen again remains in your mind and can affect the way you respond to or act around the person to protect yourself in the future.

When we think about forgiveness there is no greater example than Jesus on the cross when he asked God to “forgive them as they do not know what they do”

When we show forgiveness to others it is really God’s forgiveness that we are passing on, God gives us that ability to use when we pray and ask him for help to forgive. God is always with us and knows of our upsets, concerns and fears and will send his Holy Spirit to guide us through times of trouble and shows us how to forgive and forget through the eyes of Jesus.

In the Bible it is asked how many times should I forgive 7 times? And the answer is given no, 77 times. This shows us that we need to try to be more like Jesus and not hold grudges or resentment but to aim to show love and forgiveness when it is needed in our lives just as God would do.

Lesley Clay

The Time To Forgive And Forget

Forgive and forget! 'Tis a maxim worth heeding,
recall the harsh judgment so hasty and stern;
Not one of us all but is certainly needing
some friendly forbearance and grace in return.

Unkindness and malice are weeds that grow thickly,
but patience and love may transform them to flowers;
Remember our journey is over too quickly
to waste on ill-feeling a tithe of its hours.

Forgive and forget! Let the bitter thought perish,
life does not lack sorrow more weighty, more real;
And in the sharp sting of resentment, why cherish
the thorn that must rankle where pardon might heal?

Forgive and forget! For we know not how often
'Twill spare us the pang of an endless regret.
Don't wait for the future your anger to soften,
oh, now is the time to forgive and forget.

Poet: S. E. Gordon - Free for personal or non-commercial use.

Submitted by Jacqueline.

FORGIVENESS

Often a difficult response to offer genuinely when you may feel that you have been treated badly in some way, betrayed, slighted, treated unfairly. The resentment & anger may be difficult to get over & maybe a decent amount of time needs to pass before true forgiveness can happen.

If the person who upset you is no longer nearby, contact details lost or maybe has died you will be unable to speak directly. It is, however, valuable to forgive the person so that the bad feeling in your being leaves you. It will take the angst away & reduce the lived tension of hate & dislike that you have been carrying.

If you are the one who has hurt somebody else, saying sorry & apologising as quickly & as honestly as possible is essential because the pain of treating someone badly will weigh on you as much as when you have been badly treated yourself. Then forgive yourself.

Mary De Silva

FORGIVING TRESPASSES

On the Cross, our Lord said “Forgive them for they know not what they do.”

In the Lord’s prayer, we ask God to forgive us our trespasses “as we forgive those who trespass against us”. We must therefore surely do so.

It is not always easy. Our congregation includes a good number of people who have suffered great traumatic experiences at the hand of others, in the UK and elsewhere. Somehow, they have managed to forgive the perpetrators and move on with their lives. We can only strive to do the same.

Ian Beazley

NOT SEVEN TIMES, BUT, I TELL YOU, SEVENTY-SEVEN TIMES

AGNES: Father, I made a really big mistake today and I feel awful about it. My heart feels so heavy. How does forgiveness actually work, and can you really fix this?

GOD: My dear child, forgiveness is like washing away a deep, dark stain that you could never clean on your own. When you bring your mistakes to me, I don't just cover them up - I transform them and give you a completely fresh start, no matter how big or small they are.

AGNES: That sounds wonderful, Father, but how do I start that process? What do I need to do when I mess up?

GOD: The first step is simple, little Agnes: honesty. You don't have to hide or pretend you're perfect. When you tell me the truth about what happened, my promise to you is absolute. I will listen to you, clear away your guilt, and restore your heart. As proclaimed in 1 John 1:9: "If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness."

AGNES: But what happens after you forgive me, Father? What if I keep worrying about my mistake tomorrow? Will you still be holding it against me, or you will still forgive me?

GOD: Not at all, my dear child. Human beings often hold grudges, but my forgiveness wipes the slate entirely clean. I take your wrongdoing and throw it so far away that it can never be brought back to harm you again. Always remember Psalm 103:12: "As far as the east is from the west, so far he removes our transgressions from us."

AGNES: Wow! But why are you so generous with me, Father? I didn't do anything to earn a clean slate like that.

