



KINGSDOWN MESSENGER



December 2016 - January 2017



SERVICES FOR DECEMBER/JANUARY 2017

11 Dec 10.30 Rev Rachel Bending, Family/Parade & Gift Service
(see p. 8)

18 Dec 10.30 Mrs Esther Ackah with the Rev Rachel Bending -
Nativity Play and Holy Communion
6.00 Carol Service



24 Dec` 11.15 **Christmas Eve Service** Rev Rachel Bending - Holy
Communion

25 Dec **10.00 Christmas Day** Morning Worship
with Rev Rachel Bending



JANUARY 2017

1 Jan 10.30 Local Arrangement

8 Jan 10.30 Rev Rachel Bending - Covenant Service & Holy
Communion

15 Jan 10.30 Rev Rachel Bending - Family/Parade Service

22 Jan 10.30 Rev Randolph Turner
6.30 CIRCUIT SERVICE at EALING GREEN

29 Jan 10.30 Rev Oluyemisi Jaiyesimi

The KINGSDOWN MESSENGER

Copy deadline for the February 2017 issue is Friday 20th January 2017

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Dear friends

As we enter this December and the lead up to Christmas our news is full of the discord of the world. Recent votes in the UK and USA have left political commentators and pundits baffled. If any interpretation is possible, it seems that they reflect a growing feeling of dissatisfaction with the way things are and with our political leaders, a feeling of disempowerment and a wish to be heard.

It appears also that the campaigning that led to these results may have produced an increase in the polarisation and division within our societies and a rise in hatred and ill will towards those seen as different. For many in our societies and communities these developments have caused much grief, disbelief and insecurity. Financial markets reflect this mood and add to it.

In all of this, as usual, it is the most vulnerable in our communities who are likely to be most affected and least noticed. Recent reports suggest that Foodbanks are experiencing a large increase in need. Pressure on social care and health services are having negative affects on those who access them and those who work in them. Benefits changes and delays can make 'just about managing' a seemingly impossible hope for some families in our communities.

It is within this context that we celebrate Advent and Christmas this year. In Advent we think about the Kingdom of God here now and promised in the future. We recognise that we are called to live God's abundant life now but also to recognise those places where that abundance is not felt. The places of our world torn apart by war, oppression or intolerance. The people struggling to find food and shelter for their children. We're called to work to bring God's plenty into these places. So that all may have life and have it abundantly.

We're also called to recognise the ways in which we restrict God's abundance in our own lives. Are there ways in which we fail to believe in and hope for God's Kingdom? Do we assume that there will not be plenty to go round and so try to conserve what we have and make sure we and our families have enough? Do we deny the gifts we have been given by hiding our talents or assuming we can do nothing to help? Do we pray without ceasing for the coming of God's Kingdom and look for its signs in acts of love?

This Advent, may we grow as builders of God's Kingdom, looking for its signs and seeking to show all around us God's love and the tremendous and overwhelming possibilities of God's Grace.

I wish you all a happy and blessed Advent and Christmas and a hope filled New Year.

A handwritten signature in black ink that reads "Rachel". The script is cursive and elegant, with a long, sweeping tail on the final letter.

Family News

A number of our church family are experiencing health problems just now. We do hope they will all receive good medical attention and feel up to celebrating Christmas; please remember them in your prayers.

We are sure all would like to join with **Mary Osborne** in wishing the tea and coffee ladies a happy Christmas and thank them for their hard work throughout the year.

There are so many people who work tirelessly behind the scenes to keep the church 'ticking over' and Christmas seems an appropriate time to thank them all for their dedication.

The death has occurred of Maxwell Thompson (whose name may be familiar to some of our Church family); his funeral is to be held at Kingsdown with the Rev Rachel Bending presiding. It is hoped that the funeral will be on 19th December at 12 noon to be followed by committal at Mortlake Crematorium at 2pm. Rachel is asking if anyone would be willing to act as steward on that occasion.

It was great to get news recently of the Catford family. It seems they have now been able to move into their new manse after major repair work. Suva has recovered from her operation and both she and Peter have been warmly welcomed by their churches.

Rebecca has also gone north and is job hunting following her community organising masters, which she gained last year. Daughter Elizabeth and family are now in Bath and getting used to balancing family and ministry life.

They express the wish that all at Kingsdown will have a blessed Advent and Christmas.

