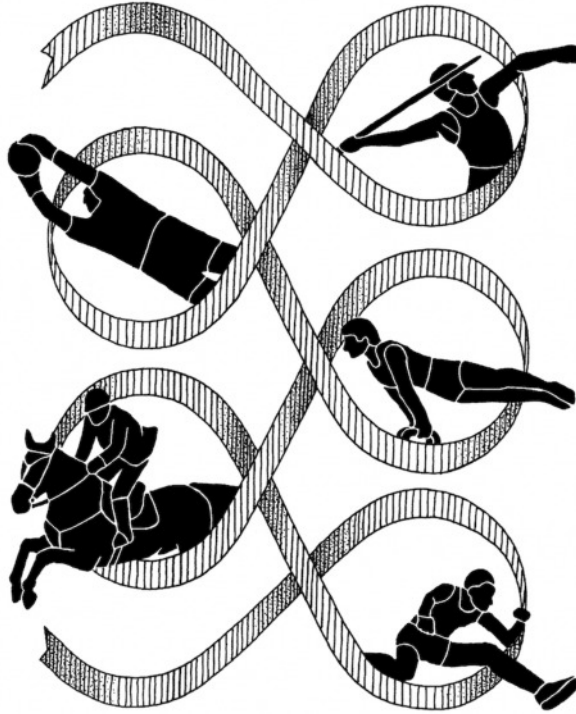




The MESSENGER

for the Kingsdown and Pitshanger Church families



July - August 2012

'Those who drink this water will get thirsty again, but those who drink the water that I will give them will never be thirsty again. The water that I will give them will become in them a spring which will provide them with life-giving water and give them eternal life.' (John 4.13f.)

SERVICES FOR JULY - KINGSDOWN



- | | | |
|--------|-------|--|
| 1 Jul | 10.30 | Rev Roger Dunlop, Holy Communion |
| | 3.30 | Service at Hanwell House
(please try to join us) |
| | 6.30 | Local Arrangement - Worship Leader: Blossom Jackson |
| 8 Jul | 10.30 | Rev Roger Dunlop, Family/Parade Service |
| | 6.30 | Rev Roger Dunlop, Holy Communion |
| 15 Jul | 10.30 | Mr David Street |
| | 6.30 | Rev Jen Smith, CIRCUIT SERVICE at KINGSDOWN |
| 22 Jul | 10.30 | Rev Michaela Youngson |
| | 6.30 | Local Arrangement - Worship Leader: Kathleen Loveridge |
| 29 Jul | 10.30 | Rev Jen Smith |
| | 6.30 | Local Arrangement - Worship Leader: Lynda Blackburn |

SERVICES for BOTH CHURCHES for AUGUST on p.20

SERVICES FOR JULY - PITSHANGER

- | | | |
|--------|-------|--|
| 1 Jul | 10.30 | Mrs Regina Prempeh |
| 8 Jul | 10.30 | Ms Christina Tom-Johnson |
| 15 Jul | 10.30 | Rev Roger Dunlop, Family/Parade Service
(Roger's last service with us)
Joint Farewell lunch for Rev Dunlop at
Kingsdown |
| | 6.30 | Rev Jen Smith, CIRCUIT SERVICE at KINGSDOWN |
| 22 Jul | 10.30 | Rev John Newton (a former Minister in our Circuit)
Holy Communion |
| 29 Jul | 10.30 | Mr John Martin |



The MESSENGER

Copy deadline for the September 2012 issue is Friday 24 August

Editors - Pam and Alan Smith

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



Moving On

In December 2002 I received a surprise phone call in York asking me to consider becoming superintendent of Ealing Trinity a year earlier than I had expected to move elsewhere in the country. I was given a full week to decide! I phoned a friend in London though all he could tell me was that Kingsdown had a dreadfully dilapidated front! Throughout all my time at Kingsdown the focus and much energy from the church has been on the redevelopment. What we now have is a major achievement that has vastly improved our premises. Now is the time to make use of that as you work with Peter, your new minister, to share God's love with our local community and world.

At both Pitshanger and Kingsdown so much is accomplished by the faithfulness and commitment and love of the members – there are opportunities and the privilege of service for all. It is easy to take for granted what goes on week by week or year by year and to forget about much that happens. But what is achieved is out of all proportion to our numbers. The statistics I keep recalling are from just one of the many areas of our ministry and mission, that at Kingsdown 150 young people use our premises each week and there are 12,500 visits to Kingsdown each year! I am sure that the numbers at Pitshanger would actually be very similar. So give thanks to God that His grace is sufficient for us.

