



# KINGSDOWN MESSENGER



*October 2018*  
*Now in its 60<sup>th</sup> year of publication*

## SERVICES FOR OCTOBER 2018



### Oct

- 7 Oct 10.30 Mr Mark Budu-Manuel
- 14 Oct 10.30 Rev Susan Male - Harvest Festival,  
Family/Parade Service
- 21 Oct 10.30 Rev Claire Potter, Holy Communion
- 28 Oct 10.30 Local Arrangement



**4 Nov** 10.30 Mr Phil Male



The God of life with guarding hold you,  
The loving Christ with guarding fold you,  
The Holy Spirit, guarding, mould you,  
Each night of life to aid, enfold you  
Each day and night of life uphold you.

### From Poems of the Western Highlanders



***Apologies from the Editors for the Messenger being a week late in its  
production this month .***

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 November 2018 issue is Friday 26<sup>th</sup> October 2018**

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Hello everyone!



So >>> I have been your minister for 3 weeks at the time of writing, and have led worship at both churches twice. I think I have counted 8 committee meetings in that time – the customary September pastime for Methodists.

What have been some highlights?

One of the major ones, has to have been an evening with the Boys Brigade, meeting the older boys (by the time you read this, I will have met the younger ones too!) You should have heard their reasoning for why or why not girls should be allowed to come to Boys Brigade ... and how they differed depending on the age of the boys – I can't imagine why! The highlight though was a question and answer time, in which I could only name 10 of the 12 disciples ( I put it down to extra-ordinary pressure). I also found myself answering questions as good as the medics ask, as the boys were trying to suss out what I could and could not see as a result of being visually impaired. I think they were surprised by my table-tennis service, but not perhaps by my returns, and the best question was "Sue, when you try to clean your teeth, do you ever miss your mouth?". This prompted me to go home astounded that other people used a mirror to find their mouths, and to ask my husband Phil if he really needed a mirror to clean his teeth. The answer was yes. My greatest learning discovery of the three weeks!

Another highlight with our children was harvest festival at Ealing Green, when the children challenged us to do more to support the Foodbank, and gave us background to how it was set up, and what it does, including what is given to the people who come in. Can we do more? I know that there was a question – particularly at Ealing Green – about whether we could make the space to hold a "café" for people who need to use the services of the foodbank? Could we .... Somehow? ... think about it please.

I also enjoyed a conversation – during a children's address - with children at Kingsdown – I asked them to think of somebody they really loved. We were thinking about Peter when he could not handle the news that Jesus' messiahship was to centre on sacrifice and suffering. By means of illustration as to how Peter felt when he knew that the Lord, whom he loved, was to suffer, I read a long list of things that could happen to this

person, asking the children which ones they would like to happen to the person they were thinking about, and which ones they would not want that person to encounter.

The list was something like:

"Do you want them to be falsely arrested, or ignored, or listened to, or whipped, or loved, or hated ... etc...."

All went well, until I asked, "Would you like the person you love to be hugged?". The response from one child surprised me, as he exclaimed, "No!". "Really"? I asked, and after a moment he responded "Well, yes, because you told me to think about somebody I really loved, and I was thinking about my pet fish, and you cannot take him out of the water to hug him without killing him". Well, there you are – I am very glad he loves his pet fish though!

Other highlights have simply been beginning to get to know you all. I have been heard to say that even the meetings have been enjoyable since they have given excuses to know you better. It HAS been pointed out to me that I might not be suggesting the meetings are enjoyable in a few month's time!

I have also valued the opportunity to pray in the silence of the Abbey church, and a preliminary meeting with A Sikh chaplain, Navleed, who is looking for women who want to be involved in a project getting to know other women from her faith, and other faith groups. More information will follow, but I am very excited about this opportunity to form relationships, and to become educated about people who are different to us. If you – even at this early stage – want to declare an interest let me know, and I will give you more information as I have it.

There are also food highlights – the harvest lunch at Ealing Green, where I tasted Jean's curry for the first time, and the lunch club where conversation ranged from whether or not God existed (I argued that he did!) to time travel, and nuclear fission and fusion. I will become clever in Ealing.

