



# KINGSDOWN MESSENGER



*June 2018*

## SERVICES FOR JUNE 2018



3 Jun	10.30	Mrs Esther Ackah
10 Jun	10.30	Mrs Penny Pedley, Family/Parade Service
17 Jun	10.30	Deacon Ramona Samuel
24 Jun	10.30	Rev Oluyemisi Jaiyesimi, Holy Communion
1 Jul	10.30	Local Arrangement



### **HOLY HABITS** by Andrew Robert

As explained by our Circuit Superintendent, Rev Rachel Bending, in the Circuit magazine '**In-touch**', this is the book which will be explored by the Circuit through a series of summer events being called '**CHURCH ALIVE**' (more specific details of which can be found on page 4 of '**In-touch**'). Also included you will find details of Circuit services programmed to say farewell to staff leaving and to welcome new staff arriving (p.5). It is hoped that as many as possible will attend these events.

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

### **The KINGSDOWN MESSENGER**

**[Copy deadline for the July/August 2018 issue is Friday 22nd June 2018]**

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As I write I have just returned from a meeting in one of my favourite places – the city of St Albans.



I had the privilege of doing my ministerial training course in the Abbey there and I have always loved it. Our worship each week used to be held in the Lady Chapel and there is something very special about worship in a space that has been prayed in over hundreds of years, as if the walls have become soaked in prayer.

22<sup>nd</sup> June is the feast day of St Alban, from whom the city gets its name. He has the questionable honour of being the first person to be martyred for the Christian faith in Britain. He was a Romano-British citizen living in the Roman city of Verulamium 1700 years ago, who took pity on and sheltered a fugitive fleeing from persecution, who was a Christian priest. Although Christianity was a forbidden religion, Alban was deeply impressed by the priest's faith and courage and sought to learn more from him about his beliefs.

When the authorities came to arrest the priest, Alban exchanged clothes with him in order to enable the priest to escape, and so Alban was arrested and brought before the city magistrate. When asked to prove his allegiance to the emperor and Roman gods through a sacrifice, Alban refused and when asked to identify himself, he answered, 'I am called Alban and I worship and adore the true and living God, who created all things'.

The magistrate sentenced Alban to the punishment that would have been given to the priest and he was taken up the hillside to the place of execution where he was beheaded. His story spread and his grave soon became a place of pilgrimage, which led to the construction of churches on the site, initially simple structures, but becoming more elaborate. Recent finds suggest an early basilica and in 429 St Germanus recorded his visit to this church. In the early eighth century the historian Bede told the story of St Alban and described 'a beautiful church, worthy of his martyrdom'. It is the oldest site of continuous Christian worship in Britain. The current Abbey still encompasses the abbey building completed in 1115, though it has been extended and refurbished in many ways. Today it provides a



centre for both traditional and innovative worship and Christian study and teaching not just for the city itself, but for the St Albans Diocese, which covers Hertfordshire, Bedfordshire, Luton and Barnet.

Each year in mid-June his story is re-enacted on the hillside where it happened, often with enormous puppets, and thousands of people gather to commemorate and celebrate, outside and then in the Cathedral. It is a great occasion which I am sure many of you have attended.

And all because one man had compassion on another, who had had to flee from his home; all because that man knew he had something to learn from the other, and, having listened and learned, had the courage and faith to stand by what he had learned, even in the face of death.

All because one man, though facing persecution for his faith, was willing to share it with another, passing on a belief that was more important to him than life.

It is hard, visiting St Albans today, and walking up the hillside to the beautiful, imposing ancient cathedral, which has dominated the scene for so long, to imagine a time when it was dangerous to be a Christian. How blessed we are to live in a country that is generally tolerant and accepting of different views! Yet I am very conscious that that very freedom can make us complacent about our call to share our faith, to make known the good news with which Christ entrusts us. It is also sad that in a country where we live in such security and freedom, many who come seeking refuge from various kinds of persecution, experience suspicion and resentment instead of compassion, understanding and a willingness to listen to and learn from their experiences. How important to remember the example of Alban and the priest, who changed his life and gave him something worth dying for.

