



# KINGSDOWN MESSENGER



*July - August 2019*

## SERVICES FOR JULY & AUGUST 2019



### July

- 7 Jul 10.30 Mr Justin Anwar
- 14 Jul 10.30 Ms Georgina Graham
- 21 Jul 10.30 Rev Susan Male
- 28 Jul 10.30 Mrs Charmaine Dinham  
6.30 CIRCUIT SERVICE - Holy Communion  
at GREENFORD



### August

- 4 Aug 10.30 Local Arrangement
- 11 Aug 10.30 Rev Susan Male
- 18 Aug 10.30 Rev Susan Male/Rev Shirlyn Toppin  
Holy Communion - CIRCUIT SERVICE
- 25 Aug 10.30 Mrs Esther Ackah



## Take – and receive

Take, Lord, and receive all my freedom, my memory, my intelligence and my will – all that I have and possess. You, Lord, have given those things to me. I now give them back to you, Lord. All belongs to you. Dispose of these gifts according to your will. I ask only for your love and your grace, for they are enough for me.

A prayer of Ignatius of Loyala (1491 – 1556) founder of the Society of Jesus

**The KINGSDOWN MESSENGER**  
Copy deadline for the September issue is Friday 23 August 2019

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Dear Friends

You will remember that when I first arrived with you - 10 whole months ago now - I told you that I was interested in helping the churches to build up ecumenical and interfaith relationships. We have so much to learn (and to teach) about God, about the world, about others, and about ourselves from our interactions with others that "relationship" simply has to be what we are all here for - relationships with others, and of course relationship with God - Father, Son and Holy Spirit.

So, this month my letter is about relationships with other Christians, and people of different faiths.

I have begun to attend the ecumenical and interfaith visits organised by "Christians Together in Central Ealing". Some of you come too I know and have far more experience of these visits than I currently do! It is important that we learn about one another in order to break down barriers. The next visit to the Arya Samaj Hindu temple on Argyle Road, will take place in the autumn (unfortunately the July date advertised had to be changed). I will pass details to you when I have them, and certainly hope to be there.

The best ecumenical conversation and work I am involved in at present is the "Foodbank Café" on Tuesday mornings at Ealing Green. This is a truly ecumenical group doing significant and worthwhile work with the community.

As you know I have also been trying to build interfaith relationships. I have been meeting with Navleen, a member of the Sikh faith based at the Gurdwara in Southall. We would like to bring a small group of Sikh and Methodist women together. We envision that they will be women who enjoy and could teach one another crafts. The aim simply to get to know one another, and thus to cross the boundaries that our cultural differences can sometimes cause.

If you are a woman of any age who loves craft and would value the challenge of being part of this, please be in touch. If you know somebody else who fits the bill, please talk to them about it. Please help me to build this group since I do not yet know who the "crafty" members of our churches are - way out of my own comfort zone, so you should also get some amusement from my efforts: The initial meeting will take place over lunch on 5 Sept. please let me know if you are interested.

The second Interfaith connection I have made for us is with the “Ealing Liberal Synagogue”. This is particularly appealing, since one member at Kingsdown has a special relationship with the Synagogue already - in that she is married to one of its members.

The Synagogue has invited us to their harvest celebration - to Sukkah on Saturday 12 October at 11 AM – 1PM. The tradition here is to build and decorate booths – Sukkah . We will then meet for a time of learning from one another, and food. Numbers for this are limited. Please therefore let me know as soon as possible if you would like to come.



If any of you have any other links with faith communities, Christian and other, that we could explore then talk to me.

Have a wonderful, healthy and peaceful Summer!

*Sue*

## ARE YOU PREPARED TO HELP WITH THE FLOWER ROTA?

Since Ivy is no longer able to buy and arrange the church flowers there is a need to draw up a rota of volunteers prepared to take on this responsibility. Particular skills are not seen as a necessity as many people are used to putting flowers in vases for the adornment of their own homes.



If you would like to give/arrange flowers for a particular Sunday (and maybe even one or two more) please add your name to the flower rota on the board in the church foyer. You are not necessarily required to pay for the flowers as long as you keep a receipt the money can be claimed from the church treasurer, Derek Matthews.