As we continue in this Harvest season, and perhaps feel distant from the production of food, I urge you to continue to think and meditate upon all

those people who have been involved in the production of the food we enjoy, and especially to spend time in thanksgiving to the ultimate producer of all of the ingredients of our food – to God.

With Blessings and looking forward to the next month.

**Sue**



## **HARVEST FESTIVAL AT KINGSDOWN - 14 OCTOBER**

This year our donations will be used when Kingsdown hosts the Night Shelter in late November/December or donated to the the Ealing Food Bank; this always challenges us as to how to 'decorate' the church suitably to convey the marvels of the autumn season and the many products harvested at this time of the year. Therefore, you are all asked with to come forward with suitable ideas - perhaps using one of the shelves around the church, or a small trestle table in the foyer. A larger trestle table is usually set up in the altar area, decorated on the edges and then used to place gifts received on the day of the service.

Previously, three of the ledges have been used by the Junior Church, Babies & Toddlers and Boys Brigade, so that still leaves three for general use. Please put on your thinking caps!

Anyone willing to direct operations this year will be very welcome as Eileen and Pam are still not able to get around too proficiently just as the moment!

Items on the wish list for the Food Bank and Night Shelter are on pp 20.

# Faith News



For those who haven't heard, **Christina Cheriyan** is engaged!

In the most beautiful proposal, her now fiancé - **Eugene Atkinson** - asked her to marry him by hiding the ring in a copy of Jane Austen's *Pride and Prejudice*.....underneath the line from Mr Darcy:

*"You must allow me to tell you how ardently I admire and love you".*  
As can be seen here, tears flowed as she said a big YES!

The couple have been together since they met on their first day at Oxford University - nearly eight years ago! To celebrate their engagement, there was a small party for close family and university friends in the Cheriyan garden, on a glorious sunny Sunday back in July.

No wedding date has been set yet but it is, apparently, on their list of things to do!!

Please remember them in your prayers, as they make plans for the rest of their life together.

**Rekha**

**Eileen Tobias** wishes to express her thanks and appreciation for all the cards and good wishes sent to her following her knee operation.

We were very sorry to learn of the recent death of **Blossom McCarthy's** son and extend sincere condolences on behalf of the church family.

**Rita Safta (Barton)** had her tonsils removed on Monday 24th September. The operation went well and she was able to return home the same day. She is recovering well but is very uncomfortable at the moment while her throats heals up. Thank you to everyone who has sent their best wishes -Rita appreciates being in your thoughts and prayers very much.

# Local Preacher - Service of Recognition

Many thanks to all who turned up to the Circuit evening service at Hanwell on 23rd September to recognise myself and Regina Prempeh as a fully accredited Local Preachers. It meant such a lot to see so many of you there.



Thank you as well for all the gifts, cards, messages, and words of support and encouragement from so many of you. I have been touched beyond measure at your love and kindness.

I look forward now to serving the Circuit, where Kingsdown will always have the most special place in my heart.

***Rekha Cheriyan***



## **Faithful Father,**

As the leaves change colour and fall we are reminded of life's changing seasons. We become aware that time passes more quickly than we expect or plan for. Help us to make the most of each day You give us – and to be thankful. Thank you that through all the changing seasons You are unchanging. Your love goes on reaching out. Thank you for sending Jesus who died to make it possible for us to know You and come to You when our days on earth are completed. Help us to trust Him, to receive Him and to live in the power of His Spirit, now and forever.

In Jesus' name,

**Amen.**

**By Daphne Kitching**



...I take it our local supermarket has a rather good offer on tinned peas at the moment!

## Methodist Homes

Remember remember the 2nd of November, because it's the date of the grand book fair in aid of Methodist Homes. There will be the usual stalls for books, cakes, gifts and bric-a-brac - any donations welcome.



Please try to support Methodist Homes on November 2nd.at the Book Fair.

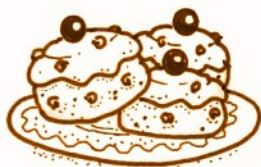
There will also be an envelope appeal in aid of Methodist Homes on the Sundays of October 28th, November 4th and 11th and your donation may be Gift Aided if required. Many thanks

**Olwen Britton**



Kingsdown Methodist Church, Northfield Avenue, W13

# BOOK FAIR



**Books Cakes Gifts**  
**Bric-a-Brac**

**Saturday 3<sup>rd</sup> November**

**10.00am to 12.30pm**

**Proceeds to**



## ***from the Church Council***

The most recent meeting of the Church Council took place on 20<sup>th</sup> September and was attended by 12 members out of a total of 17 on the Council. This was Rev Sue Male's first Council meeting with us.

