



KINGSDOWN MESSENGER



LATE NEWS EXTRA

April - May 2021



Kingsdown Methodist Church



Holy Week Services online on Zoom

Palm Sunday 11.00 am led by Deacon Theresa

Holy Week Worship Time each morning from Monday through Friday, and Sunday looking at the Daily Gospel Together and with prayers for the community and for the world; each morning at 09.30 am and to end by 10.00 am latest.

Good Friday 9.30 am and finished by 10.30 led by Rev Sue Male

Easter Day - Sunday 11.00 am - led by Rev Sue Male

All of these on usual 'East' Zoom worship link.

Rev Rachel Bending is doing a reflection each evening . Starting at 8.45 pm and ending by 9.15 pm. There will be one every day from Palm Sunday through to Easter Sunday.

All of these on usual 'West' Zoom worship link.

Regular Sunday Services online on Zoom at 11.00 am.

With an 'East side' service for Acton Hill, Ealing Green, Kingsdown and Pitshanger congregations.

For the Zoom links to these services, please contact Rev Rachel Bending, Rev Sue Male, or the Circuit Office.

You can also find video links for other services on:

<https://www.dancinginthedesert.org/worship-resources>

https://www.youtube.com/results?search_query=ealing+trinity+worship

Virtual Circuit Bible Studies on Zoom see p7 for more details..

The KINGSDOWN MESSENGER
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is Friday 22nd May 2021

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An Easter Letter



Dear Members and friends at Kingsdown

As Easter approaches we cannot fail to remember that we were in Lockdown last Easter. Things are not much different this year, although, at the time of writing, we are hoping that “groups of 6” will be permitted to meet outside from 29 March – just in time for (Holy Week and) Easter.

Our Holy Week meditations will include a growing sense of Jesus facing restrictions from outside:

- He will be arrested
- The Religious and Political authorities will turn against him restricting the justice he deserves
- His friends will scatter (or betray him) restricting his support network and his assurance of the love of others
- He will bear the weight of the “heavy cross” on his back as he carries it to his own death, and is pushed to the ground under its weight.
- Restriction of his strength and humanity.
- He will be stripped naked before everybody. Restricting even his privacy ... his modesty ... nothing is sacred!
- He will ultimately be nailed, helpless and immobile to a wooden cross from where he can do nothing.

Yet, here he is at his most powerful.

- Because despite all of these restrictions he is still Jesus. That remains. That inner core.
- Because despite all of these restrictions, he still knows who He is. God’s son, Mary’s son, our Lord, our saviour, our brother.
- Because despite all of these restrictions, he still knows what his purpose is – to restore us to God – in covenant – through the cross ... and

He simply does it.

This Holy Week sit down with Jesus, and consider with him who you are at your core. You have all been restricted and have had to make sacrifices to protect yourself and others. You have all suffered – some

much more greatly than others. Keep on bringing that to God, over and over and over. But also consider "Who am I at my core? What has been strong in me throughout this time in restriction? What have I learned about myself and about God which will change me? What is my purpose? What is my purpose now – today? Bring all of that to God too and sit with him or walk with him and ask him to answer you..

On Easter Day Jesus broke free from all of the restrictions he had suffered for us. RESURRECTION.

For us, although there is still a need for caution, there are many many signs of hope.

We need to start thinking about a future time, when church will be free of restrictions. We are not there yet, but when we are what can you give? Who can you be in that community to help us to emerge in resurrection power, and to reach out to others? What skills do you have?

This will be increasingly important if we are to be God's church. Ask him what he wants from you. And listen to him.

And if you need to talk about it as you discern ... you know where I am.



With Easter Blessings

Sue



Help us Lord to live by your word, we seek your guidance to show us how we can tithe the gifts you have bestowed upon us. You have shown us your grace Lord, may we now show your love in our actions.

from CBM Prayer Diary

Family News

Juliet and Keith Edwards would like to thank everyone for their kind messages and prayers following the death of Juliet's brother Richard, Keith's brother Kenneth the following day, and his sister-in-law, Maureen, all during that same week. We have been overwhelmed by so much loving support during this terrible time. The first funeral, Richard's, was on the 25th February and Kenneth and Maureen's joint funeral was on the 3rd March.

Juliet Edwards

Ruby Warne has relocated to St David's home in Ealing for the foreseeable future. She has settled down extremely well, is comfortable and has made a couple of friends. Violet Cordon was allowed to visit her and said she had never seen her looking so well.

Rita Brewster is home again having spent three months at her daughter's recuperating from a fall. Welcome home.

Janet Smith

Rita herself wants to thank everyone for their cards, messages and telephone calls, and to say how much their concern has been appreciated.

