



KINGSDOWN MESSENGER



July - August 2018

SERVICES FOR JULY-AUGUST 2018



July

- 1 Jul 10.30 Local Arrangement
- 8 Jul 10.30 Mrs Penny Pedley, Family/Parade Service
- 15 Jul 10.30 Rev Oluyemisi Jaiyesimi, Holy Communion
- 22 Jul 10.30 Mrs Penny Pedley, Baptism
- 29 Jul 10.30 Local Arrangement
6.30 Rev Rachel Bending, **CIRCUIT SERVICE, Kingsdown**
We give thanks for the ministry of Deacon Ramona Samue and Associate Pastor Penny Pedley over the last year.



August

- 5 Aug 10.30 Mrs Penny Pedley
- 12 Aug 10.30 Mrs Keji Phillips
- 19 Aug 10.30 Worship Leader/Rev Rachel Bending
- 26 Aug 11.00 Rev Rachel Bending, Holy Communion, **CIRCUIT SERVICE, PITSHANGER** (No service at Kingsdown)

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

The KINGSDOWN MESSENGER

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It is a time of endings.

This will be my last reflection for the Messenger, as my year's contract draws to an end. It has been a good year for me, which has taught me a great deal and I am deeply grateful to have been given the opportunity to spend this year with the Circuit.

The year has been a journey of learning and facing challenges but has been also full of blessings. I have been impressed at Kingsdown by the commitment of a number of people to sustaining the life of the community. Much work goes on quietly and consistently into providing a great ministry to the boys at Boys Brigade, the mums and toddlers on a Wednesday afternoon, the Tuesday group, the Bible study, the fundraising for charities through the book fairs, local schools through the Nativity Festival and social occasions like the summer concert. There has also been a lot of work on property matters, maintaining a lovely building to make all this possible. I am grateful to all who give their time and energy to maintaining these valuable and important activities.

Something that I have also been very aware of is that many of the people making things happen in the church have done so for many years and there is a great need for others to begin to step up to take the church into the future, to continue what is good and also to introduce new ideas.

This won't be the only time I say it, but I am very thankful to all of you for receiving me so warmly into the community for this year and offering me so much encouragement along the way. I now think of many of you as friends and I am going to take away many precious memories.

As many of you know, leaving the circuit will not be the only ending for me. Andy and I have just put our house on the market and we are planning to move to Kidlington, three miles to the north of Oxford, towards the end of the year, to be nearer to our offspring. We have lived in our current house in Greenford for 34 years, so it is going to be quite a wrench. Both our children grew up in the house and it is full of memories of family life. But we are both excited about the move and look forward to creating a new home and finding ways to be part of a new community and a new church (we haven't decided whether to be Anglicans or Methodists yet!). We also look forward to getting to know our first grandchild, expected at the beginning of December.

All this makes me very aware that, for almost every ending, there is also the prospect of a new beginning. It is a truth very much at the heart of the Christian faith. But in order to embrace the new, we need to be prepared to let go of the old. We worship a God who delights in doing new things, who loves to surprise us. Sometimes in churches, we can be forgiven for forgetting that, as doing something new is not always warmly welcomed! But a reason for that is that, so often, we do not want to let go of the familiar, the things we have grown used to, and are comfortable with, even if they have worn a bit thin!

The book 'Holy Habits' on which the summer series will be based, describes the journey of faith as an adventure, full of new possibilities, challenges and fresh insights. God isn't in the business of protecting comfort zones! Rather, God calls us to follow him to discern all that we are capable of, the gifts that he has given us, the depth of his love for us, the peace that is beyond understanding and the joy of belonging to him and one another. We are never too old to be touched afresh by the wonder of the Christian message. He longs for that to be our experience of Christian living, an experience that will light us up so that his light shines out from us to others.

As Kingsdown continues on the adventure of faith, I pray that God will continue to encourage you and grow your confidence, individually and corporately, in your identity as his beloved people, called by him to be bearers of his light in the worship of the church and outside, in your daily lives. Thank you for sharing your light with me this year.

With love and my ongoing prayers



As Editors, we thank Penny for her faithful contributions to the Messenger each month, during her year with Kingsdown, and wish her and her family every blessing in the future.

Pam & Alan Smith

Family News

Mary Clare, wife of Iris's nephew Graham, writes: "**Iris Sawyer** passed away peacefully on Sunday, 10th June 2018.

There was a Thanksgiving Service for Iris' life on June 28th at Ainsworth Methodist Church, Bury. With kind regards,"

Iris was a highly regarded member of the Kingsdown family for many years, and was sadly missed when she made the decision to move north to Bury. We send sincere condolences from all at Kingsdown who will remember Iris with affection, and will certainly wish to include her, and her family, in their prayers.



Action for Children Sunday 2018

AFC Sunday this year is on July 8th. Action for Children is the children's charity of the Methodist Church and was founded in 1869 by Methodist minister Reverend Thomas Bowman Stephenson in response to the poverty and danger faced by vulnerable and destitute children and young people living rough on the streets of London.



The second Sunday in July is the anniversary of the opening of the first children's home and a chance to celebrate the work of AFC and its partnership with the Methodist Church at services and activities throughout the country.

