I took my school books with me to Amsterdam

UP FOR THE CUP: Stoke City and (below) Manchester City fans enjoyed their semi-finals

PA photos of
Stoke City and Manchester City fans

FANS LOOK FOR A HERO

writes ANDREW STONE

FOOTBALL fans have hope in their hearts. This afternoon (Saturday 14 May) Stoke City play Manchester City in the FA Cup Final at Wembley.

It’s the first time in history that Stoke fans have been able to watch their team in the final

Turn to page 3
CONGREGATIONS at weekly services in Church of England cathedrals are growing in numbers. Figures from the Archbishops’ Council’s Research and Statistics Unit show that in the past year attendance at regular services has risen by 7 per cent. The Church of England says that since the turn of the millennium attendances have grown by 37 per cent.

The Rev Lynda Barley comments: ‘The ministry of cathedrals is valued by many people. They have a treasured place in the heart of the nation.’

SALVATION Army teams served tens of thousands of hot meals and sandwiches to US communities devastated by tornados. Hundreds of people were killed by the storms and thousands lost their homes.

The Salvation Army had to wait several days before gaining access to some areas, because power lines and debris were blocking roads. Once the organisation reached neighbourhoods, people asked for prayer as well as physical support.

Connie Pulam, a resident of Pratt City, Alabama, was one of those who have received help from The Salvation Army. She and her husband were able to get out of their house just before a tornado hit. ‘We are just happy to see the help coming,’ she said, ‘It is a blessing to have The Salvation Army here.’

STRAWBERRY FIELD GATES REPLACED FOR PRESERVATION

Let me take you down (for storage)

THE gates to Strawberry Field – The Salvation Army’s former children’s home which became the inspiration for a Beatles song – are being replaced by replicas for their preservation. The wrought iron gates are to be put in storage to prevent their condition deteriorating. While their condition is being assessed, Beatles fans visiting the site made famous by the Beatles’ 1967 song ‘Strawberry Fields Forever’ will be able to see replica gates made by local metalwork specialist Jim Bennett, who has given the gates to The Salvation Army.

‘Although care has been taken to ensure the original gates to the site have remained in good condition, inevitably time has taken its toll,’ says The Salvation Army’s social services head Major Ray Irving.

‘When Mr Bennett got in touch with us last year and explained that he was creating a set of replica gates, we were very interested. This means the original gates can be kept safe from further deterioration and, with the replica gates in place, it allows for an authentic experience for the many thousands of people who come on a “musical pilgrimage”.

The grounds of Strawberry Field were a childhood haunt of John Lennon.

The children’s home opened in 1936, but local government wishes for childcare to be provided by foster-families and small group homes led to its closure in 2005.

The Salvation Army is still considering possibilities for the future of the site.

CONGREGATIONS RISE

Upward spiral for cathedrals

CONGREGATIONS at weekly services in Church of England cathedrals are growing in numbers. Figures from the Archbishops’ Council’s Research and Statistics Unit show that in the past year attendance at regular services has risen by 7 per cent. The Church of England says that since the turn of the millennium attendances have grown by 37 per cent.

The Rev Lynda Barley comments: ‘The ministry of cathedrals is valued by many people. They have a treasured place in the heart of the nation.’

MEALS AND PRAYERS FOR PEOPLE AFTER DEVASTATING STORMS

Salvation Army helps US tornado communities

SALVATION Army teams served tens of thousands of hot meals and sandwiches to US communities devastated by tornados.

A TEAM of Salvation Army volunteers served refreshments to firefighters and other emergency personnel who tackled moor fires in the North West of England. Fire engines and a helicopter dropping water were used to fight a blaze at Belmont.
of football’s oldest domestic cup competition. The players made certain of their place in the club’s history books – and the fans’ hearts – when they demolished Bolton Wanderers 5-0 in the semi-final.

That same weekend Manchester City booked their place in the final and delighted the blue half of the city by beating red rivals United by a single goal.