Rev Sue Male asked members for their thoughts on Kingsdown at present – what was already happening in the church, where we would like to see the church grow, what should be our focus. In response, members of the Council made the following comments:

- A need for the minister to focus on the congregation, something that had been missing in recent years with the number of changes that had occurred. The lack of continuity in pastoral oversight had led to people feeling disheartened.
- We need a bit of a shake-up – there is a tendency for the church to be too inward-looking. The 'awaydays' had sought to help the church find its own direction despite the changes in pastoral oversight but had not really succeeded.
- A need to encourage new people – the church has some new people/visitors.
- We tend to focus on Sunday worship – we need to think of other ways/times as Sunday is not appropriate for many people now.

How to develop Festival of Nativities for instance.

- A need to consider how the church can be opened up more particularly using the front doors.

The church's financial year ended on 31<sup>st</sup> August and Derek Matthews, our treasurer presented a report on the church's finances at year end. Total income for the year was about £84,400 – a slight increase over 2016/17, with a surplus of about £13,000. In line with our reserves policy, the surplus will be transferred to the Major Repairs Fund. Derek also presented a budget for the current year. This targets a small surplus overall.

Derek reported that the church assessments paid to the Circuit were being increased by 5% across the board (assessments are paid by the churches to support our ministers and the general running costs of the Circuit). However, a formula used a few years ago was to be re-examined as some churches in the Circuit felt that a flat rate increase across the board was not acceptable.

On property issues, you will have noticed that the main lighting in the worship area has been replaced and now works reliably. There is, however an ongoing saga regarding the hall roof. This was replaced in the summer but the

work turned out to have been badly done. Concern was such that we engaged a local surveyor to examine the work thoroughly and draw up a list of defects.

This was sent to the contractor who has now started work to rectify the faults. Whilst we have paid part of the contract price, no further payments will be made until we are fully satisfied that the work has been properly completed and all costs fully accounted for. The Council delegated authority to the Property Committee to continue managing the situation with the contractor.

On safeguarding, Sybil Corbin thanked all those who had attended the training session on 7<sup>th</sup> July – a total of 23 people had attended. Certificates were ready for signature by Rev Rachel Bending. The next training session will be on 29<sup>th</sup> September at Greenford. There were still a few people at Kingsdown needing training and an additional session would be organised if necessary.

Terms of reference for the Kingsdown Social Group were presented to the Council. These were largely accepted by the Council but the Group was asked to reconsider one point relating to how monies raised at fund-raising events should be treated.

The annual Festival of Nativities was discussed by the meeting. This has been a popular event in recent years and is visited by a children from a number of local schools. The Northfields Traders Christmas event has also attracted numbers of people. The Traders' event failed to materialise last year so Hazel Pennells is trying to find out if an event is planned this year.

In any case the Festival of Nativities is planned to go ahead as normal. Sue Male will discuss the timing of the festival with the church stewards.

As you will be aware there are regular 'Book Fairs' to raise money for various charities. The question was raised as to why there is no Book Fair for church funds. The Mission & Outreach Committee was asked to consider this.

Dates for Christmas and other special services were agreed as follows:

Harvest Festival 14<sup>th</sup> October  
donations to Ealing FoodBank  
Remembrance 11<sup>th</sup> November  
Carol Service 23<sup>rd</sup> December  
6.30pm  
Christmas Eve  
Holy Communion at 11.15pm  
Christmas Day  
Christmas Worship at 10.00am

Note that food donations at Harvest Festival should be made in the line with the monthly 'shopping list' circulated by the FoodBank.

Finally, the date of the next Church Council meeting was set for 21<sup>st</sup> March 2019 at 7.30pm.

**Gerald Barton**  
**Secretary to Church Council**

## **Living Well Series – every fourth Wednesday**

The Circuit's Living Well Series (formerly the Living and Dying Well Series) looks at issues around how we can live well in our contemporary society. Sessions involve fellowship and conversation with special insights from our guest speakers and take places every fourth **Wednesday at Ealing Green Church at 2.00pm**, lasting about 90 minutes.