It is with sadness that we say goodbye to **June Thompson.**

June has been an active Church member for many years. She has been involved in the Sunday School and other social activities; always willing to help and assist in any way she could. When the Pantomimes took place, she was always at the rehearsals to give a hand where required. She will be sorely missed.

June is relocating in early December to her home town nr. Wrexham, North Wales. I'm sure you would like to join me in wishing June all the very best in her new venture.

**God Bless
Janet Smith**

My farewell note to Kingsdown!

On 10 December after 35 years in Ealing I am finally going home again to Wales! Help! is it really all that time? Where did it go to?

I have many mixed emotions about leaving, but "*Through all the changing scenes of life, its troubles and its joys*" experienced over these years I would like to take this opportunity to say very many thanks to my many friends at Kingsdown. Thank you for all the love, fellowship, fun, laughter, and spiritual growth I have found at Kingsdown over the years. I shall miss you all very much and just hope I shall find similar in my new Wrexham Methodist Church.

However, this is not a final goodbye. Not only shall I be popping back to visit dear friends but on the grounds that NHS England is marginally better funded than NHS Wales (Ha Ha!) I have several medical appointments I shall be keeping in the next few months so I shall certainly be visiting again soon

Also I shall 'Keep a Welcome in the Hillside' for any friends who are passing through the area or wish to visit.

To get back to practising my Welsh- diolch yn fawr - thank you all very much again.

Wishing you all a Very Happy Christmas and very best wishes for 2017

**Love and best wishes
June**

Christmas Message from Barton-on-Sea

May your Christmas be joyful peaceful and bright
and filled with the love of that first holy night.

May God bless you all from

Jill & Roy Ward

Love Northfields Winter Festival Saturday 10th December



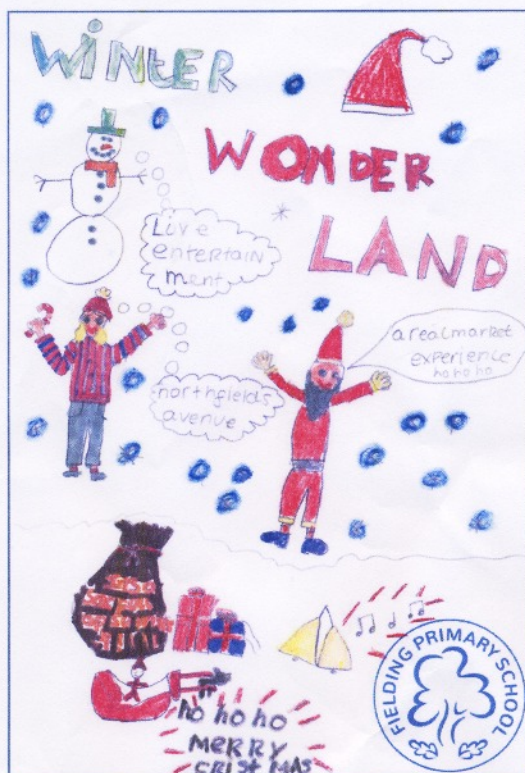
Nativities Festival until 5th January

The Love Northfields Winter Festival will take place on Saturday 10th December 2016, 4-8pm.

The church will be open for people to visit the Nativities festival. We will also have an exhibition of children's artwork from the event's poster competition, crafts for children and adults, and refreshments.

If you would like to be involved in any of the 10th December activities or in helping with the Nativities Festival, please contact Revd Rachel Bending

***The people who tend to make a difference are
not the ones with the most credentials, the most
money, or the most awards; they are simply the
ones who care the most.***



MIRI 45

"Love Northfields" presents

NORTHFIELDS WINTER WONDERLAND

Saturday 10th December 4pm to 8pm

Father Christmas - Real Reindeer - Owl Petting

Live Music - Food - Drink - Wreath Making - Face Painter
- Shops Open and much much more..

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Appointment of New Deacon to the Circuit

Since the announcement last May that Deacon Richard Goldstraw had been appointed to take on a national role within the Methodist Diaconal Order as Deputy Warden, the Circuit Invitations Committee has been working to find a replacement to fill the position.