**Kath Jarrett/Hazel Pennells**

# ***Family News***

Sincere CONGRATULATIONS to **Sue** and **Gerald Barton** who recently celebrated their 25<sup>th</sup> Wedding Anniversary, taking many of us by surprise when arriving at the Church (on 23 June) to find a gorgeous flower arrangement and the most beautiful (and delicious) cake to mark this very special occasion with the church family. Thank you for enabling us all to share your very special occasion.

We were delighted to get news of **Tom Cheriyan** from **Rekha**. (*Tom had been awaiting a multiple heart by-pass operation.*)

*Rekha says: "Thank you for thinking of Tom. The operation did go ahead - he went in for surgery at 0730 on Friday 28<sup>th</sup> and wasn't back in Intensive Care until 1630 so I was getting anxious. But they said the operation was very successful.*

*He spent his birthday in intensive care, still very tired with a few issues, but on the whole they are happy with how he is doing considering he has had such major surgery. He should continue to improve slowly now and all being well, the plan is that he is out of Intensive Care on Monday and then home in a week's time.*

*Thank you to all at Kingsdown for remembering him in prayer. The first thing Tom said to me when came round was "Praise God". Praise God indeed! Love Rekha."*

**Ivy Hanson** has been back in hospital and, although now home recuperating, she continues to have rather severe pains in her back and legs inhibiting her mobility quite severely. She appreciates the concern and prayers of her well-wishers.

Prayers were asked recently for Mrs **Adline Elvin**, who had been hospitalised following a fall (resulting in a hip fracture).

Please also pray for **Jocelyn Karp** and family mourning the loss of Jocelyn's grandmother Mrs N, who passed away in June.

We send good wishes to all who do not feel able to get to church at the present time, for whatever reason, and hope that you will feel able to rejoin us in due course.

# Boys' Brigade



By the time you read this, our final report of the session, 10th Ealing Boys' Brigade will have entered its summer break. We'll have enjoyed 34 weeks of BB fun, five Church Parades, two visits to climbing centres and numerous competitions.

Since the half-term break in May, we've made the most of the sunshine, the younger Boys popping down to Lammas Park for football and outdoor games, while the older lads regressed to early childhood and threw water balloons at each other in our sports arena (the staff were wetter than the Boys!).

We also found time to attend the All-Age Battalion Sports Day in Perivale and retained our two trophies (Best Athletics Team and Best Individual Athlete). We really do have an amazing bunch of competitive members but, more importantly, their sense of enthusiasm and esprit de corps is a joy to behold.



The High School Boys recently welcomed a serving member of the Marines and the SBS who took the time to talk about his training and adventures (within reason!) and the lads were fascinated, peppering him with questions ("What's your favourite weapon?", "How much do you get paid?", "Did you go into enemy territory?"), and several remained behind to chat further and look at his photographs. It was a great activity and the Boys had their eyes opened to the dedication of these brave men and women.





# Action for Children

The book fair in aid of Action for Children was at Kingsdown on Saturday July 6<sup>th</sup>.

This is the 150th anniversary for the Methodist charity AFC which focuses on children's and young people's welfare in the UK.



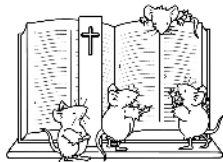
It was in 1869 that the Reverend Thomas Bowman Stephenson, moved by the plight of children sleeping rough on the streets of London, opened the first home, a renovated stable in Church Street, Waterloo, the first two boys, Fred and George being admitted on July 9<sup>th</sup>. The home later moved to Lambeth in 1871 and girls were admitted.

The homes were divided into small family units run by 'house mothers' and 'house fathers', which was in marked contrast to the large institutions and workhouses common at this time.

By 1908 the charity had grown to become the National Children's Home and Orphanage. It became an adoption agency in 1926. In 1994 the name changed to NCH Action for Children and in September 2008 Action for Children. This reflected a shift away from providing children's homes to a wider range of services.

AFC works in partnership with statutory bodies to deliver services in family support, disability, children in care, support for young people and education. It is also involved in research, campaigning and fundraising. For further information see [www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)

from **Olwen Britton**



There is no situation so chaotic that God cannot, from that situation, create something that is surpassingly good. He did it at creation. He did it at the cross. He is doing it today.

