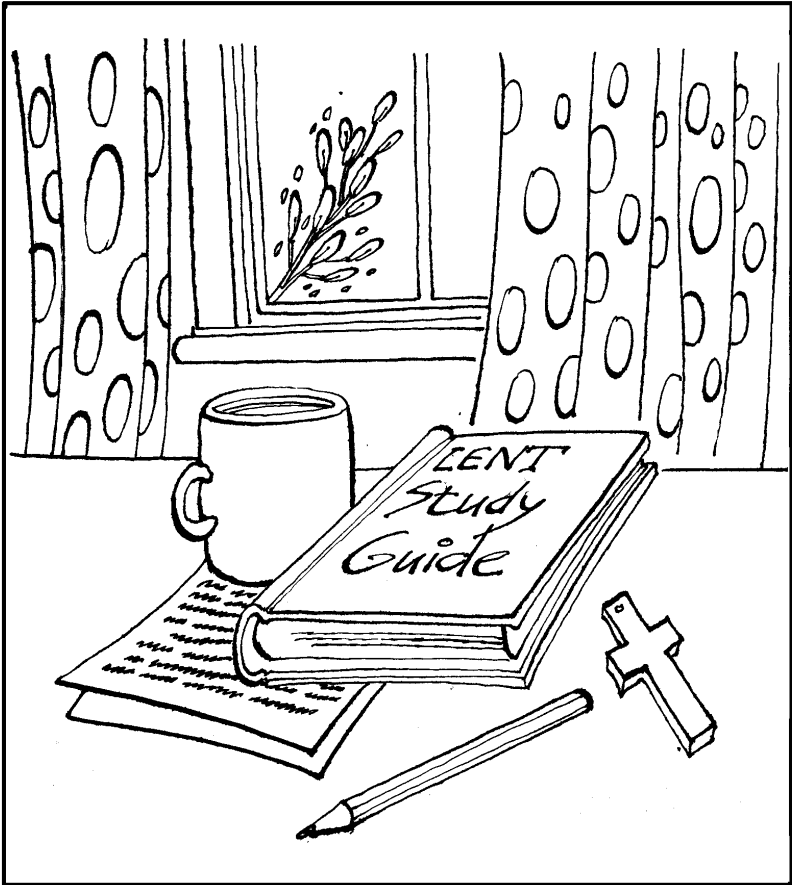




KINGSDOWN MESSENGER



March 2017

SERVICES FOR MARCH 2017



- 5 Mar 10.30 Mr Mark Budu-Manuel
- 12 Mar 10.30 Rev Rachel Bending - Family/Parade Service
- 19 Mar` 10.30 Rev Randolph Turner
- 26 Mar 10.30 Rev Rachel Bending & Worship Leader -
Holy Communion
- 2 Apr 10.30 Rev Oluyemisi Jaiyesimi

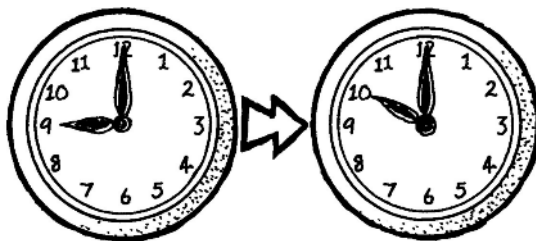


Easter Services

Good Friday 9.30 am Gather at Kingsdown for a Walk of Witness to Christ the Saviour via St Mary' Church, South Ealing for a short outdoor service at 10.45 am.
tba (pm) Meditation for Good Friday

Easter Sunday 8.00 am Easter Morning Communion
10.30 am Family Service for Easter Sunday

Clocks GO FORWARD March 26th



The KINGSDOWN MESSENGER

Copy deadline for the April 2017 issue is Friday 24 March 2017

Editors - Pam and Alan Smith

Tel: 020 8840 4803 E-mail: magazine@kingsdownmethodist.org.uk



Dear friends

Many of us think of the desert as a barren and empty place. However, if you went to see the recent exhibition of the work of Georgia O'Keefe at Tate Modern you will have seen a very rich environment. O'Keefe chose to live in the middle of the desert in New Mexico and to use that environment as her inspiration. She described it as "Such a beautiful, untouched lonely feeling place, such a fine part of what I call the 'Faraway'. It is a place I have painted before ... even now I must do it again." To look at the paintings of Georgia O'Keefe is to begin to see the desert in a new way.

I have been fascinated by her work for many years and so have chosen to spend my sabbatical being inspired by her work and visiting the desert in which she lived. Hopefully this will help me to reflect on the wilderness as a place of inspiration and change.