It will be the first time that many Manchester City supporters have seen their side try to lift the cup. Their team last made the final 30 years ago when they played Tottenham Hotspur. The game finished 1-1. But Manchester City lost the replay 3-2, the winning goal coming from Argentinian international Ricky Villa. His goal (scored after he had zig-zagged his way past helpless defenders) is still considered to be one of the best scored in an FA Cup Final.

This afternoon, players on both sides hope that they can play their part in an FA Cup triumph. A flash of footballing genius – or just being in the right place at the right time – can create a hero who will be lauded by the fans for ever.

However, one misplaced pass, slip or foul can turn even the most popular player into the villain who costs his team the Cup.

The players on the Wembley pitch are under pressure to do things right, make good decisions and be at their very best. It’s a similar position to that of many people in other areas of life.

Whether it is with finances, at work or in our relationships, many of us feel under pressure. One wrong decision could lose us our job, our credit rating or even our family.

Some are already paying the penalty for their bad decisions and feel as if their lives have been relegated into a complete disaster.

But the final whistle hasn’t gone yet. There is still time for our lives to be turned around, for mistakes to be put right and to find support for the struggles we face.

Jesus said: ‘Come to me, all of you who are tired from carrying heavy loads, and I will give you rest … because I am gentle and humble in spirit’ (Matthew 11:28, 29 Good News Bible).

If we follow Jesus’ teachings, he will show us how to tackle the pressures and stresses of life.

He will also forgive us for the things we have done wrong in the past and allow us to kick off a new and better life with him.

Following Jesus doesn’t mean that we will have a problem-free life. But it does mean that we can substitute the stress of facing problems alone for the peace of knowing Jesus will help us.

With Jesus we can feel confident, because he is a match for anything.

AIMING HIGH: Stoke City and Manchester City players battle it out in the Premier League earlier in the season
CHRIS PAGE tells Renée Davis about the business he set up in Rwanda to help orphans

From Africa with love

UNREDS of thousands of people lost their lives in the genocide which was carried out in Rwanda in 1994. Many children were left orphaned. In subsequent years other children have lost their parents through illnesses such as tuberculosis and Aids. But a business set up by a Christian from Britain is making a difference to the lives of orphaned children and their families.

In 2001 Chris Page went on a three-day visit to Rwanda. While on his trip he asked God what difference he could make to the country.

Chris recalls: ‘I heard God say “dignity”. When I got back to the UK I handed in my notice to the charity where I was working. I went back to Rwanda in 2003.

‘I wanted to set up something that would create lots of dignity jobs for people. I was looking to make a product that was lightweight and easy to export and of high value...’
specialises in reconciliation.

‘The first time we held a week of reconciliation,’ says Chris, ‘one of our employees, who was eight years old at the time of the genocide, stood up and told her story. She said she had been walking down a country path when she saw some men beating up a guy. They asked her whether the man they were beating up was a Hutu or a Tutsi. In her innocence, she replied that he was a Tutsi. Because of her answer they killed him with machetes right before her eyes.

‘For many years she lived with the belief that the man was dead because of her. She didn’t tell anyone, but whenever April came around she became depressed. Now she was expressing how sorry she was. The Tutsis in the group went up to her and said: “We forgive you.” There were a lot of tears. She felt as though a huge burden she had been carrying for years had been lifted.’

Chris, who became a Christian at the age of 15, says his faith motivates him to keep going.

‘Jesus is my hope, my joy, my source of strength and perseverance when I want to give up.’

For the past two years Chris has been in the UK trying to expand the work of Cards from Africa. He says: ‘Thirteen cards sold equals one day of dignified employment for someone. Most of the cards made in Rwanda are being sold in America, Australia, Japan and a few European countries. Not many cards are being sold in the UK at the moment so we are trying to find churches and organisations who want to sell the cards for their own causes and at the same time join us in making a difference.’
KENT Online reported that when police were called to the scene of a man being beaten up in Whitstable they found that the man was ‘Jesus’.