**Bishop Moule.**



# CHRISTIAN AID



**The Annual RICHMOND RIVERSIDE SPONSORED WALK** will be held on SATURDAY 28 SEPTEMBER 2019.

This family friendly sponsored walk takes place along the River Thames. Explore some of the finest sites along the Thames path, including the Terrace Gardens and Ham House Gardens.

Over 40 million people are internally displaced around the world. By walking and raising funds you will help transform the lives of communities where Christian Aid works. The Event Details are as follows. It starts from St Matthias Church, Church Road, Richmond TW10 6LL at 9.30 am - Registration. The walk begins at 10.30 am and ends at 3.00 pm. Justice, from the London Team, will be in charge and, if you wish to take part, you must register with him as soon as possible. Of course, we hope many friends will agree to be sponsored, but some of you may prefer to go along and enjoy the walk! If so, you may do this, but you too must register and it is normal to make a donation to Christian Aid.

Hopefully, you will see a poster in the Church foyer, and I have a registration form. Please contact me if you wish to take part.

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## CHRISTIAN AID WEEK - 2019

Our total for Christian Aid Week is now £2,666.66 - and excellent result and my sincere thanks to all at Kingsdown who have contributed so generously. Hopefully, we shall reach a final total for the year of £3,000!

**Ruby Warne**

### HEAD COUNT

Sign in the window of a Gents' outfitters "Sale - wonderful bargains in shirts for men with 16 or 17 necks".

from The Kingsdown Messenger July 1990



Methodist  
relief and  
development

## Build - A - Bog Appeal

Have you ever thought about what your life would be like without a toilet?

For families like Ratidzo's and 2.3 billion people around the world, they don't have to imagine – life without a toilet is their daily reality.

This is the daily reality faced by Ratidzo, a grandmother and a widow living with her family in rural Zimbabwe. She lives with her children and grandchildren. The youngest and most vulnerable is her grandson Tadiwa, who is just four years old.



Like most of her neighbours, Ratidzo's only option was to hide behind a bush or tree when nature called, leaving her faeces uncovered and open to the elements. When faeces are left in the open, flies spread potentially lethal bacteria from the uncovered faeces, contaminating everything they land on, including families' food and water.

Rates of diseases such as cholera are rising sharply in Zimbabwe because of poor sanitation – and children like young Tadiwa are most at risk.

But there is hope, a simple toilet and education about good sanitation practices, like washing hands using a tippy-tap, could help prevent the spread of deadly diarrhoeal diseases like cholera.

This is a crisis, requiring urgent action. Will you make a gift today to help families like Ratidzo's build a toilet and protect her family from deadly diarrhoeal diseases like cholera?

Please make a gift today to help bring toilets and training on good sanitation to more communities like Ratidzo's. No gift is too small to make a life-changing difference for those who need it most.

**Donate Online:**

[www.allwecan.org.uk/give/make-a-donation/buildabogappeal/](http://www.allwecan.org.uk/give/make-a-donation/buildabogappeal/)

**Or call: 020 7467 5132 or via Alan Smith**



Methodist  
relief and  
development

## President of Conference Challenge for Offsetting Carbon Footprint

The President and Vice-President of the Methodist Conference are inviting every church to offset their carbon omissions by giving to All We Can.

Climate change is affecting many of the communities where All We Can is working, rains and flooding destroy harvests and climate disasters put lives, livelihoods and infrastructure at risk.

One of the ways to tackle climate change is by reducing / offsetting our



own carbon footprint. So we are delighted that the incoming President and Vice-President of Methodist Conference – Rev Dr Barbara Glasson and Professor Clive Marsh – are committed to this action. When Barbara and Clive travel over the year visiting churches across the Connexion, they will be asking those they visit to offset their travel by making a donation to All We Can.

Every donation will go to our work with local communities in countries like Ethiopia to plant trees that will offset the carbon emissions of their travel. It costs around 5p a mile to offset the carbon emissions of an average car journey in the UK.

When Barbara or Clive come to visit your Church, Circuit or District this year, donate 5p per mile to tackle climate change and work towards the vision of being a more carbon-neutral church.

# From the Annual General Meeting and the Church Council

The last couple of months have seen the Annual General Church Meeting and a meeting of the Church Council.

The timing of the former made it rather difficult to provide a report for the last edition of the Messenger so this note seeks to redress that with some of the main highlights and points.