My sabbatical begins on 1 April and ends on 1 July. During which I hope to travel and to spend some time on my own artwork and writing. Thomas and I hope to get the chance to dance with old friends and new as we travel.

While you may not be able to travel with me to the New Mexico desert, our circuit lent course invites us to join on a desert journey. Written by a range of authors, the CTBI course describes itself as a journey into the wilderness. A journey that takes us from a home that we know so well, into a fascinating and often challenging landscape in which we learn what it means to be enriched, enlivened, challenged and (we hope) renewed.

It is a course in which we explore how encounters with those from other faiths can influence and enrich our lives as Christians. I hope that you'll be able to join one of the groups around the circuit as they meet.

May God grant you a blessed Lent and Easter and I look forward to catching up with you all at the end of my travels.

God bless

Rachel

Family News

As you are all no doubt aware, our Minister, Rachel, starts her sabbatical on 1 April and we extend all good wishes and every blessing on her 'adventure' into the desert, hoping that she will find renewal and refreshment for her spiritual and physical needs in the three months of her absence.

We must all be aware of those within our Kingsdown family who are not always able to join us at services or other events because of ongoing health problems. Please remember them in your prayers and keep us informed of anyone you might wish to specifically name on this page.

From Pam: On a personal note, I would like to thank everyone for their cards, flowers and good wishes following my recent hip operation.

Flower Rota

There is now a new flower rota for this year on the notice board in the vestibule for anyone wishing to donate the church flowers.

Maybe you want to remember a loved one, celebrate a significant date in your life or just make a donation to the impressive floral arrangements that Ivy Hanson does each week.

If you would like to donate the flowers please put your name on the rota for the appropriate date and see Ivy a couple of weeks before to arrange with her what you would like (*and, of course, pay her for the flowers*).

Kathleen Jarrett

Faith Exploration Discussion Group

Our fortnightly Sunday evening meetings are suspended while the Circuit Lent Course is running weekly from 5th March and will recommence on Sunday 30th April with the topic "God's Plan".

CIRCUIT LENT COURSE – 'REMEMBERING HOME: CHRISTIAN FAITH IN ENCOUNTER WITH OTHER FAITHS'

This year's Circuit Lent course is based on a course developed by Churches Together in Britain & Ireland entitled 'Remembering Home: Christian Faith in Encounter with Other Faiths'.

The course explores how Christian faith has been deepened and enriched by encounters with people of different religions. It does not necessarily emphasise common ground between faiths nor is it about dialogue with other faiths, but how Christian faith has burned brightly following an encounter with the religious other.

There are familiar Lenten themes in the material but with a different approach. You can read more about the course by going to <https://ctbi.org.uk/lent/>.

There will be 5 sessions, starting on Sunday 5th March at 6.00pm at Kingsdown, repeated on Tuesdays starting on 7th March at 7.30pm at Greenford, and on Thursdays from 9th March at 10.00am at Pitshanger.

For more information, contact Rev Dr Jennifer Smith

or call 020 8579 8114.

CHARITY OF THE YEAR

There will be a book fair with stalls for books, cakes, clothes, gifts and bric a brac on Saturday March 11th from 10.00-12.30.

This is in aid of our Charity of the Year for 2016/17 which is Help For Southall's Street Homeless, a charity supported by Ealing Trinity Circuit to aid the homeless in Southall and their specific needs.

Donations welcome, please see **Anna Church** or **Olwen Britton**, thank you.

BOOK FAIR



Books

Gifts

Bric-a-Brac



**Saturday
11th March**

10.00am to 12.30pm

28th March

2017



The new 12-sided £1
Coin.

The pound won't be
round
for much longer.

The new coin will circulate with the old one for six months, but from October 16 the old coin will no longer be accepted in shops. You will be able to exchange them at banks for some time after that, but expect teething problems with vending/supermarket trolleys that use the old coin. For more information visit thenewpoundcoin.com.

The new £5 notes came in last September. Old paper fivers will no longer be legal tender from May 5. Banks will change them for a while after that.

GOOD NEWS FOR ALL

It's a long time since I last went to the Circuit Meeting, but I thought I'd like to hear from the reps of other churches their response to the proposals for the reorganisation of the Circuit following Jen Smith's stationing to Wesley's Chapel. So I went, this time.

And I'm glad I did so that I could share two wonderful stories that were also told that evening.