Today Action for Children (formerly NCH - National Children's Homes) has grown to become a leading children's charity, running over 500 projects and working with more children and young people affected by poverty, disability and abuse than any other UK charity.

We will be holding an envelope appeal for AFC the first three Sundays in July and you are invited to contribute. Donations may be Gift Aided if required.

Also we will be holding a Book Fair on Saturday July 7th, and there will be stalls for clothes, gifts and bric a brac. Any donations gratefully received and I hope you will be able to attend.

Olwen Britton



MHA Live at Home Scheme Barbeque Saturday 7th July

The MHA Ealing Live at Home Scheme is organising a barbeque on Saturday 7th July from 3.00 – 5.00pm at Greenford Methodist Church. There will be music, delicious food and a dance class, so come along for an afternoon of fun, dancing and a chance to win many prizes with a raffle!

Tickets are £5.00 for adults and £1.00 for children. To book tickets, contact Trudi or Valeria on 020 8813 0519.

From the Annual General Church Meeting and the Church Council

The Annual General Church Meeting took place on 13th May, and the most recent Church Council meeting on 5th June.

One of the main tasks of the General Church Meeting is to elect our church officers for the coming year. These are then confirmed at the following Church Council meeting. The following were confirmed in their roles and as members of the Church Council:

Church Stewards

Esther Ackah, Emily Campbell,
Tom Cheriyan, Sybil Corbin

Officers

Secretary to Church Council
Gerald Barton

Treasurer

Derek Matthews

Technical Manager (Property)

Janet Smith

Safeguarding Officer

Sybil Corbin

(also Church Steward)

Mission & Outreach

Olwen Britton

Pastoral Secretary

Hazel Pennells

Congregational Reps

Juliet Edwards, Blossom
Jackson, Kath Jarrett

King's Hall Reps

Bill Carty, George Lafford

Circuit Steward on Church Council

Colleen Hicks

Lita Stoll had stood for the role of church steward at the Annual General Meeting but stood down shortly after, having realised that she could not fulfil the duties of the role. However, she expressed a wish to continue as a congregational representative on the Council and was co-opted on to the Council in that capacity.

The General Church Meeting also made a number of appointments that do not sit on the Church Council. Jill Richardson and Rita Safta were elected as Vestry Stewards and Violet Cordon, Ivy Hanson, Jill Richardson, Rita Safta, Janet Smith and Eileen Tobias were all re-elected as Communion Stewards.

Reports from Church Groups

Babies & Toddlers

Jill Richardson said that the Babies & Toddlers group was regularly attended by 14 – 17 families and was going well. She thanked the

dedicated team from the church for their support each week. However, setting up and clearing away was becoming harder as people got older.

Additional help would be appreciated from about 2.30pm to help clear away – if you can help, please speak to Jill..

Kingsdown Club

Eileen Tobias said that the Kingsdown Club is attended by 16 – 22 people on a regular basis. She organises a range of talks and entertainment for the club which is going well. The club's finances are in good order.

Ealing Churches Winter Night Shelter

Sue Barton said that the Night Shelter was in its 4th year at Kingsdown. The church offers overnight accommodation to up to 14 guests on 4 Sunday nights in the run-up to Christmas. All guests accepted by the Shelter are vetted and checked for suitability before being accepted. Once again, the Shelter went smoothly at Kingsdown during the last season.

Sue expressed her thanks to all the volunteers who had helped at the Shelter and especially to Derek Matthews for being one of the overnight volunteers, to Annegret

Matthews for providing one of the meals and to all the others who had taken laundry, provided donations of food or supported the Shelter through their prayers.

A letter of thanks had been received from the trustees of the Night Shelter. This also asked if Kingsdown would participate during the coming winter. This was considered by the Church Council who decided to confirm Kingsdown's continuing participation in the Night Shelter.

Junior Church

Anna Church said that numbers of children at Junior Church varies between about 2 and 10. She tries to let the children have as much input as possible to their sessions. They are keen to show the congregation what they have done during their lessons which helps develop their confidence.

Boys Brigade

10th Ealing Boys' Brigade was initiated by the Kingsdown family in 1966 and, over fifty years later, still continues in its mission to "advance Christ's kingdom among Boys". Numbers-wise the company remains very strong.

There are 22 Anchor Boys, 24 Junior Boys, and 34 Boys and young men of high-school age. Generally speaking, the register totals 75

names, with usually about 60 Boys in attendance each Friday.

There are boys of all ethnicities and several members have emotional/social issues which the Company leaders work with, alongside the parents, often to excellent effect. The company is, by some distance, the biggest BB company in West London, and probably one of the most prominent in London.

With regard to staff, the core group of Tony Plews, David Lane and Mark Tobias has been bolstered this year by the welcome return of Matt Plews (from China) and the wonderful addition of Rev Calvin Samuel and Deacon Ramona Samuel as chaplain. Good use is also made of parents and the Company's 'Old Boy network', giving a further seven regular volunteers to pitch in. It should, of course, be noted, that all BB leaders are volunteers and receive no financial recompense.