Pitshanger and Kingsdown have enjoyed their link and we are grateful for the way that has been strengthened by Pam and Alan's work in editing the Messenger. From September Suva will be minister of Pitshanger and Perivale, and Peter of Kingsdown and Hanwell. There will be new possibilities to explore, new things to share and learn. Indeed within the Circuit as a whole there are plans for a greater sharing and linkage of ministry.

One newspaper reported, 'At the end of his sermon the minister told his congregation that Jesus had called him to another church. The congregation then sang lustily, "What a friend we have in Jesus."'

Thank you for your wonderful friendship and encouragement and support. Thank you for your sharing in the Gospel.

May God bless you as you move on in His power and love and praise.

My love to you all,

Roger

Kingsdown Family News

Your prayers are asked for **Les Goodchild** who is recovering from a kidney infection (you were missed at the Summer Fayre, Les); for **Becki's father**, a grandfather to **Sophie, Amy, Cydney** and **Phineas**; for two sisters **Janet** and **Ann** who have concerns over health problems. A request also in our Prayer Request Book to give thanks for **Keith Riglin's** mother, **Lily**, and pray for **Keith** and **Jen Smith** and all who mourn.

Its good to see **Pearl Pike** back in our midst (and, in spite of a her illness and a bad back, appearing at the Summer Fayre with her usual stall).

Funerals

The funerals took place of **Bernice Haisley** on 28 April; **Norma Sidlow** on 3 May; and **Lin Lawrey** on 3 May 2012.

The funeral service of **Mr. Mathai Mathews** (family friend of the **Cheriyans**) was held at Kingsdown Methodist Church on 13th June. He is survived by his daughters, son and grandchildren.

The rites were conducted in the Indian Orthodox faith with an additional prayer by **Rev Roger Dunlop**.

Sincere condolences to family and friends of the deceased.

FAREWELL

As this is the last occasion on which **Pitshanger** will sending contributions to the **Messenger**, they send grateful thanks to **Kingsdown** for their hospitality during the liaison of both churches, and good wishes for the future. We're sure **Kingsdown** folk would similarly wish to send all good wishes to **Pitshanger** for the future. Hopefully, perhaps at **Circuit** events, we will continue to meet those friends made during our time together.

Mary Newman writes: "Now that **Pitshanger** and **Kingsdown** are no longer going to share the same minister, I shall not have the privilege of sharing my thoughts with you every month in **REMEMBER**. Sometimes I have found this easy to write; at other times I have struggled a little. Thank you to those who have encouraged me in this task."

*Your editors would also like to take this opportunity to thanks all those at **Pitshanger** who have been faithful contributors, making our task so much easier. (And especially **Mary Newman** for her excellent work on the **REMEMBER** sheet, which we're sure many of you will miss - anyone care to take up the challenge at **Kingsdown** for a similar prayer sheet?).*

Pitshanger Family News

We are sorry to hear of the death of Mrs. Dorothy Congerton, former member of our church and joint editor of our magazine CONTACT. Dorothy was suffering from Alzheimer's and living in care. Our sympathy to her daughters **Joyce** and **Susan**.

The Wednesday Fellowship visited Ruislip Lido for their June meeting on June 6th. After lunching in the restaurant they enjoyed a walk round the lido and a trip back on the train. It was good that both Bobs joined us for this outing.

Final total for Christian Aid £1,021.07 - thanks to Margaret Hunter for all her work.

CONGRATULATIONS to Colleen and Clive Hicks who will be celebrating their Golden Wedding on August 25th.



Tuesday 24 July 2012 will see the world-famous torch arrive in Ealing, on its way to the opening ceremony at the Olympic Stadium just three days later.

This will be an exciting occasion for the entire borough and an opportunity for residents to soak in the spirit of the games, and cheer on the torchbearers – including Ealing Council's own nominated torchbearers Tom Thacker and Sydney Richards.

Relay route through Ealing.

The journey through the borough begins at Northala Fields, Northolt. The torchbearers will then carry the flame towards Southall and along Uxbridge Road through Hanwell, West Ealing and on to Ealing High Street and Ealing Green, and St Mary's Road, before reaching its final destination at Walpole Park.



See

<http://www.tfl.gov.uk/corporate/projectsandschemes/18196.aspx>

For details of road closures and other changes affecting travel during the Olympics

Question: Why should I attend the Methodist Church safeguarding training when I have done some elsewhere?

Response from Elizabeth Hall, Safeguarding Adviser for the Church of England and the Methodist Church.

