



# KINGSDOWN MESSENGER



*May 2016*

## SERVICES FOR MAY



- 8 May 10.30 Rev Rachel Bending. Family/Parade Service  
ASCENSION
- 15 May 10.30 Rev Rachel Bending, Holy Communion Service  
PENTECOST
- 6.00 Bible Study - 'We Make the Road by Walking'
- 22 May 10.30 Mrs Esther Ackah  
TRINITY SUNDAY
- 29 May 10.30 Mr Peter Green



*(Sermon Series for Kingsdown based on 'We Make the Road by Walking'  
by Brian McLaren continuing.)*



**KINGSDOWN  
NEEDS  
YOU!**



**We need everyone  
to get involved**

Current vacancies:

Pastoral secretary,  
Pastoral leaders,  
Church Council members

Application/ nomination forms are at the  
back of the church.

**Join in the conversation:**

Worship Consultation  
12.30pm Sunday 15th May  
Bring your lunch

Annual Church Meeting  
5th June  
During and after worship



Dear friends,

Do you know the children's story Stone Soup?

A man walks into a town and asks if anyone can spare him a little food but each person he asks turns away stony-faced and each door he knocks on is slammed shut in denial.

So he walks to the market place and in its centre carefully sets up a camp stove with a huge pot on top. On the floor next to it, with deep dignity and dramatic flourish, he lays a table cloth and creates a table setting with bowl, a jar of wild flowers and cutlery. A crowd begins to gather. He goes on with his preparations: drawing water from the drinking fountain to fill the pot on the stove; carefully searching for, selecting and cleaning a palm-sized stone.

In the crowd some begin to laugh at him, calling him crazy, a mad man. Others look puzzled and wonder what all this can be about. A few ask each other what's going on. Some are beginning to feel guilty and embarrassed that they turned him away with nothing. Then one young child shouts out "What are you doing?" "I'm making the most delicious soup that's ever been made. Surely you've heard of stone soup. It's a secret recipe. Princes and Prime Ministers have travelled hundreds of miles just for a taste. But today I'm going to make it for all of you."

He goes on stirring the pot, reaches into his bag and carefully takes out a tin of herbs and spices, adds some to the pot and goes on stirring. He smells the pot. "Yes. Delicious." He breathes "This is almost ready. You know this is wonderful as it is but it would be even better with a couple of onions and some carrots."

Two people disappear into their houses and return with a large bunch of carrots and some onions which the man solemnly chops and adds to the pot. "Beautiful." he says as he tastes a drop. "But you know I think it would be even more delicious with some potatoes and beans."

Again people disappear only to return with the desired ingredients. The process goes on: the soup is tasted, declared almost perfect but other ingredients are requested that would make it better. In the end, when every person has contributed and the delicious aroma of soup has set

everyone's tummies rumbling, they all sit down to eat. Tables, bowls and glasses are brought from the surrounding houses. Wine, beer and drinks appear as do bread, cold meats and cheese. The whole town sits down to share the feast they had all helped to prepare and at their centre the visitor eats his fill, championed by all.

Benjamin Disraeli is quoted as saying "History is made by those who show up." This month we have the opportunity to show up in elections for London Mayor, in the EU Referendum and in the church in the worship consultation and at the beginning of June. So 'speak now or forever hold your peace.' Now's the time to get involved, to have your say. Now's the time to join the Church Council, to help shape our future worship, to take a role in the church. Don't whisper your great ideas or grumble in the background. Come along and let your voice be heard.

With love and blessings



## Family News

We are pleased to learn that **Kathleen Loveridge** has received the necessary treatment for her knee and is feeling considerably more mobile.

Please continue to remember **Cecil Smith**, his wife **Barbara**, and their family in your prayers, and also **Eileen Cox**. You may also wish to include in your prayers all those involved in **Christian Aid Week** - organisers, volunteers and collectors. Also remember any of our members who may have been unable to join us recently at our weekly services.

## A prayer from Bangladesh

O Saviour Christ,  
In whose way of life lies the secret of all life,  
And the hopes of all the people,  
We pray for quiet courage to meet this hour.  
We did not choose to be born or to live in such an age.  
But let its problems challenge us,  
its discoveries exhilarate us,  
Its injustice anger us,  
Its possibilities inspire us,  
For your Kingdom's sake.

# STOP PRESS - BB GAIN FOUR AWARDS

Dear Friends,

As many of you will already know, on Saturday 30th April, 10th Ealing Boys' Brigade entered the London Band & Drill Competition in Enfield.