The Company continues to offer a sports- and activities-based programme with regular Bible classes/Bible stories/faith discussions for all Boys, often led by the captain or whichever member of the clergy is available. It is, of course, impossible to pass on the deeper parts of the Gospel in these situations but the consistent

practice of good citizenship, integrity and fair-play with the Boys (with lots of good humour) is always maintained to ensure each BB meeting conforms to the highest standards of Christian life.

Attendance at Church Parade during the past year has, unfortunately, often been poor. Many of the Company's members worship elsewhere each Sunday and it is difficult to uproot families from their routine. As a rough estimate, two-thirds of our Boys come from Christian homes.

The Company's Annual Display was held on 18th May and it was expected to present at least six President's Badges (the second highest Brigade award). Summer Camp will be in Swanage and another happy, safe and memorable week of Christian adventure is anticipated.

The Company would like to place on record its grateful thanks to the Church family for the wonderful support that it has always received, especially from the property, lettings and Messenger teams.

Reflection on the Year

Our Associate Pastor, Penny Pedley gave the General Meeting her reflections on her year at Kingsdown . She said she was

conscious that she was on a one year contract as Associate Pastor and hoped and prayed that Rev Susan Male will be able to bring a greater sense of stability to the church. In her reflection, Penny made the following principal comments:-

She had been impressed by the warm welcome she had received and was grateful for the support she had been given through the year. In general she felt Kingsdown to be a capable church less dependent on their minister than some churches she had experienced.

She was very grateful to Janet Smith for developing the major property projects currently in hand; to Gerald Barton and Derek Matthews for their work on fire safety; to Sybil Corbin for getting Kingsdown ahead of the game on safeguarding; to Hazel Pennells for undertaking the very important work of looking after our lettings; to Pam and Alan Smith for producing the Messenger and to all those who organise the coffee mornings and the book fairs etc.

She was very aware that many people have been involved for many years and that there is a need to consider how the work will continue into the future as the congregation ages. In par-

ticular new people are needed to step up to take on tasks, particularly stewards.

There is much that is good and strong at Kingsdown, but there will be challenges ahead. The church needs to look less inward and more upward to God and outward to the community.

At the Church Council meeting Penny drew attention to the fact that the church needs more stewards and for more people to be more generally involved in various aspects of running the church. She understood, however that this can be difficult given other pressures on people's lives. Nevertheless, she asked us all to consider who might be approached to become stewards or who might be asked to share in the tasks involved.

Finance

At the Church Council meeting, Derek Matthews said that the church finances were stable and income was higher than expected for the year to date so a surplus was expected at the end of the year. Most hire fees for the use of church premises were being increased although Hazel Pennells said that bookings for one-off events (eg parties) had fallen off since the fees had been increased. Blossom Jackson reminded the meeting that church assessments were to be

increased as the Circuit' finances were in poor shape. There is to be a meeting for church treasurers from all the churches in the Circuit although no date had yet been fixed.

Property

Work was finally getting under way on replacing the hall flat roof after some delay. Obtaining quotes to replace the main lights in the worship area continued to be problematic – in general the firms approached have not been interested given the relative simplicity of our requirements. Efforts continue, however to obtain quotes.

Safeguarding

The Circuit currently has a programme of safeguarding training sessions and there will be one at Kingsdown on Saturday 7th July at 12.30p. This will last about 3 hours. It was stressed that the training is obligatory for those undertaking certain roles within the church such as church steward, Junior Church leaders and assistants, pastoral visitors etc.

If you need or think you might need to do the training, please speak to Sybil Corbin. Happily, 10 of our members had attended safeguarding training in November,

so we have a head start compared to other churches in the Circuit.

Charity of the Year

The Charity of the Year for 2017/18 is the Ealing Churches Winter Night Shelter. Olwen Britton reported that £749 had been raised and this had already been sent to ECWNS. The Charity of the Year from September will be the Log Cabin.

Dates for your diaries

Love Northfields Traders Day –

Penny Pedley reported that there would be a 'Love Northfields' Traders Day on Saturday 30th June from 12.00 – 3.00pm. She felt the church should be open as this would give an opportunity for the church to make itself more visible in the community.

Services to Note

15th July at Greenford at 6.30pm

Service of prayer in preparation for the Summer Service Series

29th July at Kingsdown at 6.30pm

Leaving service for Penny Pedley and Deacon Ramona Samuel

26th August at Pitshanger at

11.00am Circuit Service, therefore no service at Kingsdown that morning

1st Sept (Sat) Kingsdown at
4.00pm Welcome service for
Rev Susan Male.

welcome services. The church
stewards will take the lead in
organising these, but please speak
to one of them if you can help.

Later on during the Autumn, there
will be Circuit Service to formally
'recognise' two newly qualified Local
Preachers- Rekha Cheriyan and
Regina Prempeh.

The Next Church Council meetings
will be on Thursday 20th September
at 7.30pm.

Refreshments will need to be
provided at the leaving and

Gerald Barton
Secretary to Church Council



Justice and Peace

*In an age of twisted values
we have lost the truth we need;
in sophisticated language
we have justified our greed;
by our struggle for possessions
we have robbed the poor and weak —
hear our cry and heal our nations:
your forgiveness, Lord, we seek.*

Martin Leckebusch-StF 703

Safeguarding Training (Creating Safer Space) at Kingsdown – 12.30pm Saturday 7th July

Safeguarding training for all church attendees will be held on Saturday 7th July at Kingsdown Methodist Church starting at 12.30pm. Lunch will be "Bring & Share" so each person attending the session is requested to bring lunch to share.