During the meeting Rev Sue Male gave some reflections on the past year at Kingsdown. She started by outlining the things that had really impressed her:

- The Night Shelter as she felt this was 'proper' church work, ie reaching out in a structured way.
- The Christmas social – this had been a good opportunity to get to know people
- The Festival of Nativities – she had really enjoyed this and was impressed by the numbers of children who had visited the Festival and their interest in it. She wondered, however if the church was still enjoying it.

- The Christmas services – the Junior Church nativity was the best she had seen.
- Good Friday – the Taizé style service had been a moment of quiet.

However, Sue noted that Kingsdown seems to struggle with leadership. In particular she had noticed that people could often be very critical of those in leadership and suggested at times people were expecting too much. She added that we need to value what people can do rather than dwell on whether things were being done 'properly'. In addition, sometimes she felt we think things are difficult when they are not.

The Circuit Lent series at Kingsdown had not been well attended although a number of people from Kingsdown had joined the group. Her Husband, Phil Male would be organising a Bible Study group at her manse based around an overview of the Bible. In addition, she will be organising a preaching series around Harvest with Phil.

For the future, Sue was trying establish links with the Ealing Liberal Synagogue who would like to invite us to their Harvest service.

This would give an opportunity to learn more about them and to build a relationship with them.

At the Church Council meeting on 19<sup>th</sup> June, Sue was able to report that the synagogue has invited people from Kingsdown and Ealing Green to join their harvest celebration on 12<sup>th</sup> October at 12.00pm. The synagogue is in Lynton Avenue W13.

Sue outlined the Circuit's involvement in supporting Christian Aid's Iraq and Lebanon project between now and the end of 2020. The Circuit had been asked to raise £5,000 which would be matched by a US charity to produce a total of £30,000. Kingsdown and Ealing Green had been asked to raise £1,300 between them.

She thought it would be good if the two churches could use this as an opportunity to work together to raise that amount. Sue Barton, Jill Richardson and Kath Jarrett said they would be interested in forming a group with Ealing Green.

She added that she had good relations with the Harrow Apollo Choir who had offered Sunday 14<sup>th</sup> June 2020 for a fund-raising concert at Ealing Green. There was also the possibility of a Circuit Quiz with a speaker to talk about the project.

Sue said she was developing a project with a group of Sikh women from one of the Southall Gurdwaras.

The idea is that Sikh and Methodist women would get together to work on something creative as a way of getting to know each other, and each other's faith better. There will be a meeting over lunch at a vegetarian restaurant in Southall (details to be announced) on 15<sup>th</sup> September. The invitation would be extended to women around the Circuit. If you are interested, please speak to Sue Male.

This year sees the 60<sup>th</sup> anniversary of the amalgamation of the former West Ealing Methodist Church with the Moullin Memorial Methodist Church to form Kingsdown Methodist Church and the re-opening of the refurbished and restructured building at Kingsdown.

How we celebrate this was discussed at both the annual meeting and the following Church Council meeting. Although the official re-opening happened in August 1959, we will celebrate the anniversary on 8<sup>th</sup> December. There will be a 'bring & share' lunch following the morning service. Sue Male will invite the various users of our building to join us and members are asked to invite any past members that they are in contact with.

The 60<sup>th</sup> anniversary celebration will coincide with the Festival of Nativities and Sue Male will be inviting local schools to come to see the festival during the following week (9<sup>th</sup> – 15<sup>th</sup> December).

The annual meeting appoints church officers for the coming year. These were confirmed at the Church Council meeting.

The list is as follows:

**Church Stewards:**

Sybil Corbin, Tom Cheriyan,  
Esther Ackah,  
Shantini Thamotheram,

**Vestry Stewards:**

Jill Richardson, Rita Safta

**Communion Stewards:**

Violet Cordon, Ivy Hanson,  
Jill Richardson, Janet Smith,  
Eileen Tobias

**Congregation Reps to Church Council:**

Juliet Edwards, Kath Jarrett,  
George Lafford, Bill Carty

**Circuit Meeting Reps:**

Derek Matthews, Esther  
Ackah, George Lafford,  
Janet Smith

**Secretary to Church Council:**

Gerald Barton

**Treasurer:**

Derek Matthews

**Property Steward:**

Janet Smith

**Safeguarding Officer:**

Sybil Corbin

**Mission & Outreach:**

Olwen Britton

**Pastoral Secretary:**

Hazel Pennells

**MWIB**

Jill Richardson

The annual general meeting also heard reports from the various church groups – Boys Brigade, Babies & Toddlers and the Kingsdown Club. We are fortunate in having a particularly strong Boys Brigade company with a very dedicated team of leaders captained by Tony Plews.

