



# KINGSDOWN MESSENGER



*June 2020 - July 2020*

## SERVICES FOR JUNE and JULY 2020



Each week the Services and other 'meetings' for the Ealing Trinity Circuit are currently being presented in on-line YouTube format. The link details are being circulated in advance.

**In Touch** - the Circuit magazine is also now available online and will have links to all the web based activities available across the Circuit.

The Circuit's Prayer Meeting on Tuesday at 8.00pm and the Bible Studies on Thursday at 2.00pm and 8.15pm will all go ahead. All of the meetings take place on Zoom. To join any of these meetings, look for the the link on the <http://www.ealingtrinity.org.uk/coronavirus-our-churches/>

The Kingsdown website [www.Kingsdownmethodist.org.uk](http://www.Kingsdownmethodist.org.uk) has liturgies for Morning, Evening and Daily prayers. The links to the Sunday and other on-line services and studies are also shown .

The Kingsdown and Circuit communities have already responded to the situation we are faced with and there are now Video links, Website pages with Liturgies for use at Home, and other actions to keep the Church family spiritually alive and together.

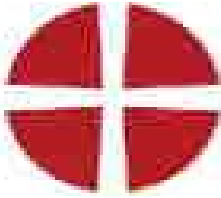
We will try to get a printed copy of The Messenger delivered to those we know do not have e-mail or internet facilities. If you know of anyone Church family or not - who might like a printed or electronic copy please let us know. Our contact details are at the bottom of this page. We would welcome any articles, prayers, poems or pictures that you would like to share at this difficult time. We will do our best to maintain the spirit of Kingsdown and keep contact with everyone if possible.



**The KINGSDOWN MESSENGER**  
Copy deadline for the June-July issue is Friday 24 July 2020

Editors - Pam and Alan Smith  
E-mail: [magazine@kingsdownmethodist.org.uk](mailto:magazine@kingsdownmethodist.org.uk)  
020-8840 4803





Dear All

The temptation is to wait until the last moment to write this letter for The Messenger, in the hope of more – or even some – news to share about church in coming weeks. However the truth is, I do not even know if such news will come before June .. so why wait? As soon as I know anything, I WILL pass it on to you!

As I write we have not yet reached ascension day – the day that Jesus returned to his Father in Heaven and became more fully the link between the Father and us! After ascension day this year 21 May, there comes that waiting time, where the disciples, and Jesus' mother Mary, prayed earnestly for the coming of the Spirit at Pentecost – this year on 31 May. We tell that story each year, and each year we encourage one another to make that time a time of special prayer ... but we always know the outcome ... we know what is coming, how the story “concludes” – although clearly the story of God and his people never concludes since we are all still living it out.

So – this time of waiting in May 2020 to know when we can resume a more normal life has something to teach us. So often in the Bible people were waiting – waiting for a sign from God, waiting for a Messiah, waiting to see Jesus, to ask for healing, waiting for the resurrection ..... and they did not know what was going to happen. They simply had faith, trusted God, and waited with Him.

That is what we are being called to do now. Give God a chance to speak. Spend some time in silence with him, and let him speak into your heart. You are not alone. He is waiting with you.

The First Sunday in June is Trinity Sunday which in many ways celebrates completeness. The Easter narrative at least has come to its culmination – as Father, Son and Holy Spirit are recognised, adored and glorified together. The Father in heaven, distant but caring and involved. Jesus the son, having experienced being human, and having taught humankind about Divinity returns to the Father to be the link between Him and Us ... understanding us totally, praying to the Father for us constantly. And, the Holy Spirit being poured out on humanity ... and still being poured out today ... will have been celebrated at Pentecost. When we pray, and relate

to God, the Spirit gives wisdom and understanding, strength and courage, love and peace.

May you all find that peace even in the most difficult of times.

During May “we” have said Goodbye to Lukie Smith, husband of Mervelyn who has recently died . His funeral service took place on May 7<sup>th</sup> at Gunnersbury Cemetery. His Grandchildren carried him on his final journey as they proudly bore their Grandfather’s coffin, the family prepared a eulogy which I read at the graveside, prayers were said, hymns were sung, and music was played on a CD at the close. It was a beautiful day, and Mervelyn and the family said their goodbyes in a way that did Lukie proud. We will hold a Thanksgiving services for Lukie’s life in future months

Certainly at the time of writing, to the best of my knowledge, all are well. This is very good news. Thank you for keeping in touch so well with one another and with me.

During June our video services will continue on Sunday mornings. We have added an additional Sunday evening service each week for “Healing and Wholeness”. If you do not receive the links for these services and would like them, please email me at [susan.d.male@gmail.com](mailto:susan.d.male@gmail.com) and I will sort that out for you. The plan is to participate in the morning service together at 11AM each Sunday. In practice people use the video to worship at times suitable for them. The evening service is timed to be used at 6.30pm. This is more important – or at least it will be best if you have seen it BY then because ministers are on the phone after the service – from 7pm until 7.45 pm should you wish to call us for prayer.



Looking forward to that day when I can see you all again, but until then I send you my love and prayers.

*Sue*!