This series is aimed to reach out to all our churches/members of our Ealing Trinity Circuit, and friends from this community.

## ***Prayer Meeting***

You are invited to a prayer meeting every first Thursday of the month at Deacon Lemia Nkwelah's manse at midday.

This prayer meeting is open to all in the Circuit. It is part of who we are as disciples that we come together and hold a time to communicate with God. A time when we listen and think as well as speak to God. We gather in the hope that we support one another spiritually as we seek for a good relationship with God and to be changed by God and for God to change family, friends and the community in which we live. We gather in prayer to seek God's presence.



# Ealing Churches Winter Night Shelter (ECWNS) - Quiz Night



The Rotary Club of Hanwell and Northfields are organizing a **Quiz Night** in aid of ECWNS. It is at the William Hobbayne Centre on Friday 12<sup>th</sup> October for teams of 8. It costs £11 a head but includes a meal of lasagne, with a vegetarian option if you book it in advance. If any of you are a keen quizzier you might like to support ECWNS by making up a team from Kingsdown.

## Kingsdown Night Shelter - Can YOU Help?

**Hello,**

As autumn approaches I've started thinking about the night shelter which we will again be hosting at Kingsdown on the four Sunday nights from 25<sup>th</sup> November to 16<sup>th</sup> December. So although I appreciate it's still some way ahead, I hope those who have kindly volunteered with us in previous years and new volunteers might be willing and able to help us again.

As usual, volunteers will be needed to assist with the evening and morning shifts, also with preparing meals, transporting beds and doing the laundry so I'd much appreciate it if you can let me know if you could volunteer again this year and for what and when.

Many thanks for everything you do to help us at Kingsdown with hosting the night shelter.



Best wishes,

**Sue Garland**  
**Venue Co-ordinator**  
**Kingsdown Methodist Church**  
**West Ealing / Northfields**

# Boys' Brigade Report

Your BB Company (10th Ealing) started the new session in fine style on 14th October. We welcomed back our three-dozen Anchor and Junior Boys for fun and games, and the forty-or-so Company and Senior Boys met to watch the always-popular Summer Camp Video Show, an hour-long compilation of photos and video highlights from our Swanage adventure. Parents and friends were also in attendance and there was much laughter and applause.



We continue to welcome new members at the rate of one a week as the Boys spread the word (which in turn allows us to do exactly the same, so to speak). As ever, it is Boys of which we have no shortage, but staffing remains frugal. My colleagues, David Lane and Mark Tobias, are ably supported by occasional and dedicated helpers, including long-serving (and long-suffering) Matt and Dan Plews.

We were delighted to welcome Revd Sue Male as our new Chaplain, and she has already met all ages of our Boys and was happy to field all types of questions thrown out by the inquisitive lads.

We're already preparing for the Football Competition in November and we're laying solid foundations for an assault on the Drill and Band Events in the spring of 2019 -- we do believe in being well prepared!

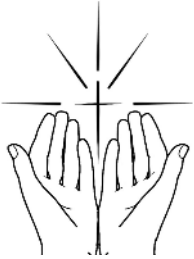
We look forward to seeing you all at the Harvest Parade Service, and especially at this year's special Remembrance morning on 11th November.



**Tony Plews**  
Captain, 10th Ealing

# Ealing Newman Circle Talks:

## Christian Discipleship Today



Following the success of the series of talks on the Reformation, the Ealing Newman Circle had put together a series of talks under the title 'Christian Discipleship Today' which aim to examine some of the practical ways in which Christians are attempting to give witness to their stated belief in Jesus.

Talks begin at 8.00pm and will last for 40-45 minutes and take place at Ealing Abbey, Charlbury Grove, Ealing, W5 2DY.