We are happy to deliver this training because the Methodist Church believes that:

- a) Every person has a value and dignity which comes directly from the creation of humans in God's own image and likeness.
- b) Christians see this potential as fulfilled by God's re-creation of us in Christ. Among other things this implies a duty to value all people as bearing the image of God and therefore to protect them from harm.

The Principles state:

We are committed to the care and nurture of, and respectful pastoral ministry with, all children, young people and adults, the safeguarding and protection of all children, young people and adults when they are vulnerable, the establishing of safe, caring communities which provide a loving environment where there is informed vigilance as to the dangers of abuse.

Remember safeguarding is everyone's responsibility and integral to being church.

Please add your name to the list in the foyer. I shall be available to answer any questions you may wish to discuss.

Sybil Corbin
Safeguarding Officer

**Life is like photography used to be – capturing the
good and developing from the negatives.**

IRL* - beginning Monday 16th July

An opportunity during the summer weeks to talk informally about our understanding of the Christian message and how our faith impacts on our day to day lives. It isn't always easy to relate the teachings of the Bible to 21st century living, and it can be helpful and reassuring to share our experience, insights, questions and reflections with one another.

The sessions will be on Monday evenings from 16th July to 20th August, in the Parlour, Ealing Green Church Hall. Each evening will begin with a simple meal (optional from 6.30pm) and discussion will begin at 7.45pm and end by 9.30pm.

Each session will stand alone, so you are welcome to come to all the sessions, or to some as you are able. Though the subjects are profound, my hope is that we will explore them with a gentle and light touch, some laughter and a deepening trust in God's faithfulness.

*IRL, I gather, is a popular acronym for 'In real life'.

Penny Pedley

CHURCH CONCERT HELD ON SATURDAY, 16 JUNE

I think the Social Committee can safely say that the concert was very successfully received by all who attended (if a trifle long!). This event was intended to provide an evening's entertainment for Kingsdown and outreach into the local community. Brought together were a very skilled group of artistes, including some from our own church family, and we were so appreciative of their talent, enthusiasm and good humour.



The estimated total at this time is around £800, so a financial success too.

Also to be applauded were the efforts of so many people, from producing publicity material to giving cheerful and committed help on the night.

**THANK YOU SO MUCH TO
EVERYONE INVOLVED!**



CHRISTIAN AID NEWS RICHMOND RIVERSIDE SPONSORED WALK

I have just received confirmation that the Richmond Riverside sponsored walk, which was enjoyed by friends from Kingsdown last year, will be held again this year on **SATURDAY 29 SEPTEMBER**. A long walk of 8 miles and a short walk of 3 miles! You have your choice!



Full details are available - they will be sent to those who participated last year - and if others are interested, please let me know and I will forward your name to Justice Onwuka.

Ruby Warne

Kingsdown Methodist Church, Northfield Avenue, W13

BOOK FAIR



Books

Gifts

Cakes Bric-a-Brac Cakes

Saturday 7th July

10.00am to 12.30pm

Proceeds to:



**action for
children**

— since 1869 —

It is far better to be roughly right than precisely wrong.

Emergency Evacuation Procedures

Although it is very unlikely to happen, would you know what to do and where to go if the church had to be evacuated in an emergency one Sunday morning? The Church Council approved updated procedures at its meeting on 6th March, so the purpose of this note is to remind those of you who have long since forgotten, or who have never known what to do.

As far as the congregation on a Sunday morning is concerned, the procedure is pretty straightforward:-

If the alarm is raised, leave as quickly as possible via the double doors at the back of the church and exit the building through the main entrance doors onto Kingsdown Avenue, ie go back out the way you came in.

Leave personal belongings behind – don't waste time gathering bags or coats, just leave as quickly as possible. Remember that no item is as valuable as your life

Assemble in front of the shops near the corner of Kingsdown and Northfield Avenues opposite the church and await instructions.

Do not re-enter the building until you are told it is safe to do so.

If you are unable to move quickly, move to the end of your pew towards the centre of the church – the stewards will come to assist you out of the building. Please do not impede other people – the objective is to get as many people out as quickly as possible.

As a constant reminder, there is a blue 'Fire Action' notice on the wall on the left as you enter at the main entrance to the church foyer.

Guidelines state that we should be able to evacuate the building within 2½ minutes. That includes Junior Church coming down from upstairs. At some point there will be a fire drill to test these procedures and to make sure everyone can be evacuated within that time limit.

Gerald Barton
Secretary to Church Council

From the valley to the mountain

From Claire Welch, Churches and Volunteers Manager, inspired by her recent visit to All We Can's work in Jordan.