First, news of remarkable progress in the plans for our Methodist mission in Southall. Most of us are aware that the two congregations that used to meet at Kings' Hall have been 'homeless' for the past three years, as their church building became unsafe. The members have been battling to find a way to develop the site, and meanwhile have continued their various projects in the community, ensuring that no-one thinks Methodism has given up on Southall! Now, the Connexional Property Committee (the national Methodist body responsible for supporting mission development) has approved an application for a grant of £6.5million towards a joint project with Methodist Hotels group to build a new chapel within a £22million hotel and conference centre development. This represents a major breakthrough in the story of King's Hall, and demonstrates the Methodist authorities' recognition that the circuit, and especially the two Southall congregations, have a major missionary role to play in the town and the vision and the determination to fulfil that role.

Then the meeting approved a request for a grant to fund a feasibility study at Northolt Methodist Church for a major redevelopment of their site. The church is prominently situated at the Target Roundabout junction of the A40, but the building has outlived the needs of the original congregation and lacks the facilities required for 21st century mission. In addition, the worship space is now far too small for its growing congregation! The Northolt representative spoke movingly of the vision that has been developed for their future life and work, which will include at the least an extensive remodelling and maybe a complete new-build!

Such a development will cause the major disruption and massive fundraising efforts which we at Kingsdown have already experienced (though there are far fewer members at Northolt to do all that work) but

it was wonderful to hear the excitement and enthusiasm with which they are facing the future.

I went to the Circuit Meeting hoping to hear sympathy expressed for our Kingsdown congregation whose life is to be disrupted by the reorganisation in September. Our own responses to the proposals were faithfully reported and acknowledged and sympathy was expressed, of course, but it was valuable also to have the proposals put into the wider context of whole circuit development. And it was very good to be reminded that we are not the only church that has 'lost' two ministers in successive years (Acton Hill – Richard Goldstraw and Jen Smith). It was also sobering to be told that, however uplifting the vision for King's Hall, and even if the current plans go ahead according to schedule, the congregations there will have been without their own premises for 8 years! Puts things into perspective, doesn't it?

Kathleen Loveridge



Dear Friends

My telephone is continually ringing day in and day out and each time it shows up on my little window as either 'no number' or '012378911'.

Either way I have found out on the internet they are bogus, so if you are fortunate to get someone on the other end, do not take it, just hang up or scare them off by using your answer machine.

At the moment I am getting no voice, but sometimes I get a totally different number from someone claiming to be from a company responsible for my computer and that they have found viruses. Another scam, don't be taken in.

Should you want to call me, I have my answer machine on, please leave me a message and I will ring you back. If you are a church member receiving this message from me, please can you let your fellow members know and thank you for taking time out to read this message.

**God bless
David Richards**

Property update

You may well have noticed that we now have flat ceilinged lights in the Hall, Annexe, Choir Vestry and Ministers' vestry and floodlights in the Arena, also new LED strips in the wall lights in the Hall Vestibule.



We no longer have to use fluorescent tubes, that are awkward to replace and look unsightly. These have been replaced by LED's. *(Tony Plews has been very complimentary on the update; indeed, he firmly places the increase in boys on the new lights!)*

This replacement of the lights is part of an ongoing programme.

The Property Committee is very active in trying to maintain the building to the highest level. We tend to look for local contractors, and to date have been very fortunate in our choice. The Church premises are vast. The older parts of the building require different maintenance than the more modern parts.

The next big outlay will be internal decorating of the Church Worship area. The fire alarm modification will commence early March *(funds agreed by Church Council)*

If anyone would like to join the Property Committee we would welcome new members.

Regards
Janet Smith
Property Committee

Advice from AD55

The budget should be balanced. The Treasury should be refilled. Public debt should be reduced. The arrogance of officialdom should be tempered and controlled. The assistance to foreign lands should be curtailed, lest Rome become bankrupt. People must again learn to work instead of living on public assistance.

Cicero



We believe in Life before death

"When I needed a neighbour were you there?" When you entered the Church foyer during the past two weeks, did you see Michael? He is a neighbour and lives in South Sudan.

"I was cold, I was naked, were you there? When military forces ravaged Michael's village he fled to the swamps and had to be guided to safety by neighbours. When he returned home, Christian Aid's partner was there. We (Christian Aid) provided fishing nets and hooks. Now Michael is teaching his family how to fish giving them some security for the future. (You will know of the terrible famine in the Sudan and the special Christian Aid Appeal.)

Our 2017 Lenten journey is based on the hymn "When I needed a neighbour were you there" and over the next seven weeks you can meet some of your global neighbours and see how your support will help people live in safety and hope as God intended. Available is a daily reflection, and during Holy Week (10-16 April) a Bible passage as well "Were you there when they crucified my Lord?".

Our journey begins on Ash Wednesday - 1 March and I have already distributed a number of these leaflets. However, if you would like one, please contact me and I will see you received one immediately.