According to the website, members of Herne Bay Operatic Society were filming scenes to be used in their production of *Jesus Christ Superstar* at Canterbury’s Gulbenkian Theatre when concerned members of the public called the police as they saw a man being beaten up.

The report quoted director Cheryl Mumford as saying: ‘We were surprised when we heard police sirens and saw blue lights and wondered if there had been an accident.

‘We realised they were for us. The two policemen did laugh when I told them: “Don’t worry, it’s only Jesus”.

To show or not to show. That was one of many questions facing President Obama after the killing by US special forces of Osama bin Laden.

Showing the images, so the argument goes, would have been proof to the world that the al-Qaida leader was well and truly dead. Not releasing the pictures would, allegedly, add fuel to conspiracy-theorist fires that he was not. Then again, would sceptics ever be quietened?

In the end, President Obama decided not to show on the grounds that the ‘graphic’ pictures would be ‘an incitement to additional violence, as a propaganda tool’.

Having addressed the question of risk to national security if the pictures were released, the President told his American TV audience: ‘That’s not who we are. We don’t trot out this stuff as trophies.’

Doctored or untouched, a picture is worth a thousand headlines. Images of Americans celebrating the news of bin Laden’s death on the streets of New York are unlikely to boost goodwill towards Uncle Sam in the hotbeds of Middle Eastern radicalism.

In this age of digital technology, pictures are easily alterable. This means that believing depends on more than seeing. But it always has.

Last week some voices were calling for visual proof that a man was dead. Two thousand years earlier one man asked for visual proof that a dead man was alive.

‘Unless I see, I will not believe,’ Thomas told his fellow disciples of Jesus. While – unusually – Jesus appeared to Thomas and gave him the proof he was looking for, he also told him to ‘stop doubting and believe’.

The Christian faith is not about having all the answers. It is faith based on the factual life, death and resurrection of Jesus.

Rooted in verified historical events, Christianity has no ‘proof’ that satisfies sceptics. To see the benefits, we must first believe.

### SINGING ON SUNDAY

**THE Secret Sisters sing live on Aled Jones Says Good Morning Sunday** on Radio 2 tomorrow (Sunday 15 May). Lydia and Laura Rogers grew up in Alabama and credit their style of traditional country music to the a cappella singing of their church congregation and their upbringing.

**TO mark the United Nations International Day of Families**, Brian D’Arcy reflects on the importance of families in *Sunday Half Hour* on Radio 2 tomorrow. He considers the family of God through hymns, including ‘For The Beauty of the Earth’.

**PRESENTER Aled Jones explores the 50th anniversary of the consecration of Guildford Cathedral in The Choir on Radio 3 tomorrow. Aled is joined by organist and choirmaster Dr Barry Rose and the cathedral’s master of the choristers, Katherine Dienes-Williams.**

**BASS-BARITONE Roderick Williams presents five daily programmes of spiritual songs on Radio 3’s Lunchtime Concert from Monday (16 May). The music includes hymns, spirituals, revivalist songs and Shaker tunes, as well as some biblical songs by Dvorak.**

**IN THE PRESS**

KENT Online reported that when police were called to the scene of a man being beaten up in Whitstable they found that the man was ‘Jesus’.

According to the website, members of Herne Bay Operatic Society were filming scenes to be used in their production of *Jesus Christ Superstar* at Canterbury’s Gulbenkian Theatre when concerned members of the public called the police as they saw a man being beaten up.

The report quoted director Cheryl Mumford as saying: ‘We were surprised when we heard police sirens and saw blue lights and wondered if there had been an accident.

‘We realised they were for us. The two policemen did laugh when I told them: “Don’t worry, it’s only Jesus”.

**IN THE PRESS**

**Has actor been snubbed after Jesus role?**

*Writing the Film Blog on The Guardian’s website*, Xan Brooks reflected on comments made by Jim Caviezel that playing Jesus in *The Passion of the Christ* had led to him being snubbed by Hollywood.