We knew this would be a tricky challenge: last year we captured the five major trophies but six of our most senior members were then honourably discharged.

Could our younger lads step into the breach and pick up the torch from the previous generation?

The answer was a resounding YES and we came home with an astonishing four titles:

- \*\* BEST OVERALL BAND** (*for the third year running*)
- \*\* BEST MUSICALLY ACCURATE BAND** (*for the seventh year running*)
- \*\* BEST DRILL SQUAD** (*for the second year running*)
- \*\* BEST BUGLER** (*for the second year running*) Sgt DANIEL PLEWS

and we also finished Runner-Up in the Best Drum Major discipline (Pte Peter Westall).



It was a remarkable and emotional day but, as the Boys will tell you, the trophies were not won in one afternoon but in the countless hours of practice they put in for months beforehand.

What a great day for your BB Company: many thanks to Bandmaster David Lane and Buglemaster Mark Tobias for giving the Boys memories to cherish.

Please see here for a video link:

<https://www.youtube.com/watch?v=79jVwsGpMuk>

God bless, and thank you for your support.

**Tony Plews** Captain

## ***The Disappearing Samaritans***

A recent study carried out by Rev Sam King revealed that people are far less likely to help someone based on their appearance, or if they are perceived as socially 'unacceptable'. In this social study, Sam was dressed as a Vicar and a homeless person, who needed to use a mobile for an emergency.

When he was dressed as a Vicar and asked members of the public to use their phone, they were very warm and receptive to him. However, dressed as a homeless person, the public's response was dismissive and cold. How would God want us to respond to this situation? Would he want us to judge by the outward appearance or would he want us to help people regardless of how an individual looked? With 64% of adults and 57% of children worrying that Britain is becoming a society that lacks kindness and consideration, as Christians we should remember the story of the Good Samaritan and apply this to similar situations we may face today. In the story a man was beaten up by robbers and left for dead by the roadside.

No help was offered to him when a priest and a Levite walked by, as he was a stranger and deemed as 'socially unacceptable' to them. The only person to stop and help was a Good Samaritan, who took pity on him and carried his bruised body to an nearby Inn where he instructed the owners to take care of the wounded man. What would you do in this situation?

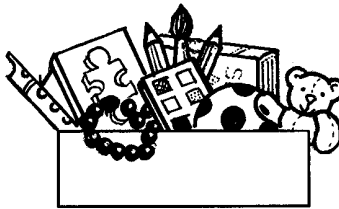
**From ACE Forum**

# NIGHT MARKET

On Saturday 9<sup>th</sup> July the “Mums in Business” are running a Night Market here at the Church from 6.30 pm. They have offered us a free table to sell any items we have for Church funds.

If you have any unwanted saleable items we would be happy to receive them to sell on the stall. (Not clothing)

Please contact or give any items to Anna Church, Jill Richardson or Hazel Pennells.



Thanks  
Hazel

## Churches Together in Ealing

Our next visit will be to the **Buddhapadipa Temple** in Wimbledon on **Sat May 28<sup>th</sup>** at 2.30pm. It's a Thai Buddhist Temple, beautifully decorated, and the monks will tell us about the community there and what they do.

If you would like to join us, please contact **Noreen Barnes-Hoggett**, [noreen29@googlemail.com](mailto:noreen29@googlemail.com) or on 020 8997-4935.

Once we know how many people would like to visit the temple, we will organise transport.

Kind regards  
**Noreen**

Wouldn't it be great if we could put ourselves in the dryer for ten minutes; come out wrinkle-free and three sizes smaller.

## Sorry Tony!

When babysitting for my neighbour's two sons I told the eldest who is nearly 8 all about the Boys Brigade and asked him if he thought he would like to join. After a moments reflection he stated: 'No, I think I will just carry on leading a normal life'.

**June Thompson**



## Church Cleaning Day - 4th June

4th June is earmarked for a cleaning day for areas that need a bit of TLC. The Property Committee

If there are no volunteers, it would be futile to ask people to come in, and it would

**CANCELLED**

items or a number of the way.

It would be futile to ask people to come

## YOUR CHURCH NEEDS YOU



**Janet Smith**

### Members of the Property Committee

Derek Stewart, Kevin Lovell

Kath Jarrett, Les Goodchild

Sue Garland, Steve Palmer

Dave Lewis





# KINGSDOWN CLUB PROGRAMME FOR MAY to JULY

MEETINGS ARE HELD ON THE FIRST AND THIRD TUESDAY OF EACH MONTH ALL ARE WELCOME TO ATTEND . WE MEET IN THE FOYER OF THE CHURCH ON THE CORNER OF KINGSDOWN AVENUE / NORTHFIELD AVENUE FROM 2.00 TO 4.00PM  
TRANSPORT IS AVAILABLE FOR ANYONE WHO SHOULD NEED IT.  
PLEASE CONTACT EILEEN TOBIAS [TEL. NO. 0208 567 4205 ] FOR DETAILS.