# These are unprecedented times, but God is still our refuge and strength

## Psalm 46

- 1 God is our refuge and strength,  
an ever-present help in trouble.
- 2 Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,  
3 though its waters roar and foam  
and the mountains quake with their surging.[c]
- 4 There is a river whose streams make glad the city of God,  
the holy place where the Most High dwells.
- 5 God is within her, she will not fall;  
God will help her at break of day.
- 6 Nations are in uproar, kingdoms fall;  
he lifts his voice, the earth melts.
- 7 The Lord Almighty is with us;  
the God of Jacob is our fortress.

God bless you and keep you and your loved ones safe at this difficult time.

**Anne Coomes and the Parish Pump Team**



*Our thoughts, love and prayers go out to all the families and friends of those who were victims of Covid and are no longer with us.*

# Family News

Greetings to all at Kingsdown! We do not know yet, when we will be able to worship again at Kingsdown, but this I know, that the world will have been changed, when next we meet again! In the meantime, stay blessed and keep safe!

Before I go, I would like to thank all, for the exchanged telephone calls and for those, who I have not spoken with- please note that my thoughts and prayers, have been with you all and that this will continue.

Thanks especially, to all who have sent Birthday cards, E cards and telephone calls for my Birthday, which is much appreciated. I trust that you might like to see a picture of my 'Lady of the night' first bloom, which has always greeted me during the week of my Birthday!



Sure enough, I awoke tonight, to the strong smell of vanilla, which it emits, when fully open - I had fallen asleep whilst watching TV! So, I went out and returned the greeting! And yes! I talk to my tree, which now reaches the ceiling and have the promise of seeing Copious blooms until October! The only sadness is that the beautiful blooms will shrink and die off by morning, after all this effort!

<sup>14</sup>You are the light of the world. A town built on a hill cannot be hidden. <sup>15</sup>Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. <sup>16</sup>In the same way, **let your light shine** before others, that they may see your good deeds and glorify your Father in heaven. - Mathew5:14-16

**Blossom Jackson**

**The greatest nourishment for children is not what goes into their mouths, but what comes out of ours.**

# 'This too shall Pass'

It is said with a gaze as steady as sky  
wispy and wavy but never a lie  
It is said with a smile small or unseen  
careful and quiet for all that has been

when trouble crashes over you  
when hardship cracks the ground  
when pain pierces past your skin  
when walls are your surround  
stop  
take a breath and remember  
this too shall pass

when joy makes you giddy  
when brightest blinds your gaze  
when pride holds you up above  
when easiness lets you laze  
stop  
take a breath and remember  
this too shall pass

treasure every moment  
learn from every pain  
gather in your memories  
they are what you truly gain  
live every second  
love with all your heart  
never give in or give up  
embrace every new start

everything is precious  
all of life is glorious  
because  
this too shall pass

**Joeline Rayment**

Submitted by Blosssom Jackson

# **RULES FOR HAPPY LIVING**

1. *Count your blessings, not your troubles*
  2. *Live one day at a time*
  3. *Say "I love you"*
  4. *Be a giver, not a taker*
  5. *Seek for God in everyone and everything*
  6. *Pray every day*
  7. *Learn to count, keep priorities in line*
  8. *Do at least one good deed a day*
  9. *Let no little and/or imaginary things bother you*
  10. *Practice a "do it now" habit*
  11. *Fill your life with good*
  12. *Learn to laugh and to cry*
  13. *Smile and the world will smile with you*
  14. *Fear nothing or no one*
  15. *Let go and let God take over*
- With prayers, we never give up.*

**Lita Requinton Stoll**



Grandad was babysitting when he heard his little granddaughter muttering the alphabet over in hushed tones.

"What are you doing?" he asked her.

"I'm praying," she replied. "I can't think of the right words so I just say all the letters. God will put them together for me 'cos He knows what I'm thinking



# 7<sup>th</sup> June - Trinity Sunday

.... celebrating our God who is Three Persons



Trying to explain the doctrine of the Trinity has kept many a theologian busy down the centuries. One helpful picture is to imagine the sun shining in the sky. The sun itself – way out there in space, and unapproachable in its fiery majesty – is the Father. The light that flows from it, which gives us life and illuminates all our lives, is the Son. The heat that flows from it, and which gives us all the energy to move and grow, is the Holy Spirit. You cannot have the sun without its light and its heat. The light and the heat are from the sun, are of the sun, and yet are also distinct in themselves, with their own roles to play.

The Bible makes clear that God is One God, who is disclosed in three persons: Father, Son (Jesus Christ) and Holy Spirit. For example:

Deuteronomy 6:4: 'Hear O Israel, The Lord our God, the Lord is one.'

Isaiah 45:22: 'Turn to me and be saved... for I am God, and there is no other.'

Genesis 1:1-2: 'In the beginning God created.... and the Spirit of God was hovering...'

Judges 14:6: 'The Spirit of the Lord came upon him in power...'

John 1:1-3: 'In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through Him all things were made; without Him nothing was made that has been made.'

Luke 24:49 actually manages to squeeze the whole Trinity into one sentence. Jesus tells His disciples: 'I am going to send you what my Father has promised; but stay in the city until you have been clothed with power (the Holy Spirit) from on high.'

In other words, the sun eternally gives off light and heat, and whenever we turn to its brilliant light, we find that the warmth and life are there as well.