Jill Richardson writes: Would you believe it, silly me got my leg tangled in the rung of a chair - wham, bam; fell heavily on my right hip - OUCH! Desperately needed help, so rang my son who came and managed to get me upright and ensconced on the sofa (gasping for a cup of tea!). He stayed the night and next day took me to hospital for a check up and x-ray, which showed no broken bones - but lot of bruising. As I couldn't get to my upstairs loo, my daughter came from Oxford and took me back to her bungalow to recover. I am now back home with my lovely friends from Kingsdown - a great bunch of people (including Ann Rungen) doing shopping, caring and visiting. My thanks to you all for your concern.

David Lane writes: I have some wonderful news. After 91 days Janice has left St Peter's Hospital and is now on the way to The Walton on Thames Community Hospital Neuro-rehabilitation unit where they will help her to stand, walk and do all the things she once took for granted. There's plenty of work for Janice to do but she's really up for it. Once she gets more mobile she will be able to come home to finish off her recovery with us, we have no idea of the timescales at the moment but we are just that little bit closer now. That's the end of one chapter and the beginning of another.

Looking forward to seeing the
Boys' Brigade back on Parade
later in the Year.



Planting Boys



Harvesting Men

*Remember your Creator
in the days of your youth*

From Harvest Festival Poster Display 2017

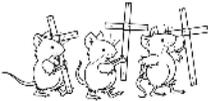
'To Life'

*If you're old at 80, you were old at 18
It's no good thinking of what might have been
Life's for the living and all for the taking
No matter how sad or even heart breaking*

*And I've still got a lot of living to do
People to meet, places to see
I'll try, on the way, to help others who
Haven't been quite as lucky as me.*

*I hope I have the strength and will
To go on till I pass the post
So, here's to life, I'll take my fill
And the devil take the hindmost*

by Jane Gascoine



Circuit Bible Studies

On Zoom Thursdays - at 2.00pm and 8.00pm.
All are welcome to join in – both women and men!

The link for the studies is:

<https://us02web.zoom.us/j/82320570313?pwd=S0J3UWFIS3JsSUxrZDkzS3VnVm1oQT09>

Meeting ID: 823 2057 0313 Passcode: 763073

One tap mobile

020 3481 5237,,82320570313#,,,,*763073# United Kingdom

020 3481 5240,,82320570313#,,,,*763073# United Kingdom

ARE YOU THERE, JESUS?

IMAGINE... Jesus is in the wilderness, meditating, contemplating, trying to find the way forward. His mobile phone rings: 'Jesus Hi, Andrew here, just wanted to know if you're all right, and if we can send you anything out? Your mother sends her love, and James said don't be too long getting bank, he wants to get moving'

If technology had taken over this world 2000 years ago a lot of Bible stories might be very different. The Samaritan could have called an ambulance, the widow would have put her coins in a regular giving envelope, the sower would have got an EEC subsidy.

And Jesus would have found a whole set of parables to tell us. He would have stories concerning mobile phones, fax machines and computers, for he used everyday things to get his message across, while his Father used all sorts of ingenious methods of getting messages to his Son. from the dove on the shoulder to the great voice out of heaven.

Don't rely entirely on modern technology if you're seeking an answer to your prayers and

problems. Jesus and his Father might be using one of the more unorthodox ways of getting through to you.

A message might come not via the letter box, the fax or the phone. There might be a few words in a sermon, in a text in your Daily Bible reading, in the words of a friend or the lines in a magazine which will strike deep chords in your heart and mind.

My own conversion came in the form of a sermon: a phrase struck home, a conversion was made. There have been other times, other phrases, other texts, which have given me the answer to problems or cares, or just comfort when it was needed.

Whichever method God uses to contact you, be sure you're ready to listen.

Anna McLeay



A year of transformation

2 1 3 9 4 7 5



In 2019/20, **2,139,475*** lives were changed through All We Can's work.

191,043 people were directly supported in 2019/20 through the Emergency Coronavirus Appeal – a joint appeal with The Methodist Church in Britain. A variety of locally-led responses were delivered, ranging from emergency food aid, to equipment and training for health professionals. Other responses included the provision of bicycles to communities lacking transport options during lockdown - in turn, helping them to access vital health facilities and markets. Many millions more have been reached through the ripple effect of public health activities, awareness raising, and media broadcasts - all helping to reduce the spread of the virus and save lives.

You can find out more about our responses **Change to Covid-19** at WWW.allwecan.org.uk/review.





Christian Aid

We work with some of the world's most vulnerable communities in 29 countries in Africa, Asia, the Middle East, and Latin America and the Caribbean.

When emergencies strike in these countries, we are there before, during and after to save lives and support people in the long term.

We also work in other countries and regions through the ACT Alliance and our other partners, particularly around humanitarian emergencies such as the refugee crisis.

Did you know...

Our work in Africa includes strengthening peace-building in South Sudan, promoting resilient farming in Kenya and challenging inequality in Sierra Leone. We are also working with women to increase their access to green and sustainable energy in Burkina Faso, Ethiopia and Malawi.

In Asia, our programmes include promoting women's rights in Afghanistan, justice and peace-building in Myanmar and ensuring people can access the services they need in Bangladesh.