GOD: You are right that you can't earn it, little Agnes, and that's the beauty of grace. Forgiveness isn't a reward for being good; it's a gift ransomed by Jesus' love and sacrifice on the cross. It's his gracious atonement. It flows out of my endless love for you, just as it is proclaimed in Ephesians 1:7: "In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace."

AGNES: That makes me feel so safe, Father, thank you. But someone was really mean to me today and hurt my feelings. How does forgiveness work when it's my turn to do it? Do I have to let go of my anger?

GOD: Yes, little Agnes, because holding onto anger only hurts your heart in the end. Forgiveness works by releasing the toxic feelings - the bitterness and desire for revenge - so you can be free to love again. You do it by remembering how gentle I have been with you.

AGNES: I think that's really hard, Father. What if they keep making mistakes over and over? Is there a limit where I can finally stop forgiving them?

GOD: My dear child, true forgiveness doesn't count how many chances someone gets. Just like I never run out of patience with you, I want you to live with a heart that stays open and ready to forgive and love, no matter how many times it takes. When Peter asked Jesus if seven times was enough, he told him: "Not seven times, but, I tell you, seventy-seven times."(Matthew 18:22)

AGNES: But Father, how am I supposed to find the strength to do that when I'm still feeling upset or hurt?

GOD: You don't have to rely only on your own strength, little Agnes. Look to the example I set for you, and let my love flow through you to others. Whenever you have a grievance, let the forgiveness you've received by me be the fuel that helps you extend grace: "Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive." (Matthew 18:22)

AGNES: Can anyone really do that, Father, forgive like that, even when people are deliberately cruel?

GOD: Yes, my dear child, because love is stronger than hate. Even in the hardest moment in human history, while hanging on the cross, Jesus showed us the ultimate example of how forgiveness works - offering mercy even to those who were actively hurting him, as you can read in Luke 23:34: "Then Jesus said, 'Father, forgive them; for they do not know what they are doing.'"

Candida Mulè

FORGIVENESS QUOTES

The weak can never forgive,
forgiveness is the attribute of the strong.

Mahatma Gandhi.

Weak people revenge, strong people forgive,
intelligent people ignore.

Albert Einstein.

If we really want to Love, we must learn how to forgive.

Mother Teresa.

Forgiveness is above all a personal choice, a decision of the heart to
go against natural instinct to pay back evil with evil.

POPE John Paul II.

He says I am forgiven, be kind and compassionate to one another,
forgiving each other, just as in CHRIST GOD forgave you.

Ephesians 4: 32

As the LORD has forgiven you, so you must also forgive.

Colossians 3 : 13

Though we are overwhelmed by our sins you forgive them all.

Psalms 65: 3

Forgiveness isn't just about others, it's about your healing too, when
you let go of the pain, you make space for PEACE, JOY, and GOD'S
presence.

I will ask the FATHER and HE will give you another Counselor to
be with you FOREVER.

John 14: 16

For if you forgive other people when they sin against you, your
Heavenly FATHER will also forgive you. But if do not forgive others
their sins your FATHER will not forgive you your sins.

Matthew 6: 14 - 15

Another wartime recipe from Marguerite Patten

GINGER RHUBARB CRISP

Ingredients

450g rhubarb
50g chopped dates
50g Demerara sugar
2 tablespoons water

For the topping

50g margarine
25g sugar
1 tablespoon golden syrup
1-2 teaspoons of ground ginger, to taste
115g rolled oats

Method

Cut the rhubarb into 3-4 cm lengths & put into a pie dish with the dates, sugar & water

For the topping melt margarine with the sugar & syrup in a pan.

Stir in the ginger & rolled oats.

Mix all together then spoon over the rhubarb mixture.

Spread flat with a damp, not wet, knife making sure all the fruit is covered.

Bake in the preheated oven for 30 minutes,

Oven 180C /350 F / Gas 4

Mary De Silva

BAKED GREEN EGGS. (Courtesy of Good Food Magazine)

Serves 2

Ingredients

100g baby spinach roughly
chopped,
4 tbsp fresh pesto,
100ml double cream,

1 tbsp finely grated gruyere or
vegetarian alternative,
4 medium eggs.

Method

Heat oven 200c/fan 180c,
mix together the spinach, pesto, double cream and some
seasoning, then tip into 2 individual shallow ovenproof dishes.
Sprinkle the cheese over the top.