The stationing of a new Deacon to be based in the **Acton Hill** and **Ealing Green** communities complementing the pastoral ministry of the presbyter from August 2017 has been a priority for the Circuit Stewards. I am therefore extremely pleased to advise you that, following a visit to the Circuit on Friday 11th and Saturday 12th November 2016 to meet church representatives, Circuit Stewards and ministers a successful match has been made.

This decision is subject to final approval at conference in June 2017. **Deacon Ramona Samuel** will be joining the Circuit in August 2017. Ramona is currently a minister in East Stanley, South Moor, and White Le Head Methodist Churches in the Durham Circuit. Ramona and her husband **Rev Calvin Samuel** and family will move into the manse at 27, Rosemont Road, Acton. This is a very successful outcome to the stationing process and I am sure you will join the Circuit team in welcoming Ramona later next year.

In the meantime, Rev Randolph Turner will continue his appointment of Associate Pastor serving Acton Hill and Ealing Green and as a member of the Circuit team.

Michael Brown, Circuit Steward

Gift Service – Sunday 11th December

Kingsdown's Charity of the Year for 2016/17 is Hope for Southall Street Homeless (HSSH). In our Gifts Service on 11th December we are asked to make donations to the charity of men's toiletries (shower gel, shampoo, toothbrushes, toothpaste, shaving foam, disposable razors, deodorant etc) or men's clothing (warm gloves, thick socks, woolly hats, scarves, jackets, thermal undergarments, trousers (sizes 32" – 36") or belts). Information about HSSH and its work supporting rough sleepers in Southall can be found at www.hssh.org.uk.



Reflection and prayer following the USA Presidential Election from the Chairs of the London District of the Methodist Church

Following a fractious and divisive campaign, the results of the election are in and the world has woken up to the news that Donald Trump is President-Elect of the United States of America.

For many this is a victory, and the pundits and commentators will spend months speculating on what motivated voters to make the choices that they did. There will be those who feel vindicated and a sense of freedom in what seems like a new era in world politics.

For others the result is frightening and the world feels a less safe place, a place where the vulnerable are not protected and where the new era of politics is merely the same wolf of privilege and power in sheep's clothing of a different flock.

It feels as if hate has overcome love. As Christians, we know that cannot be the end of the story. Love conquers hate, good overcomes evil, unity is always more Godly than division. How do we respond to what we see in the world? People of good will and people of faith need to love more, love better and love with more fervour, more passion and more self-sacrifice.

As Methodist people, our tradition is to love like that, to roll up our sleeves and help our neighbour in need, to ask hard questions of the powerful and to be willing to risk our own comfort for the sake of others. It is also our tradition to pray.

A prayer following the 2016 USA Presidential Election

Gracious God
you hold all things together for good
and you long for creation to be restored
and all your people to live in peace.
We pray today for the United States of America
for all who voted in the election,
and for all who chose not to vote.

We pray for those who will take office in government
and for Donald Trump as he prepares to take on the role of
President.

Grant all in power and leadership
your gifts of wisdom, compassion and humility
that those governed by them might live in unity and peace.

We pray for your world,
that barriers of hate, prejudice and fear be broken down
and replaced by bridges of love, openness and trust.
In the name of Jesus Christ, the Prince of Peace.

Amen

The Revd Michaela Youngson
The Revd Nigel Cowgill
Chairs of the London District of the Methodist Church



Remembrance Parade - Sunday 13th Nov



The Church was full for the Service of Remembrance on Sunday 13th November. Young and old came together to remember those who have given their lives for us. At 11am The Boy's Brigade played the Last Post and Reveille and then the congregation added their own poppies to the foot of the cross outside the church.



Barn Dance

What a great evening. So many people came and even if they didn't dance, I know that many of them enjoyed watching others gallivant around. It was not the intention to make lots of money! More, that we build up a cash fund which can be used for further social get-togethers.

We now have a healthy £250, (after paying out various expenses) in the kitty, and have booked a date for the next evening which is 18th February, 2017.

If you have any ideas of what you would like for that evening, please either tell, Violet, Blossom, Brenda, Pam or myself. All ideas are welcome.

Once again thanks.
Janet Smith



CHRISTIAN AID NEWS



The **CHRISTIAN AID APPEAL THIS YEAR** and **CHRISTIAN AID WEEK 2017** will be on behalf of **REFUGEES**

THE PROMISE OF GOD

The people walking in darkness have seen a great light: on those living in the land of deep darkness a light has dawned. ISAIAH 9:2

FROM DARKNESS

This Christmas, 65 million people simply can't be at home. Forced out by the darkness of violence and fear, they're searching for safety and refuge.