In Latin America and the Caribbean, we help promote gender justice in the Dominican Republic, El Salvador and Guatemala, peace-building in Colombia, and support marginalised communities to adapt their livelihoods to climate change in Honduras, Nicaragua and Haiti.

Our work in the Middle East includes defending people's rights in Israel and the occupied Palestinian territory, protecting women at risk of violence in Iraq and providing humanitarian assistance to refugees in Lebanon.

To make a donation go to: <https://donate.christianaid.org.uk>



***Congratulations to
Hanwell Methodist Church who held
their 50th Virtual Coffee Morning on
Wednesday 17th March. Well done !!***

Easter – the most important annual celebrations for all Christians

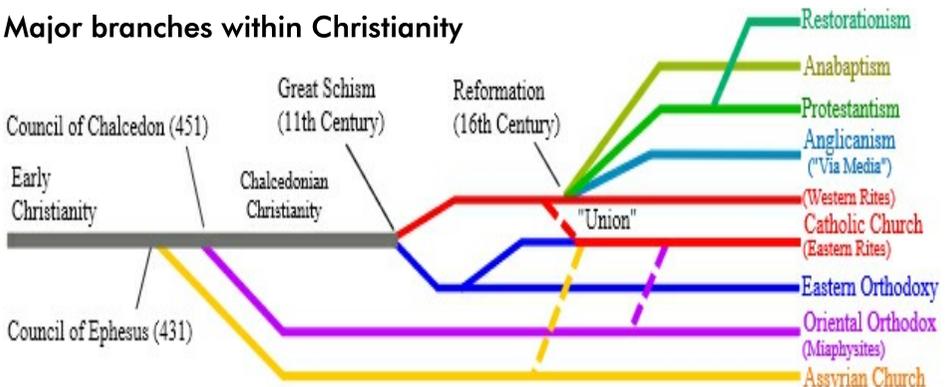
Most statisticians agree that there about 8 billion people in the world of which 2.25 billion are Christians, 1.9 billion Moslem, 1.2 billion Hindu, and the balance is shared between those of other religions and none.

They also estimate that Christians belong to more than 30,000 different denominations of which 900 million individuals are Protestant and about 1,300 million Catholic. Despite the different approaches to our faith, all Christians look to Jesus as their saviour who rose from the dead - making Easter the most important annual celebration throughout the world.

The term, 'Christian' was first used to describe the disciples of Jesus in Antioch (Acts 11:26). As the early Church, whose history is recorded in the New Testament, spread around the world the gospel message of Christ was clearly seen as being relevant in different ways to the different people in their different cultures. This led to different churches developing – a good illustration of this is in the opening chapters of the Book of Revelation which tells us about how seven different Christian churches responded to the gospel of Christ.

As time moved on churches began to form groups of people who shared similar Christian ideas and so, like any family tree, it became increasingly diverse with different styles of worship and different doctrines. Yet, despite this diversity, Christians have always been united in their central belief of his resurrection. As the churches grew, they found strength in joining with other like-minded churches and so the different denominations that exist today slowly emerged.

Major branches within Christianity



Maundy Thursday

Maundy Thursday is famous for two things. The first is one of the final acts that Jesus did before His death: the washing of His own disciples' feet (see John 13). Jesus washed His disciples' feet for a purpose: "A new command I give you: Love one another. As I have loved you, so you must love one another." His disciples were to love through service, not domination, of one another.

In Latin, the opening phrase of this sentence is 'mandatum novum do vobis'. The word 'mundy' is thus a corruption of the Latin 'mandatum' (or command). The ceremony of the 'washing of the feet' of members of the congregation came to be an important part of the liturgy (regular worship) of the medieval church, symbolising the humility of the clergy, in obedience to the example of Christ.

But Thursday was also important because it was on that night that Jesus first introduced the Lord's Supper, or what we nowadays call Holy Communion.

Jesus and His close friends had met in a secret upper room to share the Passover meal together – for the last time. And there Jesus transformed the Passover into the Lord's Supper, saying, 'this is my body' and 'this is my blood' as He, the Lamb of God, prepared to die for the sins of the whole world. John's gospel makes it clear that the Last Supper took place the evening BEFORE the regular Passover meal, and that later Jesus died at the same time that the Passover lambs were killed.

from Parish Pump



Good Friday

Luke's account of the crucifixion (Luke 23:32-43) emphasises the mocking of the crowd, 'If you are the king of the Jews, save yourself' (35,37,39). In their view a Messiah does not hang on a cross and suffer. In considering the two men who were crucified with Jesus, we are also confronted with the issue of how Jesus secures salvation for us.

The words of one of those crucified with Jesus reflected the crowd's taunts: 'Aren't you the Christ? Save yourself and us.' He highlights the question of Jesus' identity: how can He save others, when He cannot save Himself from death? He failed to see that the cross itself was the means of salvation.

So – what kind of Messiah was Jesus?