- 4th October 2018: "Churches and the media" - Brenden Thompson of Catholic Voices
- 1st November 2018: "Inclusivity: A Gospel Mandate" - Fr Diamuid O.Murchu
- 24th January 2019: "Christians Against Poverty/Northfields Job Club" - A. Pambakian
- 28th February 2019: "Globalisation and Inequality" - Professor Philip Booth
- 28th March 2019: "Refugees and Asylum Seekers" - Sarah Teather, Jesuit refugee service
- 16th May 2019: "Counselling Today" - Ginny Ellis, Ealing Abbey non-denominational service

**Mother Teresa once said:**

**'In this life we cannot do great things. We can only do small things with great love.'**

## Kingsdown helps the light shine

As previously reported in the Church Notices, Pam & Alan appreciated all the help and support given to them for the last Book Fair in aid of **All We Can**. The event raised a total of £377.35, added to this can be added a total of £509.00 received in the pew envelopes. An additional £169.40 came from ongoing donations making a grand total of £1022.75.

Thanks to those who give regularly all the year.



To ensure the communities **All We Can** work with are able to cope with and recover from emergencies as quickly as possible **AWC** build the capacity of local organisations to prepare their communities for disasters. By identifying the disaster risks, communities can prepare for and mitigate the worst impacts of a disaster, provide immediate life-saving relief where necessary and recover more quickly in the aftermath of a crisis. These actions help to build communities and homes that are

more resilient to disasters and help protect the hard fought development gains they have achieved.. **All We Can** supports local organisations with the training and capacity development they need to build more resilient communities looking to integrate disaster management and disaster risk reduction activities into all aspects of their work, which helps to bridge the divide between shorter-term humanitarian action and longer-term sustainable development of the community. **All We Can** actively looks for experiences and positive lessons from our grassroots partners and other organisations and networks who have successfully supported communities



# Change happens when we all work together

All We Can wants to work with local communities so that they can become stronger through our collaboration with them, ensuring that projects are sustainable and that local capabilities are increased.

We do this by working alongside talented local organisations and individuals. Their commitment and compassion means that, more than anyone else, they are best placed to unlock the potential in their communities.

All We Can works in authentic partnership with organisations and churches whose vision, purpose, objectives and values we share.



# A Cautionary Tale

A small man was shuffling along, his head bowed and nodding up and down, one hand flapping at his side. His other hand was being supported by a tall man as he guided him along. Obviously the small man was very disabled and the tall man was his carer. Except.....the tall man was Vasily Petrenko, conductor of the Royal Liverpool Philharmonic Orchestra and the small man he was guiding across the stage was one of the world's leading classical pianists, Nabuyuki Tsujii. Blind since birth, this 29 year-old then proceeded to play the dazzlingly difficult "Rhapsody on a theme by Paganini" by Rachmaninov (so difficult, it is said the composer needed several stiff drinks before he could attempt it) to rapturous applause. So, is he disabled or differently abled? As the lady sitting next to me said, "You should never judge a book by its cover!"



This year at Sandown Park, Esher from 16th -18th October. Car parking is free or you can get there by train to Esher with a courtesy bus service to the venue. For those of you keen to go I have tracked down access to complimentary tickets to save you the £8 entry fee on the day.

Some of you will know that The Messenger and the Circuit uses the Church Edit software for our Circuit website and Church Edit is offering us complimentary tickets.

To get them, log onto [www.churchedit.co.uk/cre](http://www.churchedit.co.uk/cre), click on the complimentary tickets link and fill in your details. You can also register a friend. The tickets will be emailed to you for immediate printout.

If you have never been to the exhibition before you can log onto the CRE website and take a look at what is on offer.

**People are funny creatures; they want the front of the bus, the middle of the road and the back of the church.**

# Life

Of things I've learnt in my long life, some now do come to mind.  
It takes a time to sink right in, how not to be unkind.  
We do not think when people say, 'I'd like to lend a hand.'  
We say that we can manage well, for we have it all planned.  
We do not know how hurt they are when we refuse their help,  
If only we would think of them, and not just of our self.  
A 'thank you, you are very kind,' is not too hard to say,  
And let them help you as they wish, it goes to make their day.  
A kind word when you meet your friends is what they like to hear,  
Like, 'hope that you are very well', and see it is sincere.  
Then listen to their old complaints and take in every word,  
So do not let your interest flag, but show that you have heard.  
And you, too, try to lend a hand, it does not cost you much.  
It shows that help is free to give, it is the human touch.  
And now with time to spare, a thought comes into mind;  
Choose someone you do not much like and be especially kind.  
You might just find that you were wrong, 'tis you who are to blame,  
And they in turn will see the truth and say they are the same.  
And so, perhaps, a kind word now might let your dislike end,  
And both will find that life is good and you have gained a friend.