3rd MAY  
PIANO PLAYTIME with ROB CUNNINGTON

17th MAY  
(THE HURBS) a UKULELE BAND and CHOIR

7th JUNE  
A TALK by REV. PETER CATFORD

21st JUNE  
MUSIC with THE CAROLINERS

5th JULY  
(POST BOXES) a talk by Mrs RUTH PENNEY

19th JULY  
THE TEA PARTY - DAVE ENTERTAINS

THE NEW PROGRAMME STARTS SEPTEMBER 6th

***The Lord's Prayer contains 69 words; the Ten Commandments contain 297 words; the American Declaration of Independence contains 310 words; and the European Union Directive on Exporting of Duck Eggs contains 28,911 words. Hmm!***

## **CHRISTIAN AID NEWS**

### **We believe in life before death**



### **Who is my Neighbour?**

Our 2016 Book Fair will have been held by the time you receive this edition of the Messenger, and I do hope it was a successful and happy event.

### **House-to-House collecting 16 May to 21 May**

As usual, we need more supporters - any offers ?!

The Christian Aid 'Guide to collecting card', which is held by all who take part in House-to-House collecting has some interesting facts about Christian Aid, and worth passing on to everyone.

- Christian Aid insists that everyone should be able to live a full life, free from poverty.
- We work with people of all faiths and none.
- We never give money to governments.
- We currently work in 39 countries with 568 local partner organisations In Africa, Asia and the Middle East, and Latin America and the Caribbean.
- We are the official development agency of 41 church denominations In Britain and Ireland.

### **Saturday 21 May - Annual Flag Day in the London Area**

We shall be taking part in Northfields and West Ealing. Again, more collectors are needed, especially at West Ealing in the afternoon. (A particularly good point which I would like to fill, is near Ladbroke at West Ealing 12-1 pm.)

You must NOT rattle your tin - you must NOT ask for money! Just smile - and hope for the best!

## **Sunday 22 May - Circle the City**

Anna will take part again in this sponsored walk and if you wish to join her/sponsor her please let her know.

## **Thursday 23 June**

Thank you tea and evaluation 3-5 pm, then 6-8 pm at Christian Aid HQ, 35 Lower Marsh (near Waterloo Station). Help us to learn what worked for Christian Aid Week and what we could improve. Come along to either session; the tea will take place at 5 pm.

## **Friday 5 August 12-3 pm, Lambeth Palace Garden Open Day**

We are all invited to visit the Archbishop of Canterbury's garden. Entrance fee and refreshments sold in aid of Christian Aid.

**Ruby Warne**

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## ***RESPOND TO THE NEEDS OF REFUGEES OR ARE YOU ALREADY DOING SO?***

If yes, then join us at one of the forthcoming evenings hosted by each Anglican Area Bishop alongside 'Capital Mass' Angela Afzal.

The evenings are designed to raise awareness and explore how parishes can respond. Leading experts will inspire us into action and guests will be able to connect with local refugee agencies and each other.

See [www.capitalmass.org.uk](http://www.capitalmass.org.uk) for full details of organisations being represented.

### **UPCOMING EVENTS**

In partnership with:  
WILLESDEN AREA FOR REFUGEES

**9<sup>th</sup> June 2016**

**8pm – 9.45pm**

**St John's Church, Mattock Lane, West Ealing, W13 9LA**

**Speaker**

**Emma Kevan, United Society (formerly USPG)**

## **15th May: Day of Pentecost – Whit Sunday**

On that long ago first morning of Pentecost, Jerusalem was crowded with thousands of visitors, for it was one of the most popular feast-days in the Jewish calendar – the Feast of Firstfruits, looking forward to the wheat harvest.

In one small room of that great city, a small group of people who had followed Jesus were praying. There was nothing else for them to do: Jesus had died, he had risen, and he had ascended, promising to send them ‘a Comforter’. They were left alone, to wait at Jerusalem. And so they waited – on him, and for him. They were not disappointed: for that morning the Holy Spirit fell upon that small room, and transformed those believers into the Church, Christ’s body here on earth. Pentecost was not the first time that the Holy Spirit came to the world – throughout the Old Testament there are stories telling of how God had guided people and given them strength. But now his Spirit would use a new instrument: not just isolated prophets, but the Church, his body on earth.