The other criminal's response in his last moments is a moving expression of faith. When challenging the other man, he spoke of the utter injustice of the crucifixion: 'this man has done nothing wrong.' He perceived the truth that Jesus was indeed the Messiah. In a wonderful picture of grace, 'remember me when You come into Your kingdom', the second thief confessed his guilt and secured Jesus' forgiveness and mercy.

In reply, Jesus promised the man life from the moment of death; 'Today you will be with Me in paradise.' Jesus used the picture of a walled garden to help the man understand His promise of protection and security in God's love and acceptance eternally.

Each one of us has to choose how we react to Jesus on the cross. Do we want Him to 'remember' us when He comes into His kingdom, or not? If you were to die tonight, how confident would you be of going to be with Jesus? 'For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God'' (1 Peter 3:18).

from Parish Pump

Peace may sound simple – one beautiful word – but it requires everything we have, every quality, every strength, every dream, every high ideal. (Yehudi Menuhin)

Easter Sunday

Easter is the most joyful day of the year for Christians. Christ has died for our sins. We are forgiven. Christ has risen! We are redeemed! We can look forward to an eternity in His joy! Hallelujah!

The Good News of Jesus Christ is a message so simple that you can explain it to someone in a few minutes. It is so profound that for the rest of their lives they will still be 'growing' in their Christian walk with God.

Why does the date move around so much? Because the date of Passover moves around, and according to the biblical account, Easter is tied to the Passover. Passover celebrates the Israelites' exodus from Egypt, and it lasts for seven days, from the middle of the Hebrew month of Nisan, which equates to late March or early April.

Sir Isaac Newton was one of the first to use the Hebrew lunar calendar to come up with firm dates for the first Good Friday: Friday 7th April 30 AD or Friday 3rd April, 33 AD with Easter Day falling two days later. Modern scholars continue to think these two Fridays to be the most likely.

Most people will tell you that Easter falls on the first Sunday after the first full moon after the Spring Equinox, which is broadly true. But the precise calculations are complicated and involve something called an 'ecclesiastical full moon', which is not the same as the moon in the sky. The earliest possible date for Easter in the West is 22nd March, which last fell in 1818. The latest is 25th April, which last happened in 1943.

Why the name, 'Easter'? In almost every European language, the festival's name comes from 'Pesach', the Hebrew word for Passover. The Germanic word 'Easter', however, seems to come from Eostre, a Saxon fertility goddess mentioned by the Venerable Bede. He thought that the Saxons worshipped her in 'Eostur month,' but may have confused her with the classical dawn goddesses like Eos and Aurora, whose names mean 'shining in the east'. So, Easter might have meant simply 'beginning month' – a good time for starting up again after a long winter.

Finally, why Easter eggs? On one hand, they are an ancient symbol of birth in most European cultures. On the other hand, hens start laying regularly again each Spring. Since eggs were forbidden during Lent, it's easy to see how decorating and eating them became a practical way to celebrate Easter.

Sistine Chapel ceiling



Easter faith in atheist Russia

Three years after the Russian Revolution of 1917, a great anti-God rally was arranged in Kiev. The powerful orator Bukharin was sent from Moscow, and for an hour he demolished the Christian faith with argument, abuse and ridicule. At the end there was silence.

Then a man rose and asked to speak. He was a priest of the Russian Orthodox Church. He went and stood next to Bukharin. Facing the people, he raised his arms and spoke just three triumphant words: 'Christ is risen!'

At once the entire assembly rose to their feet and gave the joyful response, 'He is risen indeed!' It was a devastating moment for an atheist politician, who had no answer to give to this ancient Easter liturgy. He had not realised he was simply too late: how can you convince people that God does not exist when they have already encountered Him.

Additional COVID-19 testing in Ealing

Testing will help Ealing to move out of lockdown and move out of lockdown safely.

Residents can now get a quick COVID-19 test from a number of pharmacies across the borough. Appointment are not needed but are advised. Find our more on the Ealing Council website.

Northfield Pharmacy – 30 Northfield Avenue, Ealing, , W13 9RL

South Ealing Pharmacy – 186 South Ealing Road, Ealing W5 4RJ

Mattock Lane – 8 St Johns Parade Mattock Lane, W13 9LL

A small number of people in our borough have been found to have the South African variant. There is no evidence it makes people sicker or that vaccines won't offer some protection but, it does spread more easily.

from ealingnewsextra



You know the scenario – you go into the lounge, and then wonder what you wanted. Or you need to make a phone call but can't find the phone. You go to the cash point and forget your pin number. Or your car keys are lost in the kitchen, but even when you find them and go shopping, you forget stuff on the list.

If at times you find yourself living in an annoying brain-fog, the good news is that it is not because you are ill or getting old. To varying extents, everyone does it.

A recent study at the University of Edinburgh has found that forgetfulness is as common in people in their 20s as it is in people in their 50s. Although some of the people in the study were worried about getting dementia, a neuropsychiatrist at the university reassured them: "People think that if you are starting to forget things – something like misplacing your keys – that is something to worry about. But it is normal."