TO LIGHT

This Christmas, join us light the way out of poverty and into safety for thousands of people.

PRAYERS FOR REFUGEES

- a) Almighty and merciful God,
Whose son became a refugee
And had no place to call his own
Look with mercy on those who today
Are fleeing from danger,
Homeless and hungry.
Bless those who work to bring them relief;
Inspire generosity and compassion in all our hearts;
And guide the nations of the world towards that day
When all will rejoice in your
Kingdom of justice and peace;
Through Jesus Christ our Lord.

Amen

- b) God of Abraham, Isaac and Jacob, provide for all
Seeking refuge from famine.
God of Hagar, Joseph and Moses, liberate all
Seeking refuge from slavery.
God of Esther, Naomi and Ruth, strengthen all
Seeking refuge as families.
God of David, Elijah, and Jeremiah, protect all
Seeking refuge from conflict.
God of Ezekiel, Ezra and Nehemiah, comfort all
Who are longing for home, in the name of the One who
Was both refuge and refugee.

Amen

(Christian Aid, 2016)

THE BOX IN THE CHURCH VESTIBULE

Very many thanks to the Kingsdown friends who leave STAMPS in the box/or hand them over to me, regularly. Christmas is approaching so I expect to find many more stamps in the box!

SOCKS are needed urgently by the West London Mission (Hinde Street Methodist Church) for those 100 men and women who visit the Day Centre every day.

Please don't forget SPECS - and if you receive a new MOBILE PHONE at Christmas, THE BOX would be happy to receive your OLD ONE!

Ruby Warne

2017 BOOK FAIR DATES

11 February
11 March
13 May
1 July
16 September
4 November



Starting Work in Zimbabwe

All We Can has started working in Zimbabwe, a country in southern Africa. Zimbabwe is a low-income country with high levels of food insecurity. The country has had, and continues to face, economic and political challenges, which mean public services are very limited and local people find it difficult to find long-term sources of income. Everyone is impacted. By deciding to work in Zimbabwe All We Can has committed to working with local organisations to support people, especially in rural areas, to develop sustainable solutions to the challenges they face.

Stephanie Dalton works as All We Can's Capacity Development Manager and Partnership Manager for Zimbabwe. She is passionate about the country of Zimbabwe and its people and is excited about the work All We Can has committed to. In this week's blog we find out more about why the people of Zimbabwe matter to Stephanie as well as more about why All We Can have decided to get involved in the country and have begun working through a local partner the Methodist Development and Relief Agency (MeDRA).



MeDRA (officially the Methodist Development and Relief Agency) is the social action arm of the Methodist Church Zimbabwe. It was set up in August 2004 and registered as a charity in 2009. The organisation is part of the church and their work is very much compelled by an understanding and experience of God's love and justice. The organisation has a long-term presence in the communities where they work, partnering with the local community to identify the most vulnerable people (of all faiths or none) who they support to develop sustainable livelihoods, access clean water and improved sanitation facilities and strengthen community-based support structures.



Methodist
relief and
development

Extraordinary Gifts

How it works

When you buy an AWC Extraordinary Gift, you are providing the funds needed to help AWC to continue to support talented local partners working in poor communities across the world.

The costs displayed are accurate to the costs of the AWC programme in each country, these are provided as examples of the difference your gift is making. All gifts are allocated to where the need is greatest across our work. For the gifts which are related to emergencies, the money will be allocated to our Emergency Fund, and the gifts related to the refugee crisis will be allocated to our Refugee Response Fund.



£24 could help set up child forums for refugee children in Jordan, helping to bring laughter, play and emotional support to children who have been forced to flee their homes because of war.

£10 could provide a family with drought and flood resistant seeds in Nepal, helping them to adapt to climate change and reducing the risk of hunger.



The cost of adapting to climate change is out of reach for many poor people in communities that rely on subsistence farming to feed their families.

**There are Extraordinary Gift Catalogues in the Church Foyer or go to <http://www.allwecan.org.uk/extraordinary-gifts>
Or ask Pam or Alan for a copy.**

LIGHT AND DARKNESS

There was once a dark cave, deep down in the ground, underneath the earth and hidden away from view. Because it was so deep the the earth, the light had never been there. The cave had never seen light. The word "Light" meant nothing to the cave, who couldn't imagine what "light" might be.