Acts opens with the preaching of the gospel in Jerusalem, the centre of the Jewish nation. Within 30 years the gospel had spread throughout the northern Mediterranean: Syria, Turkey, Greece, Malta... to the very heart of the Roman Empire: Rome. The Church was on the move – God was on the move! He was calling people from every nation to repent, turn to Jesus for forgiveness of their sins, and to follow him.

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### ***Prayer of thanks for promises kept***

Generous Father,

*Life is such a complex journey, with its ups and downs. We can easily go off course, or even feel lost. But you gave us Jesus to be our Way and our guide, and you promised never to leave us or forsake us. And when Jesus came back to you Lord, after His life on this earth, you promised even more wonderfully to send the Holy Spirit to live in our hearts, exchanging our fears and anxieties for your power and peace – a peace which we can’t explain, but can experience when we trust you.*

*Thank you Father, Son and Holy Spirit that you keep your promises, and that in your strength we can move forward, confident in your reality and sovereignty, one step at a time. In Jesus name. Amen.*

**By Daphne Kitching**



country and our world. It is our identity as followers of Jesus that will both engage us in the referendum and shape our response. How, then, do we allow our faith to inform our answer to one of the biggest political decisions facing the United Kingdom?

On 23 June each of us will be asked to answer the question "Should the United Kingdom remain a member of the European Union or leave the European Union?"

Behind the simple challenge of the referendum question there are many others which are not on the ballot paper. The referendum is surrounded by controversy, and because opinions differ, so does the interpretation of facts. This resource does not presume to say which way people should vote. Rather, it explores the issues surrounding a range of aspects of membership of the European Union (EU), and offers different opinions and perspectives. Christians may not agree on how to vote in the referendum, but we can each reflect thoughtfully and prayerfully on the issues involved.

### **Love your neighbour**

As Christians we are called to work, live and pray for a better society. This includes participating in the political processes that shape the lives of our communities, our

The gospel accounts remind us that Jesus said the greatest commandment is to "love the Lord your God with all your heart, and with all your soul, and with all your mind", while the second is to "love your neighbour as yourself." (Matthew 22:36-40). Jesus reinforces the established Old Testament principle that our relationship with God affects the way we relate to and live with one another.

These human relationships are an expression of our relationship with God; the two are intertwined.

But what does this have to do with the European Union, the Schengen Agreement and the single market? The answer is that each of these refers to and directly impacts upon how we relate to each other as individuals, as members of organisations and communities, and as countries. Whether it concerns questions of sovereignty, the free movement of people, or where laws are made and enforced, these are issues that influence and

affect our relationships, and as such, our faith has much to share.

The UK has a longstanding relationship with the other nations of Europe. Our churches have well established links with Christian communities and congregations across the continent; these relationships extend to nations that are currently part of the European Union and those that are not. It is not an issue of whether we need and value these relationships, or even whether we belong in Europe, but whether that sense of belonging is best expressed by being part of the European Union.

### **The real referendum question**

The referendum question might therefore be phrased as: "To what extent does the European Union enhance or hinder our ability to love our neighbour and, in doing so, our ability to love God?"

You may like to have that at the back of your mind as you work your way through the more detailed

material in this resource, along with these other general questions:

- Who, in this context, is our neighbour? Are we talking about neighbours in our local communities, in the UK, in Europe, or in the wider world?
- It is an important aim to have good relations with all countries, in Europe and elsewhere. Does our membership of the European Union help us with this, or hinder us?
- All political and economic structures are made by humans and therefore flawed. The referendum offers us a choice between political and economic structures where the UK is part of the EU or outside the EU. Which would best enable us to fulfil our Christian duty towards God and our neighbour?
- Can the EU, in its current or a reformed state, achieve the ideals we might have for it?



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## ***Guard your pin***

Check for anyone watching over your shoulder as you punch in your pin number at the checkout, and make it as difficult to see the numbers as possible. Get into the habit of shielding your pin at all times.



# **ECUADOR EARTHQUAKE**

The strongest earthquake to strike Ecuador in decades left the nation traumatised on Sunday 17 April. It is the most powerful earthquake to hit the region in 36 years and measured 7.8 on the Richter scale. Over 600 people lost their lives, and more than 7000 have been injured.