Good reasons for forgetting things range from the fact that too much was happening in your life at the time, you were stressed about something, not paying attention to what you were doing, or just too busy thinking about something else entirely.



Well, what have you been doing?!

I've tried to grow tomato plants with tender loving care.

I've pinched the middles out and sprayed the leaves

So as to deter the midges that could be there.

But to date nothing.

Much to my annoyance, at our local allotment open day

The elderly lady, with, oh yes two allotments, and a look of quiet knowing.

Turned to me and said, well what have you been doing?

That sanctimonious look, those brown, capable gardener's hands.

Waved in front with a dismissive gesture, and said

Well what have you been doing?

I tried my best to be civil; resisting the temptation to glare,

And said, rather peevishly, I don't know and don't care.

Well of course I do care; I want my tomatoes to be the best,

To win the prizes and hear the comments ; the adulation and the thanks.

And, yes, for me to say

Well what have you all been doing?

from Janet Smith



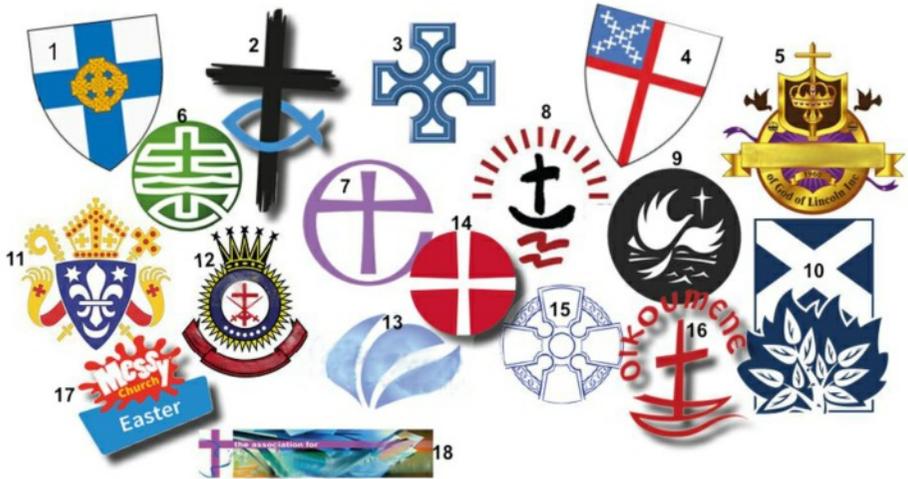
Several years ago, a notice appeared on the vestry notice board of a church in Hampshire, after a Holy Week performance of Stainer's 'Crucifixion'.

The choirmaster wrote "The Crucifixion – well done, everyone!" Later that day, someone had added, 'The Resurrection – well done, God!'



? Logo Quiz

Can you identify and name the organisations represented by the 18 Logo's shown below??



The answers are on Page 31



Oxymorons

If a word is misspelled in the dictionary, how would we ever know?

If Webster wrote the first dictionary, where did he find the words?

Why do "fat chance" and "slim chance" mean the same thing?

Why are a "wise man" and a "wise guy" opposites?

Why do 'tug' boats push their barges?

Why are they called 'stands' when they are made for sitting?

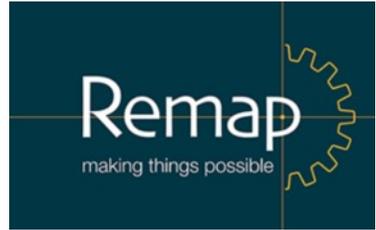
Why is "phonetic" not spelled the way it sounds?

If "work" is so terrific why do they have to pay you to do it?

Why do we put "suits" in garment bags and "garments" in suitcases?

Why do we wash bath towels? Aren't we clean when we use them?

Remap is a charity that helps disabled people of all ages to live more independent lives. Our network of skilled volunteers design and custom-make equipment free of charge.



We help to improve quality of life and increase independence for disabled people of all ages, providing solutions to everyday problems when there is nothing commercially available.

We design and custom-make equipment for each individual because everyone's needs are different.

Our network of skilled volunteers respond to thousands of requests for our help every year and we provide our service free of charge.

Find out more

For over 50 years Remap has been helping disabled people to live more independent lives. You can read more about our story on the history page www.remap.org.uk

We have over 900 skilled volunteers at work across the country. Would you like to join them? Read more about what they do on the volunteering page.

We also have a small team of people in our central office. You can read more about the team on the our people page.

As a registered charity, we also have a group of trustees who oversee all that we do. They are volunteers too and you can read more about them on the trustees page.

Find links [on www.remap.org.uk](http://www.remap.org.uk) to our annual reports and the way in which our charity operates on the governance page.

London West -Local Contacts Mr M Sheldon on 020 8878 3683 or Richard Ashton on 01276 932083 or 07702 757163

Can YOU Volunteer ? a wide range of skills can be put to good use helping others.