CHRISTIAN AID WEEK 14 - 20 MARCH will soon be here and at Kingsdown a great deal of help is needed from all our supporters.

The focus for 2017 - REFUGEES.

At Kingsdown we shall commence with our Annual Book Fair with stalls on 13 May (this is a week later than usual due to the Heinz choir's visit to the church

BOOKS - we need Children's books, and also books on hobbies and travel. At our last Book Fair we had a request for an atlas and Agatha Christie books. Can you help? We shall need cakes, plants, gifts and bric-a-brac;

you will also find a Traidcraft stall. If you can help on a stall please let me know - we can only do so much if there are insufficient volunteers.

14 MAY - CHRISTIAN AID SUNDAY in the UK but since we don't observe this Sunday at Kingsdown, you can download it. I shall not be handing out DVDs this year.

14-20 MAY - House-to-house collecting and we urgently need more supporters, otherwise we must 'drop' another road This isn't an easy task but its the only time we go out to the community - our 'outreach' task.

20 MAY - FLAG DAY in the London area. We don't ask for money, we don't rattle our tins. This is another time when we go out to the community.

he week ends on Sunday 21 May with the Circle the City sponsored walk, when you have the opportunity to visit some of the City Churches. Anna has agreed to be sponsored but it would be good if friends would not only sponsor her, but accompany her on the walk! Ok,ease do give your support in any way you are able.

This year we celebrate the 60th anniversary of Christian Aid Week. Here is one of the earliest Christian Aid Week prayers:

A Christian Aid Week prayer from 1958

Let us pray
For grateful hearts
For generous hearts
And wills quick to help
And persistent in effort.
That our nation and government
May give generously for relief of refugees
And be ready to help them find new homes
And new homelands.
That all nations may live
Free from fear and free from want.

Amen

Ruby Warne



East Africa Famine Appeal

South Sudan is the first nation in six years to declare a famine, but the UN have issued a stark warning that other countries face extreme food-shortages across East Africa. All We Can and the World Church Relationships Team of the Methodist Church in Britain are calling for support for an urgent appeal to respond to immediate needs in South Sudan and to help avert famine in other countries on the verge of disaster.

Ongoing food crises have pushed many East African countries to the brink of catastrophe with millions across the region facing malnutrition, illness and death. On 20 February 2017 it was announced that South Sudan had already reached tipping point with two counties being declared as officially affected by famine.

Droughts and unpredictable rainfall, protracted civil conflicts and entrenched economic crises, have led to widespread food insecurity across East Africa and people are already dying. Without urgent support, many other communities across the region face the threat of famine in 2017.

The Methodist Church in Britain are urging people to respond quickly, generously and collectively to this catastrophic situation by supporting the appeal being managed by All We Can.

Serge Tissot, Head of UN Food and Agricultural Organisation in South Sudan, said of the crisis: "Our worst fears have been realised". In South Sudan, people are already losing their lives because of a lack of access to food and the problem is expected to get worse unless the international community responds decisively.

In 1998, Sudan faced a famine that led to over 70,000 people losing their lives. All We Can is responding to the dire circumstances in South Sudan in alliance with its experienced humanitarian aid partner in the country.

Moreover, All We Can hopes to reach other countries in the region that are at risk of famine because of widespread food insecurity resulting from drought, unpredictable rainfall and regional conflicts.



Methodist
relief and
development

East Africa Famine Appeal

All We Can's Humanitarian Aid Manager Jason Snuggs said: "This situation is incredibly serious, it is not one we can ignore. We need supporters to give generously and without delay so we can respond to the need in South Sudan and help towards averting famine in other countries in the region on the verge of disaster."

The United Nations have stated that there is a threat of an unprecedented level of hunger, not only in South Sudan but in a number of other nations as well. Local organisations All We Can has worked with for years, in countries like Ethiopia, are already stressing the pressure they are under. Long-term development work with communities is severely threatened by this crisis.

The magnitude of need across the region is enormous: In South Sudan alone, 100,000 people are facing famine in the northern-central part of the country and a further 1 million are classified as being on the brink of famine.

Tragically, the declaration of famine in South Sudan throws the spotlight on a much wider disaster.

In areas of East Africa, and in neighbouring Yemen, a lack of food is no longer a matter of discomfort but of survival. Malnutrition is widespread, in some countries water is scarce and the need for lifesaving aid; food, water and sanitation, is critical.

Gifts to this emergency appeal will enable All We Can and its partners to respond quickly to those in greatest need.

