



# Friends @ St Pauls

## SEPTEMBER 2020 NEWSLETTER

### Message from the Dean

Dear Parishioners

As you know we have been planning to raise desperately needed money for St Pauls through the May Fayre and the Christmas Bazaar.

Due to Covid Regulations from the Government, these will not be happening. However, all is not lost!

On Saturday 19 September, from 4.00pm to 7.00pm you are invited to the church hall where food and drinks will be sold. This will be similar to the successful June event.

As an added attraction, Sylvia will be selling her usual high quality goods in the Deanery Garden.

This is a private function for our members and your friends.

Naturally all Covid regulations will apply i.e. wearing a mask and social distancing.

Please do come along to support this important fund raiser, or if you feel unable

to attend, any donations will be gratefully received.

Jeremy



*The 09:30 Holy Eucharist service on Sunday 6<sup>th</sup> September will have speakers outside to relay the service. Folk who would prefer can collect a chair from the hall and sit outside.*



### Regular Events



Open Saturdays from 1000  
Contact - Agnete 99823785

Now open

### Book shop



Open Saturdays from 1000  
Contact –

Alexander 99 354306

Now open

## September

Michaelmas Day, the feast day of Saint Michael the Archangel, is celebrated on 29 September. St. Michael is the patron saint of the sea and maritime lands, ships and boatmen, as well as horses and horsemen. Michaelmas Day is traditionally the last day of the harvest season.

The harvest season used to begin on August 1 and was called Lammas meaning 'loaf Mass'. Farmers made loaves of bread from the new wheat crop and gave them to their local church. The custom ended when Henry VIII broke away from the Catholic Church, and nowadays we have harvest festivals at the end of the season, near Michaelmas Day.

Michaelmas used to be a popular day for the winter night curfew to begin - the first hint that winter was on the way. Curfew took the form of a tolling of the church bell, usually one strike for each of the days of the month that had passed in the current year and generally rung at 9pm.

## Flower of the Month - September



In September, Cyprus celebrates the Festival of the Holy Cross. Passion flowers are said to represent the Passion of Christ and if you look closely at them you will see that there are three stigmas, representing the three nails that were driven into Christ whilst he was on the cross. The five anthers represent the wounds he received and the ten petals are ten of his disciples, except Judas and Peter.

These lovely flowers bloom on the long new growth and look best entwined some kind of support. They can also be grown as pot plants. Either way cut them down to near the base of the plant at the end of the summer.



New shoots will appear in the early spring again and regale you with flowers later, from amongst all those new leaves.



## Corn cakes with Avocado Salsa

### For the corn cakes:-

- 50 g SR Flour
- 1 beaten egg
- 100g canned or frozen sweet corn
- ½ scallion, finely chopped
- 1-2 tablespoons oil

### For the Salsa

1 avocado – peel and cut into small chunks.

Juice of one lime.

Teaspoon castor sugar.

In a bowl combine the flour, egg, corn and a little of the pared scallion with some seasoning and mix well.



Mix the avocado with some of the remaining scallion, lime juice, sugar and seasoning and set aside. Heat the oil in a non-stick frying pan. Drop tablespoons of the corn mixture into the frying pan to form cakes. Cook for about 2-3 minutes on each side over a medium heat, adding the remaining oil if necessary. Serve hot, with the salsa and sprinkle over some chopped coriander if like.

Makes about 5 cakes.

## Well known sayings!

When someone sneezes it goes without saying that others will say Bless you! Sneezing was in times past regarded as a signal from the gods foretelling good or bad luck. Ancient Greeks and Romans were very tolerant of sneezes and often wished the sufferer good health and fortune.

*'Speak roughly to your little boy and beat him when he sneezes. He only does it annoy, because he knows it teases',* so said the Duchess in Alice on Wonderland.

So please keep wearing your face mask during these unsettled times and keep social distancing!



This monthly Newsletter of Friends@St Paul's will be emailed out to you at the beginning of each month. In order to ensure that you receive it promptly please keep the Cathedral Office informed of any changes of email address or server. If you do not wish to receive this newsletter please let the office know.

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If you would like to contribute anything of interest to the newsletter, please contact the Editor, Patricia Jordan, at [howpat@cytanet.com.cy](mailto:howpat@cytanet.com.cy)