This question has been asked on a number of occasions so forgive me for providing a general answer sheet rather than an individualized response. The question is usually asked because someone has received safeguarding training in another part of their life. The answer (also found as a footnote to the guidance about who attends, approved by the Methodist Conference in 2010) is threefold.

Firstly, the context for this training is the Methodist Church. Other training does not have that focus. In particular, the church is a unique environment for safeguarding in that people who pose a possible risk to children/vulnerable adults, and even people who have previously harmed children/vulnerable adults, are welcome into the church community albeit under careful scrutiny and support. This does not happen in other settings and so the training for those settings does not address this.

Secondly, people who have received other training- even people who are deemed safeguarding experts – can always benefit from further training. I myself attended the previous Module A training in my capacity as local preacher and volunteer, albeit that in my professional life I have written many safeguarding training courses.

Thirdly, as the Methodist family, people seek to support each other. This training can be difficult for people who are new to the concepts around safeguarding – especially the sad fact that the church can be a place of risk as well as sanctuary. The support provided by those who do not come to this new, can be invaluable. The course was disseminated to run as a module of no longer than 2.5 hours. I suggest it is not a great deal to ask of any one of us, who engage with children or adults who are vulnerable within a church setting – and I say that in spite of knowing what very busy lives many of us lead.

ACTION FOR CHILDREN

Action for Children Sunday this year is on July 8th and envelopes will be in the pews for the Sundays of July 1st, 8th and 15th. Your contribution may be Gift Aided if required. Last year we raised £40 of which £30 was Gift Aided so we are hoping to do better this time. Thank you for your time.



Rim to Rim

Since viewing the Grand Canyon from the South Rim in 1983 I have dreamed of walking within it and my ideal was to walk from rim to rim. I finally got my opportunity this May in a trip organised by a friend who lives in Arizona and was able to negotiate the variety of permits and reservations we needed.

At the South Rim it's a vertical mile from rim to river, and the North Rim rises a thousand feet higher. Heavy snows close the road to the North Rim from late October to mid May of each year, so there are only two very narrow windows each year when it is neither snowbound nor impossibly hot so that the rim to rim walk can be undertaken.

As the crow flies it is 10 miles from Grand Canyon Village on the South Rim to the North Rim lodge, but having left our car at the Village we took the shuttle bus to the North Rim – a 220 mile, 5 hour journey since the only way to cross by vehicle is via Navajo Bridge where the Canyon is still only 122m wide. Over the next 4 days we were then to walk 24 miles along the North Kaibab and Bright Angel Trails, and to add on some side hikes.

The National Park Service strongly recommends that you don't walk between 10am and 4pm. That makes sense when afternoon temperatures out of the shade reached above 50 degrees C! So we broke camp by 6am to set off with our 40 lb packs. Having begun walking in shade on the first 2 mornings I was shocked by the heat at 6.30am on day 3 as we walked in the sun's glare along the Colorado.

From previous visits to the rim I knew that it is of course immense, spectacular and overwhelming. What the rim to rim walk gave me was a fuller appreciation of the various geological layers. I had to spend a lot of time watching carefully where I was putting my feet and the colour of the path changed from one geological layer to the next. The path's nature was also affected by the rock type with the harder rocks forcing there to be more switchbacks and precarious edges. The oldest rocks at the canyon bottom are close to 2000 million years old. The Canyon itself formed only in the past five or six million years. So it is very young!

The vegetation varied dramatically from alpine forest on the North Rim to 3 of the 4 North American desert types lower down. Extreme changes in elevation, exposure and climate, support the remarkable range of plant and animals in a comparatively small area. We saw plenty of lizards and mule deer. Sadly we didn't see the 'friendly' rattlesnake that the warden explained lived in the wall by our tents on the third night, and sadly we did see rather too many aggressive squirrels tamed by previous tourists.

They were quite happy to chew into our rucksacks – and that despite all our food being stored in secure metal bins in camp, and our packs hung from poles.

As I had prepared for the walk I had wondered what scriptures would be uppermost in my mind. I had expected Psalm 8 to be significant but the one to which I kept returning was John 4.13f. To the woman at the well, Jesus said, 'Those who drink this water will get thirsty again, but those who drink the water that I will give them will never be thirsty again. The water that I will give them will become in them a spring which will provide them with life-giving water and give them eternal life.'

Water had given life, existence, to the Grand Canyon as it cut through the elevated Colorado Plateau on its way from the Rocky Mountains to the Gulf of California. Water continues to be the lifeblood of the Canyon most noticeably greening the desert sections. Also providing some of the most beautiful scenes including Ribbon Falls (one of the most picturesque waterfalls I have seen) and the Colorado itself.