The actor was reported to have told a church congregation in Orlando that he had been rejected by the film industry. He reflected: ‘We have to give up our names, our reputations, our lives to speak the truth.’

Xan Brooks admitted that before his appearance in *The Passion* Caviezel’s career had been on the rise, but he also pointed out that ‘a star turn as the Saviour’ had not done actors such as Max von Sydow (from *The Greatest Story Ever Told*) or Jeffrey Hunter (from *King of Kings*) any harm.
JOGGING could be the key to a longer life. Research by scientists has shown that running regularly can slow the effects of ageing.

Runners aged 50 years old and above were found to enjoy a healthier life and suffer fewer disabilities than those who did not exercise regularly. The research, conducted by the Stanford University Medical Centre in America, tracked 500 older runners for more than 20 years and made comparisons to a similar group who did not exercise regularly.

At the end of the study, 34 per cent of the non-runners had died compared with 15 per cent of the runners.

A spokesperson for life insurance comparison site QuoteBoffin.co.uk says: ‘For years we’ve appreciated the benefit that a balanced diet and exercise can have on our health and wellbeing. Sadly, government campaigns seem to focus on teaching the younger generation, which means older people can get left to one side. This research shows that people of all ages need to be encouraged to lead an active lifestyle.’

As well as improving life expectancy, running was also shown to act as a deterrent to illnesses such as heart disease and cancer which are common in older years. Feeling lonely and isolated is more prevalent among older people and exercise can change this as well as life-expectancy. The spokesperson for QuoteBoffin.co.uk says: ‘If older people were to pick a handful of health-boosting elements to incorporate into their day-to-day lives, exercise should be on top of their agenda because it provides opportunities for mental stimulation as well as physical activity.’

THREE quarters of people who embark on self-styled healthy eating plans may actually be depriving themselves of important antioxidants, according to a Nescafé study of 2,000 adults.

Dietician Dr Sarah Schenker says: ‘In the study, coffee was featured on the list of the most popular items to give up. Yet when consumed in moderation, it is a source of naturally occurring substances that can help protect the body’s cells from day-to-day damage.’

When asked about food and drinks that are rich in antioxidants, only 8 per cent of respondents were aware of the benefits of coffee. Antioxidants are important because they help to protect the body’s cells from oxidative stress. This can occur as a result of exposure to UV light, pollution or cigarette smoke.

Dr Schenker adds: ‘Healthy eating plans should be about balance, making informed choices and taking a sensible approach. Many Britons believe giving up coffee will benefit their long-term health. The reality is that coffee is one of the richest sources of antioxidants and, when drunk in moderation, it can be good for you.’
As Europe votes on this year’s top Eurovision song, former winner DANA talks to Claire Brine about her music, faith and politics

All kinds of everything is what Dana does best. Not only is she a chart-topping singer – with the song which won the Eurovision Song Contest in 1970 – but she has also carved out a successful career as a television and radio presenter, ventured into Irish and European politics and founded her own music production company.

Earlier this year Dana appeared as a judge on The All Ireland Talent Show, Ireland’s equivalent of Britain’s Got Talent. Her busy schedule means she is constantly travelling round the UK and Ireland presenting shows and performing concerts. But her motivation isn’t fame and fortune. Instead she is driven by her Christian faith.

Dana still remembers her Eurovision triumph. ‘Six hours had passed since I won Eurovision,’ she says, ‘but when I closed my eyes all I could see were flashing bulbs. I wanted to lock everything in my memory from that truly wonderful night.’

At the time, the 18-year-old Dana was, in her own words, ‘an unknown’. Much to her surprise she swept the board with her performance of ‘All Kinds of Everything’.

‘I never thought I would win,’ she says. ‘I thought I’d go to Amsterdam for the competition, perform the best I could, then go home and do my A levels. I knew I would take the experience with me to the grave.