Penny

**The older I get, the earlier it gets late.**

# **Family News**

The funeral service of **Mrs Esmilda Porteous** took place at Kingsdown Methodist Church on Monday 14 May 2018 , and was conducted by Mrs Penny Pedley, with a good attendance of the church family in attendance. Eulogies were given by Esmilda's children, **Dr Joan Rawlins, Carl Porteous** and **Lorna Joseph**. The service was followed by a committal ceremony at Mortlake Crematorium; after which those attending were invited to join family and friends for refreshments at Trailfinders Sports Club in West Ealing. The family wished to express sincere thanks and appreciation to all relatives, friends and well-wishers who have offered kind words of comfort, thoughtfulness and kindness during their time of bereavement.

## **Mrs. Esmelda Porteus**

On Monday 14 May- along with other members of my church, we joined members and friends of Esmelda for the Thanks Giving Service and Cremation of a 'Virtuous and God-fearing Woman', who would have reached the age of 98 Year on the following day, had she lived! The day was glorious, bedecked with a plethora of spring Flowers, which Esmelda would have liked!

I have known Esmelda & her family since the, 60's and have worshipped with her at our church for over three decades. She was mother, wife, grand-mother and much more- a 'Lady' in the true sense of the word, whose life was expressed with quiet dignity and grace. The moving service that was led by our associate Pastor- Penny Pendley, was memorable and the words that touched me most, was uttered by her son- in -Law, who had said that the family was not mourning her! Instead, they were giving thanks for her exemplary life. He went on to tell the congregation, that when Esmelda was asked over the last years of her long life, she would respond heartily, that she was on 'Redemption Road!'

I couldn't help feeling a lump in my throat as we sang one of the chosen Hymns at Kingsdown- '*What a friend we have in Jesus*'- A hymn which our mother taught my siblings and me, as soon as we were able to sing a tune as children and one which we sung at morning worship at home, each day! Poignant memories- at such a time as this! **Well done Good and faithful servant!**

**Blossom Jackson**

We have recently been notified of the death at her home in Poole of **Mrs Joan Dobell**, the wife of one of Kingsdown's previous ministers., On the 27 November 2017. No further details are available but we would still like to extend sympathy and condolences to any family or friends who may perhaps have maintained links with Kingsdown in any way.



## **KINGSDOWN BABIES & TODDLERS GROUP**

Jill Richardson reported to the recent Annual General Meeting on Sunday, 13 May, that all is progressing well with the group, which is continuing to host between 13-15 families each week (some who attend regularly and others turning up having perhaps discovered us for the first time).



We have a regular team of helpers putting out equipment for the children and then stowing it away at the end of the afternoon, as well as serving refreshments to our attendees.

**However, it would be really helpful if anyone might be able to join the team, if only, say, at about 2.30 pm on a Wednesday afternoon to assist with stacking equipment into the rather small cupboard in which it is housed.** Any offers of assistance would be very much appreciated.

The group only operate during school term times (including being off on all half term weeks).

**KINGSDOWN METHODIST CHURCH**  
**Northfield Avenue Ealing W13**

# **SUMMER CONCERT**

**16 June 2018 ♦ 7:00-9:30pm**

***‘Midsummer Medley’***

**Brentford Choir ♦ Errol Hui**

**Jonathan Cheriyan ♦ Sue & Gerald Barton**

**‘Akuba’ ♦ ‘Shalom’**

**Patryck Korczak ♦ ‘Nimble Fingers’**

**Chris Reding ♦ Wind Quintet**

**Light Refreshments during the interval**

**Tickets: £8 (children under 14 free)**

**Contact email:**

**[blossom.jackson@sky.com](mailto:blossom.jackson@sky.com)**

# ***Concert - Saturday 16th June: Let's look forward to Summer!***

The Social committee will be selling tickets for this fabulous musical concert on 16th June.

There is a mixture of musical items including our own Jonathan Cheriyan with a few of his own past compositions; Patryk (organist); Gerald & Sue; choirs of different genres; poetry reading; flautist, Errol Hui (piano), Tessie (piano) and a wind quintet.

All this for £8.00 and light refreshments. Put this date in your diary and tell others.

The Social Committee comprises, Violet, Brenda, Blossom, Pam and Janet.