Water is no longer sold anywhere within the National Park due to littering. Instead you are encouraged to buy reusable bottles. In the previous week two breaks in the pipeline that feeds the rim lodges as well as the campsites meant that we had to carry water filters and stock up from the streams. A third break washed out a 45-foot section of the North Kaibab Trail, necessitating the trail's closure 2 days after we had passed that way. Our dependence on water and the devastating effects of water.

I had been strongly warned of the effects of dehydration. Told that hikers can lose 1-2 litres of water per hour through intense sweating. Heat Exhaustion and Heat Stroke being major issues within the Canyon. I carried 5 litres of water and topped up as soon as we got to camp and could filter some more. I had been less aware of a third 'Hazardous H': Hyponatremia. Low sodium in the blood can result from drinking too much water whilst not eating enough salty foods, and losing salt through sweating. Indeed it is only in the last 20 years that this has come to be highlighted by the National Park wardens. The advice now is to have a salty snack every time you drink.

So water can be life-giving and can take away life, both in humans and in the environment.

Fulfilling my dream of walking Rim to Rim proved refreshing for me, encountering the wonder of God's creation and the glory of more to come – Jesus' spring of water meeting our needs for life now and giving us eternal life.

Roger Dunlop

Something Different for the Summer

Those who study the Circuit Plan (which lists all the services and preachers in our 10 churches) as soon as it is published, will have noticed that in July and August there are lots of 'Local Arrangements'. These occur when the Superintendent simply cannot find any minister or accredited preacher available to lead that act of worship and it becomes the Stewards' responsibility to ensure that worship does take place. In earlier days, the Steward would read one of John Wesley's Sermons, or perhaps a sermon article from the Methodist Recorder, but that rarely happens now. The situation tends to occur in summer when ministers and preachers are on holiday, but in our Circuit this year it coincides with the moving away of a number of ministers, and our four new ministers don't take up their roles until September.

So Rev Jen Smith has made some unusual and rather interesting arrangements, to help not just the Stewards who find themselves responsible for Local Arrangements but also those preachers who are almost certainly having to take more services than usual. A series of services featuring six Biblical leaders is offered for Sundays 22 July to 26 August entitled 'keep calm and carry on: leadership in times of change'. At Kingsdown we shall follow the series for our morning services, and another series 'keep calm and carry on: discipleship in times of change' is being written for our evening services (all of which are Local Arrangements!) focusing on the 'I AM' sayings of Jesus from John's gospel. In both cases, there will be links running through the six weeks, but each service also stands alone. The names of those responsible for leading the services can be found at the front of this magazine (and p.).

For the morning series there will also be suggestions of prayers and readings for us to use at home.

We thank Jen for her initiative of turning this 'problem' into something creative and different. See you in the summer!

Kathleen Loveridge

Kingsdown Club Programme

July 3rd The Caroliners Return

July 17th The Summer Party

Dave entertains

From 2.00pm till 4.00pm in the Kingsdown Church Hall

New Programme begins 4th September 2012

Kingsdown Methodist Church, Northfield Avenue, W13

BOOK FAIR



Books

Gifts

Cakes & Patties

Bric-a-Brac

Plants

Saturday 7th July

10.00am to 12.30pm

Admission 40 pence

Proceeds to:

United Anglo-Caribbean Society



Homes in Haiti



More than two years on from the devastating earthquake that killed over 300,000 people, MRDF is continuing to support people to rebuild their lives in some of the worst affected areas. One million people became homeless when the 7.1 magnitude earthquake struck on 12th January 2010. Families that lost their homes in the disaster took shelter in crowded makeshift tents, which did not protect them from the elements and lacked access to safe water and sanitation.

It is difficult for people in Haiti to secure land ownership and the process of gaining rights to land can take a long time. As a result of this, families require temporary accomodation before they can acquire land to build permanant homes. MRDF is working alongside a partner organisation to provide transitional housing to the most vulnerable people. Transitional houses are solid structures designed to last up to 10 years that provide families with a stable and secure place to live until they are able to secure a permanant house. Not only do transitional houses offer shelter but, unlike makeshift tents, which are often forcibly relocated, they make it possible for children to regularly attend the same school and parents are able to earn money by working the land surrounding the house and selling their produce.

Recently, MRDF enabled Sackel, Charles and their daughter Santana to move from a makeshift tent (below left) to a solid house (below right). They are very proud of their new house and Charles has already built a porch.