## 'Take one day at a time . . .'



During recent weeks I seem to have heard, and have repeated myself, very often, the phrase 'Take one day at a time . . .' I have found the following piece very useful in that respect although I have no idea of its origin:

*This is the beginning of a New Day:  
God has given me this day to use as I will.  
I can waste it or grow in its light and be of service to others.  
But what I do with this day is important  
because I have exchanged a day of my life for it.  
When tomorrow comes, today will be gone forever.  
I hope I will not regret the price I paid for it.*

It's quite a challenge during lockdown, particularly if one is not working from home, to avoid feeling that some days are 'wasted'.

I tried making a list of the things that I've been telling myself I will do 'when I have time'.

Surprisingly, now I have time, some of them don't seem to be very important at all, and others haven't needed as much time as I expected!

Luckily, there are - nine weeks in - still books on my shelves that I haven't read. And some that are not wasted however often I read them.

**Kathleen Loveridge**

### **Hard working Dog Collars!!!**

Lets us not forget the work of the Superintendent, Circuit Ministers and others who have been learning new skills in putting together and presenting Sunday Services, Prayer Meetings and Bible Study Groups.

Zoom, YouTube are now familiar to many who had not used a PC before the lockdown.

Thank you, thank you: may the spirit of the Lord continue to inspire you all in this excellent journey of keeping the church family together.

# MHA Sunday - 14 June



This date is traditionally allocated to give thanks for the work of Methodist Homes (MHA) and to offer prayer for those in later life and those who care for them.

This year Covid-19 has had devastating impact in MHA's homes and schemes, with hundreds of lives lost including residents, members and colleagues.

At 3pm on Sunday 14 June, MHA will be broadcasting a service which will not only give an opportunity to give thanks and pray, but this year also to pause and remember those lives that have been lost to this disease, to pray for all in later life and those who care for them. Please will you stand with MHA in thanksgiving and remembrance at 3pm on Sunday 14 June. Further details will be available on MHA's website <https://www.mha.org.uk/> nearer the time.



## The Covid Virus adds a burden to Charities helping the poorest of the poor.

The income flow to Charities that are based in the UK and serve the poorest of the poor overseas has been severely reduced as collections at Church and other events, Bring and Buy sales, Marathons and other special fund raising activities have ceased. Whilst regular supporters may still continue to contribute there is already a very, very large shortfall in income.

Those Charities working to help the poorest of the poor in countries already devastated by conflict, floods, cyclones and other disasters are now faced with a Pandemic with the limited resources at their disposal. Those charities that serve the disabled are faced with even greater problems in trying to give help. The extra support to help the disabled is severely limited. The Blind cannot read signage, the deaf cannot hear announcements, those with mental difficulties may not easily understand what is happening.

The leading charity in this area is CBMUK - for an update look at:

**<https://www.cbmuk.org.uk/news/covid-19-updates-from-around-the-world/>**

## **PHYSICAL DISTANCING**

*It's ok that you didn't clean the house today,  
It's ok that you didn't run six miles,  
It's ok that you don't know how to make soufflé,  
Or that you're not always full of smiles,  
Don't worry that you haven't learnt to crochet,  
Don't worry if you feel a little blue,  
It's ok to relax sometimes,  
Just do the things that make you, you.  
Take this time to re-evaluate,  
The things you really need,  
Enjoy the sun that's right outside,  
Read that book you want to read,  
Chat to a neighbour that you've never met,  
Re read your favourite bible verse,  
Make sure that you're eating well,  
And just remember, it could be worse.  
Remember you are loved,  
Remember to be safe,  
Phone a friend, say a prayer,  
Remember to have faith.*

**Leah Plant**

## **Help thy neighbour is real**

It's great to read or see on TV the growing number of groups that have sprung up in communities across the UK to help those in need during the lockdown.

Of supermarkets now donating their end of day stocks, instead of binning them, to local Charities that turn them into nourishing meals for those in need. Of neighbours doing shopping runs for those they had not spoken to for years. Of church halls and exhibition arenas being turned into food bank distribution centres. Of Hotels housing the homeless. Of .....

Let us hope and pray that this spirit will remain active when Covid has become just a memory.

# Story



Love never fails.

Coronavirus impacts all of us. But love unites us all.

As this virus spreads across the world, love rises up in response.

You've already shown incredible kindness to your neighbours.  
Now is the time to reach out to your neighbours both near and far.

Your love protects. From storms, from drought, and now from coronavirus.  
Your love protects our global neighbours battling the spread of this illness.  
Your love protects. With soap, clean water and medical supplies.

By supporting us this Christian Aid Week you can reach out and protect more of your neighbours today.

For over 70 years, we've been standing with the poorest of our neighbours, with people of all faiths and none, to stand up for dignity, equality and justice. Let's stand together with our neighbours near and far.

**Donate via:**

**<https://www.justgiving.com/fundraising/Ealing-Trinity>**

**Some current response works:-**

## **Nigeria - Our response in displacement camps**

Christian Aid has been working in camps in Borno state, northeast Nigeria since 2016, to provide essential food to internally displaced people.

## **Mynamar - Our immediate response**

We focus on conflict-affected communities in Rakhine, Northern Shan, Southern Chin and Kachin states, supporting the most vulnerable people in camps, and other hard-to-reach areas.