To support the East Africa Famine Appeal go to
www.allwecan.org.uk/famine

Or ask for a donation envelope from Alan Smith

2017 Faith Easter Egg launched

The new look Real Easter Egg 2017 range has been launched, and this year a 24 page Easter story-activity book, illustrated by Alida Massari, is included in the Original, Egg Hunt and Dark eggs. The Special Edition has an Easter traditions booklet inside. The Sharing box, with 30 eggs, comes with 30 colour-in posters.

Out of the 80 million Easter eggs sold in this part of the world every year, The Real Easter Egg is the only one which has a copy of the Easter story in the box, is made of Fairtrade chocolate and makes a donation to charity from sales.

The Real Easter Egg was launched in 2010 but the supermarkets turned down the idea. It was left to churches and church schools to place orders to fund The Meaningful Chocolate Company so they could make The Real Easter Egg.

"The success of The Real Easter Egg has meant that the production of Fairtrade chocolate has moved to the UK. Over £250,000 has been raised from sales for charitable causes. Due to production restrictions, this year we have slightly fewer eggs available so we recommend people order as early as possible."

The whole range can be ordered online at www.realeasteregg.co.uk (with free delivery) or from Traidcraft, Eden.co.uk, TLM trading.com, Embrace the Middle East. Christian bookshops. You can also buy the blue Original egg from Tesco, Waitrose and Morrisons.



The egg that shares the Easter story



A 24 page Easter story-activity book illustrated by Alida Massari.

His Mother

(John 19:25)

*Her "Yes" led to vulnerability,
homelessness, persecution and misunderstanding -
contrasting with revelation and angels,
visitors, gifts and joy.*

*It led to questions with costly answers.
Yet through the pain and piercing
she remained steadfastly for Him, her son.
Pondering, wondering but always present,
always faithful, always loving,
as He completed His Father's work.*

*There she stood – for all of us who have loved,
Loyal and brave and heart-broken.
What a woman!
What a calling!*

"Near the cross of Jesus stood His mother."

Daphne Kitching

Prayer for Family Love

Dear Heavenly Father,

We thank you for your love for us and that we are adopted into your family. Thank you for Mary and her willingness to serve you as the mother of your Son.

Lord, it must have been so hard to see the suffering of her boy on that cross, however grown up He may have been and however much she knew He was yours as well. He was her baby! Please help those of us with children always to lift them to you in prayer whenever they have problems, remembering that when we can no longer pick them up and help them, you always can.

Thank you for our earthly families; for mothers and fathers, aunts and uncles, grandmas and grand-dads, brothers and sisters - help us to lives of loving kindness. Help us to reflect your love in all our relationships.

In Jesus' name. Amen.



EALING TRINITY METHODIST WOMEN IN BRITAIN

QUILT EXHIBITION

Saturday APRIL 29, 11 am -3.30 pm
EALING GREEN CHURCH

PRESENTER: Jackie Smith

Bible Study on one of the quilts- 'Living Waters'- 2.0 pm



**GET A STOCK OF STAMPS BEFORE THE POSTAL RATES GO
UP ON 27TH MARCH**

Second Class goes to 56p and First Class goes to 65p.
Large letters go to 76p and 98p





FIRST CONCERT OF ENGLAND SCOTLAND 2017 TOUR

AT KINGSDOWN

SATURDAY 6 MAY 7.30 PM

Heinz Chapel Choir



For more than 75 years, the Heinz Chapel Choir has presented a cappella music from a variety of time periods and cultural traditions and in a wealth of languages. The Choir's home for the majority of its Pittsburgh performances is the Heinz Memorial Chapel on the University of Pittsburgh campus. The Heinz Chapel Choir is currently under the direction of its tenth conductor, Dr. Susan Rice.

Choir website: <http://www.music.pitt.edu/hcc>

Choir Videos: <http://www.pitt.edu/~heinzcc/videos.html>

**VOLUNTEERS - TICKET SELLERS - CAKE MAKERS - TEA
POURERS - USHERS - CHOIR WELCOMERS - TO HELP MAKE
THIS EVENT RUN SMOOTHLY AND SUCCESSFULLY ARE
NEEDED. CONTACT ALAN SMITH 07802 446 835 OR
E-MAIL MAGAZINE@KINGSDOWNMETHODIST.ORG.UK**