*(This poem written by Lionel Ewart Jones who was always known as Bill. It was printed in the Service Sheet for his funeral held at St Philip & St James' Church, Cheltenham on 13th July and read during the service. He died at the age of 104.)*

## Send him a text



*(This notice was seen by the entrance door to a church.)*

"By entering this church it may be possible that you hear "the call of God." However, it is less probable that He will call you on your mobile. Thank you for turning off your phones. If you want to talk to God, enter, choose a quiet place and talk to Him. If you want to see Him, send Him a text as you drive away from here."

# Harvest Festival – Sunday 14th October

Suggested items are:

- Cereal (variety packs are good as well as crunchy nut, cocoa pops)
- Long - life (UHT) semi-skimmed or whole milk
- Sugar
- Tea bags
- Instant coffee
- Cereal bars (geobar type)
- Jam, honey and chocolate spread (but not marmalade)
- Sweet biscuits, especially chocolate ones
- Tinned tuna
- Tinned sweetcorn
- Tinned tomatoes
- Tinned pulses e.g. various types of beans
- Tinned soup, particularly chicken, tomato or vegetable soup
- Tinned fruit e.g. pears, peaches, etc.
- Tinned or Tetrapak ready-made custard
- Tomato ketchup
- Long-life fruit juice (orange, apple or grape)
- Men's shaving foam
- Disposable razors
- Male deodorants
- Soap

Please ensure that all items are within their **sell by** or **use by** date.



# Windrush Exhibition: Songs in a strange Land

## Visit 24<sup>th</sup> September

My daughter, Joan and I attended the Windrush Exhibition, at The British Library, Kings Cross, which is close to the Offices where, in the 70's, I worked in the London Borough of Camden, as Senior Nursing Officer-Education & Training. The exhibition, which is well worth a visit, runs up to the 21<sup>st</sup> October and is free.

Apart from the graphic photographs and images and music that one could listen to on ear phones, there is a good deal of artefacts, displayed on many of its stations. Also included are a number of iconic West Indian writers and poets - most of whom I have either met, read their books or worked with, over the years from 1995-2006, when I was co-fonder and Director of Paublo Books Ltd. and Multicultural Books Ltd. During this period our company sold books that included some of these authors' books - to Schools, Libraries, Prisons and Young Offenders Institutions, some of which also included books, supplied to the National Theatre that formed a key part of the setting for **Kwame Kwesi Arma's play - Fix-Up, in 2004!**



Thus, this exhibition, does not only acknowledge and illustrate an important part of West Indian culture and history, that have not been widely known until recent times, but for me has been a walk through a part of my personal history and was a privilege to witness with my daughter.

We later had a tasty lunch in pleasant surroundings, which was not expensive, and I would also recommend this Eatery, for its choices!

On our way home, we called at my allotment and reaped, carrots, peas, spinach, courgettes, tomatoes and picked spinach, some of which was cooked for our supper!

***'God is good all the time. All the time, God is good'!***

***Blossom Jackson***

# TEN HABITS WHICH DAMAGE YOUR BRAIN

The only organ in our body that thinks is often the one we think the least about. Our brain is the single most important organ in our body, controlling everything we do - our breathing, walking, eating, sleeping, etc. It is the central processor for all our bodily functions. It is the part that interprets what we see and hear, smell and taste, and is even a place where the chemical reaction associated with LOVE occurs!

We practice ten common habits that actually damage this precious brain without even realising it, and we should avoid those habits:

- 1) SMOKING. We know cigarette causes cancer, but did you know that the addictive nicotine in the cigarettes can cause shrinkage of the brain. Not only that, prolonged it can lead to Alzheimer's disease! This is true for passive smoking too.
- 2) RARELY TALKING. Introverts, and people who tend to speak less, risk reducing the efficiency of their brain. Intellectual conversations are good exercise for the brain - just as the gym is for muscles.
- 3) NOT EATING BREAKFAST. Be it because they are on a diet or to save Time, many people 'skip' breakfast, and in the process they damage their brain. After sleep, your brain requires nourishment. Skipping Breakfast that deprives the brain of much needed nutrients. Not eating breakfast also leads to low blood sugar which is detrimental to your health.
- 4) OVEREATING. Whether you are feeling very hungry, or you are simply Enjoying your meal too much, stuffing your face when you are full is a bad idea. It causes the brain arteries to harden, which leads to Decreased capabilities.
- 5) TOO MUCH SUGAR. Eating too much sugar will interrupt the absorption of nutrients and proteins, and can lead to malnutrition. So You should minimize the amounts of sugar in foods and drinks YOU consume, and give your children.
- 6) AIR POLLUTION. This may not be a habit per se, but when we breathe polluted air lower amounts of oxygen reach the brain, and without oxygen the brain cannot function.
- 7) SLEEPING WITH YOUR HEAD COVERED. This might be warm and comforting, but sleeping with a covered head leads to increased intake of carbon dioxide and decreased intake of oxygen. This oxygen is vital

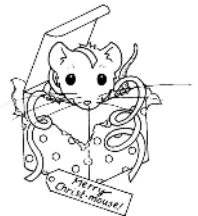
for the brain to function and not getting enough can damage brain cells.

- 8) NOT ENGAGING IN STIMULATING THOUGHTS. Your brain is like a muscle and if you don't exercise it - it will SHRINK. The deeper the thought - the better the exercise your brain gets and the healthier it will be long-term. So read a book, watch a documentary, or do a crossword or puzzle game. Keep the thinker working.
- 9) WORKING WHEN YOU ARE SICK. Many adults and students tend to forgo their health for their careers and studies. When you are Sick your body and mind both need rest, so taxing them by working when you are sick will reduce the efficiency of your brain, and can even lead to long-term brain damage.
- 10) NOT GETTING ENOUGH SLEEP. Sleep is essential for physical and Mental health. A good night's sleep (8 hours) is vital for your brain, as well as your internal organs. The brain cleanses itself of toxins only during the deep sleep cycle. SLEEP DEPRIVATION also accelerates the death of brain cells, which often leads to impaired memory and reduced faculties.

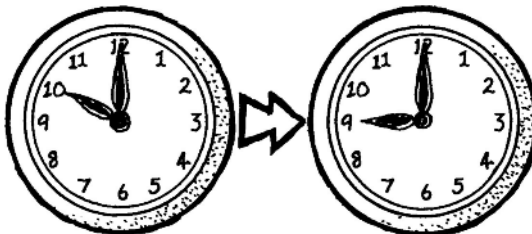
### SO AVOID THESE HABITS

## **EALING CHRISTMAS CARD CHARITY SHOP**

An alternative venue for purchasing charity Christmas cards will be opening again at the Church of Christ the Saviour in Ealing Broadway from 30 October from 10 am to 5 pm most days of the week.



## ***Clocks go BACK on Sunday 28<sup>th</sup> October***



## **31 OCTOBER - Modern Halloween celebrations have their roots with the Celtic peoples of pre-Christian times**

In those long-ago days, on the last night of October, the Celts celebrated the Festival of Samhain, or 'Summer's End'. The priests, or Druids, performed ceremonies to thank and honour the sun. For there was a very dark side to all this: Samhain also signalled the onset of winter, a time when it was feared that unfriendly ghosts, nature-spirits, and witches roamed the earth, creating mischief. So the Druid priests lit great bonfires and performed magic rites to ward off or appease these dark supernatural powers.

Then the Romans arrived, and brought their Harvest Festival which honoured the Goddess Pomona with gifts of apples and nuts. The two festivals slowly merged.

When Christianity arrived still later, it began to replace the Roman and Druid religions. 1st November – All Saints' Day – was dedicated to all Christian Martyrs and Saints who had died. It was called 'All Hallows' Day'. The evening before became an evening of prayer and preparation and was called 'All Hallows' Eve', The Holy Evening, later shortened to 'Halloween'.

For many centuries, however, fear of the supernatural remained strong. During the Middle Ages, animal costumes and frightening masks were worn to ward off the evil spirits of darkness on Halloween. Magic words and charms were used to keep away bad luck, and everybody believed that witches ride about on broomsticks. Fortune telling was popular, and predicting the future by the use of nuts and apples was so popular that Halloween is still sometimes known as Nutcrack Night or Snap-Apple Night.