Our initial response is to provide vital information on prevention, health, water and sanitation support, and to meet basic emergency needs.

**Kabul and eastern Afghanistan**, we have been sharing health information in mosques, informal settlements and communities. We have provided hygiene kits, containing life-saving soap, to 1,400 people. We've also led awareness-raising sessions and provided hand sanitisers for 600 displaced women.



Hello,  
I wondered if you might like some information about the Ealing Foodbank which I know many Kingsdown people support. Some of you may have received an update from the Foodbank itself just before Easter, however here is an account based on my own experiences continuing to volunteer over the past few weeks.

Because of the covid-19 shutdown, the Foodbank has had to alter its operations and all the usual church-based café/distribution points around the borough have been closed. Instead everything is happening at the warehouse at St Mellitus in Hanwell. Janet, the manager, and Hillary, who is responsible for the warehouse, did an amazing job quickly adapting procedures and the warehouse layout to accommodate the new ways of working. Some of the regular volunteers have had to stand down for the present because of age, health conditions or caring responsibilities but there is still a large pool of people able to help who are being organised on rotas with only a limited number of people on site at any one time to make it easier to keep apart from each other.

On average most volunteers are on the rota once or possibly twice a week. All of us have been supplied with an official letter provided by the Tressell Trust explaining that we are Foodbank volunteers and therefore permitted in accordance with the government regulations to be travelling to and from the warehouse site in case we were stopped en route.

The warehouse is open six days a week, five mornings for distributions to clients and one full day, Wednesdays, for in-coming deliveries. Clients who attend in person first come to the front entrance to provide their referral vouchers and details for input into the Foodbank's computer system, whereupon they are given a numbered ticket, and then collect their bags of food and other items from the car park entrance. Both entrances have large tables across them to make sure that clients and volunteers are kept appropriately distant.

Regrettably it's no longer possible to go through the pick-list with each client as we used to in the cafes so they had some degree of choice, although clients are asked whether or not they eat meat (including pork or not) and if they have any allergies which need to be taken into account. The volunteers then collect into bags the appropriate types and quantities of the various standard items (depending on household size), with different volunteers responsible for adding certain specific requirements such as

nappies and baby products. Another volunteer weighs the bags and then they are carried outside to the table, the relevant ticket number called and, after the volunteer has retreated, the client comes forward to pick them up.

When there are any lulls in demand from in-person clients, the volunteers pack bags for home deliveries which are being done twice a week by Ealing Community Transport volunteers. The consignments waiting to be collected for delivery are stored in the church vestry as there isn't space in the warehouse itself.

On Wednesdays deliveries arrive of the donations from the collecting bins at supermarkets and from individuals and other sources which are weighed in, sorted and shelved by the volunteers. (This is when the items donated at Kingsdown during the past couple of months are delivered to the warehouse.)

People continue to be very generous and the Foodbank has reasonable stocks of quite a lot of items although the turn-over is pretty rapid. There are shortages of some things – recently we had run out of peanut butter and potatoes (tinned and dried). The previous week we were getting low on tomato sauce and mayonnaise.

Items always needed include UHT milk (semi-skimmed or whole), long-life fruit juice and squash, 500g bags of long-grain rice, tinned or cartons of custard and rice pudding, tinned pulses (e.g. chickpeas or kidney beans, not baked beans, please), jam, sweet and savoury biscuits. It's also possible, of course, to donate financially to the Foodbank via their website.

I hope you have found the above account of interest. The Ealing Churches Winter Nightshelter, which Kingsdown also supports, closed in mid-March but there will be an update video-conference session for all the venue co-ordinators shortly so I may be able to circulate some relevant information shortly.

Since it won't be possible to make donations of items at church, an alternative, very efficient way is to donate money on-line via the Ealing Foodbank's website.

<https://ealing.foodbank.org.uk>

which has a very clear **red** donate button.

Do hope you and your families are keeping safe and well.

Best wishes,  
**Sue Garland**

## **21st June - Fathers' Day - time to celebrate male role models**

In the UK, USA and Canada, the third Sunday in June is Father's Day. It's usually a good time for sons and daughters to take their father to his favourite restaurant, or to watch a favoured sport, or whatever else he enjoys doing.

How will you celebrate it this year? If your own father cannot be with you, how about a Zoom meeting?

How do these special days ever get started, anyway? Well, Father's Day began because way back in 1909 there was a woman in Spokane, Washington, named Sonora Louise Smart Dodd. That year she heard a church sermon about the merits of setting aside a day to honour one's mother. Mother's Day was just beginning to gather widespread attention in the United States at this time. But Sonora Louise Smart Dodd knew that it was her father who had selflessly raised herself and her five siblings by himself after their mother had died in childbirth. So the sermon on mothers gave Sonora Louise the idea to petition for a day to honour fathers, and in particular, her own father, William Jackson Smart.

Sonora Louise soon set about planning the first Father's Day celebration in Spokane in 1910. With support from the Spokane Ministerial Association and the YMCA, her efforts paid off, and a 'Father's Day' was appointed. Sonora Louise had wanted Father's Day to be on the first Sunday in June (since that was her father's birthday), but the city council didn't have time to approve it until later in the month. And so on June 19th, 1910, the first Father's Day was celebrated in Spokane.