All We Can is working with its trusted ACT Alliance partners in the region who will be responding to the disaster in three of the worst affected provinces. This money will be spent on providing people with vital food assistance, safe water and sanitation and emergency kits to help ward off the threat of disease. ACT Alliance partners will also be providing specialised household kits to enable people to cope during the first few weeks after the earthquake and will be involved longer-term in the reconstruction of homes.

All We Can's Humanitarian Aid Manager Jason Snuggs said, "The situation for thousands of people in Ecuador is a very serious one. This is an earthquake of massive proportions and has affected small cities and regions that are vulnerable and in need of external assistance to cope with the huge emergency response required to address immediate needs. Our local partners through the ACT Alliance will be providing support and supplies that will save lives and aid communities in their recovery.

This is an urgent appeal for support, your gifts will help us respond to this crisis quickly and provide life-saving food, medical supplies and shelter.

Please give all you can. Thank you.

Donate securely online:

<https://www.charitycheckout.co.uk/291691/ecuadorearthquake>

**Or call 020 7467 5132 or send a cheque to**

**All We Can, 25 Marylebone Road, London NW1 5JR, UK**

## How we are responding

Since the conflict in Syria began more than five years ago, over 4.8m Syrians have fled from their country because of violence, conflict, and a complete collapse of Syria's economy and infrastructure (UNHCR figures). For the last three years All We Can has been responding to the needs of refugees and their host communities in Jordan through experienced international and local humanitarian response partners. We have a particular focus on providing opportunities for refugees to not only survive, but to have access to resources and activities that help provide dignity, resilience and hope in extremely challenging circumstances.

## Stories from Jordan



Mohammad is 51 years old. Almost four years ago, he fled Damascus with his family. His brother and his nephew both died under torture in Syrian prisons. Mohammad did not want the same to happen to his family and spent all the money he had to get to Jordan. All We Can's ACT Alliance partner The Lutheran World

Federation (LWF) helped Mohammad learn how to repair mobile phones so that he might be able to earn some money.

Mohammad describes this opportunity he was given as “a drop of water when he had no water”. With the little money he makes, he buys food for his family. Mohammad hopes to live long enough to see the end of war and injustice in Syria. When asked how the situation will get better, he took one of the mobile phones in front of him, pointed at a little hole in it and said, “It’s like repairing phones. To fix a problem in this little piece, you have to make it bigger to be able to solve it. In Syria it’s the same. If it does not get bad, it cannot get better.”



## **21/24 May - John and Charles Wesley - evangelists and hymn-writers**

John and Charles Wesley were the founders of Methodism. Two of nineteen children born to Samuel and Susannah Wesley of Epworth Rectory in Lincolnshire in 1703 and 1707, their father was the local rector, while their mother was a spiritual inspiration to her many children.

Both John and Charles went to Christ Church, Oxford (1720 and 1726). John was ordained, and Charles and some friends formed a “Holy Club” while still at college. It consisted of men who dedicated themselves to Bible study, prayer, fasting and good works. Such regular disciplines soon earned Charles the nickname ‘Methodist’. The name stuck.

Both Charles and John felt called to the mission field, and so in 1735 they sailed to Georgia. Their time among Indians in America was not a success – they struggled for any real spiritual authority in their ministries. Feeling failures, they returned to England in some depression. John summed it up: “I went to America to convert the Indians; but, oh, who shall convert me?”

Then the Wesleys made friends with some Moravians. They stressed that salvation cannot be earned, but must be received by grace through faith in Christ. Charles was the first to experience this ‘true’ conversion, when on Pentecost Sunday, 21st May 1738, he wrote that the Spirit of God “chased away the darkness of my unbelief.”

Only three days later, on 24th May, 1738, it was John’s turn. As he wrote in his journal: “In the evening I went very unwillingly to a society in Aldersgate Street, where one was reading Luther’s preface to the Epistle to the Romans. About a quarter before nine, while he was describing the change which God works in the heart through faith in Christ, I felt my heart strangely warmed.”

John and Charles Wesley then devoted the rest of their lives to sharing the Good News of Jesus Christ – and turned England upside-down. When the established Church threw John out, he took to the fields, preaching to coal miners and commoners. His itinerant evangelism took him 250,000 miles on horseback and to preach over 40,000 sermons. His small “societies” attracted some 120,000 followers by the time of his death.