MRDF has enabled 37 vulnerable families to get back on their feet by providing housing. Batista Aimé, 26, was one of those made homeless by the earthquake. She lived with her two children in Port au Prince until the family lost their home and all of their possessions in the disaster. She relocated to Léogane, 25 kilometres away, and took refuge in a makeshift tent for 12 months. She describes living in the tent as a 'horrifying experience.' Exposure to the elements resulted in Batista becoming ill and she was eventually hospitalised. Twenty seven months after the earthquake, MRDF's partner provided Batista with a small house. Batista considers her house a blessing from God and is very grateful to MRDF and the local organisation that has enabled her to rebuild her life. The new house has enabled Batista's children to regularly attend a nearby school and she is slowly recovering from her illness.



Unrest in Mali



Unrest in Mali - MRDF partners still at work

MRDF partners are continuing to help rural communities in Mali to tackle poverty and food shortages, despite continuing political and military tensions in the country.

In recent weeks, Tuareg separatists have gained control of much of the north of the country, while violence has broken out in areas of the Malian capital, Bamako. Forces under control of the interim government have clashed with soldiers still loyal to the ex-President Toure, who was ousted in a military coup on 22 March. Coup instigator Captain Amadou Sanogo stepped aside on 12 April, but his military council still wields considerable power, and holds three cabinet posts in Mali's current interim government.

The tensions come at a time of serious food shortages in the Sahel region. A lack of rain has caused grain production to fall by 41% in Mali this year and 3.5 million people live in areas where there is not enough food. At the same time the price of millet, a staple food in Mali has risen by 69% in the last year. According to the World Food Programme, one in ten children in Mali are currently malnourished.

MRDF has three partners in Mali, running health, agriculture and income generation projects which seek to make a difference in what are some of the most disadvantaged communities in the world. All of the projects are located in rural areas in the centre and south of the country, so they have remained relatively unaffected by the political situation, and much of the field work has continued as planned. However, the recent violent clashes between loyalists and rebel soldiers in Bamako have made it increasingly difficult for staff to operate in the capital, with travel and access to banking facilities being limited.

MRDF's partner GRAFE, which operates in the central Ségou region, is also concerned that the arrival of displaced people fleeing the insurgent-occupied North is putting additional pressure on communities that already face food insecurity.

Over the last two years, MRDF has supported its Malian partners to respond to ongoing drought and food shortages, as well as their long-term development projects. Funds from its Africa Food Crisis Appeal supported the provision of food relief and were also invested in seeds banks, water pumps and training in vegetable growing. These measures are providing some communities with a degree of resilience in the current situation. This project is the focus for MRDF's Harvest Appeal 2012

Kingsdown - The Role of a Fire Steward

On the 15th April 18 people took part in a training session designed to give them a good understanding of the intended emergency exits to use in the event of an emergency and the role of the Fire Stewards, who are responsible for evacuating the congregation from the building should such an even occur.

Fire Stewards for Kingsdown Methodist Church are the Church Stewards on duty at that time and adults leading youth groups. An additional member of the congregation can be asked to act as a steward if there is a disabled person in the congregation who would need assistance. Fire Stewards will wear a yellow jacket with 'FIRE STEWARD' on the back of it so that they can be identified.

There are 4 things that every member of the congregation needs to know in order to leave the building as quickly and safely as possible

- The Fire Escape Routes
- Evacuation of children
- Evacuation of disabled persons
- Where to assemble

The Fire Escape Route

The front section of the building, which includes the worship hall, front foyer and areas directly from the foyer, has two fire escape exits:-

- The main entrance to the foyer directly onto Kingsdown Avenue
- The rear exit from the worship area via the door adjacent to the church organ into the central core of the building, passing through the community hall foyer and onto Kingsdown Avenue

The Choir and Minister's vestries also form part of this section of the building. Persons using those areas can leave by either:-

- entering the worship hall by the choir stalls and leaving via the front foyer route;
- entering the central core corridor from the choir vestry and leaving the building via the community hall foyer doors directly onto Kingsdown Avenue

There will be times, such as social functions or at meetings, when the Church will be occupying the Church hall. The following applies on those occasions.

The rear section of the building, incorporating the kitchen, community hall, stage area and the arena has three means of escape:-

- The main doors giving egress from the community hall foyer leading onto Kingsdown Avenue
- The fire exit doors in the hall against the stage opening into Kingsdown Avenue
- The single fire exit door in the annex entering the arena area and leaving from

the north west corner of the arena. The route follows the external fire route along the north side of the worship hall and into the front foyer. There is an emergency exit key in a glass box to the left of the doors leading into Kingsdown Avenue.

Evacuation of Children

The leaders of the youth groups will be responsible for the safe evacuation of the children. Parents should not push against the flow of traffic to collect their child.