Gradually, other people in other cities caught on and started celebrating their fathers, too. The rose was selected as the official Father's Day flower. Some people began to wear a white rose to honour a father who was dead, and a red one to honour a father who was living. Finally, in 1972, President Richard Nixon signed a presidential proclamation declaring the third Sunday of June as Father's Day – a permanent, national holiday.



## THOU & I

*Who would not know Thee knower of all?  
Who would not love Thee,  
Lover of my heart and soul?  
I seek to please "you"*

*Nought I do  
But at Thy silent bidding  
I name Thee -THOU.  
For "you" is still a lesser word,  
Not worthy of One so infinite  
One so full of grace, hope and perfect love  
And One so worth all my being  
And worthy of all my love. Amen*

© Val Elgar



*Now is the time to enjoy the  
beauties of nature that are just  
outside your back door!*



# From the Church Treasurer



Many thanks to all those Kingsdown supporters who have switched over to a bank standing order, or to a bank transfer or cheque donation from time to time, for their financial support for the church.

It has been greatly reassuring for me as Treasurer to know that this is now in place, joining those friends who have long used a bank standing order for their generous giving to the church. There is still uncertainty over when income from regular and one-off lettings of the church hall and other spaces might resume, and in the meantime the core financial support from friends is much appreciated.

If anyone else needs the church bank account details, or would like to discuss how a cheque donation would be handled (I can bank cheques very easily using the self-service machines at our local bank branches) do contact me on 020 8567 9823, or via a call or text to 07866 632953, or via [derekm906@gmail.com](mailto:derekm906@gmail.com).

Best wishes to all.  
**Derek Matthews**



Summer Solstice - Stonehenge



# Partnership in action

## Emergency COVID 19 and other Appeals

### Update: Helping New Mothers in Uganda



Kwagala smiles with her new born baby

Thanks to the ongoing generosity of people like you, the Emergency Coronavirus Appeal is already having an impact on vulnerable people across the globe – including new mothers, like Kwagala from rural Uganda.

In Uganda, the lockdown has seen public transport banned – including ‘boda boda’ motorbikes, which many people rely on to travel. For rural communities, this makes accessing vital services – markets and healthcare facilities, for example, a real

struggle. During this period of lockdown, All We Can’s local partner in Uganda has been providing regularly sanitised bicycles for rural communities so that they can continue to visit markets to buy and sell food, and access health services. Access to a bicycle meant that Kwagala was able to safely travel with her husband to a local health centre to give birth to her newborn baby. ‘I am now confident that in case of any medical challenges in my life, they can put me on the bicycle and get me to the nearest medical facility instead of walking on foot,’ explains Kwagala.

You can keep up-to-date with how the Emergency Coronavirus, current Appeals and All We Can activity by logging on to:

<https://www.allwecan.org.uk/category/latest-news/>

### The Emergency Coronavirus Appeal

Can you imagine having to face Coronavirus without access to running water and soap? In cramped and unhygienic conditions, where social distancing simply isn’t possible?

This is the reality facing people living in some of the world’s poorest communities right now. All We Can, the Methodist Church in Britain and

World Development & Relief launched an Emergency Coronavirus Appeal, to help equip vulnerable communities across the globe to combat Coronavirus (COVID-19).

For communities with weaker healthcare systems, or who lack access to clean water and hand washing facilities, the impact of Coronavirus will be catastrophic. That's why we're asking: please do all that you can to help save lives today.

All We Can, the Methodist Church in Britain and World Development & Relief are responding across the globe, enabling vulnerable communities to access the support they need. We are working to maintain essential health services, deliver soap and hygiene items, and provide vital community healthcare education to Rohingya refugees living in the camps of Cox's Bazar in Bangladesh; in Cameroon, internally displaced families are being provided with vital hand-sanitiser to help protect themselves from the virus; and in Uganda, families who have no means of accessing markets following the banning of public transport by the Ugandan government are being lent regularly sanitised bicycles.

Anna Roughley, (All We Can's Humanitarian Aid and Partnerships Manager) said 'For communities living in crowded and cramped conditions, like the refugee camps of Cox's Bazar, or those serving on the frontline in hospitals ill-equipped to deal with this crisis, Coronavirus poses a real and very urgent threat. I urge you to do all that you can today to help save lives around the world by donating to this global response.'

All We Can, the Methodist Church in Britain and World Development & Relief have already begun responding by providing essential grants to help churches overseas meet the challenges posed by Coronavirus, as well as providing staff on the frontline of Maua Methodist Hospital in Kenya with essential personal protective equipment. Anything that you give today with help us do more of this vital work.

We know that many people are facing financially difficult situations at this time – and so we are only asking you to donate if you able to. Any gift, no matter how small, will help equip vulnerable communities to face Coronavirus.

**Help those who are in dire need and who cannot help themselves at this time by Donating to:**

**<https://www.allwecan.org.uk/give/make-a-donation/>**

**Or call (0)20 7467 5132**

Pray. Give.  
Save Lives.  
Pray with us



God of all grace,  
You have richly blessed us and even now, in this time of trial,  
We recognise how much we have, and that all we have, we receive  
from you.