Contact Remap if YOU know somebody who needs help or if you would like to volunteer or just to donate to their work.



Shopping List

- UHT Milk — *Semi Skimmed or Full Fat, **not** Skimmed*
- Long Life Fruit Juice & Squash
- Pasta Sauce / Cook in Sauce
- Tinned Fish
- Savoury Biscuits & Crackers
- Ready Made Custard — *tins or cartons*
- Vegetarian Chilli & Curry
- Instant Drinking Chocolate
- Shower Gel / Hand Soap / Hair Shampoo
- Nappies - size 5 & 6



Dear Supporter

Firstly, thank you so much for your support of Ealing Foodbank.

Ealing Foodbank has partnered with a food charity called Bankuet. This offers you an alternative way to get donated food to us if maybe you are unable to shop in person and/or bring your donation to Hanwell.

You can access Bankuet by clicking on the link below and then you can select how much money you would like to donate, either as a one off or on a monthly basis. Ealing Foodbank then orders specific items from Bankuet, Bankuet then purchases the food and delivers it to Hanwell on a Wednesday morning. Bankuet deducts a small fee from the donated money to recover some of their costs, but this is minimal.

Alternatively, if you are happy to continue to shop in store, deliver food yourself to Hanwell, or to do an on-line supermarket shop for delivery to Hanwell on a Wednesday

Again, many thanks for enabling Ealing Foodbank to help those sadly in need of a foodbank.

OR make a money donation on line:

<https://www.bankuet.co.uk/givenow>

Or organise an online delivery from your favourite Supermarket on a Wednesday morning to St Mellitus Church Hall.

Can it be Easter Already?

Can it be Easter already?

Can that be really so?

The carols and the Christmas tree

Don't seem that long ago!

Can it be Easter already?

Do April showers splash?

The weeks gone by since Christmas day

Have gone in just a flash!

Can it be Easter already?

The time of Lent has passed

The forty days and forty nights

Went by so very fast.

If it is Easter already,

That time has sped away.

Perhaps it's time to ponder, pause

And savour every day!

By Nigel Beeton



Rush Hour in Northfields c 1903 - Where is it??

Answer on Page 31



*Show me your ways, Lord, teach me your paths.
Guide me in your truth and teach me, for you are God my Saviour,
and my hope is in you all day long.
Remember, Lord, your great mercy and love, for they are from of old.
Do not remember the sins of my youth and my rebellious ways;
according to your love remember me, for you, Lord are good.*

Amen

Psalm 25 verses 4-7

A selection of special days and events in April

1 April – Maundy Thursday

2 April – Good Friday

2 April – World Autism Awareness Day

2 April – International Children’s Book Day

4 April – Easter Sunday

22 April – Earth Day (<https://www.earthday.org/earth-day-2021>)

23 April – Shakespeare Day

23 April – St George’s Day

25 April – Anzac Day

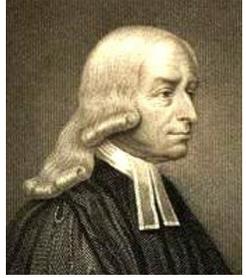
25 April – Penguin Day - birds not biscuits!
(<https://nationaldaycalendar.com/world-penguin-day-april-25/>)

30 April – International Jazz Day (jazzday.com)

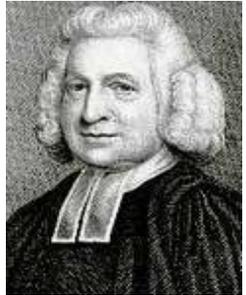


John and Charles Wesley

In May the Church calendar celebrates the lives of John and Charles Wesley. John's great gift to the Christian cause was the little matter of founding the world-wide movement known as Methodism. His brother Charles had an equally profound impact through his hymns. He actually wrote over 6,000, most of which aren't sung nowadays, but among the ones we do still sing are all-time favourites – 'Love divine, all loves excelling', 'O for a thousand tongues to sing'. 'Jesu lover of my soul', 'Hark the herald angels sing' – and scores more.



40 years ago almost everybody knew quite a lot of hymns, but sadly that's no longer true. Traditional hymns aren't usually sung at school assemblies, not even in church schools, and while the audience for 'Songs of Praise' on BBC TV is substantial, most of those watching are over 50.



With only about ten per cent of the population even irregular church-goers there is inevitably a lack of familiarity with hymns of any kind. Christmas carols are an exception, as is 'Jerusalem' and 'Amazing Grace', because they are frequently heard outside church.

Singing hymns is a wonderful experience at its best – just ask a Welsh rugby crowd singing 'Bread of heaven'! It seems a pity to lose it.