26 March - Mothering Sunday – 4th Sunday in Lent

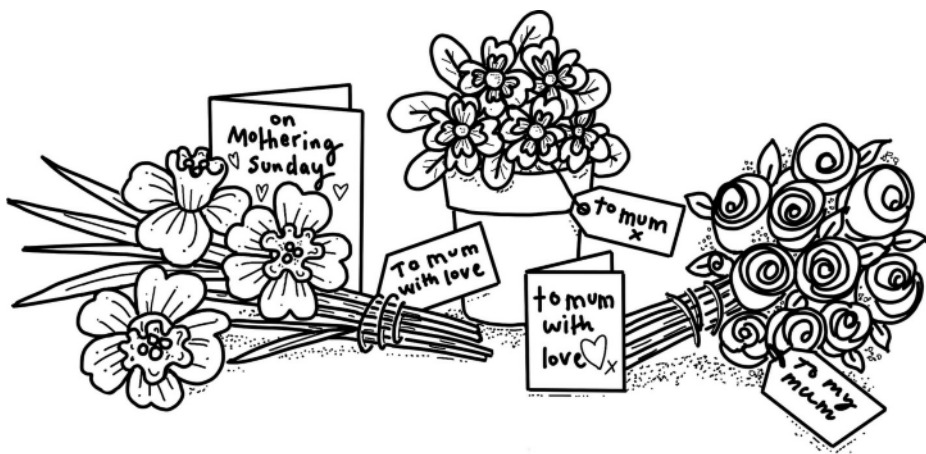
There is an old Jewish saying: God could not be everywhere, and therefore He made mothers.

Mother Church, Mother Earth, Mother of the Gods - our human mothers - all of them have been part of the celebration of 'Mothering Sunday' - as the fourth Sunday in Lent is affectionately known. It has been celebrated in the UK since at least the 16th century.

In Roman times, great festivals were held every Spring to honour Cybele, Mother of all the Gods. Other pagan festivals in honour of Mother Earth were also celebrated. With the arrival of Christianity, the festival became one honouring Mother Church.

During the Middle Ages, young people apprenticed to craftsmen or working as 'live-in' servants were allowed only one holiday a year on which to visit their families - which is how 'Mothering Sunday' got its name. This special day became a day of family rejoicing, and the Lenten fast was broken. In some places the day was called Simnel Day, because of the sweet cakes called simnel cakes traditionally eaten on that day.

In recent years the holiday has changed and in many ways now resembles the American Mothers' Day, with families going out to Sunday lunch and generally making a fuss of their mother on the day.



Leave it Alone

In my tiny front garden I have a shrub. I don't know its name, but it has won a place in my life-long affections. Recommended about six years ago by a horticulturalist friend, it has produced every summer a magnificent array of splendid red blooms, much admired by my neighbours.



They always ask what it is, but I can't remember – I must find out the next time I'm in touch with her. In the Autumn it's an absolute mess for a couple of months, dead leaves, stalks and trailing branches everywhere. However, 'just leave it alone' I had been told, and very willingly I have.

The reward has been the astonishing sight of new shoots in early Spring, and eventually, in late May, the return of my beautiful bush and its glorious flowers.

'Just leave it alone' – Oh, the joy of that advice to a non-gardener. I could be an expert at just leaving things alone, like little Bo-peep in the nursery rhyme: 'Leave them alone, and they will come home, bringing their tails behind them'. Sometimes the Creator really does know best.

David Winter

LOST

Anyone any idea where the Archive copies of the Kingsdown Messenger that were stored in the Organ Loft have been moved to??

These copies were of issues before computers and there are no other hard copies available unless anyone has back copies that they would loan for scanning.

The current issues since 2002 have been stored digitally and a lot of them are now available on the website www.kingsdownmethodist.org.uk

Editors

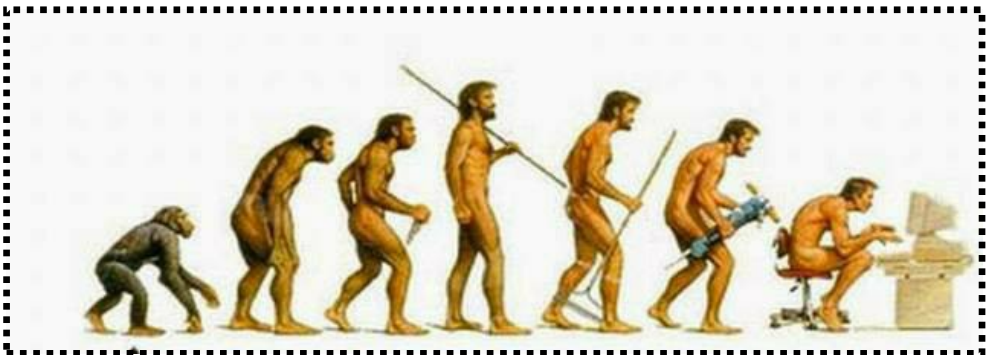
Fewer calories, please!