God of all grace,  
We pray for all those who do not have the home comforts we take  
for granted,  
For whom self-isolation is impossible, for whom there is no health  
care system,  
No support structure,  
No personal protective equipment.

As this deadly disease spreads into the developing world,  
Into the refugee camps in Cox's Bazar,  
Into parts of the world ill-equipped to respond,  
We pray for your grace, O God.

We are grateful for the courage of all seeking to respond,  
To fight and delay the impacts of the coronavirus.  
We grieve with those who are grieving,  
We weep with those who are weeping.  
But we 'do not grieve as those who have no hope.'

Easter God,  
Holy God,  
Give us hope, we pray.

Amen.

**When you think of the incredible beauty of creation, a host  
of impressive historical facts and countless lives that  
have been wonderfully changed, it must take an awful lot  
of faith to be an atheist**

## *Psalm 46*

- 1 God is our refuge and strength,  
an ever-present help in trouble.*
- 2 Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,  
3 though its waters roar and foam  
and the mountains quake with their surging.[c]*
- 4 There is a river whose streams make glad the city of God,  
the holy place where the Most High dwells.*
- 5 God is within her, she will not fall;  
God will help her at break of day.*
- 6 Nations are in uproar, kingdoms fall;  
he lifts his voice, the earth melts.*
- 7 The Lord Almighty is with us;  
the God of Jacob is our fortress.*



A small girl was given a teddy bear for her birthday, and on unwrapping it discovered it had a very noticeable squint. However, she instantly fell in love with him, and told Mum and Dad she was going to call him "Gladly". "Why Gladly ? That's a very strange name !" "Well", their daughter replied, "In Sunday School last week we sang a hymn - Gladly the cross I'd bear" !

In concluding the Notices the Minister announced that a ladies' wristwatch had been found, and, until claimed would be secured in the vestry safe. She then announced the final hymn (MHB) 267, "Lord, her watch, thy Church is keeping".

**Martin Kingsnorth,  
Hanwell**



## Saint ‘Click Here’

How are you getting on with technology? The coronavirus pandemic has driven hundreds of millions of us to use it more than ever, as we sit at home in frustrated isolation.

If you are used to digital meetings and Zoom, it is not a problem, but for millions of grandparents wanting to see their families, or non-techie people wanting to see their friends, it has been quite a learning curve. So, is there a patron saint of computers and electronics and all the difficult stuff?

Some people say the patron saint of the internet should be Saint Isidore of Seville, a Bishop and scholar in the Seventh Century who wrote a book called *Etymologies* or *The Origins*, in which he tried to record everything that was known. That seems to be a good basis for sainthood, or at least for the internet.

Another candidate is Saint Eligius who lived about the same time. He is quite busy already as the patron saint of goldsmiths, metalworkers, vets, the Royal Electrical and Mechanical Engineers (REME), horses and those who work with them. His main qualification seems to have been his ability to make things.

My suggestion is Zebedee. No, not the character from *The Magic Roundabout* but the father of James and John. After all, consider this: “James the son of Zebedee, and his brother John...were in a boat with Zebedee their father, mending their nets, and He called them. (Matt. 4:21)

Ok, it is not the internet, but Zebedee knew about mending a net which would have had both good and bad stuff all over it.

Certainly, whenever I get in an IT muddle during this lockdown, I would welcome any patron saint that was willing to help me!

**David Pickup, Parish Pump**

# Boys' Brigade News



As I'm sure you know, the remainder of our BB year has been cancelled due to the national situation. This means no Friday meetings, no Annual Display, no Junior Drill Competition, no Football Competition, no Athletics Competition, no Summer Camp and no Church Parades. How very sad this is, but we remain optimistic that we might return in some sort of "normal" format in September. We're keeping in touch with our Boys online via Facebook, YouTube and on our website, and posting challenges and activities for them.

Over the past few years, the BB has been involved in its own fiftieth birthday celebrations and, more recently, Kingsdown's diamond anniversary. During our research for these events, we recently discovered some interesting bits and pieces about the joint history of the Company and the Church, and it seems the BB on Kingsdown Avenue goes back much further than we thought. We also found some fascinating facts about how very keen Revd George Howarth was to revive BB at the newly formed Kingsdown Methodist Church in the mid-1960s.

The Middlesex County Times reported as follows on Saturday 7 June 1924:

## ***Northfields Wesleyan Church Sunday School Anniversary***

*The anniversary services of the Northfield Sunday school were held on Sunday, when large congregations which assembled in the chapel were augmented by the presence of the 11<sup>th</sup> Ealing Girl Guides and Rangers, the 11<sup>th</sup> Ealing Scouts and Rovers, the 16<sup>th</sup> Ealing Girl Guides, and the 1<sup>st</sup> Ealing Boys' Life Brigade. At a public meeting held in the chapel on Wednesday, a fine record of progress and good work was presented by the annual reports on the many departments of the school. The primary scholars numbered 64, and the cradle roll, now had 32 on its list. The Sunday morning school had 59 on its books. The Boys' Life Brigade had made splendid progress, having 525, all ranks, and the Girl Guides totalled 28, apart from the Brownies (32).*

As you can see from the above, 1<sup>st</sup> Ealing Boys' Life Brigade (or The Life Boys as they were often called, 1<sup>st</sup> forerunner of the BB Junior Section)



was meeting at the old chapel which preceded and stood on the current site of Kingsdown. What is remarkable, however, is that they had 525 Boys on the register! It makes even our present numbers seem very small indeed. Note also that 16<sup>th</sup> Ealing Girl Guides were also meeting on the same premises and they too are still going strong at Kingsdown.