Make 2 shallow hollows in the mixture in each dish and break an egg
into each hollow.

Bake in the oven 10 - 12 minutes, until the whites are set and the
yolks are still runny.

OAT SQUARES an old farmhouse recipe.

Ingredients

8 oz self raising flour,
8 oz porridge oats,
pinch salt,
2 level tsps ground ginger,

8 oz hard margarine,
2 dessertspoons syrup,
6 oz sugar.

Method

Set oven 170c / 150c fan. Grease a shallow 14 x 9 inch tin.

Melt the margarine and syrup in a pan gently, add the remaining
ingredients. Mix well.

Put into the tin and press firmly with a fork. Bake for 20 - 30
minutes until golden brown.

Cut into squares while still warm and leave in tin until cold.

Can be served plain or drizzle the top with plain chocolate

Gill



Socrates:

When does the decline of society begin:

- When the stupid are louder than the wise,
- When the lazy have more than the industrious,
- When the unscrupulous are respected more than the honest,
- When those who have none preach morality,
- When character counts less than reputation,
- When children are no longer allowed to be children,
- When perpetrators are more protected than victims,
- When madness is glorified as "normal",
- When politicians live not for the people, but off the people.

◆ Said 2400 years ago and still valid today ◆

✈@mccolowdbxpm

THE DASH POEM

I read of a man who stood to speak
At the funeral of a friend
He referred to the dates on the tombstone
From the beginning...to the end

He noted that first came the date of birth
And spoke the following date with tears,
But he said what mattered most of all
Was the dash between those years

For that dash represents all the time
That they spent alive on earth.
And now only those who loved them
Know what that little line is worth

For it matters not, how much we own,
The cars...the house...the cash.
What matters is how we live and love
And how we spend our dash.

By Linda Ellis

Nobody tells you this: Music isn't just entertainment. It's neurological intervention. The right song can shift your emotional state in under 30 seconds. It bypasses your rational brain entirely and speaks directly to your limbic system. Curate playlists for specific moods. It's a free pharmacy.

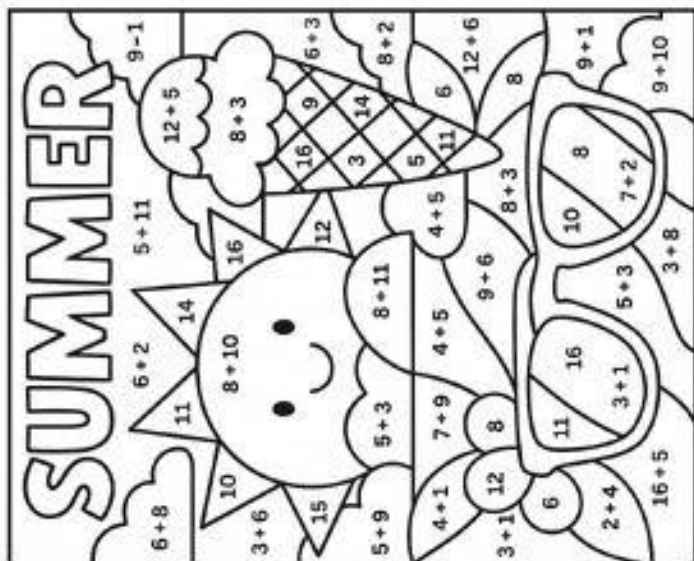
@scottdclary

Reminder that we live on a

planet where trees warn each other of danger through a fungal network. Where octopuses dream. Where elephants return to the bones of the deceased and stand over them in silence. Where bees use dance to communicate where to fly and where the flower is. Where crows remember the faces of people who were cruel to them and pass this memory to their children. Where ants build cities. Where cats purr at a frequency that accelerates the healing of bones. Where, after a forest fire, the first thing the earth does is grow flowers.

Mary De Silva

KIDS PAGE



Color Key



Livingdorch

SUMMER

k m e c p y d o f n v d
j x s h o i g b a l i t
p q w f o n u e k z m b
e t i v l c r a b g y i
s a n g y b q j f m s p u k
l r d y i t e v n e w f j
z g h m s p a i l q i c
f b o o k w t y l d r n
i c j a g h s p u t e o



hose



fire



crab



book



bike



ball



swing



shell



sand



pool



pail



kite

Tree Valley Academy

WORSHIP AT ST EDWARDS

Sunday Early service 9 am

this is also live streamed on Facebook.