You almost certainly do not need as much food as your grandparents did. An analysis of 30 years of data by the London School of Economics claims to prove that our obesity crisis is a simple result of our modern lifestyle, which allows us to barely leave our desks or sofas to work, socialise or even shop.

Also, food itself has become cheaper, so now most people in the UK have unlimited access to unrestricted calories of at least some kind or other.

Recommended calorie counts of 2,500 for men and 2,000 for women have been around since the First World War, when people moved about far more in their daily lives. Obesity levels have trebled in the past 30 years, causing medical costs of £6 billion a year in the UK, with a further £10 billion a year spent on diabetes.

As one doctor explained: "It is probably no coincidence that the UK has one of the highest rates of obesity in the world, while it is also one of the world's most globalised, advanced economies."



The Identity Thief

*The identity thief acts by stealth
He's in my computer after my wealth.
He's watching my coat and when I'm off guard
He'll rifle my phone and credit card.
He's after my passport, details of bank,
He'll pilfer my name, number and rank.
But he overlooks and misunderstands
That my name is forever engraved in God's hands
My identity's sacred and will always endure,
Hidden in Christ, safe and secure.*

Harry Hunter



One of my Church Stewards is a stickler for 'Health and Safety'!



Help keep UK bees happy

Bees in the UK are in decline. Here are a few suggestions of what you can do to help:

Plant bee-friendly plants. By planning carefully, you can include plants that provide beauty and nectar all year round.

Spring - pussy willow, primroses and crocuses recommended

Summer - lavenders, meadow cranesbill and ox-eye daisies

Autumn - ivy and hebes

Winter - mahonia shrubs and cyclamen

Leave the weeds

Weeds are actually wildflowers and are a great source of food for bees.

Try weeding less frequently to help your local bees

Let your garden grow wild - bumblebees will be able to make nests more easily

Put the lawnmower away. Mowing the grass kills both the bees and the flowers they collect nectar and pollen from

No garden?

No garden? No problem. There are still many things you can do to help keep bees happy.

Grow Wild flowers in welly boots

Plant a window box or patio pot with borage. The late flowering plant provides nectar when food is scarce

Build an insect hotel and rent it out to the bees this summer. Make sure to secure it at least one metre above the ground



Help bees to hydrate by keeping a pot of moist moss outside. Bees can safely suck out the moisture.

With acknowledgment to RBK and Defra

The Robin

Based on Matthew 28 v20

I often see the robin
Hopping round my tree
And sometimes in its foraging
It takes a peep at me.

Then, bit by bit, it edges close and peers –
'til suddenly it comes right up
To chirp quite forcefully.

Then deep within my memory
Stirs a once-heard ancient tale
Of how it got its red breast
On its tiny feathered frame.

It was on the hill called Calvary,
As Christ was crucified,
That a robin flew to sing to Him,
to ease His sorrow and His sighs.

Then Christ, in blessing, gave it His blood-red breast
to wear.

So now, my robin redbreast reminds me of my Lord,
I remember He is with me

As He promised by His Word.

By Sam Doubtfire

Exercises for the Young at Heart



Keeping active into older age is the key to staying fit, mobile and independent. If you have access to the Internet then have a look at:

<http://www.nhs.uk/Tools/Pages/Exercises-for-older-people.aspx>

This guide provides step-by-step instructions for exercises focusing on strength, flexibility and balance, with a set of sitting exercises to get you started.

If you've not done much physical activity for a while, you may want to get the all-clear from a GP before starting.

It could be a bit lonely doing exercise at home by yourself and need some strong mental resolve - the alternative is to join with others attending a Strength and Balance Class. These classes follow similar exercise patterns to the ones mentioned above and are certainly of benefit by helping to stop attendees from accidental falls or losing their balance when moving about.

Simple regular exercise can help to keep you out of hospital and active longer. The Editors attend a class each week and have found that it has helped them remain active.



This organisation is running Strength and Balance classes at :

Ealing Christian Centre, Northfield Avenue
Mondays 12.00 pm - 1.00 pm

Pitshanger Church
Tuesdays from 11.00 am - 12.00 pm

St Pauls Church, Ridley Avenue
Wednesdays 12.00 pm - 1.00 pm

Northolt Church
Fridays from 12.15 pm – 1.00 pm.

To commence on a course turn up at your selected venue or contact 'Stay Active 4 Life' - Aran Summers 020 8574 7785 Mob: 0771 517 0207.



Connecting with Communities through Social Media



Ealing has nearly twenty twitter accounts covering most of the wards across the Borough, used to engage with local communities. We also have accounts for Ealing Voluntary Police Cadets, Ealing Police FC and Chief Superintendent Martin has his own account [@paulgmartin1313](#). Our main [@EalingMPS](#) account has over 24,000 followers and brings regular and real time updates about issues across Ealing Borough.