Then one day, the sun sent an invitation to the cave, inviting it to come up, and visit. When the cave came up to visit the sun, it was amazed and delighted, because the cave had never seen light before, and it was dazzled by the wonder of the experience.

Feeling so grateful to the sun for inviting it to visit, the cave wanted to return the kindness, and so it invited the sun to come down to visit it sometime, because the sun had never seen darkness. So the day came and the sun entered the cave; it looked around with great interest wondering what "darkness" would be like. Then it became puzzled and asked the cave "where is the darkness?"

Wishing the church family at Kingsdown, coupled with Ealing Trinity Circuit friends, a Merry Christmas and Prosperous New Year 2017.

Love, Peace and Regards **Lita Requinton Stoll**

21 December Winter Solstice

A Midwinter festival has been a part of life since pre-Christian times. When the hours of daylight are fewest, the warmth of the sun weakest, and life itself seemingly at a standstill, our ancestors, the pagan peoples of Europe and Western Asia, kept festival by lighting bonfires and decorating their buildings with evergreens.



Perhaps they believed that the dying sun could be enheartened by fire, and the life of the buried seed assured by the presence of evergreen branches.

With the advent of Christianity, the Spring gods became identified with Christ, and the birthday of the sun with the birthday of the Light of the World.

The Autumn Term MWiB Forum

Swanwick - Saturday 15th -16th October

The Forum which is the policy-making Connectional Body is comprised by an Executive, headed by Anne Browse and forum members represents the Districts in the Methodist Church.

It is the policy-making Body for Methodist Women in Britain. [MWiB}, which is also the British Unit of the World Federation of Methodist and Uniting Church Women (WFM&UCW). Several attendees had recently returned from The WFMUCW conference, where one member of last Year's executive team, who was the area WFM&UCW Area officer up to July 2016, was elected World President.

Much business were dealt with during the session which concluded with Worship on the 16th October. Forum as usual started with Worship followed by Business throughout Saturday and ended with Communion Service and Lunch on Sunday.

Summary of Decisions and Reports

A WFM&UCW - 13th World Assembly and World Federation Day – The Assembly, held in Texas was attended by 830 women of

whom 70 were from UK and Ireland. The MWiB Fund-raising drive towards funding delegates from Eastern Europe to attend 'Tenners for Texas' raised, **Tenners for Texas** - £9,447 received and £11,090 was sent to those successful candidates and received with thanks.

The next Area Seminar will be held in Ireland in June 2018 (Britain, Ireland and Europe) and the 14th World Assembly will be held in Sweden/Norway in August 2021.



A Swanwick weekend 2017 - 31 March – 2 April 2017, entitled *Willkommen! Bienvenue! Welcome!* Bishop Rosemarie Wenner from the Methodist Church in Germany will be the Key note speaker, who will be giving an account on how Germany is dealing

with the Refugees' crises. Bookings was opened from 1st November.

B Epworth Exhibition of memorabilia on the evolution of Network work to MWIB, was launched in May this year, but needed ongoing attention. PowerPoint and Leaders' notes will be available for use for District meetings; leaflets have been reprinted in larger print. Sarah Braisdel, who was instrumental in putting the exhibition together, will be running a workshop, at the Swanwick conference, next year.

C Dalit Solidarity Fund Raising- including the Paul Field Concert, that was held in Central Hall this year raised, £86,353.44 up to end of August this year. The fund will be kept open to 31 December 2016 and after that all funds will be sent to World Mission Fund or directly, to the World Church{WCR} Relationships team.

D. MWiB Conference Fringe events 2016 - planned jointly with WC; was successful, though timing for the sequence of events on the Agenda was rather rushed. Conference 2017 will be held in Birmingham on **Friday 23 June 2017**- Venue and Agenda, yet to be confirmed. Sandra Goodwin, current MWiB Vice President, will be commissioned as President.

E. Julie Hulme Writing competition 2017 title '**Stepping Out**'. Publicity from mid-January and closing date 19 April. Winners will be announced at 217 Conference fringe event.

F Visual awareness event, May 2016 – Lynne Ling reported on event and outcomes. PowerPoint presentation and further information, will be available by February Spring Forum and Swanwick weekend.