1st Sunday of the month is an All-age worship with
Eucharist & music 10.30 am

**Sunday main service 10.30 am Eucharist
with music**

Thursday Eucharist 9.30 am in the Chapel

**The next Sunday school will be
on Sunday 27th October, 10.25 am start.**

Next Confirmation Service date:

8th November 2026

**at St Edward King and Confessor,
New Addington**

If you are planning to be confirmed,
this is a good opportunity.
Please contact Fr. Prem

EDITORIAL TEAM

I have requested Ian Beazley and Lesley Clay to be part of the editorial team along with me. This will help to maintain the quality of the magazine and also edit articles and contributions when necessary.

Prem

BIBLE QUIZ – SEPTEMBER 2026

Early Bible people

Name:

Here are 10 questions about people mentioned in the book of Genesis

1.	Who walked with God for 365 years? (Genesis 5v23-24)	
2.	Who built the ark? (Genesis 6v13-14)	
3.	What was the happy abode of the first man and his wife? (Genesis 2v8)	
4.	What was tempted Eve? (Genesis 3v1-6)	
5.	A group of early men built a tower in Shinar: by what name is it known? (Genesis 11v9)	
6.	What token has God given that the Earth will never again be deluged? (Genesis 9v13-15)	
7.	Name the oldest man in the Bible (Genesis 5v27)	
8.	Who was the ancestor of all who play the lyre and pipe? (Genesis 4v21)	
9.	Who made all kinds of bronze and iron tools? (Genesis 4v22)	
10.	Who was a mighty hunter before the Lord? (Genesis 10v9)	

Ian Beazley

We encourage people to answer the questions and return this sheet in church with your name. The next issue will feature the names of people who gave the correct answers.

HOPE FOR THE HEART FROM GOD.

**“I know the plans I have for you”
declares the Lord.**

**“plans to prosper you and
not to harm you. Plans to
give you hope and a future.**

Jeremiah 29:11

**Those who hope in the Lord
will renew their strength
they will soar on wings like
eagles: they will run and not
grow weary, they will walk
and not be faint.**

Isaiah 40:31

**May our Lord
Jesus Christ himself
who loved us and
by his Grace gave us
eternal encouragement
and good hope,
encourage your hearts.**

2 Thessalonians.

**Guide me in your truth
and teach me, for you are
God my saviour and my
hope is in you all day long.**

Psalms 25:5

Lesley Clay

Events at St. Edwards

October - November

Wednesday 7th October, 2-4pm in the hall: **CAMEO**

Saturday 3rd October, 10.30- 12 pm: **Children's Harvest Workshop in church.**

4th October, 10.30 am: **Harvest Sunday** & Simple Harvest lunch at the back of Church after the 10.30 service.

Friday 10th Saturday 11th: Music Festival:
11th October, Saturday 11am-3 pm: **Music Festival**

Sunday 12th October, 10.30 am: **Patronal Festival**
11.45 am -2.45 pm **Music festival**

Sunday 1st November, 3pm: **All Souls Service**

Wednesday 4th November, 2-4pm: **Cameo** in the hall

Sunday 8th November, 9.15 am: **Royal British Legion Remembrance service**

Sunday 8th November: 10.30 **Remembrance Sunday service** with act of Remembrance at 11am and **Commemoration of THE TENTH ANNIVERSARY OF THE TRAM CRASH.**

Sunday 8th November, 5pm: **Deanery Confirmation service**

Monday 9th November, 10am:
10th Anniversary of the tram crash commemoration Central parade.

HARVEST WORKSHOP FOR KIDS

AT
ST.EDWARDS
NEW ★
ADDINGTON

AGES
3-13

SATURDAY 3 OCTOBER

10:30 AM – 12:30 PM

REGISTER TO ATTEND

📞 **LESLEY**
07495688660



BISCUIT DECORATING,
GINGER—BREAD, ART ACTIVITIES
AND PLANTING BULBS AND
LOADS OF FUN ACTIVITIES
FOR CHILDREN

• PARENT/CARER TO STAY WITH THEIR CHILD,
• REFRESHMENTS WILL BE PROVIDED.