‘Six months previously I retired from singing in order to knuckle down to my studies. I wanted to be an English and music teacher. But I went to sing at Eurovision anyway and took my school books with me.

I’d never seen so many flashbulbs. The whole experience was a whirlwind.
‘The week leading up to the competition felt like a holiday. Ireland had never previously won, so no one really wanted to interview me. I was just left alone to wander round with my mum and gran.

‘On the night itself I was mesmerised by the famous people around me. I was in deep shock when the theatre manager grabbed my arm, saying: “You’ve won!” I thought, “No I haven’t” and pulled away from him. But the next minute I was walking onstage, looking down on the audience and photographers. I’d never seen so many flashbulbs. The whole experience was a whirlwind.’

When Dana arrived back in Ireland the excitement continued. Film crews from all over Europe turned up at the family home. Photographers surrounded Dana’s school. She decided to pursue a singing career.

“I already had a contract with a little recording company,” she explains. “as I’d won Ireland’s national song contest the year before. After I won at Eurovision, this tiny company sold three million of my singles. The song reached No 1 in most European countries. It was an amazing time. I was constantly on the road, sometimes visiting three countries in one day.

‘I signed up with a wonderful agent. He worked with singers such as Tom Jones and Lulu. Over the years he got me lots of TV work. I presented A Day Out With Dana and Wake Up Sunday for the BBC. I also presented a Sunday breakfast radio show. My career blossomed.’

In the 1990s Dana moved to the States for a few years and started work-

I wanted to lock everything in my memory from that truly wonderful night
ing for the Eternal Word Television Network (EWTN). Today she presents Dana’s Friends, a music and interview show for the cable channel which goes into 350 million homes worldwide. Dana’s presenting skills continue to hit the right note with the public.

‘I also have a music and interview show called Dana and Friends on Premier Christian Radio,’ she says. ‘On top of that I regularly sing in concerts, so I’m in the middle of a very fulfilling time.’

But Dana’s life hasn’t always been harmonious. Although she was brought up as a Christian, she has faced times of doubt.

‘In my teens I woke up one morning and thought: “There isn’t any God. He’s just a big lump of putty in the sky.” I didn’t want to know him. I wanted to experience real life with all its challenges, and I felt that Christians used God as a way to escape from that.

I went through a year of turmoil. I couldn’t tell anyone how I was feeling. Then at 16 I went on my convent school’s annual retreat. While I was there, the priest realised something was troubling me. I told him what was wrong. He replied that the Christian life was not an easy option, but that it was the most fulfilling. I didn’t see any great lights but I felt a little flicker in my heart. That was my first step into an adult relationship with God.’

Dana went to Eurovision, continuing her search for God. The Christians she met there had a great impact on her.

‘They cared deeply for me and treated me normally,’ she says. ‘They didn’t treat me as a child star. After I won, I joined an organisation called Christians in the Arts, which became an anchor in my life.’

Dana’s family were also key in helping her cope with the stresses of a showbiz career.

‘When the pressure got really heavy, Mum and Dad said to me: “We got by without money before, and we’ll get by without money again. You don’t have to do this if you don’t want to.” That gave
I knew that God had been waiting for me to ask for his help

me tremendous freedom to stick with singing.'

But continuing a successful career with a Christian faith was about to get tougher. In her twenties Dana went through ‘a great trauma’.

‘I had a suspected cancer growth on one of my vocal cords,’ she says. ‘I had to undergo an emergency operation. Thank God, it wasn’t cancer. But after the surgery I had to learn how to speak again. It was five years before I could sing normally.

‘During that time I hit rock bottom. Beforehand I had been at the peak of my career. I was soon to be launched in America. I was signed up to perform in theatres for the summer season and panto at Christmas. And as each event approached, I had to cancel. I just couldn’t sing.