Our other groups provide outreach to the local community and bring people who often have no other contact with church into the building in a warm and friendly environment. The Ealing Churches Winter Night Shelter will also operate at Kingsdown again this winter on four Sunday nights in the run up to Christmas providing hospitality to up to 14 guests who would otherwise have nowhere to go.

A word must be added about the King's Hall Class Meeting. When the King's Hall building in Southall closed in 2013 the English congregation ceased to be a 'church' and became a class meeting. Whilst it is formally attached to Kingsdown, the class meeting meets at Hanwell at 9.30am on Sundays. Not

surprisingly, we don't get to hear or see that much of them. At present about 6 people attend their meetings and they are feeling that they need to re-consider their future. As they think about how they see their future, please hold them in your prayers.

The annual meeting officially records thanks to our church officers and others who work hard to keep Kingsdown functioning. A lot of this work goes on unseen but is vital to our church. It's impossible to mention everybody without leaving at least somebody out, so perhaps we should all just be grateful for what everybody does, seen or unseen.

Finally, here are some dates of Circuit events for your diaries

28<sup>th</sup> July Circuit end of year service at Greenford at 6.30pm

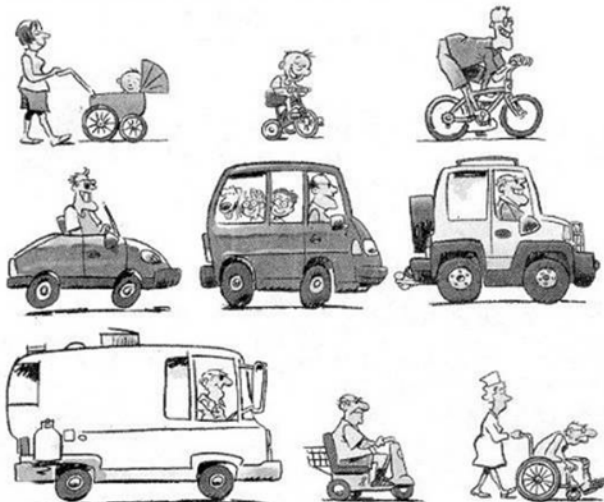
18<sup>th</sup> August Circuit service at Kingsdown at 10.30am

7<sup>th</sup> Sept Circuit 21<sup>st</sup> birthday garden party at Elers Rd 2.00 – 6.00pm

8<sup>th</sup> Sept Circuit confirmation service at Acton Hill at 4.00pm

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

## The Wheels of Life



# Cafe Church at Northolt 15<sup>th</sup> June



As part of Northolt's anniversary celebrations a group from Kingsdown joined with others from the circuit to celebrate their 25<sup>th</sup> Anniversary.

The Café Worship was led by Rev. Peter Catford (*a past Minister at Kingsdown*) who had those present singing hymns, doing some aerobics, saying prayers amidst a café 'bring and share' lunch. It made for a very interesting and active way of worship.

## The Sound of Worship

As we gather for the service  
Greeting, laughing, chatting we,  
While a genius is working  
Deep in electricity.

Checking all the wires are plugged in,  
Running gremlins down to ground.  
1,2,3 – that mike is working!  
No more faults there to be found!

Have you seen that desk he/she uses?  
Sliders, switches, buttons, knobs;  
Looks to me just like a flight deck –  
Someone really knows their job!