G Shoreline Conversations Resources are available to be purchased. **Creativity Day planned for Saturday 20 May 2017** – organised by Shoreline Conversations, title '**Leaving the familiar**' to be held in Liverpool city centre with morning visits to Slavery Museum, Tate art gallery, photography, Street Wisdom and in-house options; afternoon reflecting on experiences. **Publicity from January, (120 places!)**.

For further information, visit www.shorelineconversations.com

H Easter offering Service 2017 Entitled '**Shine Like Stars**' – Forum reps were reminded that the liturgy, written by a team from MWIB, was a gift to World Mission and has continued to raise a good deal of money connexionally. over the years. Order Forms, Leaders notes,

envelops and Order of service leaflets to be ordered from the MWiB Web site.

It has been a privilege to have served as the London District rep.

Finally, the new District MWiB Chain of office, Uniformly designed and previously agreed at Spring Forum and paid for by a Legacy, were issued to be taken back to be presented to current District Presidents

Blossom Jackson

London District Forum Rep. 2013- October 2017

ANOTHER YEAR PASSES

*I remember, in December... or around that time...
My grandma telling me the ancient rhyme.
"Christmas comes but once a year,
and when it comes it brings good cheer".
I certainly loved making paper chains,
And the presents like dolls and miniature trains.
Later, of course, as churchgoer I was able
To learn of a babe, that was born in a stable.
T'was a wonderful story, it seemed to me,
But nothing to do with the Christmas tree.
The tree with its fairy lights, baubles and star,
All shiny at night, and seen from afar.
But what is the Angel, atop, doing there,
Along with the trappings of sumptuous fare?
Is it there to remind us how we can mix
The Christian message with the festive tricks?
And should it not perhaps be the other way round
When the joyful singing of carols abound...
That the cheer is to honour that heavenly birth
When Jesus came down for us, here upon earth.*

Joyce Hobson

Christmas: Why the world was ready for Christmas

Ever wonder why Jesus was born when He was? The Bible tells us that "when the time had fully come, God sent forth his Son..." The Jewish people had been waiting for their Messiah for centuries. Why did God send Him precisely when He did?

Many biblical scholars believe that the 'time had fully come' for Jesus because of the politics of the time. The Roman Empire's sheer size and dominance had achieved something unique in world history: the opportunity for travel from Bethlehem to Berwick on Tweed without ever crossing into 'enemy territory' or needing a 'passport'. For the first time ever, it was possible for 'common' people to travel wide and far, and quickly spread news and ideas. And all you needed were two languages - Greek to the east of Rome, and Latin to the west and north. You could set sail from Joppa (Tel Aviv) and head for any port on the Med. And the Roman roads ran straight and true throughout the empire.

So the Roman Empire achieved something it never intended: it helped spread news of Christianity far and wide for 400 years. After that, the Empire crumbled, and the borders shut down. Not until the 19th century would people again roam so freely. The time for Jesus to be born, and for news of Him to be able to travel, had indeed 'fully come'.



Christmas Prayer

Father,

Thank you for creating us and for loving us so much that you sent Jesus to become one of us and to be our way to you. This Christmas may we know the love, peace, comfort and joy that only you can give, no matter what our circumstances. And may we reflect your light and love in this dark world to bring glory to you. In Jesus' name. Amen.

By Daphne Kitching

THE NIGHT BEFORE

'Twas the night before Christmas, when all through the house
Not a creature was stirring, except Papa's mouse.
The computer was humming, the icons were hopping,
As Papa did last minute Internet shopping.

The stockings were hung by the modem with care
In hope that St. Nicholas would bring new software.
The children were nestled all snug in their beds,
While visions of computer games danced in their heads.



Sums up Christmas

Three phrases that sum up Christmas are: Peace on Earth; Goodwill to Men; and Batteries not included!

Over Christmas

I asked a friend of mine what he would be doing over Christmas. He told me he reckoned he would be doing a lot of work on "aqua-thermal treatment of ceramics, aluminum, and steel under a constrained environment." I was astonished – and baffled. In further conversation, I learned that he would be "washing dishes with hot water under his wife's supervision."

No room

The Sunday School teacher was telling the story of the Nativity, and had just finished the part about there being 'no room at the inn'. A small voice piped up: 'I blame Joseph. He should have booked.'