Evacuation of Disabled Persons

Disabled persons will be helped to leave the area by a Fire Steward. They should remain at the end of their pew until that person comes for them and not attempt to leave at a time when their progress would slow down the evacuation of people who are able to leave at a quicker pace.

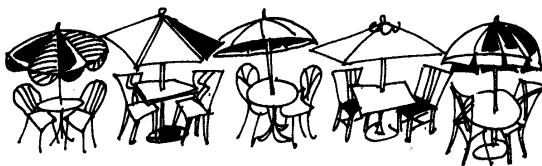
Where to Assemble

The assembly point is on Northfield Avenue on the other side of Kingsdown Avenue. People must NOT re-enter the building until it has been declared safe to do so by a Fire Officer.

A copy of the Emergency Evacuation Plan is available on the notice board in the front foyer.

A further training session will be held in the near future and I would urge you to attend even if you will not be expected to act as a Fire Steward.

Lynda Blackburn
June 2012



£10,000 grant to Methodist Church in storm-battered Fiji

A solidarity grant of £10,000 has been sent to the Methodist Church in Fiji, which has been helping communities affected by flooding after a tropical storm hit the islands in April. At least seven people lost their lives and the livelihoods and homes of thousands have been destroyed.

You can donate to the World Mission Fund online, or by sending cheques made payable to 'Methodist Church World Mission Fund' to Methodist Church House, 25 Marylebone Road, London NW1 5JR.



Dear Friends

Welcome Service for Revd Michaela Youngson as new District Chair

We write on behalf of the London District of the Methodist Church to invite you (minister and your congregation) to join us for a service of welcome for the Revd Michaela Youngson as she assumes her new role as one of our three District Chairs.

The service will be held at 6pm on Saturday, 1st September 2012 at Wesley's Chapel, 49 City Rd, EC1.

Michaela is currently the Superintendent minister in the Ealing Trinity Circuit and within the leadership team she will have particular pastoral oversight for the churches and Circuits of West London, as well as sharing in the wider work of the District.

The service will be followed by refreshments and we would like to offer an opportunity to those circuits who would like to bring homemade cakes to do so. If your circuit would like to **bring a cake can you please let Nwabisa or Sam know by Friday 3rd August** at the latest, either by phone 020 7654 3850 or e-mail admin@methodistlondong.org.uk

For catering purposes, it would be helpful if you are able to let us know how many intend to come to the service from your circuit in advance.

While recognising the many competing demands on your time, we would be delighted if you were able to join with us on this special occasion.

With every good wish

Yours sincerely,

Revd Jenny Impey

Revd Dr Stuart Jordan

District Chairs

Ealing Hospital A&E – Public Meeting at Hanwell

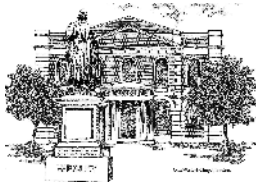
Hanwell Methodist Church is hosting a Public Meeting in support of the A&E Department at Ealing Hospital on 5th July at 7.00 pm.

NHS NW London wishes to remove emergency cover from the hospital and the Ealing Hospital SOS campaign is mobilising public opinion against it.

The main speaker will be Dr Onkar Sahota, local GP and newly-elected GLA Member for

Ealing & Hillingdon. Local Councillors and the three Ealing MPs have been invited. Please come along to join in.

You can find out more and sign an e-petition against the closure by going to <http://ealinghospitalsos.org.uk/>.



HERITAGE STEWARDS WANTED AT WESLEY'S CHAPEL AND THE MUSEUM OF METHODISM

Would you like to show visitors around one of the most important Methodist sites in the world, including the 18th century John Wesley House? Or maybe you would rather help behind the scenes and assist with the collections in store?

Wesley's Chapel and The Museum of Methodism are looking for committed and enthusiastic volunteers to support day-to-day operations. This is an excellent opportunity to meet interesting visitors from all over the world, work with staff and the many other volunteers and to learn more about the historic chapel and Methodism more generally.

No previous knowledge about Methodism or experience necessary, full training will be provided. We pay travelling expenses and also offer a volunteer discount in the museum shop.

If you are friendly and enthusiastic and can you commit two days per month we would love to hear from you! For more information please e-mail museum@wesleyschapel.org.uk, or call the chapel office on 020 7253 2262.

The way I see it: Welcome to the real Olympics!

Just to set the record straight, the Olympic Games - yes, the events that will bring much of London to a standstill this month - were founded in 776BC in ancient Greece. They involved athletics, poetry and music and were held at Olympia (hence their title), a centre for the worship of Zeus. You may recall that mount Olympus - the highest point in Greece - was the dwelling place of the gods and goddesses of Greek and Roman religion.