Charles became the most prolific and skilled hymn-writer in English history, writing hymns that are sung widely today, such as “Love Divine, All Loves

## **22nd May: Trinity Sunday – celebrating our God who is Three Persons**

Trying to explain the doctrine of the Trinity has kept many a theologian busy down the centuries. One helpful picture is to imagine the sun shining in the sky. The sun itself – way out there in space – unapproachable in its fiery majesty – is the Father. The light that flows from it, and which illuminates all our lives, is the Son. The heat that flows from it, and which gives us all the energy to move and grow, is the Holy Spirit. You cannot have the sun without its light and its heat. The light and the heat are from the sun, are of the sun, and yet are also distinct in themselves, with their own roles to play.

The Bible makes clear that God is One God, who is disclosed in three persons: Father, Son (Jesus Christ) and Holy Spirit. For example:

Deuteronomy 6:4 'Hear O Israel, The Lord our God, the Lord is one..'

Isaiah 45:22 'Turn to me and be saved... for I am God, and there is no other'

Genesis 1:1-2 'In the beginning God created.... And the Spirit of God was hovering...'

Judges 14:6 etc 'The Spirit of the Lord came upon him in power...'

John 1:1-3 'In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made.'

Luke 24:49 actually manages to squeeze the whole Trinity into one sentence. Jesus tells his disciples: 'I am going to send you what my Father has promised; but stay in the city until you have been clothed with power (the Holy Spirit) from on high.'

In other words, the sun eternally gives off light and heat, and whenever we stand in its brilliant light, we find that the warmth soon follows.

**Last year I joined a support group for procrastinators.  
We haven't met yet!**

# **FURNITURE DISPOSAL (OR HOW TO DOWNSIZE!)**

I have no further need for the following items, but think they might be of use to others. A small donation to All We Can - the Methodist Relief & Development organisation - secures any item.

2 Rise & Recline armchairs; good condition; dark blue upholstery

Wheeled computer desk/trolley; 120cm wide x 60cm deep

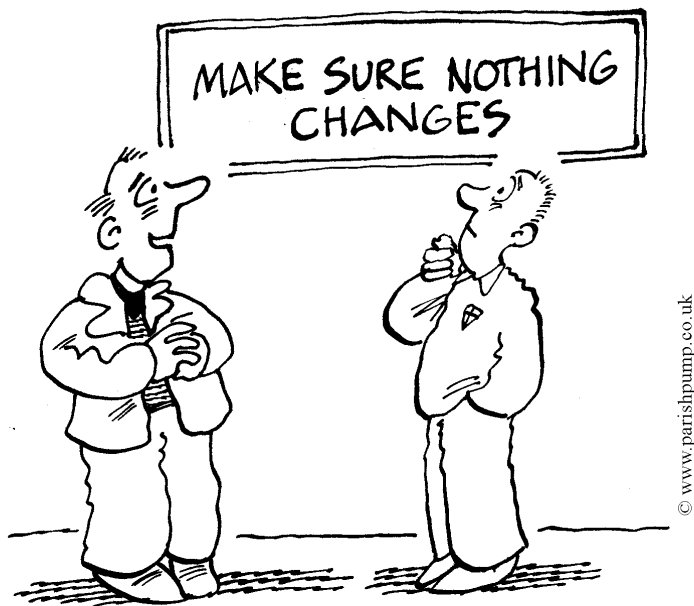
Office chair; fully adjustable

2-drawer metal filing cabinet

'Persian' rug; 220cm x 136cm; rich crimson background colour

Please speak to Kathleen Loveridge or call 020 8579 3941

**Thanks. Kathleen**



*...it's perhaps not the most dynamic of mission statements...  
but at least it received the unanimous approval of the Church Council!*

*This is a tribute to all the oldies who have been fearless and learned to use*

### **THE COMPUTER**

*The computer swallowed Grandma, yes, honestly it's true.  
She pressed "control" and "enter" and disappeared from view.  
It devoured her completely the thought just makes me squirm,  
She must have caught a virus or been eaten by a worm.  
I've searched through the recycle bin  
And files of every kind  
I've even used the Internet, but nothing did I find.  
In desperation, I asked Google my searches to refine,  
The reply from them was negative, not a thing was found "online".  
So, if inside your "inbox", my grandma you should see.  
Please copy, scan and paste her , and send her back to me.*



Submitted by Janet Smith

### ***The Lord's Prayer - author unknown***

*You cannot pray the Lord's Prayer and even once say 'I'  
You cannot pray the Lord's Prayer and even once pray 'my'  
Nor can you say the Lord's Prayer and not pray for another,  
For when you ask for daily bread, you can't miss out your brother;  
For others are included in each and every plea.  
From beginning to the end of it, it does not once say 'me'.*

## ***E-mail -***

### ***be aware it might not be from a trusted source!!***

Every day thousands of scam e-mails circulate - they land in your inbox and might just look like a genuine message from someone you know. The senders address may look genuine but the message could have been written and sent by a fraudster.