While you listen, learn, and worship  
May a prayer of thanks be found  
Then, perhaps a little feedback  
For the one who does the sound.

by Nigel Beeton

**What is hard by the yard is a cinch by the inch.**



## TOP TEN HYMNS FOR PEOPLE OF A CERTAIN AGE

1. *It is well with my Soul (but my back aches a lot)*
2. *Nobody knows the trouble I have seeing*
3. *Amazing Grace (considering my age)*
4. *Just a slower walk with Thee*
5. *Count your many birthdays. Name them one by one.*
6. *Go tell it on the mountain.....and speak up.*
7. *Give me that old timer's religion.*
8. *Blessed Insurance.*
9. *Guide me, oh thou Great Jehovah*  
*(I've forgotten where I parked)*
10. *One more limp along the world I go.*

*from Janet Smith*



*Ever wondered what charity is?*

*It is silence - when your words would hurt.*

*It is patience - when your neighbour is curt.*

*It is deafness - when a scandal flows.*

*It is thoughtfulness - for others' woes.*

*It is promptness - when duty calls.*

*It is courage - when misfortune falls.*

# Pilgrim's Progress

After the Bible, John Bunyan's wonderful Christian allegory, the Pilgrim's Progress, is one of the most celebrated and widely-read books in the English language. It has been translated into more than one hundred languages around the world and keeps its place as a Christian classic.

Names of people and places from its pages have been commonplace wherever English is spoken. We need only recall Mr Great-Heart, Mr Valiant-for-Truth, Giant Despair, Madame Bubble, the Slough of Despond, Vanity Fair, the Delectable Mountains, the Hill Difficulty and the Celestial City.

Bunyan was born on 28 November 1628, at Elstow, near Bedford, England, of a poor family. He had little formal education and his father taught him to be a metal worker. His first wife died young. His second wife, Elizabeth, helped him considerably with his blossoming literary career. His conversion was the result of reading the Bible, and the witness of local Christians. From that time the Bible became the great inspiration of his life. He wrote more than fifty books on Christianity. A Baptist by conviction, he had little time for the Established Church.

*"It was in prison  
that he wrote  
Pilgrim's Progress."*

Bunyan became a popular preacher, but because of his opposition to the Established Church and because he did not have a Church of England preaching licence, he was imprisoned in 1661. It was in prison that he wrote Pilgrim's Progress. It was not only Bunyan's greatest book but was destined to become one of the most popular Christian books in the world.

Pilgrim's Progress is an allegory, using the names of people and places from the Bible to teach spiritual lessons. The vivid and unforgettable imagery in the Pilgrim's Progress covers the whole Christian gospel from sin and condemnation all the way through faith, repentance, grace, justification, sanctification, and perseverance to heaven itself.

Bunyan died on 31st August 1688. His portrayal of the death of Mr Valiant For Truth is Bunyan at his allegorical best. This brave old soldier of Jesus Christ had received his summons to 'go home.' Calling his friends together he says, 'My sword I give to him who shall succeed me in my pilgrimage ... My marks and scars I carry with me, to be a witness for me, that I have fought His battles, Who will now be my rewarder.' ... So he passed over, and all the trumpets sounded for him on the other side...'

# Too High a Price?

In June of this year we commemorated the 75th Anniversary of the D-Day landings in the knowledge that many of the veterans would not see another major celebration of that remarkable event. That brought an added poignancy to the proceedings.

I'm sure that, like me, you were touched by what many of the veterans had to say. 'We're not the heroes,' they said, 'the heroes are those who died or were terribly injured. We survived and have had another 70 years. We are not the heroes.'

No one watching the TV coverage or reading the media could fail to be moved, however, by the stories of sacrifice and bravery they had to tell, a generation of men and women for whom sacrifice and duty were instinctive. I was asked recently, 'Do you think the present generation would respond in the same way, with such self-sacrifice?'

*Are we willing to pay the price?*

I guess no-one can answer that question, but it did make me think about the costly call to discipleship that is at the heart of Christianity. We follow one who freely laid down His life to save us from our sin. 'No-one takes my life from me,' Jesus said, 'but I lay it down of my own accord.' (John 10:18). The Saviour calls us to a similar costly obedience: 'Whoever wants to be my disciple must deny themselves and take up their cross and follow Me.' (Mark 8:34)

Sacrifice is central to Christian devotion. We may not be asked to literally lay down our lives (although some are in other parts of the world) but we are asked to give God priority in our lives and to put His will before our own. This too can be very challenging and costly. Are we willing to pay the price?