‘One day I was feeling particularly low. My father had recently had a heart attack and I was the breadwinner. I came home and saw a newspaper on the table with the headline “Dana cancels”. I sat down and started to pray the purest prayer of my life. I said: “If there’s anybody there, help me!” Until this point, I hadn’t prayed that I would be healed, because deep down I still had my doubts in God. But with this prayer, I felt as though I was finally surrendering my life to him.’

A
fter her prayer Dana spoke to her doctor, who put her in touch with a singing teacher. At first Dana could sing only one or two notes. But gradually her strength returned. ‘I knew that God had just been waiting for me to ask for his help,’ she says.

Once Dana was well again, she became committed to sharing God’s love with everyone.

‘I knew I had to be gentle in my approach. I was aware that I had been afraid of God for a long time. People with a powerful faith used to make me want to run away from them. So I needed to be compassionate.’

One way in which Dana spoke out about her faith was by working in politics. In 1997 she ran in the Irish presidential election, campaigning on protecting Christian family values. In 1999 she was elected as a member of the European Parliament, representing Ireland’s Connacht-Ulster community.

‘I believe that our communities are becoming increasingly secular and that Christians need to be aware of this,’ she says. ‘We need to pray that churches can work together, that we are responsive to what God wants us to do.’

Dana also speaks about her faith through her music. Over the past four years she has released five albums, including Good Morning Jesus! – made up of songs and prayers for children – and Songs of Love. Later this year she hopes to record a new album of Christian music to coincide with her church tours. At her concerts Dana encourages people to get to know the love of God.

‘I try not to bring a soapbox to my concerts, but if I’m singing at a Christian venue I will share my experience with people,’ she says. ‘I tell them that God has given me an inner peace; that he gives me a way to deal with the struggles of life; that he gives me the truest happiness I have ever felt.

‘Before I developed my relationship with God, I felt that I was down here and God was up there. I would pray to him but he wasn’t central in my decision-making. Today, when my husband and I are making decisions, we refer to God first. He is at the heart of everything.’

He is even at the centre of life when the going gets tough. Last year Dana lost five family members. It was a difficult time.

‘My beautiful mum passed away, but it didn’t knock me down, because God was there, within me. He is so amazing.

‘Sometimes I think life and faith together are a bit like an onion. Every time God reveals a lesson of life he wants me to learn, it feels as if he is peeling away one of my layers. During those times I cry. But he carries me through each problem and gives me strength. Each day I know that he loves me and that he is always with me.’
PUZZLEBREAK

SUDOKU

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9
Solution on page 15

QUICK CROSSWORD

ACROSS

1. Hurl (5)
2. Golf clubs (5)
3. Speculator (7)
4. Runner-up (6)
5. Border (5)
6. Restrain (5)
7. Pastoral (5)
8. Grow older (3)
9. Equerry (5)
10. Engine (5)
11. Decry (3)
12. Artist’s frame (5)
13. Normal (7)
16. Deflect (6)
19. Indicate (6)
23. Peeled (7)
26. Haughty (5)
28. Whole quantity of (3)
29. Quick (5)
30. Had (5)
31. Rocky hill (3)
32. Secretes (5)
33. List (5)

DOWN

2. Vegetable dish (5)
3. 4. Salad (5)
4. Ants (6)
5. Limit (3)
6. Deter (5)
7. Rural (3)
9. Greed (5)
14. Urn (3)
15. Art (3)
17. Irk (3)
20. Explore (3)
21. Ended (3)
22. Adjusts (6)
23. Sabre (3)
24. Irish (3)
25. Naked (3)
27. Possessor (5)

QUICK QUIZ

1. Who played Edina’s mother in the sitcom Absolutely Fabulous?
2. What is the capital city of Wales?
3. Who sang ‘Endless Love’ as a duet with Lionel Richie?
4. What kind of creatures live in a formicary?
5. In which European capital is the Brandenburg Gate?
6. Complete the saying: Still waters...
followers of the need to tread carefully when they told other people about it. He seems to be telling his followers to be discriminating and discerning – to concentrate on people who are ready to listen to the good news and avoid those who, not recognising its value, would react aggressively.