The text may look OK but if it includes an attachment - **DO NOT OPEN IT--** until you are 100% sure it is a genuine message. One click and you could have downloaded a virus that could infect all your programmes or make you a hostage to the fraudster who wants a lot of money to **FREE** you from the lock out they will have set up.

If in any doubt go back to the sender and check if they really sent you a message with an attachment **BEFORE** you open it.

**Alan Smith**



## **WHEELIE BINS**

Wheelie Bins will start to be delivered in our area shortly **BUT DO NOT START** to be used for collections until 6<sup>th</sup> June onwards.

You should have received an information leaflet from LBE giving details of which weeks you put out the black bin (for general refuse) or the Blue Bin (for all recycling).

Food Waste in the special bins or caddies will still be collected weekly.

The existing Green Bags and Bins will continue to be used for the paid for Garden Waste service, which is collected on set days.

The leaflet also gives details of how to dispose of textiles, batteries and other items which should not be put into the wheelie bins.

Find out more about bulky items from:  
[www.ealing.gov.uk/reusecollection](http://www.ealing.gov.uk/reusecollection)



## The Silent Sermon

A church member, who previously had been attending services regularly, stopped going. After a while, the minister decided to visit him and he found the man at home all alone sitting by a blazing fire. The man welcomed him, and led him to a comfortable chair near the fireplace and sat there quietly.

The minister made himself at home, but said nothing. In the grave silence, he contemplated the dance of the flames around the burning logs. After some minutes, he took the fire tongs, carefully picked up a brightly burning ember and placed it to one side of the hearth all alone. Then he sat back in his chair, still silent. The host watched all this in quiet contemplation. As the one lone ember's flame flickered and diminished, there was a momentary glow and then its fire was no more. Soon it was cold and dead.

Not a word had been spoken since the initial greeting. The minister glanced at his watch and decided to leave. He slowly stood up, picked up the cold, dead ember and placed it back in the middle of the fire. Immediately it began to glow once more, with the light and warmth of the burning coals around it. With that, the minister smiled at his host, shook his hand, and let himself out.

**From ACE Forum**

## *Who scrawled on the Bible?*

Notes hidden for almost 500 years in England's first official printed Bible have revealed quotations from Thomas Cromwell's 'Great Bible' as well as notes about an unpaid debt a thief owed by a 'Mr Pickpocket'. The fascinating scribbles, unfitting of the holy tome, were discovered beneath pieces of thick paper in one of seven surviving copies of a Bible published in 1535 by Henry VIII's printer.

One expert believes the important artefact sheds light on the speed of the Reformation and shows how the Royal text swiftly found its way into the hands of the common man and thieves. Dr Eyal Poleg, a historian from Queen Mary University of London made the discovery in the Bible housed in Lambeth Palace Library in London. 'We know virtually nothing about this unique Bible - whose preface was written by Henry himself, outside of the surviving copies,' he said.

## ***The Oneness of One***

Lord, I am so angry because the world today has seemed peopled by couples and small family groups and I have just come home to my family of one. I know that the pressures of demanding children are far from me, but the silence I live in tonight seems to scream as loud as the latest head-banging rock music. The great freedom of choice to come or go, to eat or not to eat, do what I like when I like, has seemed a burden instead of a blessing because it is not shared. Today, I have felt like the odd piece of a jigsaw whose colour and form just does not fit. And yet, as angry and hurt as I feel, to be looked at with sympathy or pity would hurt even more; but a little gentle understanding would go a long way. Perhaps that is true for me too.

Lord, I am sorry that my hurt and anger has blocked my understanding of others today - made me ungrateful for the gifts and graces you have freely given me and made me forget your love and the love of others around me. Forgive me that living alone for so long has made it harder for me to share, easier to feel my way must be right and has made me blind to the demands of close family living. Lord, I know that wherever I may be, you are there with me, sharing the joy and pain. My relationship with you matters above all else, and especially above my oneness in the world. With your love and care, the challenge of tomorrow's twosomes seems less powerful. Amen

**From ACE Forum**

*With Shakespeare's birthday in mind...*

*Good name in man and woman, dear my lord,  
Is the immediate jewel of their souls;  
Who steals my purse steals trash; 'tis something, nothing;  
'Twas mine, 'tis his, and has been slave to thousands;  
But he that filches from me my good name  
Robs me of that which not enriches him,  
And makes me poor indeed.*

*Othello*

# Don't feed the ducks bread!



Feeding the ducks is a pastime many of us enjoy. But it is not good to feed them bread. Now a campaign urging people to feed them a healthy alternative claims it has helped us improve our habits by 20 per cent.