Burglar: What are you laughing at?

Homeowner: That you come at night around Christmas without a light, to look for money when I can't find any in broad daylight!

How much would keep you from attending church?

Survivors of the recent Hurricane Matthew in Haiti put on their Sunday best and picked their way through the debris to pray in ruined churches. At least 900 people died after the storm tore through the poorest Caribbean nation with tens of thousands of homes obliterated.

But on the next Sunday, families packed what remained of the churches and many sat in pews under open sky, because the hurricane had ripped away roofs and even walls. At least one church was so badly damaged that worshippers set up an altar and prayed outside.

Elise Pierre, 80, said she believed it was a divine miracle that she and her loved ones survived. "If God wasn't protecting us we'd all be gone today, blown into the ocean or up into the mountains," said Ms Pierre. She sustained a wound on her forehead when her sheet metal roof collapsed during the storm.

Are there too many fair-weather worshippers in the UK who are put off even by a slight shower!

from ACE Forum



© All We Can - UMCOR

Doesn't it take a lot of energy to power up a heating system when it's cold?

Of course it takes a certain amount of energy to kick-start your heating system. However, it also takes energy to keep the heating at a level temperature 24 hours a day.

The idea of leaving heating on all the time doesn't take into account the fact that some heat is always being lost, even in the best insulated houses.

There's a fundamental principle involved here, which is that the heat loss from a house is always proportional to the difference in temperature between the inside and the outside.

So the greater the difference, the more heat you lose. And the longer you maintain that difference (by keeping the heating switched on) the greater the total amount of heat

lost - and the more you'll have to pay to replace it.

Even if your home is very well insulated, your heating system will still have to power up at intervals to restore the temperature and replace the heat you've lost.

If your house is poorly insulated, or not insulated at all, the heat loss will be even greater, and the heating could be using energy all the time to maintain a constant temperature. This would work out much more expensive than just turning it on and off when you need it.

So it definitely isn't the most efficient way to heat a house.

If your home isn't insulated:

33% of heat is lost through the walls

26% through the roof
18% through the windows

12% is inevitably lost because of draughts and essential ventilation

11% through the door and the floor



**DOES
SOMETHING
FEEL WRONG?
FIND OUT WHY
IT'S RIGHT TO
QUESTION IT**



TO STOP FRAUD™

If you receive a request to hand over (or do something else with) personal or financial information, you need to take a moment to reflect and step back from the situation. Yes, even if they say they're the bank, police or another trusted organisation, you still need to take the time to stop and think about what's really going on.

Deep down, you probably already know these basic rules on how to beat financial fraud – you just need to take a breath and stay calm enough to remember them.

1. Never disclose security details, such as your PIN or full banking password - banks or other trusted organisations will never ask you for these in an email, on the phone or in writing. Before you share anything with anyone, stop. Then pause to consider what you're being asked for and question why they need it. Unless you're 100% sure who you're talking to, don't disclose any personal or financial details whatsoever.
2. Don't assume an email or phone call is authentic – just because someone knows your basic details (such as your name and address or even your mother's maiden name), it doesn't mean they are genuine. Be mindful of who you trust – fraudsters may try and trick you into their confidence by telling you that you've been a victim of fraud. Fraudsters often use this to draw you into the conversation, to scare you into acting and revealing security details. Remember, fraudsters can also make any telephone number appear on your phone handset so even if you recognise it or it seems authentic, do not assume they are genuine.

3. Don't be rushed or pressured into making a decision - under no circumstances would banks or other trusted organisations force you to make a financial transaction on the spot; they would never ask you to transfer money into another account for fraud reasons. Remember to stop and take time to carefully consider your actions. Banks or other trusted organisations won't rush you or mind waiting if you want time to think.
4. Listen to your instincts – if something feels wrong then it is usually right to question it. Fraudsters may lull you into a false sense of security when you are out and about or rely on your defences being down when you're in the comfort of your own home. They may appear trustworthy, but they may not be who they claim to be.
5. Stay in control – have the confidence to refuse unusual requests for personal or financial information. It's easy to feel embarrassed when faced with unexpected or complex conversations. But it's okay to stop the discussion if you do not feel in control of it.