We entered the military controlled zone as we drew closer to the Israeli border. The heat was intense in the Jordan valley, as was the atmosphere that division breeds. We meandered along the path to reach the site believed to be where Jesus was baptised. On the opposite side of the river, only a few meters away, were other eager pilgrims. We shared in the same experience, yet we were separated by guarded boundaries. Among the pilgrims were members of the same family, some on the Jordanian side and the others on the Israeli side. They hadn't seen each other for 16 years. This was the closest they could get.



Women working together in unity in Irbid, Jordan.

In Jesus' baptism, we see a coming together of two sides, heaven and earth. An affectionate voice of a heavenly Father speaks affirmation to his earth-born Son, and the Holy Spirit descends on him as a peaceful dove. Unity.

At this point in the trip, I had heard many stories of the pain caused by the Syrian conflict. Loss of lives, homes, way of life, and of what they described as 'heaven on earth'. The conflict had brought separation – people had died, others had run in different directions, some people had stayed. The most vulnerable are the women who no longer have their husbands, as it is impossible for them to get a work permit. It was with these women that I spent the majority of my

From the valley to the mountain continued

time. All We Can has brought together these women to start their own small enterprises, making things like soap and candles, delicious food, and some groups developing their sewing skills to create clothing. These new skills and creative products are beginning to earn the women an income. But the impact of the groups was clearly greater than this – unity.

In Jordan, all work with Syrian refugees has to include 30% participation from vulnerable Jordanians. This helps to ensure that any resentment towards Syrian refugees is tempered and it aids community integration. The groups I met were a mix of Syrian and Jordanian women who had developed relationships. They laughed, shared life and enjoyed one another, and I was privileged enough to have been welcomed into their group where I absorbed the affection that they had for each other.

On my final day in Jordan, I visited Mount Nebo, the site believed to be where Moses viewed the Promised Land before he passed on. In contrast to the valley, it was cool allowing me to enjoy exploring my surroundings as I looked out on the horizon. On top of this mountain, lively young Christians who were singing modern worship songs in a different language, joined us where we were. As we offered our own worship and prayers, they blended together with the songs of our neighbours, and in unity they were received by our affectionate heavenly Father.

Sometimes divisions in this world can seem as wide as a mountain top is from a valley's depths. I'm sure it did for that family who had been separated for 16 years. While at other times, it seems that differences can fade as easily as joining in with a stranger's song. What I did witness from the family at the river's edge, and with the women who gathered in their enterprise is, that hope is a powerful force that helps to overcome divisions, even if sometimes, in this life, it's short lived.

The smallest action is better than the greatest intention

The National Health Service Act/Windrush

A Point of View

This year marks two significant Anniversaries in the UK, that have influenced my Journey throughout my Professional life from 1954-1992. The first is the National Health Service and the second, Windrush, which came into existence, 70 years ago.

The National Health Service, was the direct outcome of the Beveridge report - 1942, which identified the five Evils in society, that needed to be counteracted - *squalor, ignorance, want, idleness and disease*. This resulted in the passing of three Acts, in post-World War II Britain: The National Insurance Act, The National Health Service Act, and the National Assistance Act.

This Anniversary also marks the Windrush landing at Tilbury Docks that brought dozens of West Indians, who would help to build back this country, in a wide variety of services and industry.

The National Health Service Act was Implemented in 1948 - the same year as Windrush, and also the year of the death of my mother in March that year. She was 36 years old, and left behind six children, - I being the eldest!

In January that year, after the Christmas holidays, she had refused to send me back to the school, where I was a boarder, some fifty miles away from home. This decision landed me back in the school in my District!

In January 1948, my mother had called me and brother into her bedroom and, hugging both of us, she had told us that her mother had died before she was 31 years old and - putting the 1 before the 3 - that she would also die, before I reached 13 years old; I was then 11 years old! This scene has been indelibly engraved on the tablet of my memory!

Next morning, my brother Allan, came to my bedroom and woke me up, asking whether I believed what Mum had told us the night before, and urged me to accompany him to her bedroom, to ask whether what she had told us was true! I had protested, telling him that we had another two years to go and she might not die! Reluctantly I followed him, and he had asked her whether what she had told us the previous evening was true. She replied, smiling, saying *'How am I going to die, when I will travel the world! - and then fixed breakfast for us!*

At that time, all we knew about people travelling abroad was that my mother regularly received Letters by Air Mail in the classic red and blue edged envelopes, gifts of money and goods, that were sent regularly to her from her Elder brothers and sisters, who had migrated to Cuba and Costarica. Three years Later, my Father had decided to travel to England, to make a living - by Plane rather than a Ship; he had lost a third election as well as had acres of Banana plants blown flat, after the 1951 Hurricane and more!

Having settled after buying his first home in Shepherds Bush, in 1954, he wrote a letter to me in the summer that year, offering me the choice of either Teacher Training in Jamaica, or coming to England to study Nursing. I chose the latter and so, following my 'Send-off' Party, after leaving school at 18 years of age in my District (having been Vice President of the Women's Federation - following in my mother's footsteps); Teaching Aid in my Local, school and Vice chair of the 4 H Club (similar to the Young farmers in the UK} - I left home on 25th October 1954, for a life- time adventure (although, my intention at that time was to return home after 2 years, to the Boy)

On landing in London, I applied to Moorfield's Eye Hospital to become a student nurse! I didn't know then that it was a World- Famous Hospital! Strange, that as I am writing this Reflection, Moorfield's is being featured on TV this evening - marking the 70th NHS Anniversary! Coincidence!? Within a fortnight, I was invited for an Interview!