## **By Faith or by Sight?**

Sometimes I'm sad, I know not why my heart is sore distressed;  
It seems the burdens of today for me are such a test.  
And yet I'm well aware that God, who does all things just right  
Will lead me soon to understand I walk by faith, not sight.

And though I may not see the way He's planned for me to go,  
It may seem dark to me just now, but yes, I'm sure He'll know.  
Today He guides my feeble step, He leads me to the light;  
Has asks me now to never fear and walk by faith, not sight.

I'm sure these mists will roll away, the road will soon be clear;  
The love He showed at Calvary will banish all my fear.  
So, as I hold my Father's hand and seek to do what's right  
I'll grip that hand so firm each day - I'll walk by faith, not sight.

**from ACE Forum**



## *May the thoughts be with you*

*“When you stick to your beliefs, when you commit to living your dreams, when you speak from the heart, when you do all these things, you inadvertently inspire and invite others to do the same.”*

*Charlotte Reed*

### **(Acts 2)**

From prophecy to fulfilment,  
from fear to courage,  
from confusion to conviction,  
from despair to certain hope,

from head to heart,  
from longing to knowing,  
from weakness to strength,  
from paralysis to power.

What a difference a day makes –  
The Day of Pentecost  
when the Spirit came  
and everything was different and possible

by **Daphne Kitching**

### **A Grace**

We bless thee, Lord, for this our food  
For life and health and every good  
May we, more blest than we deserve  
Live less for self and more to serve.

**Anon**

# Brilliant day at the BB West London Athletics Competition in Perivale



Lots of Anchors and Juniors mixed in with their peers from other Companies and took part in a fascinating set of disciplines designed to test their skills.

A tremendous squad of older Boys competed against the very best from the other Companies. Although the full results have yet to be released, we can confirm that 10th Ealing captured Gold, Silver and Bronze:

- 1) Max Schumm
- 2) Oliver Williams
- 3) William Stumpf

which, of course, means we also hold onto the coveted Hammersmith Cup for best West London Athletics Team.

It was a wonderful day



# 21<sup>st</sup> June - the longest day



June, of course is the month of the summer solstice, the month of the Sun. Sol + stice come from two Latin words meaning 'sun' and 'to stand still'. As the days lengthen, the sun rises higher and higher until it seems to stand still in the sky. The Summer Solstice results in the longest day and the shortest night of the

year. The Northern Hemisphere celebrates in June, and the Southern Hemisphere celebrates in December.

While the Druids worship at Stonehenge and elsewhere, here are some Christian alternatives that honour the Creator rather than the created.

## **A Canticle for Brother Sun**

Praised be You, My Lord, in all Your creatures,  
Especially Sir Brother Sun,  
Who makes the day and enlightens us through You.  
He is lovely and radiant and grand;  
And he heralds You, his Most High Lord.

**St Francis of Assisi**

## **God in All**

He inspires all,  
He gives life to all,  
He dominates all,  
He supports all.  
He lights the light of the sun.  
He furnishes the light of the night.  
He has made springs in dry land.  
He is the God of heaven and earth,  
of sea and rivers,  
of sun, moon and stars,  
of the lofty mountain and the lowly valley,  
the God above heaven,  
and in heaven,  
and under heaven.

**St Patrick**

# **C**ould you help the Conservation Foundation investigate the state of our elms?

Are you someone who believes that all our elms have disappeared? That may be a popular opinion, but there could be more healthy elms in parks, gardens and our countryside than we think.

The Conservation Foundation, which has been working with elm trees for over 30 years, has set up a new interactive map to understand the state of Britain's elm population, and support researchers and enthusiasts to identify surviving elms across the UK.

With the arrival of spring and the distinctive bunches of bright green seed clumps that make elm trees instantly recognisable, The Conservation Foundation is calling on the British public to become elm detectives. They are invited to join the search for the UK's elms, many of which grow unrecognised in our towns and countryside, and to record them on the new crowd-sourced map at [www.conservationfoundation.co.uk/elms/map](http://www.conservationfoundation.co.uk/elms/map)

Far from losing all but a very few of its magnificent elm population to Dutch elm disease in the 1970s, The Conservation Foundation believes the UK still has a large number of mature elms. With the help of the country's citizen-scientists it hopes to discover the current state of Britain's elm population and support Dutch elm disease researchers.