Today, Christians have learned to turn to prayer instead of charms to overcome the powers of darkness. And the deeper, true meaning of All Hallows' Eve, should not be forgotten. As Christians, we all draw closer to Christ when we remember and give thanks for our loved ones and for others who have gone before us through the gates of death.



# Why they go to Church

Some go to church just for a walk,  
Some go to stare, laugh and talk;  
Some go there to meet a friend,  
Some their idle time to spend.  
Some for general observation,  
Some for private speculation;  
Some to seek or find a lover,  
Some a courtship to discover;  
Some go there to use their eyes  
And newest fashions criticise.  
Some to show their own smart dress,  
Some their neighbour's to assess.  
Some to scan a robe or bonnet,  
Some to price the trimming on it.  
Some to learn the latest news  
That friends at home they may amuse.  
Some go there to please the squire,  
Some his daughters to admire.  
Some the parson go to fawn,  
Some to lounge and some to yawn.  
Some because it's thought genteel,  
Some to vaunt their pious zeal.  
Some to show how sweet they sing,  
Some how loud their voices ring.  
Some the preacher go to hear,  
His style and voice to praise or jeer.  
Some forgiveness to implore,  
Some their sins to varnish o'er.  
Some to sit and doze and nod,  
But few to kneel and worship God.

These lines were written by Rev Rev J S Boucher MA and they appeared in the Ormesby Parochial Magazine and Monthly Church Chronicle in May 1891!

## Join Walpole Safer Neighbourhood Team



for a chat at West Ealing Library,  
Melbourne Avenue, W13 on the  
following dates:-

Wednesday 10<sup>th</sup> OCTOBER - 11am

Thursday 18<sup>th</sup> OCTOBER - 11am

Friday 26<sup>th</sup> OCTOBER - 11am

Thursday 1<sup>st</sup> NOVEMBER - 11am

Friday 9<sup>th</sup> NOVEMBER - 1pm

Wednesday 14<sup>th</sup> NOVEMBER - 1pm

Wednesday 21<sup>st</sup> NOVEMBER - 11am

Tuesday 27<sup>th</sup> NOVEMBER - 1pm

Protect yourself against  
phishing attacks and  
other online scams.



Currently there are a lot of fake TV Licensing renewals reminders, HM Customs Tax Refunds, TV Licensing and checks mails from 'your' bank. All ask you to click on a link so you can benefit or send them your details so they can be checked!!

**DON'T** its a scam to get your computer opened up so they can access your files and personal details.

**DON'T** give your passwords, or security answers to ANYONE. KEEP THEM SAFE. Your bank, credit card company or other genuine contact will never ask you for them.

If you are not sure who sent you an e-mail **DO NOT OPEN IT** check and recheck. If in doubt delete.

If you get a phone call asking for personal information from your bank or credit card company **DO NOT GIVE IT**. If in doubt call the bank or credit card company on a number you know NOT a number you do not recognise.

## COMING EVENTS

### OCTOBER

- Mon 1 8.00 pm Guides (most Mondays throughout term time)
- Tue 2 2.00 pm Tuesday Club - Dave plays for us
- Wed 3 1-3 pm Babies & Toddlers (every week during term time)
- Thu 4 3.30 - 5.30 pm CBSI UK Bible Studies in Foyer
- Fri 5 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 6 Coffee & Chat in the Foyer from 10.30 am - all welcome.
- Tue 9 Lis & Steve Palmer's Home Group
- Tue 16 2.00 pm Tuesday Club - The Southbourne Songbirds entertain  
us
- Wed 31 8.00 pm Property Committee

## FUTURE DATES FOR YOUR DIARY

### Nov

- Sat 3 10.00-12.30 Kingsdown Book Fair in aid of Methodist Homes -  
Books, cakes, gifts, bric-a-brac stalls. Entry free - donations  
welcome

Remembrance Sunday 11 November

Carol Service 23<sup>rd</sup> December 6.30pm

Christmas Eve 24 Dec - Holy Communion at 11.15pm

Wed **16 Jan 2019** 7.30pm – Mission and Outreach Committee

Thu **14 Mar 2019** 8.30pm – Finance Committee