Three years later, the chapel was replaced by the Moullin Memorial Northfields Methodist Church and efforts were soon made to also open a full Boys' Brigade Company (for high school ages) to run alongside 1<sup>st</sup> Ealing Boys' Life Brigade.

The West Middlesex Gazette reported as follows on Saturday 28 November 1936:

***Boys' Brigade: Formation of a New Company at Northfields***

*A successful display was given in the Northfields Methodist Church Hall, Kingsdown Avenue by the 4<sup>th</sup> and 16<sup>th</sup> West Middlesex Companies with a view to creating interest in the new Company which is being formed in connection with that Church. A good number of people attended and a number of boys gave their names with a view to joining the new company which augers well for its early enrolment. The minister of the Church, the Rev. A. H. Fenn was on the platform and expressed his pleasure at the prospect of the formation of the Company. The Company will welcome further recruits, who must be boys between the ages of twelve and seventeen years at either of its weekly meetings in the Church Hall, Kingsdown Avenue, on Mondays or Wednesdays at 8pm*

As such, it would seem that from the end of 1936, all ages of Boys' Brigade were present and accounted for in very large numbers, and meeting in the hall of the Methodist Church on the corner of Kingsdown Avenue. We can find no evidence as to the actual name/designation of our BB Company for older Boys but the fact that the Life Boys were dubbed 1<sup>st</sup> Ealing would indicate that we may well have been the very first group in this part of West London. It is possible that the older Boys may have taken on the name 1<sup>st</sup> Ealing Boys' Brigade, but this could have already been nabbed by another church. The Life Boys (ages 8-11) and The Boys' Brigade (ages 12-18) were actually two quite separate organisations at this time, and did not join together until the mid-60s, so the Company designations did not always match, even within the same church.

At some point between 1940 and 1950, it would seem that the Life Boys and Boys' Brigade at Kingsdown came to an end but we don't know why or when. The Scouts, however did continue and were merrily meeting each week until the autumn of 1959 when vast changes took place with the church itself and it merged with West Ealing Methodist and was renamed as Kingsdown Methodist. The building work took a number of years and, during that period, the youth organisations were housed in other neighbouring churches. It would seem that the Scouts enjoyed their move so much that they never returned to their home church.

In 1961, as Kingsdown was getting its act together, Revd George Howarth (together with his wife, Lorna, and their young son, Ian) began his time at Kingsdown, overseeing the rebuilding and bringing together two church families as one. The rear of the premises was purpose-built as a car park but was covered in February 1965 and converted into a sports arena. Revd Howarth instigated the Stewardship Programme of church management, in which all members were encouraged to regularly consider their service to the church and to the community, and it was he who instigated the launch of a new Boys' Brigade Company (for all ages) at Kingsdown.

It has been known for many years that Revd Howarth was very keen on opening BB at his new church but the full details have only recently been revealed.

Lorna Howarth writing in 2016:

*Before we came to Kingsdown, George was a minister at a church in a poor area of central Birmingham, where there was already a small BB Company, with two excellent officers — [this was probably 73rd Birmingham at Lyndon Methodist Church]. Each summer we went with the Company to their summer camp to Freshwater on the Isle of Wight (Ian, aged 6, had a small tent all of his own!). George was anxious that it would be great if a Company at Ealing could give Boys the same grounding in faith and opportunities as those lads in Birmingham.*

So, we can see that Revd. Howarth came to Kingsdown with the express intention of evangelising to Boys and young men. And this newspaper report from 1965 (a full year before he opened 10<sup>th</sup> Ealing) shows that he was already manoeuvring behind the scenes, as the municipal boundaries of Ealing changed and the BB also had to re-draw its local borders.

### **Times Change in the Ealing Boys' Brigade**

Following the establishment of the new London Borough of Ealing, local companies of the Boys' Brigade have had to form a new battalion to serve units in Acton, Ealing and Southall. To this end, officers of local companies assembled last Wednesday at the Headquarters of the 13<sup>th</sup> Ealing Company, West Ealing. The opening service was conducted in St. Aidan's Church by the Rev. G. Howarth, of Kingsdown Methodist Church. There will be 12 companies in the new group and new titles were approved. The 3<sup>rd</sup> South Middlesex (Acton Green) now become 7<sup>th</sup> Ealing Company, the 8<sup>th</sup> West Middlesex (Southall) change their name to the 8<sup>th</sup> Ealing, whilst the 1<sup>st</sup> South Middlesex (Acton) become the 11<sup>th</sup> Ealing Company. Life Boy teams will adopt the designation of their parent B.B. Company. First president of the group will be Mr. J. W. Yates.