Elm sightings can be logged by uploading photographs of the tree with its location and as much other information as possible, including pictures of the shape and bark. When the leaves come through later in the season, the elm detectives are asked to add a photograph to their online record for the expert panel to identify the species.

Postings are being moderated by a number of elm experts and researchers who will identify the species.

The Conservation Foundation Great British Elm Search map is supported by The Tanner Trust, The Berkeley Reafforestation Trust and private individuals.

# ***Church Action for Tax Justice***



**“Reforms are urgent, now is the time for tough action”:  
Dame Margaret Hodge**

Christian leaders united in the House of Lords on Tuesday 17 April to challenge government inactivity on tax justice reforms and to demand immediate tough action. Launching “Church Action for Tax Justice” (CAT), President-Designate of the Methodist Conference, the Revd Michaela A Youngson, joined Lords Rowan Williams and Richard Harries, Dame Margaret Hodge and Quaker Leader Paul Parker to demand an end to corporate tax evasion, greater transparency and a change to the negative narrative around tax.

In her speech to a packed committee room, the Revd Youngson said: “I hope we can shift the narrative around tax away from it being a dirty word, or a necessary evil, but rather a blessing and a means of all citizens having a stake in a generous society that cares for all.” Dr Rowan Williams talked about an “unquenchable thirst for more” in the corporate sector (referencing the name of the Christian Aid report), a “wilful blindness” amongst policy makers and how tax should not be “an us and them but a recognition of shared goals and mutuality”.

Ending financial secrecy in UK tax havens like the British Virgin Islands is one of the reforms CAT will pursue, along with changes to the way large multinational companies are taxed. In addition, the new campaign will call on Churches themselves to make more vigorous and vocal use of their power as investors in major companies.

CAT has developed out of the Methodist Tax Justice Network and seeks to be more ecumenical, embracing all Church denominations.

**When the power of love overcomes the love of  
power we shall have peace.**

**(‘Borrowed from a Methodist Church cafe wall in Coventry.)**

## Woman of the Decade In Community Leadership

All We Can was delighted to discover that Bina Silwal, Director of Kopila Nepal, was recently awarded 'Woman of the Decade in Community Leadership' by the Women's Economic Forum. With All We Can's support she attended a ceremony earlier this month in New Delhi, India, to receive her award.

All We Can has worked with Kopila Nepal since 2003. Nepal is one of the most beautiful countries in the world, but it is also one of the poorest.

For many Nepalese women and girls, marginalisation, oppression, and even violence is a daily reality, but through the vision and determination of All We Can's talented local partner Kopila Nepal, things are changing for the better.



Bina Silwal has been recognised for her leadership in this important field. All We Can's Programmes Director, Angela Zamaere, said, "We are proud to be associated with Bina and all she has achieved. She has worked tirelessly to bring about change for

marginalised women and over the years has achieved so much in the communities Kopila works in. A well deserved award and huge congratulations to Bina and her team".

## Cameroon - CDVTA 14 years of advocacy

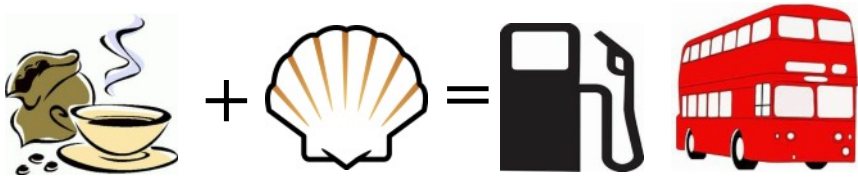
**So Moses and Aaron did just as the LORD had commanded them. Moses was eighty years old, and Aaron was eighty-three when they made their demands to Pharaoh. Then the LORD said to Moses and Aaron, “Pharaoh will demand, ‘Show me a miracle.’ When he does this, say to Aaron, ‘Take your staff and throw it down in front of Pharaoh, and it will become a serpent. (Exodus 7:6-9)**

It's interesting that the Bible clearly states both Aaron and Moses' ages. In Britain today Moses and Aaron would be classed as a pensioners entitled to their bus passes and a slower pace of life. Nevertheless, as we read on through the book of Exodus what we find is that God uses them in some of the most amazing ways! If you don't believe me, give it a read for yourself. The reality is that God desires to use all who believe in Him to take part in His Kingdom's work regardless of age, gender, ethnicity or any other differential – He sees potential where we see problems.