During the Interview, my father, who had taken a day off to accompany me for my appointment, would butt in during Matron's Questions - to tell her what a 'good nurse' I would make! - until Matron would tactfully tell him that she thought, I was quite capable of answering her questions! On the way home, I told my Father, about my fear of seeing blood and fear of injections, which I might be called to give! He already knew of my bad behavior as a child up to the age of 8 years, when we had to line up for inoculations at school! I was always the kid skipping to the back of the line bawling, until I could not escape anymore!

Now I think of those days, I can't understand why the teachers and the other children allowed me to get away with that! In his response, my Father had cajoled by saying that, if I asked Matron, nicely, I could ask to be exempted from this task, and I believed him! Within 3 months into training, I was giving injections and by the time I got my Diploma, I could

even give injections in the eye and assist in operations! Oh Dear! Can't remember whether, I had discussed my subsequent activities with my Father! My time at Moorfield's, which started on 25th November 1954, was one of the happiest period of my professional experience, with Role Models such as Matron, Sisters and Staff Nurses, who always behaved with decorum! My cousin and I were the first of 8 black students from the Commonwealth, to be trained there - the six others were two from India, one from Guyana, two from Barbados and one from Nigeria. We were taught to provide skilled nursing care and were left in no doubt that sound nursing care and treating patients with dignity and respect, was paramount and I can firmly say that we encountered no racial prejudice, from either staff, or Patients.

At each annual 'Prize Giving Ceremony', one nurse was awarded the Annual Progress Prize and so it was, in 1955, that I was the recipient of such an Award, to my amazement, as I never expected it! But, as I have already said, my amazing role models were not only sound practitioners, but they were also fair enablers! The following year, I was successful in gaining my Diploma in Ophthalmic Nursing.

The next step was to go on to General Nursing at one of the top London Hospitals that welcomed Moorfield's nurses, who had already included 1st year General Nursing in their two years training without bother. One night, after the end of training, I was on Night Duty, not not having bothered to apply to a hospital for my My General Nurse training, and wondering whether, I should return home to marry the boy who was waiting for me: Sister Tutor descended on the ward in which I was working at the time, and demanded that I should apply to Addenbrookes forthwith and not dally,, as it was time for me to complete my General Nurse training (despite my protestations that none of my friends were going there, and it was too far from London)!

I was successful in my application with references from Sister Tutor and Matron and commenced training as a 'Straight Inner', who were student who did not have to repeat the first year of General Training there. Once again, I was one of the first four Black students to be trained there - one from Trinidad and two from Asia! There again, the training was exemplary and at times it was sheer skilled nursing care that speeded patient's recovery. We were left in no doubt that Nursing, was a calling! This was another happy period of my life!

On qualifying, the Matron would call the group of successful candidates, after the published Examination Results. On a specified date after the results, she would greet us individually in her office, from a line of gleeful new staff nurses, after our uniforms and hats were changed to that of staff nurses! She would then pin our iconic, silver and blue enameled, shield shaped, Addenbrookes badges on to our uniform and kiss us on both cheeks whilst uttering encouraging words of commendations! In February 1959, I was among successful candidates from my set, who waited in line with hushed expectations; I guess that this practice would be frowned on nowadays! How sad!

From Addenbrookes, I commenced Midwifery training at St. Hellier Hospital and was successful in Part 1 - The Academic component, but did not proceed to Part 2 which would have entailed, 6 months' delivering babies on the District. I could not envisage doing this work for the rest of my life, much to the disgust of the Midwifery superintendent who was not best pleased, as she told me then in no uncertain term!

After marriage, I worked in a number of London Hospitals, until 1964 when, despite the joy in holding babies I had delivered and seeing the joy on the mothers faces, I commenced Health Visitor Training at the then Chiswick Polytechnic.

We were one of the first groups of Health Visitor students, who had completed the revised Education and Training, with more in-depth study of the behavioral Sciences that included Social Policy and Psychology. I can honestly say, that it has been the Course that has equipped me best for life, and I will never be able to put back into this profession what I have gained from my Clients, as well as giving service!

I practiced in Ealing at one of the largest and most modern clinics in the Borough, where Health and Social Services came under the banner of local Authorities, before the reorganisation of the National Health Service in 1974. I worked within a team of four Health Visitors, three of whom were much older than me, two school Nurses and two secretaries.

This was another happy period in my life, as we got on very well together in Harmonious relationships. I had a case load of 500 families and 65 Old people, responsibilities for three schools, as well as Health Visitor in charge of the clinic, within two years of Practice, on the recommendation of the then Medical Officer of Health! Our clinic pioneered GP Attachment in the borough after my promotion.

After six years practice in Ealing, I was appointed Assistant Health Education Officer in the LB of Camden after completing the City & Guilds Teacher Training, whilst in Ealing, where I had also taught Health Education in Schools, as part of my Health Visiting practice. Subsequently, at Camden, I was appointed Senior Nursing Officer - Education and Training after 2 years, charged with the delivery of the eight-week Community module for University College, Elizabeth Garret Anderson and The Royal Free hospitals that ran successively, throughout each year, with new intake of students.