A full list of the borough Twitter accounts can be found on our Facebook page detailed below.



In April, we launched www.facebook.com/EalingPolice. Facebook gives us the opportunity to have discussions with the public and communicate directly with local community groups about specific issues relevant to them.

We post details of events across the Borough and you can subscribe to be kept up to date about when and where these are taking place. If you have a Community Event you want advertised let us know and we'll try to support you.

In November, we launched an Instagram account to engage with younger audiences across the Borough. Schools officers will be using this more throughout this year as a platform of engagement to talk about issues that face our younger communities such as internet safety and bullying. You can follow us at [Ealing_Police](#)



Chief Superintendent Martin is keen to speak directly to the community as regularly as possible. Although he uses twitter for quick messages to the Borough, Mr martin regularly updates his personal blog at www.paulgmartin.wixsite.com/blog Anyone wishing to contact the Borough Commanders office can do so through this site.



We utilise YouTube as a one stop shop for all our video content from crime prevention videos to community events and award ceremonies. You can subscribe to our channel at ['Ealing Police'](#)

For your news.....



MAD MARCH GALES

The month of March has a reputation for a wild and blustery start but usually changes to much milder weather before it ends ... as the old saying goes 'March comes in like a lion and goes out like a lamb'.

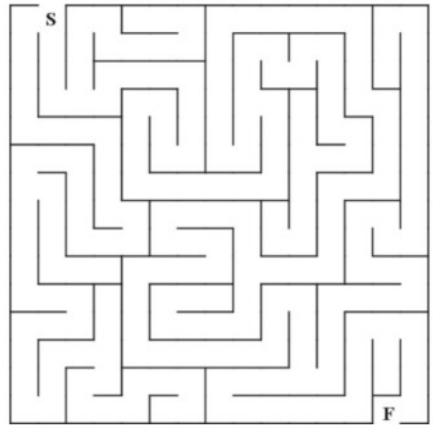
People's homes are flooded or big trees uprooted in high winds. Even if it doesn't happen to us we see the pictures of other people's suffering in the media.

There was a time when Jesus' friends were frightened because a fierce storm blew up while they were fishing. The disciples thought their boat was going to sink and they were very frightened. You can read about it in St Mark's Gospel, chapter 4, verses 35-39.

I get frightened when the wind blows so hard that the trees bend and the lights flicker but then I remember that Jesus is with us all the time. Just as He was with the disciples in the boat, He is with us when we are afraid. Jesus gives us hope, courage and strength.

SAFELY HOME

Can you find your way home through the maze of streets?



What did the north wind say to the east wind?

Let's play draughts



How easy is it for wind gusts to talk to each other?

It is a breeze.

What does a cloud wear under her raincoat?

Thunderwear!

EVENTS AT KINGSDOWN

MARCH

- Mon 6 8.00 pm Guides (most Mondays throughout the month)
- Tue 7 2.00 pm Kingsdown Club - The History of Pears Soap (a talk by Miss Andrea Cameron)
- Wed 8 1 pm Babies & Toddlers commences (weekly)
(term time only)
- Thu 9 3.30 pm - 5.30 pm CBSI UK Bible Studies in the Foyer
- Fri 10 10.15 am Coffee Morning in Foyer - everyone welcome
BOYS BRIGADE 6.30-7.30 pm Anchor Boys, 6.30-8.00 pm
Junior Section, 7.30-10.00 pm Company Section (most
Fridays throughout month)
- Sat 11 10 am BOOK FAIR with gifts/bric-brac stalls in aid of
'Help for Southall's Street Homeless'
- Tue 14 Liz & Steve Palmer's Home Group
- Sat 18 10.15 am-12 noon Coffee & Chat - everyone welcome
- Tue 21 2.00 pm Kingsdown Club - Dave plays & sings for us.

FAIRTRADE FORTNIGHT 29 FEBRUARY - 13 MARCH



6 May 7.30 pm Concert at Kingsdown with Heinz Chapel Choir from Pittsburgh USA

The views expressed in articles in The Messenger are not necessarily those of Kingsdown Methodist Church or the Editors.

Data Protection - Kingsdown Methodist Church maintains a database of basic information relating to members and the community roll. Keep the Minister informed of any changes to your personal details. The database is maintained in accordance with the guidelines of The Trustees for Methodist Church Purposes, Central Buildings, Oldham Street, Manchester M1 1JQ to whom any formal requests for access to the data must be addressed.