This truth was certainly on show on 12 April when All We Can supporters from churches across London and beyond gathered at Central Hall to hear from Francis Nchii Njuakom, the Director and founder of CDVTA (Community Development Volunteers for Technical Assistance). CDVTA exists to create, “a society where the elderly live fulfilled lives”. All We Can has worked with this inspiring local organisation since 2004. Francis spoke passionately about how CDVTA has grown exponentially over the past 14 years through working with All We Can in particular. CDVTA's work has consisted of advocacy work to change policy within the country and the establishment of over 300 elderly groups which provide support, training and income generating ideas. All of these things have helped to improve the rights and livelihoods of the elderly in Cameroon, and help bring about a fulfilment of their potential. One person at a time.

I, and the gathered supporters, left inspired by what Francis and his team had accomplished so far and the commitment from All We Can had been a decisive factor in bringing about this amazing change. church or at our central office?

# Some suggestions that could Help to Save the Planet



Shell and technology company **bio-bean** are helping to power some of London's buses using a biofuel made partly from waste coffee grounds. It offers a cleaner, more sustainable energy solution for London's bus network, with the power to help decrease emissions.

## What is it?

A 2014 survey found the average Londoner drinks 2.3 cups of coffee a day; that consumption produces more than 200,000 tonnes of waste a year, which, without recycling, would likely end in landfill with the potential to emit 126 million kg of CO<sub>2</sub>. **bio-bean** collects some of the capital's waste coffee grounds from high street chains and factories, and works with **Argent Energy** to process an oil that can be added into a blended B20 biofuel (B20 contains a 20% bio-component, part of which will be coffee oil).

So far, 6,000 litres of coffee oil has been produced. If used as a pureblend for the B20 bio component, it could help power the equivalent of one London bus for a year. **bio-bean** founder Arthur Kay in 2013, won the Shell LiveWIRE Innovation Award - a social investment programme that promotes entrepreneurship, innovation and providing meaningful employment.

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Shred your confidential waste and add the shredded paper to your garden compost - provides a bit of body for the green waste.

Print a lot of sheets - reuse the back page of paper printed on one side for your draft copies instead of using new paper.





Look out for Paper Bags from the local pharmacies that are part of the Numark group. Their paper bags are bio-degradable and compostable. Add them to your garden compost bin.



## **STOP USING PLASTIC**



Some manufactures are already changing their packaging over to fully re-cyclable materials. Right Guard are changing over from plastic to glass at similar shelf prices. *(The glass bottle is easier to use Ed.)*

Tell us if you see any other products changing over to recyclable packs.

## **Fatbergs**

Part of the notorious Whitechapel Fatberg (which weighed approximately 130 tonnes) is now part of a special display at The Museum of London until July 1st 2018. There is a lot of information and good pictorial coverage on the Museum of London website.

<https://www.museumoflondon.org.uk/discover/exhibiting-fatberg-monster-whitechapel>

**Ealing's sewers** are one of the areas on the list of having the largest Fatberg's in the main sewer systems. One of the primary components of these large Fatbergs are Wet Wipes flushed down the loo. As they are partially made of plastic they do not break down as toilet tissue does. The Plastic Sticks of Cotton Buds were also a problem that has now been eased by all the major suppliers changing over to sticks that break down and are disposable without damaging the environment.

Cooking oil washed down the sink creates the fat content which can now be extracted and turned into Biodiesel by a special but currently expensive process. The future looks hopeful - make sure that YOU play a role in helping o save the Planet.

## **REDUCE- RECYCLE - REUSE**

## ***What's brewing for you?***



A group of people, now well established in their careers, got together to visit their old university professor. The conversation soon turned into complaints about stress in work and life. Offering his guests coffee, the professor went to the kitchen and returned with a large pot of coffee and an assortment of cups - porcelain, plastic, glass, crystal, some plain-looking, some expensive, and some exquisite - telling them to help themselves to the coffee.