**Tony Horsfall - Parish Pump**



**"Sometimes common sense isn't so common"**

# The Acton Hill Church



INVITES YOU TO A MULTICULTURAL EVENING

ON

SATURDAY 13<sup>TH</sup> JULY 2019

6.00 .pm to 9.00 pm

Entertainment: Multi-cultural

Tickets: £10.00 for Adults, £6.00 for children,  
Adult and 2 children under 12yrs, £20.00

Come and enjoy the menus from various countries

All proceeds in aid of Iraq and Lebanon Project matched by the BREAD  
FOR THE WORLD ORGANISATION 6 to 1

WOODLANDS AVENUE  
ACTON, LONDON W3 9BU



## METHODIST SUMMER FELLOWSHIP

at The Hayes Conference Centre, Swanwick, Derbyshire

*Peacemaking - a constructive, challenging and contemplative approach to living with conflict in our lives*

Saturday 3rd - Friday 9th August 2019

## Methodist Summer Fellowship Saturday 03 - Friday 09 August

The Hayes Conference Centre, Swanwick, Derbyshire

The Methodist Summer Fellowship is a week long holiday of faith, fun and fellowship set in the peaceful Derbyshire countryside. Join contributors including Rev Dr Rosalyn Murphy, Prof Mark Williams and comedian and activist, Paul Karenza, as well as many others, for an exciting mix of bible study, workshops, worship and laughter. For more information and to book your place please visit the [website](http://www.methodistsummerfellowship.org).

[www.methodistsummerfellowship.org](http://www.methodistsummerfellowship.org)

# We stand in awe

How wonderful is your creation, O God!

We stand in awe before .....

.... **THE VASTNESS OF THE UNIVERSE,**

whose magnitude and wonder  
grows in our minds with  
every new scientific insight.

.... **THE MIRACLE OF MAN,**

whose staggering achievements  
are but the meagre scratchings  
of the fullest potential  
you intended for him.

.... **THE MYSTERY OF CREATION ITSELF,**

which causes us to ask  
'How did it all start,  
why are we here?'

..... **THE ORDERLINESS OF LIFE**

as seen in the natural laws  
governing atoms and humans,  
the remotest stars and the  
smallest blades of grass.

.... **THE UNITY OF SPIRIT,**

which we cannot always prove  
with facts, but which we often  
can feel with faith  
and unshakeable certainty.

Keep us sensitive to the needs  
of others. Help us to know your  
will for us and for all creation.

Guide us, our Father. Amen.

*(Herman C Ahrens Jr)*

# Calming of the Storm

One of the most famous stories about Jesus is the calming of the storm (Luke 8:22-25). Of course, anyone could say that the wind stopped suddenly of its own accord, but the disciples were not fooled. They had seen a number of these 'coincidences' in Jesus' ministry, and they weren't about to ignore this one. Jesus had calmed the waves with only His words. Wasn't this an act of God? Who else could be in complete control of creation?

Jesus dealt graciously with the very pressing and practical issue of the raging storm before He did a bit of teaching, asking His followers "Where is your faith?" It's not surprising that they were scared, given the circumstances, but clearly Jesus expected better of them. He had already been teaching them for some time, and clearly knew they were ready to trust Him.

In similar circumstances, Christians often do several things in quick succession. We start by panicking and being afraid. After a while we might remember what we know about God's character and pray for help, trusting that whatever happens He will help us to handle it. Most often, we don't get the storm-calming effect when we ask for it, but battling on with faith and God's help is much easier than trying to keep going in a panic.

'Peace' in this kind of situation is a very active holding on to what we know about God. The difference between trusting and not trusting can be like night and day in terms of stress levels. I have found that it can make the difference between unmanageable stress and something that stretches me and teaches me something new.

Knowing some science can help us to trust God. A Being who created the whole universe, sustaining the wonderfully creative processes that produced diverse life on earth, must be both extremely powerful and extremely wise. The God who can both calm the waves and walk on them must be in complete control of the things He made.

When this knowledge goes hand in hand with experience of God's intimate love for us and care for us in every situation that we find ourselves in, I am reassured that He's got things in hand. I will always need help from others to pray faithfully in stormy situations, but hopefully I've seen enough now not to panic for too long.

Time (and my closest friends) will tell!