God is prepared to forgive everyone who repents. God does not impose himself on us. He gives us the choice to accept or reject him. That’s the good news.

Sometimes people resist God’s invitation to get right with him. They struggle to see that they’ve done anything wrong. They argue that they don’t need God.

Nobody is argued into the Kingdom of God. People need to hear the gospel in a way and at a time that will not antagonise but attract them. Then they will become more willing to learn about a different way of life.
JAMES MIDDLETON weighted every word in his royal wedding Bible reading. He knew the words were personal to William and Kate, revealing how they hope to live and love as husband and wife.

Just two days after the wedding, the world’s most wanted man was shot dead. For two decades Osama bin Laden was al-Qaeda’s iconic leader – the man behind the terrorist attacks of 11 September 2001. President Obama’s ‘Justice has been done’ statement mostly united Americans. But they were divided over whether or not to celebrate.

Minutes after Obama’s announcement, the area around the White House was filled with revellers, chanting ‘USA! USA!’ and waving the Stars and Stripes. The front page of the New York Daily News screamed: ‘Rot in hell!’

In contrast, there were mixed emotions among relatives and friends of 9/11 victims. A mourner at Boston’s 9/11 memorial observed: ‘It’s a wonderful day, but still a sad day because many more people will die, because it’s not over yet.’ Because it’s ‘not over yet’, celebration is risky. The scenes of jubilation may prove inflammatory. In death, bin Laden will be seen by some as a martyr. Having offered death for death, and celebration for celebration, America now braces itself for reprisals. The pursuit of justice risks becoming a cycle of revenge.

What will break the cycle? These words from the Bible rang round Westminster Abbey two days before bin Laden was killed: ‘Do not repay anyone evil for evil, but take thought for what is noble in the sight of all’ (Romans 12:17 New Revised Standard Version).

Had bin Laden been captured alive, he could have been tried and his vicious ideology demystified. But even if pulling the trigger was unavoidable – and celebration understandable – restraint and solemnity would have shown the terrorists a higher way to live and love.
THE MAIN ATTRACTION

Egg fried rice with chicken

Ingredients:
2 tbsp vegetable oil
1 garlic clove, chopped
2.5cm piece root ginger, grated
225g cooked chicken, diced
300g pack stir-fry vegetables
350g cooked rice
6 large British Lion eggs, beaten
4 tbsp dark soy sauce

Method:
Preheat the oven to 180C/350F/Gas Mark 4. Lightly oil two baking sheets. Cream the butter and icing sugar together in a bowl until fluffy. Reserve 1 tbsp of the lime juice, then add the zest, egg, flour, baking powder and desiccated coconut to the remaining juice. Mix the ingredients together to form a soft dough.
Place 6 tbsp of the mixture on each of the baking sheets. (Do not place the dough pieces too close together.) Flatten the biscuits with a fork and sprinkle over the coconut shreds. Bake for 10–12 minutes until the biscuits turn golden. Remove from the oven and cool on a wire rack.
To decorate, mix the reserved lime juice with the icing sugar to make a thin icing. Drizzle the icing over the biscuits, then leave them to set. The biscuits can be stored in an airtight container for up to 3 days.