ST. EDWARD'S MUSIC FESTIVAL

FEATURING POP, ROCK
AND CLASSICAL MUSIC



SATURDAY 10th OCTOBER 2026
11 am — 3 pm

SUNDAY 11th OCTOBER 2026
Service 10.30 am — 11.45 am
Festival 11.45 am—2.30 pm

**AT ST. EDWARD KING AND CONFESSOR
CHURCH, NEW ADDINGTON**

ALL ARE WELCOME—ADMISSION FREE

YOUR MONTHLY GARDENING CHECKLISTS

- Plant drifts of spring bulbs informally in a lawn, including crocuses, daffodils and fritillaries
- Lift tender cannas to avoid frost damage, dry off the tubers and store in cool dark conditions until spring
- Plant up cheery pot displays with winter colour, such as heathers, cyclamen, winter pansies and skimmia. More winter container inspiration.
- Lift and pot up tender perennials, such as chocolate cosmos, gazanias and coleus, to protect over winter
- Plant evergreen shrubs and conifer hedges while the soil is still warm
- Remove any pot saucers and raise pots up onto feet to prevent waterlogging over winter
- Move deciduous shrubs that are in the wrong place or have outgrown their current position
- Wrap layers of fleece or straw around banana plants and tree ferns to protect from winter frosts
- Collect seeds from hardy perennials, such as astrantia, achillea and red valerian, and sow straight away
- Take hardwood cuttings from ornamental trees and shrubs
- Reduce the height of shrub roses to avoid windrock damage over winter
- Empty spent summer pots and hanging baskets, and compost the contents.

Lesley Clay

St. EDWARD KING AND CONFESSOR CHURCH

New Addington

October 2026 Worship Services

Sundays 9.00 am and 10.30 am, Thursdays 9.30 am

Date	Reading	
Thursday 1st October	Luke 10.1–12	
Sunday 4th October 18th Sunday after Trinity	Deuteronomy 8.7–18	
	2 Corinthians 9.6–end	
	Luke 12.16-30	
Thursday 8 th October	Luke 11.5–13	
Sunday 11th October Patronal Festival	2 Samuel 23. 1-5	
	1 John 4. 13-16	
	Matthew 21. 12-17	
Thursday 15 th October	Luke 11.47–end	
Sunday 18th October Luke the Evangelist	Isaiah 35.3–6	
	2 Timothy 4.5–17	
	Luke 10.1–9	
Thursday 22 nd October	Luke 12.49–53	
Sunday 25th October Last Sunday after Trinity	Deuteronomy 34.1–12	
	1 Thessalonians 2.1–8	
	Matthew 22.34–end	
Thursday 29th October	Luke 13.31–end	

REGULAR EVENTS AT EDWARDS

A WARM SOCIAL SPACE:

St Edwards will be open every Thursday from 10 am to 4 pm
As a warm social space during these worrying times of rising
energy and food prices: People are welcome
to call in whenever they wish,
and stay for as long as they like.

These will be tea/coffee and biscuits available all day, there are
board games to play if you wish or just to read a book or chat.

**Please do come and join us and spread the word to
anyone you think may like to come.**

Singing for fun

An informal singing group every Thursday 3-4 pm in
church, we sing all the old-time favourites accompanied
by the piano and Fr Prem on the Guitar.

Everyone welcome.

CAMEO

A group for retired folk who would like to meet on the
1st Wednesday of the month from 2-4 pm in the church
hall for tea/coffee cake and a chat. Everyone welcome.

**NEXT MEETING
WEDNESDAY 07 10 26**

St. Ed's Together

Welcome to our September edition of our Parish Magazine from St Edward King and Confessor in New Addington.

This magazine is available as printed copies, our church website and A CHURCH NEAR YOU.

If you wish to receive an electronic copy, kindly give your email ID to Lesley Clay (lesleystedwards1958@gmail.com)

Thanks to all those who have contributed to this issue.

Hope you enjoy reading this issue.

Cover picture: Flower arrangement by Stella Cheetham

The Eds Together is a platform for you to share your thoughts, experiences, share recipe's, poems, art, short articles.

Theme for the October issue:
HARVEST: A Time to be thankful

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