Last year the Canal & River Trust, which looks after Britain's waterways, warned people that bread is 'junk food' for ducks. It can lead to excessive droppings, which spread disease, and if left to rot, can trigger noxious odours which can kill fish and encourage algae, as well as rats and mice. SO – what DO ducks eat? Try corn, peas, lettuce and seeds.



Summer will soon be here so get ready for Hanwell Methodist's

## **BEACH PARTY** **Saturday 25th June**

A Beach Party and Teddy Bears' Picnic down on the beach  
With crafts and other activities including a sandcastle competition.  
At Hanwell Methodist Church

*Watch out for posters and fliers giving more details nearer the time*





# HANWELL METHODIST CHURCH

Church Road, Hanwell, London, W7 1DJ

## PLANT AND CAKE SALE

Saturday 14<sup>th</sup> May 2016  
10:30am to 1:30pm

### Including...

- ⊗ Bedding plants and geraniums
- ⊗ Herbaceous plants and shrubs
- ⊗ Tomato and strawberry plants
- ⊗ Pot plants
- ⊗ Herbs
- ⊗ Delicious homemade cakes



*For more information about our Church  
and the events we have planned,  
please visit our Church website  
[www.hanwellmethodistchurch.org](http://www.hanwellmethodistchurch.org)*

**Refreshments  
available**

**50% of proceeds will be  
donated to Christian Aid  
Admission FREE**





## THE LADY & THE LAMP

On 12th May 1820 a baby girl was born who changed the way that we care for people who are ill. Florence Nightingale grew up at a time when only the worst kind of person became a nurse but she had an idea of the way things could be. Her chance to change things came with the Crimean War.

Florence travelled there with a few others and started work in the military hospital at Scutari where conditions were dreadful: wounded soldiers were left lying in dirt without proper food or care and most of them died. The army doctors already there didn't want Miss Nightingale or her nurses, but gradually they improved conditions. The nurses scrubbed and cleaned as well as caring for the wounded and the soldiers began to recover. Florence Nightingale was called the Lady with the Lamp because she would walk the wards at night, checking on patients. After the war, with the support of Queen Victoria, Florence was able to improve hospital care for everyone.

## WASHING WORDS

All the words in this wordsearch are to do with clean and dirty. Can you find them all? The words go up, down, backwards, forwards and diagonally and some letters are used more than once.

S	P	A	R	K	L	I	N	G	A
G	I	D	Y	O	D	A	R	V	D
R	T	U	B	B	U	I	O	A	S
U	P	S	H	B	M	V	P	C	D
B	A	T	H	E	C	A	U	U	E
B	T	E	G	N	O	P	S	U	N
Y	R	R	I	W	I	P	Y	M	I
L	I	U	T	A	M	R	A	U	A
A	D	E	S	S	D	B	R	O	T
D	W	T	A	H	S	K	A	O	S

bath brush dirt  
duster dry  
grime grubby  
mud soak  
soap sparkling  
stained tap tub  
vacuum wash  
wet



## What did the dirt say to the rain?

If this keeps up my name will be mud!

What did the big tap say to the small tap?  
Little squirt!



... and what did the small tap reply? Big drip!"

## EVENTS AT KINGSDOWN

### MAY

- Mon 9      8.00 pm Guides (most Mondays throughout the month)
- Tue 10     Liz & Steve Palmer's Home Group
- Wed 11    1 pm Babies & Toddlers (weekly) (term time only)
- Thu 12    3.30 pm - 5.30 pm CBSI UK Bible Studies in the Foyer
- Fri 13     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 14     10.00 am to 12 noon Coffee & Chat - everyone welcome
- Tue 17    2.00 pm Kingsdown Club - The Hurbs: a Ukulele Band & Choir
- Sun 15     Worship Consultation, after morning service – everyone  
encouraged to attend!

### Future Events

Sun 18th September 2016 - 10<sup>th</sup> Ealing BB 50<sup>th</sup> Birthday celebration

Sat 6<sup>th</sup> May 2017 - Concert by Heinz Chapel Choir

#### The KINGSDOWN MESSENGER

Copy deadline for the June 2016 issue is Friday 27 May 2016

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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.