It's not a bad idea to take ten minutes and think about what is your favourite hymn, and why – ancient or modern doesn't matter. Then try singing it in the bath or under the shower – a very purifying experience!

by Canon David Winter



***Maybe it's true that life begins at fifty.
But, everything else starts to wear out,
fall out, or spread out.***

Phyllis Diller

Sent in by Janet Smith

FOUR UNREASONABLE SEASONS

2020 and SPRING, as ever, with hope gave rise.
Nature had flourished in the peaceful lockdown.

Birds, blossom, plants and empty skies
Replaced the hectic chaos of village and town.

The Daily News Reports of numbers dead,
Global figures increasing our anxiety,
Were reduced ...and hope arose instead,
Of life returning to some normality.

Less avoidance.. free to sit with friends outside.
Restaurants open, Health Spas , too.
Hospitality awakening and lots beside,
With many more things that we could do.

SUMMER days and temperatures rose.
Nature's abundance knew no bound.
Inspiring us to dream in verse and prose
As amazing colours covered the ground.

But nothing lasts... it's what life is about.
AUTUMN follows in its time-honoured way.
Of course, it's always so... we never doubt.
As we live our lives, going from day to day.

What we didn't know... could not suspect...
That a Covid19 variant would appear,
Introducing WINTER'S changing aspect..
To continue the unbelievable, indescribable year.

WINTER's bringing forth a huge increase,
Globally, though the UK seemingly set the scene.
Redeeming, now we can offer some release.
Our amazing scientists have produced a vaccine.

WINTER isn't over yet and we can't know
How Nature will respond to our fight.
Have we learned enough, which way to go?
Before we, hopefully will get it right.

Joyce Hobson...8th January 2021

TIME OUT

It had to come
This time of plague
We were too vague
On global warming
Ignored the warning
Nor did enough
To rebuff
The profiteers
Too many fears.

What's there for me our constant plea?
No thought of others, our sisters, brothers.

We're in disgrace our human race!
What must we do when this is through?

Be more caring
Be more sharing
This time of testing
and of resting
Reassessing
A time to think
Back from the brink
A second chance
To join the dance
Leave selfish ways.
These precious days

We'll volunteer to do our most
For those who can't we'll shop and post
Keep our distance, smile and wave
That is the new way to behave
Keep our chins up as we say
"With luck we'll live another day".
And when at last this trouble ends
We'll know the value of true friends.

by Shirley Fry

How Can We Approach New Ethical Issues?

Science tells us how the world works, and technology offers applications of that knowledge, but neither can tell us what we ought to do. All scientific discoveries or new technologies can be used to either help or harm others. For example, a smartphone can be used to stay in touch but also enables bullying.

It is important to get past our initial reactions: the 'yuk!' or 'wow!' These feelings may well change once we learn more about the science and other factors behind a new development.

Ethical thinking can be divided into three main categories. The consequentialist approach is demonstrated in Proverbs, when Wisdom calls young men to consider the outcome of their actions. Utilitarianism is a form of consequentialist ethic that tries to maximise the greatest good for the largest number of people affected, but unchecked it leaves minorities out in the cold.

Duty or law-based ethics start with intrinsic values, asking what is the correct course of action, or our duty? These values might be God-given, such as the ten commandments, or worked out by human reason. It is possible, however, to do harm while obeying the law, especially if someone asks 'What can I get away with?' Also, what happens when rules collide? For example, who should be treated first when resources are limited?

Virtue ethics are about building character, growing in wisdom and the fruit of the Spirit. There are plenty of biblical principles to guide virtuous living, such as the idea that we are 'made in the image of God' which supports the value of every human life (e.g., Genesis 1:26–27, Genesis 9:6, James 3:9–10), but the right decision can vary depending on circumstances

So how can we make ethical decisions about new technologies? The five Cs bring together a number of different types of ethical thinking into a helpful framework for decision-making.

Clarify the facts and key questions.

Consider our choices: what could we achieve?

Constraints: External – what must we do? ; Internal – how should we behave?

Compare the pros and cons of each approach.

Choose what is best, with all parties in mind.

Finally, we have to recognise that the information available to us will change over time, our knowledge of God and His word will keep growing, and we cannot avoid making mistakes – so our ethical decisions will need to be revisited and revised from time to time.

Dr Ruth M Bancewicz
Church Engagement Director
The Faraday Institute for Science and Religion
iCambridge.

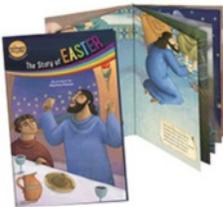
Real Easter Egg dropped by pandemic-hit supermarkets

The 2021 Fairtrade Real Easter Egg range has moved online as supermarkets have failed to make space for the UK's only egg which shares the Easter story.

David Marshall, from The Meaningful Chocolate Company, said: "We have supplied supermarkets since 2010. This year, supermarket buyers were told to cut brands and this has included The Real Easter Egg. So if you are one of the 80,000 people who usually buy a Real Easter Egg from Tesco, Waitrose, ASDA or Morrisons then go online and order direct from www.realeasteregg.co.uk."