Once the Christian faith prevailed in the Roman Empire the Games were abolished, in the fourth century AD. What we have this month is a modern revival of the Games, the brain-child of a Frenchman, Pierre de Coubertin. It was he who memorably declared that the object of the Games was not the winning but the taking part.

The ancient Olympic Games had no element of international competition, no rankings, no flags or national anthems. The youth of the world were invited to Olympia to test their prowess against others - not just athletically, as we have noted, but artistically.

By contrast, the modern Games have become a celebration of national triumphalism, a notion far removed from the original Greek model, but also foreign to the vision of de Coubertin. He would have deplored medals tables, anthems, flag-raising and all the media hype that surrounds perceived national success or failure. Patriotic pride has attached itself to the accumulation of gold medals - many in Britain will write this year's Games off as a failure if Team GB does not win more of them than we did last time.

The ancient Games are conspicuous in the New Testament, especially in the letters of St Paul. He must have been a bit of an athletics fan, because time and again he reverts to the Games for illustrations of Christian pilgrimage. The marathon was the greatest of all the contests, and that provided him with the perfect picture of the faithful life, from the starting line to the distant finish.

The Christian competes, but not against the other runners. Our contest is with all the things that will distract us, slow us down, divert our eyes from the ultimate goal. And at the end of the marathon of life there is the prize, the 'crown of glory' - not just for the winner, but for everyone who completes the course.

'I have fought the good fight', he writes. 'I have finished the race, I have kept the faith.' Not won, you notice, but finished. And for that, he says, he will receive the crown - 'and not only me but all who have longed to see him' (2 Timothy 4:8). The apostle and the founder of the modern Games would agree on one thing for sure. The prize is not for winning, but for taking part.

Canon David Winter, a former Head of Religious Broadcasting at the BBC

15th July St Swithun (or Swithin) - saint for a rainy day



St Swithun is apparently the saint you can blame for rainy summers. It is said that if it rains on his special day, 15 July, it will then rain for forty days after that.

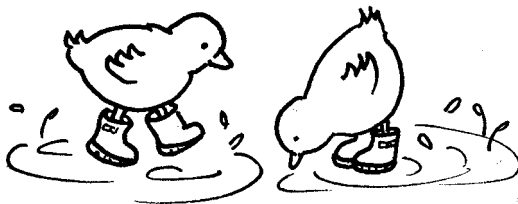
It all began when he was made Bishop of Winchester in 852 by King Ethelwulf of Wessex. It was an important posting: Winchester was the capital of Wessex, and during the 10 years Swithun was there, Wessex became the most important kingdom of England.

During his life, instead of washing out people's summer holidays, and damping down their spirits, Swithun seems to have done a lot of good. He was famous for his charitable gifts and for his energy in getting churches built. When he was dying in 862, he asked that he be buried in the cemetery of the Old Minster, just outside the west door.

If he has been left there in peace, who knows how many rainy summers the English may have been spared over the last 1000 years. But, no, it was decided to move Swithun. By now, the 960s, Winchester had become the first monastic cathedral chapter in England, and the newly installed monks wanted Swithun in the cathedral with them. So finally, on 15 July 971, his bones were dug up and Swithun was translated into the cathedral.

That same day many people claimed to have had miraculous cures. Certainly everyone got wet, for the heavens opened. The unusually heavy rain that day, and on the days following, was attributed to the power of St Swithun.

Swithun was moved again in 1093, into the new Winchester cathedral. His shrine was a popular place of pilgrimage throughout the middle ages. The shrine was destroyed during the Reformation, and restored in 1962. There are 58 ancient dedications to Swithun in England.



For those of you who missed Jonathan Cheriyan in *Mort the Musical* last year at Greenwich Theatre, you may be interested to know that he has been asked to join the company again and reprise his role. This time it will be a bit nearer to home at the Rose Theatre in Kingston.



Mort the Musical
Wednesday 29 August - Saturday 1 September
The Rose Theatre, Kingston

Book online at: www.rosetheatrekingston.org or call: 08444 821 556

Methodist app reborn: now available free for all devices



A brand new app from the Methodist Church in Britain is now available on all mobile devices. The app offers users a daily Bible study, as well as all the latest news, audio and video from the Church.

Features include: daily Bible studies, featuring a different author each week; the latest news stories; topical podcasts; resources for Christian discipleship; information about the latest campaigns and the Church's involvement in the 2012 Olympic and Paralympic Games.