Take Five, a new national campaign led by Financial Fraud Action UK, is here to take action against the financial fraud that affects millions of people in the UK each year. If you think there has been fraud on your card or bank account – or if you suspect anyone has attempted to obtain your financial details - report it immediately to your financial services provider then contact Action Fraud on 0300 123 2040 or at www.actionfraud.police.uk.

For more information www.takefive-stopfraud.org.uk

*A Happy and Peaceful Christmas to all
our readers and every blessing in the New
Year.*

*Let us all hope and pray that the year
2017 will see the world become a better
place for all people.*





NATIVITY PLAY

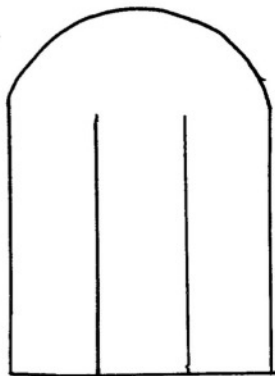
To see the story of the first Christmas through the eyes of little children makes it fresh and new. I like the story of the little boy who so wanted to be Joseph but was picked as the inn keeper instead. All went well until the nativity play started and Mary and Joseph arrived at the inn. The boy playing the innkeeper greeted them with 'Come in Mary love, there's plenty of room for you, but Joseph can get lost!'

Mary may insist that her teddy is the Baby Jesus, the angels may trip over their robes made from sheets, but every nativity play shows the wonder of the story of the first Christmas when the son of God was born a baby, like us. Tea towels used as shepherd's headdresses and angels' haloes made from wire coat hangers only serve to underline the humanity of it all. A baby born in a stable – a simple story that changes the world.



LOTS OF LOVE

Time to make some Christmas decorations? Cut out two shapes like the pattern below, one in red card, one in green card. Don't forget to cut the slits.



Interlock the 2 shapes by weaving the strips under and over their opposite



colour. This will give you a heart shape. Use a little glue to hold them together if needed. Punch a hole in the top at the centre and thread with cord to hang your decoration. You can make lots in different colours and decorate them with sequins or stickers too. Nice symbols of love to decorate your Christmas.

The Cat's Christmas Hymns:

Oh, Come All Ye Fishful
Silent Mice
Joy to the Curled
The First Meow



Kingsdown Methodist Church
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www.kingsdownmethodist.org.uk

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Mr Raimundo Baptista

Mrs Kathleen Loveridge 020 8560 2806

Mrs Jill Richardson 020 8567 0634

Church Treasurer

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Mrs Anna Church 020 8567 5750

Church Council Secretary

Mr Gerald Barton 020 8840 7704

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Guides

Ms Ellen Marshall 020 8568 0657

Boys' Brigade

Mr Tony Plews 020 8567 8937

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Safeguarding Officer

Mrs Sybil Corbin 020 3524 6406

Traidcraft Agents

Mrs Deborah Lovell 020 8579 5277

Mrs Ruby Warne, 020 8567 2473

EVENTS AT KINGSDOWN

December

- Mon 5 8.00 pm Guides (most Mondays throughout the month)
- Tue 6 2-4 pm Kingsdown Club - The Tudors - a talk by Jackie Dimmer
- Wed 7 1-3 pm Babies & Toddlers (weekly - term time only - finishes for Christmas on 14 Dec & reopens Wed 11 Jan 17)
- Thu 8 3.30 pm - 5.30 pm CBSI UK Bible Studies in the Foyer
- Fri 9 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 the month - finishes for Christmas 16 Dec and restarts Fri 6 Jan 17)
- Sat 10 10.00 am to 12 noon Coffee & Chat - everyone welcome
4-8 pm Northfields Winter Wonderland - the church will be open for people to visit the Nativities festival plus other activities see p.6
- Tue 20 2.00 pm Kingsdown Club - The Christmas Tea Party
Dave entertains.

Nativities Festival until 5th January



January 2017

- Fri 6 BOYS BRIGADE restarts
- Mon 8.00 pm Guides (most Mondays throughout the month)
- Tue 10 2-4 pm Kingsdown Club resumes
- Wed 11 1-3 pm Babies & Toddlers resumes
- Thu 12 CBSI UK Bible Studies resumes.
- Fri 13 10.15 Coffee Morning in Foyer - everyone welcome
- Sat 14 10.00 am - 12 noon Coffee & Chat - everyone welcome

Sat 6 May Concert by Heinz Chapel Choir