A proven way share the Easter story and support Fairtrade



All Real Easter Eggs come with an Easter story in the box. The stories range from simple guides to a 24-page activity book version with a prize competition worth £200. It features a rainbow design to remind us of the importance of working together, in amazing and inspiring ways, for the common good. It costs £4.50 and is delivered in multiples of six or as singles.

Order your eggs now direct from www.realeasteregg.co.uk.

SCAMS

Recent text message Scams in the Circuit should remind us all to always be careful when working online in anyway whether on your mobile, tablet, laptop or main PC.

Messages can look very genuine complete with logo's BUT ALWAYS DOUBLE CHECK before you answer or log on to any links. If in doubt DON'T - check with the supposed sender. Banks, Credit Card providers will NEVER ask for your PIN number or PASSWORD.



citizens
advice

Before you make any payments or give out financial or personal details CHECK and then CHECK AGAIN!!

The Citizens Advice service has a lot of good information about scam prevention go to:

<https://www.citizensadvice.org.uk/consumer/scams/get-help-with-online-scams/>

Report a Phishing Attempt



Action Fraud
National Fraud & Cyber Crime Reporting Centre
0300 123 2040

If you think you may have been the victim of fraud or cybercrime and incurred a financial loss or have been hacked as a result of responding to a phishing message, you should report this to Action Fraud

Have you spotted a suspicious email?

If you have received an email which you're not quite sure about, forward it to the Suspicious Email Reporting Service (SERS): report@phishing.gov.uk

Much more information on: <https://www.actionfraud.police.uk>



"Daddy, I inherited my intelligence from you didn't I?
That's right , my clever girl!

"That makes sense, because mummy has still got hers"

On Reflection -

Solomon: God grounds us for a purpose higher than ourselves. I read that Solomon was probably having a mid-life crisis when he wrote Ecclesiastes. That the King who had everything was completely fed up with it all. He had more money than you can imagine, as well as worldly fame, power and God-given wisdom but he also shouldered great responsibility for the welfare of a nation. And he had to keep a close eye on would-be enemies.

Somewhere along the way, he lost sight of God and in order to relieve the sheer boredom and weight of it all, he tried to find satisfaction in a whole lot of things you might not expect a man so completely blessed by God to try including heavy drinking, massive building projects and women.

Difficult problems often come together in life - the loss of a job, divorce, serious illness. I think all of us can identify with that. It's stressful. And it's very tempting to blame God or do what Solomon did and try and find consolation in other things. When it happened to me, I decided that God had failed in His care of me and for a long time I tried to ignore Him. Instead of taking it all to God, seeking His help and His peace, I blamed and rejected Him. But in the end, it all became meaningless for me too. Outside of God, I found no point to life at all. I kept going, but without purpose.

This may have been how Solomon felt. He had seen good things happen to bad people and bad things happen to good people, he had seen the good die young, the criminal get off scot-free and there just didn't seem to be any point to it. It was meaningless, he repeatedly said.

But after all this, Solomon couldn't find any point to life without God either. He concluded that it was better to obey God's word because God will judge everything we have done, whether good or bad. God grounds us. When we live with and for Him, we do things for reasons bigger than ourselves. We have a purpose higher than ourselves. And for me, like Solomon, it makes all the difference.

Elizabeth Spiers

Member of the CYFChurches.org Benefice in West Sussex.

THE LAMMAS PARK PAVILION PROJECT



**Help us to bring our
local
Lammas Park Pavilion
back to life!**

We need your help to restore this dilapidated pavilion and give it a new lease of life to create a vibrant community hub for all local people and groups to enjoy

To find out more, please contact us by e mail.-
lammaspavilion@btinternet.com



or find the Mayor of London fundraising project here
<https://www.spacehive.com/lammas-park-pavilion-project>

THANK YOU!



It was Palm Sunday but because of a sore throat, 5 year-old Sammy stayed home from church with a babysitter.

When the family returned home, they were carrying several palm fronds. Sammy inquired as to what they were for. "People held them over Jesus' head as he walked by", his father responded.

"Wouldn't you just know it?" Sammy complained, "the one Sunday I don't go and he shows up."



Hidden among the Specs!



From an original water colour by Joy Hynes in the Greetings Card selection now on sale in aid of Guide Dogs. The selection available now includes Birds.

See the range at Hynes,
120 Northfield Avenue

Logo Quiz - Answers

1. Church in Wales - Coat of Arms
2. United Reformed Church
3. Church of Ireland
4. Episcopal Church
5. Pentecostal Church
6. Baptist Union of Great Britain
7. Church of England
8. Churches Together
9. Brethren
10. Church of Scotland
11. Catholic Bishop Conference England and Wales
12. The Salvation Army
13. Free Church of Scotland
14. The Methodist Church in Britain
15. Church in Wales
16. World Council of Churches
17. Real Easter Egg Company
18. The Association of Church Editors

Picture Quiz - Answer

In Northfield Avenue near Lammas Park entrance looking towards the station.