



FOST news

Friends of St Thomas' Church Northlew

www.fostnorthlew.org

FOST has a new website to promote the Friends of St Thomas' Church.

The site records the history of the church, has past copies of FOST news - and you can become a Member or donate via a secure link. Do take a look - we would welcome your comments.



A new way to give

Did you know that whenever you buy anything online – from your weekly shop to your holidays – you could be raising free donations for FOST with *easyfundraising*? There are over 8,000 retailers ready to make donations – including eBay, Amazon, Waitrose, John Lewis, Sainsbury, Tesco, Booking.com and M&S. And it won't cost you a penny extra to help us raise funds.

All you need to do is:

- Go to <https://www.easyfundraising.org.uk/causes/the-friends-of-st-thomas-church-northlew/> and join for free.
- Each time you shop online, go to *easyfundraising* first to find the retailer you want and start shopping.
- After you've checked out, the retailer will make a donation to FOST at no extra cost to you!

There are no catches or hidden charges and the only personal details required are your name and email address. And FOST will be really grateful for your donations - every little helps!



A buzz in the air...

As part of our commitment to Eco Church, FOST is organising a Bee Fun Weekend on 16/17 May. There will be lots of information on the importance of pollinators, an Art & Photography exhibition, a Poetry competition and fun activities for children. Save the dates and we hope you will join us.

Supporting FOST

FOST news is an occasional newsletter with information about our church building and fund raising events. If you would prefer an electronic copy, just let us have your email address.

You can support the Friends' work by taking part in fund raising events but if you would like to get more actively involved and/or become a Member, please contact our Secretary - email secretary@fostnorthlew.org or via our website www.fostnorthlew.org.

Secure donations can also be made using our QR code - and you can Gift Aid your contribution as well.



FOST is a Registered Charity No 1070123

FOST finds



Any idea where you can see this bullseye glass in the church?

Coming up

Services at St Thomas' are usually held on Sundays at 09:30.

Mothering Sunday 15 March
09:30 Mothering Sunday service

Palm Sunday 29 March
11:00 Hatherleigh Church

Good Friday 3 April
15:00 An hour at the Cross

Easter Sunday 5 April
09:30 Easter Communion

Wednesday 15 April
19:00 FOST AGM Church Room

Tuesday 21 April
19:00 PCC Annual Meeting Church Room

Friday 24 April
Dragon Pie Supper

FOST facts

Biscuits and buns baked on Good Friday were believed never to go mouldy and to be capable of curing diseases, especially those affecting the stomach. Some would be hung in homes to protect against misfortune.

These traditions may be an echo of medieval beliefs about the miraculous powers of the consecrated host, which was also decorated with a small cross.

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Spotlight on...

Take a piece of A4 paper, narrow side up. Draw a thick vertical line from the middle of the top to the foot of the page. Draw a horizontal line about two thirds of the way up the vertical from edge to edge of the paper. You have a *Latin Cross* or crux immissa.

This simple geometric shape is one of the most powerful symbols in the world and Easter is an appropriate time to think about this symbol of Christianity. The cross on which Jesus was executed has been a sign for his followers from very early on. At first, they were scared to display it publicly in case they were persecuted or mocked. But after the Emperor Constantine converted to Christianity in the 4th Century, crucifixion was abolished and the cross became a symbol of the Son of God.



At St Thomas' there are many different examples - plain crosses and the more embellished; crosses made in wood, stone, metal, fabric and glass. Look out for the fleury crosses with their arms in the shape of a fleur-de-lys, the Celtic crosses with a circle joining the four arms and several crucifixes, crosses complete with the body of Jesus.