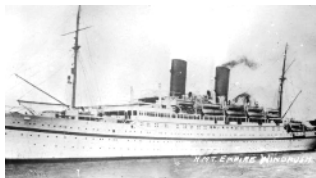
After they all had a cup of coffee in hand, the professor said: "If you noticed, all the nice-looking, expensive cups were taken up, leaving behind the plain and cheap ones. It may be normal for you to want only the best for yourselves, but this may be the source of your problems and stress. I can assure you," he went on, "the cup itself adds no quality to the coffee. In most cases, it's just more expensive and in some cases even hides what we drink. What all of you really wanted was coffee, not the cup, but you consciously went for the best cups and then began eyeing each other's cups."

The professor then said, "Life is the coffee, and your jobs, money and position at work and in society are the cups. They are just tools to hold and contain life, and the type of cup we have does not define, nor change, the quality of life we live. Sometimes, by concentrating only on the cup, we fail to enjoy the coffee God has provided for us. God brews the coffee, not the cups."

***From ACE Forum***

**John Wesley was once asked how he managed to attract the crowds when he was preaching. He replied, "I set myself on fire with the Gospel and the people come to see me burn."**

# British Library - The Windrush Exhibition – a tribute to the migrants



This month (June) marks 70 years since the Empire Windrush arrived at Tilbury Docks carrying hundreds of migrants from the Caribbean.

The British Library opens its special Windrush Exhibition this month (1st June to 21st October). Key exhibits in the Windrush Exhibition include ER Braithwaite's original typescript of *To Sir, With Love*, the autobiographical novel that became a film starring Sidney Poitier.

## Ealing Volunteers Week

As part of national Volunteer Week, an **Ealing Volunteers Fair** is being held on **Saturday, 9 June**. It could be a great way for you to help yourself, by helping others. That is because volunteering not only helps others in the community – it can help you personally, too.



For some people it can be a route to employment, or a chance to boost their CV or to try something new that may lead to a career change. It is a great way to make friends, as well.

The event will run between 2-4pm and is to be held at The Rickyard, near the children's play area in Walpole Park, Ealing, (W5 5BS).

It is free to attend and you will be able to find out about volunteering opportunities in the borough from a large number of charities.

Full details on:

<http://ealingnewsextra.co.uk/features/help-yourself-by-helping-others/>

**A diplomat is a man who always remembers a woman's birthday but never remembers her age.**

## **Churches Together in Central Ealing next Ecumenical Visit- Sunday 17th June**

The next ecumenical visit being organised by Churches Together in Central Ealing is to St Anne's Lutheran Church on Sunday 17th June at 6.00pm to their monthly 'Bach Vespers' service.

On this occasion the service will include a cantata illuminating the parables of the lost sheep and the lost coin. The service will be followed by a talk about the Lutheran church, and its place in the Christian spectrum.

If you would like to join the visit, contact Noreen Barnes-Hoggett by e-mail at [noreen29@googlemail.com](mailto:noreen29@googlemail.com) or call 020 8997 4935.

Noreen will let you know the arrangements for meeting up. St Anne's Lutheran Church meets in St Mary-at-Hill, Lovat Lane, London EC3R 8EE which is close to Monument Underground Station.

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### ***What a good idea! - continued from last month***

- \* To sharpen scissors, simply cut through sandpaper.
- \* Use rubber bands to help open a jar easily; place one around the jar lid and another around the middle of the glass. The rubber provides friction to prevent your hands from slipping.
- \* To prevent your eyes watering while chopping onions, wipe the board with white vinegar (which won't affect the taste of the onions).
- \* Store bed sheets inside their pillowcases for easy storage and access.
- \* Use upturned cupcake cases to cover drinks glasses in the summer - and poke a straw through to prevent flies from dropping in.
- \* Use chalk to remove grease stains from clothes. Simply rub white chalk on the affected area and wash as normal - the chalk will absorb the grease and be washed away in the cycle.
- \* Wrap rubber bands around the ends of coat hangers to prevent things slipping off.