Makes 12

Recipes reprinted, with kind permission, from the British Egg Information Service website eggrecipes.co.uk

SWEET TREAT

Lime and coconut crunchy biscuits

Ingredients:
50g butter, softened
75g icing sugar
Zest and juice of 2 limes
1 large British Lion egg
100g plain flour
¼ tsp baking powder
50g desiccated coconut

To decorate
25g large coconut shreds
65g icing sugar

Method:
Preheat the oven to 180C/350F/Gas Mark 4. Lightly oil two baking sheets. Cream the butter and icing sugar together in a bowl until fluffy. Reserve 1 tbsp of the lime juice, then add the zest, egg, flour, baking powder and desiccated coconut to the remaining juice. Mix the ingredients together to form a soft dough.
Place 6 tbsp of the mixture on each of the baking sheets. (Do not place the dough pieces too close together.) Flatten the biscuits with a fork and sprinkle over the coconut shreds. Bake for 10–12 minutes until the biscuits turn golden. Remove from the oven and cool on a wire rack.
To decorate, mix the reserved lime juice with the icing sugar to make a thin icing. Drizzle the icing over the biscuits, then leave them to set. The biscuits can be stored in an airtight container for up to 3 days.

Makes 12

Recipes reprinted, with kind permission, from the British Egg Information Service website eggrecipes.co.uk

SUDOKU SOLUTION

<table>
<thead>
<tr>
<th>7</th>
<th>4</th>
<th>2</th>
<th>5</th>
<th>1</th>
<th>6</th>
<th>3</th>
<th>8</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>5</td>
<td>8</td>
<td>3</td>
<td>2</td>
<td>9</td>
<td>7</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>9</td>
<td>1</td>
<td>3</td>
<td>4</td>
<td>7</td>
<td>8</td>
<td>2</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>2</td>
<td>3</td>
<td>5</td>
<td>1</td>
<td>8</td>
<td>4</td>
<td>6</td>
<td>9</td>
<td>7</td>
</tr>
<tr>
<td>1</td>
<td>9</td>
<td>6</td>
<td>7</td>
<td>5</td>
<td>3</td>
<td>8</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>8</td>
<td>7</td>
<td>6</td>
<td>9</td>
<td>2</td>
<td>1</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>4</td>
<td>2</td>
<td>3</td>
<td>1</td>
<td>9</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>3</td>
<td>7</td>
<td>9</td>
<td>8</td>
<td>6</td>
<td>5</td>
<td>4</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>8</td>
<td>2</td>
<td>1</td>
<td>9</td>
<td>4</td>
<td>7</td>
<td>5</td>
<td>6</td>
<td>3</td>
</tr>
</tbody>
</table>
FATHER and son Martin Sheen and Emilio Estevez are in the same walk of life and have combined their cinematic talents in a film about pilgrimage.

In The Way, released at cinemas yesterday (Friday 13 May), Martin plays American dad Tom, who discovers that his son Daniel, played by Emilio, has died in a storm while walking the Camino de Santiago, or Way of St James, along the French-Spanish border. The route attracts walkers of various faiths and no faith.

Tom and Daniel seemed miles apart before Daniel left home. Tom was baffled why his son did not want to settle for a comfortable life.

When Tom hears about Daniel’s death he decides to walk ‘the Way’ and scatter his ashes.

Along the way three other walkers join him. Joost is a Dutchman with an appetite for drugs. Irishman Jack is hindered by writer’s block, but although he can’t start writing, he can’t stop talking. Canadian Sarah indicates her dislike of Tom’s generation by spikily calling him ‘Boomer’.

They all have problems. Joost may like getting high but his self-esteem is low. A traumatic relationship seems to make Sarah prone to lashing out. And Tom is trying to come to terms with his loss.

They sometimes fall out. But they also try to work out the truth about ‘the Way’. Tom asks: ‘What does it take for someone to become a true pilgrim?’

The physical goal of the pilgrimage is Santiago Cathedral. In the Christian tradition pilgrims also have a spiritual goal: to learn more about their relationship with God.

Literal pilgrims or not, we are all making our way through life. It’s unlikely to be a walk in the park. We may sense that we’re not the people we could be. We get bruised. We cause other people pain. And we cannot undo the past.

But when Jesus described himself as ‘the way and the truth’ (John 14:6 New International Version) he meant that through him people would see the truth about God. Jesus showed that God cares for us, offers forgiveness for the wrong turnings we take and can give us a sense of peace for the road ahead.