**Dr Ruth Banciewicz,**

# Television

## The Twenty-third Channel

The TV is my shepherd, I shall not want.  
It makes me lie down on the sofa  
It leads me away from the faith  
It destroys my soul  
It leads me in the paths of sex and violence  
For the sponsors' sake.  
Yea, though I walk in the shadow of my responsibilities  
There will be no interruption  
For the TV is with me,  
Its cable and remote control  
They comfort me.  
It prepares a commercial before me  
In the presence of my worldliness.  
It anoints my head with humanism and consumerism.  
My covetousness runneth over.  
Surely laziness and ignorance  
Shall follow me all the days of my life  
And I shall dwell in the house  
Watching TV for ever.

Submitted by **Val Elgar**



*Tony was a Christian and did not care who knew it*





# How do you spot fake news?

Here are some tips which may prove useful.

**What is the source?** Have a good look at the website where you found it, including the About Us section. Is it really a news site? Are other stories from this site believable? Can you find this story and the other stories on the site anywhere else?

**What is the domain name?** If it is similar to a respected website, that is a bad sign. Also beware of any domain names that are strange, or very long.

**Who wrote the story?** Does the website provide any names? Do a web search on these people. Are they really journalists?

**How current is the story?** Sometimes very old, out of date stories get recycled.

**Do your own research.** If the story claims that something specific happened somewhere, try and find that same story on other websites. If the story is just on that one website, be careful! If in doubt, try approaching an organisation you trust that deals in that same area.

**Beware social media.** Anyone could have written it.

Finally, if you are left in any doubt, then **doubt!**

*from Standpoint*



# ***Plastic, Plastic, Everywhere***

Did you know that you are eating plastic? On average, each one of us now ingests about five grams of plastic each week – or the equivalent of eating a credit card.

Such is the rather startling news from WWF (World Wide Fund for Nature). Research at the University of Newcastle in Australia has found that we are consuming up to 102,000 tiny pieces of plastic less than 1mm – around 250 grams – each year. Nearly 90 per cent of that is coming from our water, both bottled and tap. Other foods with high plastic levels are shellfish, beer and salt.



Alec Taylor, Head of Marine Policy at WWF, said, “Plastic is polluting our planet... and now we know it’s also polluting our own bodies.”

The long-term effects of plastic ingestion on the human body are not yet known. In the meantime, Britain has taken 15 billion plastic bags out of circulation, and recently banned microbeads in cosmetics.

The Government is also considering a deposit return scheme for plastic bottles. At present, Britons use 7.7 billion single-use plastic water bottles a year, less than half of which are recycled. This means that 16 million bottles are binned every day in the UK.

*NB Glastonbury Festival banned the sale of Plastic Bottles of Water and Drinks saved using over a Million bottles. Water Stations across the site were provided so people could refill their own containers. Look at the Raw Foundation web site <http://rawfoundation.org> for more information about avoiding using plastic.*

## **GOOD NEWS**

*Waitrose now offer compostable bags for their loose veg (Save then for your food waste caddy liners), Morrisons have gone to paper. Take your own bags and containers when next shopping at your supermarket.*

## COMING EVENTS

### JULY 2019

Mon 8.00 pm **Guides** (most Mondays throughout term time)

Tue

Wed 10 1-3 pm **Babies & Toddlers** (last this term)

Thu 2.00 - 4.00 pm **CBSI UK Bible Studies** in Foyer (weekly)

Fri **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 **Coffee & Chat** in the Foyer from 10.30 am - all welcome

Tue 16 2.00 pm **Tuesday Club** - The Summer Tea Party Dave entertains

**Sun 28 Circuit service for the end of the Connexional year at Greenford**



### AUGUST

**Sun 18 10.30 Circuit Meeting at Kingsdown**

**Thu 29 19.30 Circuit Leadership Team Meeting at Kingsdown**



## FUTURE DATES FOR YOUR DIARY

### September

**Sat/Sun 7/8 Ealing Trinity Circuit: 21<sup>st</sup> Birthday Celebrations**

(Sat 7 2.00 - 6.00 pm - Garden Party at 91 Elers Road W13 9QE)

(Sun 8 4.00 pm - Circuit Confirmation Service at Acton Hill)

Sun 28 Christian Aid Richmond riverside sponsored walk (p.9)

**Tue 27 Sep 8.00 pm - Finance Committee**

**Tue 24 Sep 7.30 pm - Church Council**