**From ACE Forum**

# *This is my prayer, Lord*

*Dear GOD, I want to thank You for what you have already done.*

*\* I am not going to wait until I see results or receive rewards; or wait until I feel better, or things look better; I am thanking you right now.*

*\* I am not going to wait until people say they are sorry or until they stop talking about me; I am thanking you right now.*

*\* I am not going to wait until the pain in my body disappears, or until my financial situation improves; I am thanking you right now.*

*\* I am not going to wait until the children are asleep and the house is quiet; I am thanking you right now.*

*\* I am not going to wait until I get promoted at work or until I get the job; I am thanking you right now.*

*\* I am not going to wait until I understand every experience in my life that has caused me pain or grief; or until the journey gets easier or the challenges are removed; I am thanking you right now.*

*\* I am thanking you because I am alive. I am thanking you because I made it through the day's difficulties. I am thanking you because I have walked around the obstacles. I am thanking you because I have the ability and the opportunity to do more and do better.*

*I'm thanking you because, Father God, you haven't given up on me.*



## **Blue Badge parking scheme**

for disabled people has been permanently extended to cover carers and relatives of people who pose a risk to themselves or others in traffic.

You can now apply for a disabled persons parking badge, provided you meet the criteria.

## ***A Beach Party is coming our way***



It's time to check out your trunks and bikinis, buckets and spades ready for the Hanwell Church Beach Party on Saturday 23<sup>rd</sup> June in the afternoon.

The exact time has not yet been decided but please keep the date free as offers of help will be wonderful.

In the last couple of years this has been a very popular and successful event but this year we want to make it even better. *Keep your eyes open for posters with more details of high tide.*

### ***Gained or lost?***

*A poem for reflection By George Eliot (Mary Ann Evans 1819-1880)*

*If you sit down at set of sun  
And count the acts that you have done,  
And, counting, find one self-denying deed, one word  
That eased the heart of one who heard,  
One glance most kind  
That fell like sunshine where it went -  
you may count that day well spent.*

*But if, through all the livelong day,  
You've cheered no heart, by yea or nay -  
If, through it all, you've nothing done that you can trace  
That brought the sunshine to one face -  
No act most small  
That helped some soul and nothing cost -  
Then count that day as worse than lost.*



## COMING EVENTS

### JUNE

- Mon 8.00 pm Guides (most Mondays throughout term time)
- Tue 5 2.00 pm Tuesday Club -The Hurbs: a ukulele band  
7.30 pm Church Council Meeting
- Tue 12 Lis & Steve Palmer's Home Group
- Wed 1-3 pm Babies & Toddlers (restarts 13 Jun after Half Term)
- Thu 3.30 - 5.30 pm CBSI UK Bible Studies in Foyer
- Fri 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.  
(Every Week during Term Time)
- Sat 10.30 am -12 noon Coffee & Chat - everyone welcome
- Sun 3 1600 hrs - Iris Axon Concert Series at **Acton Hill**  
Andrew McKintosh, bass
- Sat 9 10.00 hrs **Acton Hill** Flower Festival - Theme 'World Hunger'  
Admission £1.00, light refreshments
- Sun 9 12.00 hrs **Greenford** Soup Lunch, in aid of Welshore Hub  
Donations of good quality books, bric-a-brac, etc welcome

### FUTURE DATES FOR YOUR DIARY

- Sat 7 Jul **Kingsdown** Book Fair in aid of Action for Children
- Sun 15 8.30 hrs **Service of Prayer & Inspiration at GREENFORD**
- 15-21 Jul **Circuit Week of Prayer**
- Sun 29 Jul **CIRCUIT SERVICE at KINGSDOWN**  
We give thanks for the ministry of Deacon Ramona Samuel  
and Associate Pastor Penny Pedley over the last year.
- Sun 26 Aug 11.00 am **CIRCUIT SERVICE AT PITSHANGER**
- Sat 1 Sep 4 pm (provisionally) **CIRCUIT WELCOME SERVICE** for our  
new minister, the Rev Susan Male, will be at **KINGSDOWN**
- Wed 12 Sep Mission & Outreach Committee