I then completed Health Visitor Tutor, and Community Health Teacher training at the Royal College of Nursing and Surrey University, followed by six years teaching at N E London Polytechnic and, later, four years at Oxford Polytechnic, both of which became universities: East London, and Oxford Brookes University, respectively. In both Educational establishments, I became, Lecturer, Senior Lecturer, Principal Lecturer, during which I was also Course Director on a number of courses and Internal and external examiners at two external Colleges. During this period, I was also able to complete an OU Degree and Research Master, that would change Health Visitor Education and Training, as well as help to prepare the Course submission for a New Degree in Nurse Education.

My sole purpose had always been, not only to continue learning, but more importantly, to enable and empower my students to become sound practitioners, just as my first Tutors and Matron and Sisters did for me!

From Oxford Brooks, I became the First Black Nurse to be appointed to the most senior position in the history of Nursing Profession in the UK. From 1990-1992 - as Health Visiting Officer and Professional advisor at the then UKCC - United Central Council for Nurses, Midwifery & Health Visiting (now nursing and Midwifery Council) - the statutory and Policy making Body for Nurses and Midwives - with a remit for all Community Nurses in the United Kingdom - including, Health Visitors, District Nurses, School Nurses, Practice Nurses, Community Psychiatric Nurse and Nursing Homes, as well as working with Health Ministers and the Department of Health.

It has been certainly a privileged Voyage of Discovery, that has had a profound impact on the person I have become - Foot Prints on the sands of time!

Not much space to write about Windrush, as you might be finding, some of this boring! But I feel I needed to be one of the thousand nurses from the commonwealth, who were recruited from the Commonwealth to be nurses following the second World War, to tell their stories! And so, what I have learn't from my parent from a very early age is that, whatever one does, it should be done very well or not at all! They were my first and most important Role Models, who gave unstinting services to their community.

I will wrap this up to say, that I was one of Nine people, who were awardees of the 'Windrush Professional Achievement award in 1998, that Included Rudolf Walker - Actor and, in that year, was one of the Invitees at a Reception, that was hosted by Prince Charles in that year also!

You will be able to read more about this episode in my life in the not too distant Future!

One last thing. If you were to ask me, how I could have done all this, in answer I would say: firstly, by God's grace that has seen me through the last Eight decades thus far, and sound practitioners, who had recognised my potential, even before I could see it and .last but not least, my parents! I am privileged to be able to employ the gifts from my professional life in my Church life! I think Charles Wesley, might have approved as we celebrate his 315 Birthday, this Month! What about my mother's prediction? She did not get the chance to travel, but her children and grand- children have travelled all five continents in the world! How is that!?

Blossom Jackson, Snr. Circuit Steward & Worship Leader

*The Church Florists
They have done splendidly!
Through many hours
No moistened eye did see
So many flowers!
The rainbow's range of hues –
The yellows, reds, and blues
They are, with love and care all used
By skilful florists!*

By Nigel Beeton

Is this what they call philosophy?

Over the years, I have engaged in considerable deep thought about, among other things, our place in the universe, ancient civilizations, human migrations, international conflicts, local and world economics, ozone depletion, the human genome, cloning, pollution, racism, local and world politics, population growth, extinctions, natural disasters, the environment, health care, Facebook, human relations, the space-time continuum and other aspects of relativity, plus other factors that affect mankind's struggle to exist.

After all of that deep thought, I have arrived at this conclusion: When all is said and done, in spite of or because of what we may or may not do or think, it is just as likely as not that, for better or for worse, everything will turn out one way or another, sooner or later.

From ACE Forum

Prayer

Affectionate Father

*Thank you for creating all people as brothers and sisters
in your family*

In you we see perfect unity and peace

*We ask for healing and reconciliation to come to where
there is pain and division*

*Help us to image you in how we live with one another
and give us a hope that spurs us on to bring positive
change to our world*

To your praise and glory

Amen

Claire Welch AWC

Modern-day Noah's ark

Scientists are building a futuristic version of Noah's ark in order to store animals' DNA so they can be brought back to life if they become extinct.

Experts in the UK claim this could be achieved if cells, tissue and DNA of every animal from around the world are preserved at temperatures of -196C in the CryoArks Biobank. Professor Mike Bruford at Cardiff University is leading the creation of the CryoArks Biobank.



He told The Natural History Museum: "Collections of tissue and DNA from laboratories, zoos, aquariums and museums will come together under a single structure, providing us with an unparalleled opportunity to better manage and share the vast amount of genetic material we have. "It will allow researchers and conservationists to access material they never thought existed - including samples from wild populations and animals that are now extinct. CryoArks is making a step change in the way that genetic material is curated, and is making it available to more scientists."

The new £1-million biobank will be the first national bank of frozen animal material in the country. Mike Bruford said he hoped extracting and freezing DNA from as many threatened species as possible would provide some hope for the future, serving as a 'back-up copy of a species' via their DNA, should the worst happen.