Revd. Howarth, wanting to be involved even though he was not then the Chaplain of a BB Company, attended the meeting that decided the future of BB in Ealing and led the worship. Note that the first elected President was none other than Joe Yates, who, in a short space of time, would become the first full-time Captain of Kingsdown's own BB Company. Note also that designations were given to 7<sup>th</sup>, 8<sup>th</sup>, and 11<sup>th</sup> Ealing Companies ... but I suspect that George asked them to reserve 10<sup>th</sup> Ealing for his dream Company; a dream that would become a reality a year later.

The Boys' Brigade on the corner of Kingsdown and Northfield Avenues has a long and proud history of serving its community and of advancing Christ's Kingdom among Boys. And you can be sure we will re-open our doors very promptly when this storm passes.

*Will your anchor hold in the storms of life,  
When the clouds unfold their wings of strife?  
When the strong tides lift, and the cables strain,  
Will your anchor drift or firm remain?*

*We have an anchor that keeps the soul  
Stedfast and sure while the billows roll,  
Fastened to the Rock which cannot move,  
Grounded firm and deep in the Saviour's love.*

**Tony Plews, Captain**

## Prayers worth sharing

(From Tear Fund)

God of love and light,

In this time of fear, give us your peace.

In this time of isolation, give us your presence.

In this time of sickness, give us your healing.

In this time of uncertainty, give us your wisdom.

In this time of darkness, shine your light upon us all.

In Jesus' name, Amen

## Fear

(Timely/challenging poem from Tear Fund written by **Gideon Heugh**)

These are the days we hoped we'd never see.

Panic. Confusion. Fear and uncertainty.

These are the days when faith is put to the test:

our souls shrinking back amid growing distress,

while I guess that hope is on lock-down these days –

this pandemic of anxiety seeming less like a phase

and more like the status quo.

When there's no where left to turn, where are we meant to go?

These are the days to remember who we're made to be:

loved, accepted, worthy, free -

days to see that a saviour is shining in the dark

declaring that love is alive and it's designed for our hearts;

these are the days for stones to be rolled back

for joy to rise up and peace go on the attack

because the fact is that you can't put grace into isolation,

you can't stop the spring, there will always be a resurrection.

These days will show that darkness is just a place where light begins,

**and that no matter how strong the fear, love always wins.**

(From the CofE website)

Keep us, good Lord,

under the shadow of your mercy.

Sustain and support the anxious,

be with those who care for the sick,

and lift up all who are brought low;

that we may find comfort

knowing that nothing can separate us from your love

in Christ Jesus our Lord.

## **20th June - Summer Solstice - Longest day of the year**

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

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

### **A Canticle for Brother Sun**

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

### **St Francis of Assisi**

#### **God in All**

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

### **A prayer of St Patrick**



## Coronavirus-related frauds increase by 400%.

Law enforcement, government and private sectors partners are working together to encourage members of the public to be more vigilant against fraud, particularly about sharing their financial and personal information, as criminals seek to capitalise on the Covid-19 pandemic.

Criminals are experts at impersonating people, organisations (e.g. your bank or HMRC) and the police.

**STOP** Taking a moment to stop and think before parting with your money or information could keep you safe

**CHALLENGE** Could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

**PROTECT** Contact your bank immediately if you think you've fallen for a scam and report it to Action Fraud.

### Social Engineering

Social Engineering is defined as "The clever manipulation of the natural human tendency to trust." It's easier to trick you into opening an infected email than it is to hack into your account. Due to this, social engineering has become much more prominent, and cyber criminals are trying more diverse ways to get people to undertake tasks, provide information or hand over money using these techniques.

Types of social engineering;

- **Phishing** – fraudulent emails sent by cyber criminals pretending to be someone else, for example a bank, NHS or government department. The aim of the email is to install malicious software on your device or obtain Personal Identifiable Information including login credentials.
- **Spoofing** – is the act of disguising a communication from an unknown source as being from a known, trusted source. This can apply to emails, phone calls and websites.

- **Smishing** – fraudulent text messages purporting to be from reputable companies in order to get individuals to reveal personal information, such as passwords or financial details.
- **Vishing** – criminals making phone calls or leaving voice messages pretending to be from reputable organisation in order to induce individuals to reveal personal information such as bank details and credit card numbers.

### **How to protect yourself:**

- Don't assume a call, text or email is genuine.
- Never provide financial or personal details to a caller.
- Don't click on website links or download attachments in unexpected texts or emails.
- Phone numbers and emails can be changed (spoofed) and are not proof of identity.
- Challenge every request for your information, money or details.
- Double check requests for your details and verify via a trusted source.
- 

**The police can't stop crime it doesn't know is happening.** Even if you didn't lose money, you should still report every instance of fraud or cyber crime you're targeted by. Every report assists police investigations, disrupts criminals, and reduces harm. Reports are also used to identify crime trends and create awareness campaigns to help protect people against them.

**Report online at [www.actionfraud.police.uk](http://www.actionfraud.police.uk) or by telephone on 0300 123 2040.**

**Useful websites:** <https://www.ncsc.gov.uk>  
<https://www.friendsagainstscams.org.uk>  
<https://takefive-stopfraud.org.uk>  
<https://www.met.police.uk/littlemedia>

**Don't assume your friends and family know the latest scams.  
 Tell2 of them offline and play your part in disrupting criminals!**