More from:

<http://www.methodist.org.uk/news-and-events/news-releases/methodist-app-reborn-now-available-free-for-all-devices>

Data Protection

Kingsdown and Pitshanger Methodist Churches maintain 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.

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SERVICES FOR AUGUST- KINGSDOWN

- 5 Aug 10.30 Mr Peter Green
3.30 Service at Hanwell House
(please try to join us)
6.30 Local Arrangement - Worship Leader: Lynda Blackburn
- 12 Aug 10.30 Rev Sheryl Anderson - Holy Communion
6.30 Local Arrangement - Worship Leader: Kathleen Loveridge
- 19 Aug 10.30 Local Arrangement - Worship Leader: Kathleen Loveridge
6.30 Local Arrangement with Holy Communion -
Worship Leader: Lynda Blackburn;
Celebrant Rev Peter Mackenzie
- 26 Aug 10.30 Mrs Glynis Forbes
6.30 Local Arrangement - Worship Leader: Kathleen Loveridge
-

Sun 2 Sep 6.30 pm Welcome to the New Ministers, Greenford Church
Tue 4 Sep 8.00 pm Circuit Welcome Service for Rev Roger Dunlop
and Nigel Cowgill at Ruislip Methodist Church

SERVICES FOR AUGUST - PITSHANGER

- 5 Aug 10.30 Rev Gerald Gardiner
- 12 Aug 10.30 Rev Kippl Bennett
- 19 Aug 10.30 Local Arrangement
- 26 Aug 10.30 Mrs Keij Philips
-

Sun 2 Sep 6.30 pm Welcome to the New Ministers, Greenford Church
Tue 4 Sep 8.00 pm Circuit Welcome Service for Rev Roger Dunlop
and Nigel Cowgill at Ruislip Methodist Church





St. IGNATIUS of LOYOLA: 31st July

The youngest of 13 children, Ignatius Loyola was born in Spain. When a young soldier he was badly wounded by a cannon ball that shattered his leg. As he recovered he asked for a best selling book of the day, a romance, to read to take his mind off the pain but ended up reading about Jesus and the lives of the saints. His life changed as he resolved to continue being a soldier, but now as a soldier for Christ.

In 1534, at the age of 43, he and 6 others offered themselves to the service of the Catholic Church. They became the Society of Jesus and Ignatius was elected to serve as their first general. When other Jesuits were sent on various missions by the pope, Ignatius stayed in Rome founding homes for orphans and colleges all, in the words of the Jesuit motto, 'ad maiorem Dei gloriam' - for the greater glory of God.



BIBLE BOOKS

Can you unscramble these letters to find books in the Bible?

1. ashjou
2. imythot
3. hurt
4. kuel
5. brosprev
6. tonslaminate
7. chaimal
8. theres
9. chainstroin
10. himereaj



What kind of man was Boaz before he married?
Ruthless.

Which Bible character had no parents?
Joshua, son of Nun.

Answers: 1.Joshua 2.Timothy 3.Ruth
4.Luke 5.Proverbs 6.Lamentations
7.Malachi 8.Esther 9.Corinthians
10.Jeremiah

EVENTS AT KINGSDOWN

JULY

- Mon 2 8 pm Guides (and most Mondays throughout the month)
- Tue 3 2 pm Kingsdown Club - The Caroliners Entertain
- Wed 13 1-3 pm Babies & Toddlers Group (term time only)
- Fri 6 10.00 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 (and most Fridays throughout month)
- Sat 7 Book Fair - proceeds to United Anglo-Caribbean Society
- Tue 10 Liz & Steve Palmer's Home Group
- Sat 14 7.30-10.30 pm MWiB 'Stop the Traffik' Concert at Kingsdown
- Sun 15 6.30 pm Kingsdown - Circuit Service of Farewell to Rev's Micky Youngson,
Kip Bennett and Roger Dunlop.
- Tue 17 2 pm Kingsdown Club - The Summer Tea Party

EVENTS AT PITSHANGER

JULY

- Wed 4 8 pm Wednesday Fellowship - AGM.

Prayer Group meets in the Vestry, 11.45 to 12.15, every Thursday. Please join us if you can. First Thursday in the month the Group has lunch together in Pitshanger Lane and anyone is welcome to join us for the meeting or lunch, or both.



Bowls

A small boy stunned his parents when he began to empty his pockets of coins. Finally his mother asked him where he had got all that money. "At church," the boy replied nonchalantly. "They have bowls of it."

Obvious

A Sunday School teacher asked her class why Joseph and Mary took Jesus with them to Jerusalem. A small child replied: "They couldn't get a baby sitter."