Akuba (Grace Quansah) writes:

was honoured to be afforded the chance to read 'Merci Beaucoup' at Mr. Prentice's Farewell Mass, Christ the Saviour (CTS) Church of English Primary School, which I created in the early hours of the morning before the event on 7th June, driven by a desire to pay tribute to this inspirational Headteacher. His educational leadership impacted tremendously on my daughter, when she attended the school in 2011 - 2015, like so many other students, who have schooled at CTS from 2011 to 7th June 2018. The poem speaks for itself:

<https://www.youtube.com/watch?v=IA1Gkqd3Spw>.

A Plastic Revolution

The recent Blue Planet II series exposed just how much plastic waste is an issue in our seas. The Prime Minister has called plastic waste 'one of the great environmental scourges of our time.' The best estimates suggest 10 million tonnes of plastic ends up in our oceans, contaminating and killing sea life. How should we view this issue from a Christian perspective?

When God created the universe, He saw 'everything He had made, and indeed, it was very good.' (Genesis 1:31). He calls us to share in His care of creation: 'Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds of the air and over every living thing that moves on the ground.' (Genesis 1:28). Our rule over living creatures is not an excuse to exploit them in a selfish way. As those who made in the image of God, we are entrusted to care for them with responsibility and trustworthiness.

Why do the sea creatures being killed by plastic matter? Because of human rebellion against God (see Genesis 3), our relationship with God and His creation was damaged. No longer do we live with living creatures in harmony and interdependence. Yet after the flood, when Noah rescued the animals in the ark, they are included in God's everlasting promise to protect the earth: 'I now establish my covenant with you and with your descendants after you, and with every living creature that was with you.' (Genesis 9:9,10). This also points to God's cosmic plan to restore all creation to Himself.

What is our response to be? Where is God calling us, as His people in this time and place, to make a stand in protecting His creation? Time for a plastic revolution?



**Rev Paul Hardingham
Parish Pump**



De-clutter - De-clutter - De-clutter -

De-clutter *De-Clutter* - De-clutter



From time to time, we have a new buzz -word introduced into our common usage of everyday expressions. According to a former-colleague of mine, with whom I regularly lunch, the word de-clutter has become increasingly popular in our conversations.

The first image which springs to mind is the idea of clearing out all unused or half-used items. For example, a doggy-walker friend commented the other day that, during this spell of bad weather, she had taken the opportunity to sort out the rooms in her house, taking on one room at a time. She commented on what a lot of space is given over to harbouring useless bits and bobs! I suppose the term we used previously for this surge in activity is spring-cleaning.

The younger generation tend to live a minimalistic life-style and seem to keep their possessions in check, but once you have lived in a home for at least 30 years, the possessions seem to multiply. Apparently, to de-clutter is meant to give you a sense of well-being and taking back control of your life - a sense of purging out the unwanted mess, in order to re-establish order.

Did you know that, if you are on the brink of retirement, you can now be enrolled on a course to be taught how to de-clutter? Speaking with someone who bravely entered into such a challenge, I learnt that the term doesn't merely refer to the physical removal of old rubbish and expired items, but it is the opportunity to re-think what you plan to do with your future. I

n the turning out of old paperwork, often collected during your working career, you have the chance to break with a past life and work forward to a new chapter. Not everyone will want to do this and as a consequence they end up with "stacks of stuff". I can see that there is no right or wrong way to go about this, as it is a personal choice but it just leads me to question: "What would I choose to de-clutter from my present way of living?" And what would you choose to cut from your life or indeed hang on to firmly with both hands?

Anne Aldridge

Encouragement

In waiting - hoping - longing - For some such human touch.

The hours take eternity But it doesn't matter much.

*Alone I turn to you And you answer, I know That I am
your beloved.*

Yes it's true -I know -I do.

*But you provide the kindly word That even a stranger
might say,*

And I reply with a truthful eye "You made my day!"

*And as the words tumble out Angels in heaven are heard to
shout "Well done! You know the way To make His day!"*

THANKS BE TO GOD

© Val Elgar



...now what was it you said?

from Isabella Plantation,
Richmond Park

**A politician complaining about the press is as
absurd as a sailor complaining about the sea .
(Enoch Powell)**

COMING EVENTS

JULY

- Mon 8.00 pm Guides (most Mondays throughout term time)
Tue 3 2.00 pm Tuesday Club - a Talk by Janet Smith
- Wed 1-3 pm Babies & Toddlers (finishes on 18 Jul for summer
Break, restarts 12 Sep)
- 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 7 10 am -12 noon **BOOK FAIR**, with clothes, gifts and bric-a
-brac stalls, in aid of Action for Children
- Tue 10 Lis & Steve Palmer's Home Group
- Sun 15 8.30 hrs Service of Prayer & Inspiration at GREENFORD**
- 15-21 Circuit Week of Prayer** (see p. 4 of **In Touch** for details)
- Tue 17 2.00 pm Tuesday Club - The Summer Tea Party - Dave
Entertains
- Sun 29 6.30 pm CIRCUIT SERVICE at KINGSDOWN**

FUTURE DATES FOR YOUR DIARY

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
- Thu 13 Sep Finance Committee
- Wed 19 Sep Property Committee
- Thu 20 Sep Church Council