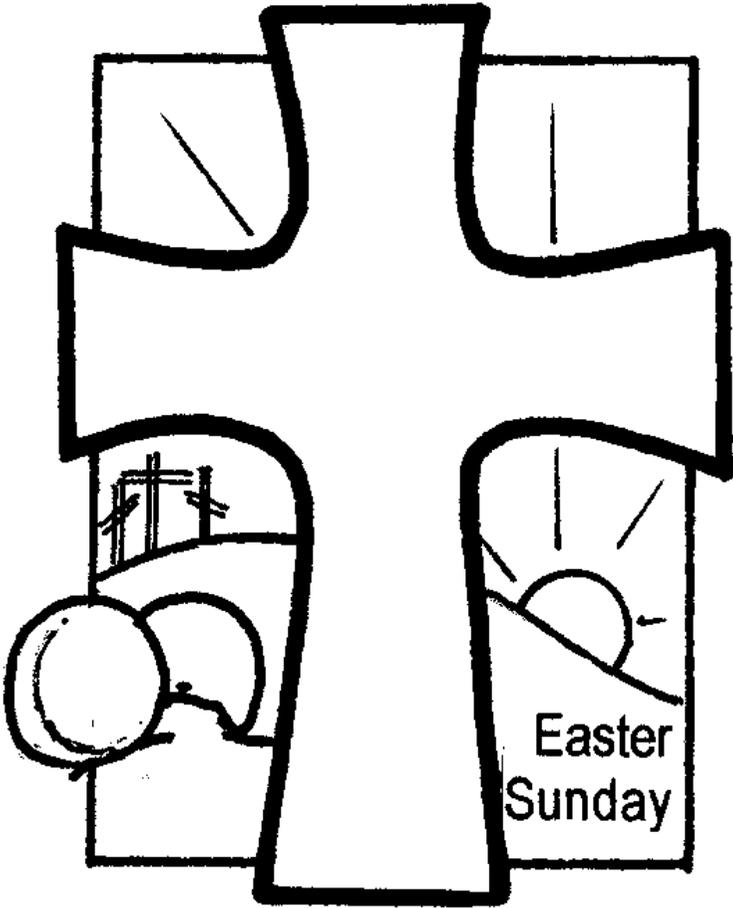




# KINGSDOWN MESSENGER



*April 2019*

## SERVICES FOR APRIL 2019



### April

- 7 Apr 10.30 Rev Oluyemisi Jaiyesimi
- 14 Apr 10.30 **PALM SUNDAY** Rev Susan Male,.
- 18 Apr 7.45pm **MAUNDAY THURSDAY  
CIRCUIT SERVICE at Ealing Green**
- 19 Apr 14.00 **GOOD FRIDAY** Rev Susan Male
- 21 Apr 10.30 **EASTER SUNDAY**  
Rev Susan Male, Holy Communion
- 28 Apr 10.30 Ms Georgina Graham
- 5 May** 10.30 Mr Justin Anwar



## A Prayer of Patience

God teach me to be patient. Teach me to go slow  
Teach me how to wait on You when my way I do not know  
Teach me sweet forbearance when things do not go right  
So I remain unruffled when others grow uptight.  
Teach me how to quiet my racing, raising heart  
So I may hear the answer You are trying to impart.  
Teach me to let go dear God a prayer undisturbed until ...  
My heart is filled with inner peace and I learn to know Your will.

**Author unknown**

(From Greenford & Northolt News & Views July 2018)

**The KINGSDOWN MESSENGER**  
Copy deadline for the May issue is Friday 27 April 2019

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



Dear Friends



At the time of writing, we are about half way through Lent. Easter still seems some way off, yet as we remember the Last Supper, the Passion and the Death of Jesus in the next few weeks, his Resurrection can never be far from our minds.

We watch the picture unfolding, in all its seeming tragedy, with the advantage of knowing what will happen .. of knowing that there is light, hope, the promise that we are loved and cherished, saved no matter what.

In this special time of Lent we draw closer to Jesus. We state again and again that our calling is to follow him. We much less frequently explore what it means to do so. Let's listen to how Jesus describes his mission, and then we will know what we are emulating.

<sup>14</sup> Then Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country.

<sup>15</sup> He began to teach in their synagogues and was praised by everyone.

<sup>16</sup> When he came to Nazareth, where he had been brought up, he went to the synagogue on the Sabbath day, as was his custom. He stood up to read,

<sup>17</sup> and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written:

<sup>18</sup> "The Spirit of the Lord is upon me,  
because he has anointed me  
to bring good news to the poor.

He has sent me to proclaim release to the captives  
and recovery of sight to the blind,  
to let the oppressed go free,

<sup>19</sup> to proclaim the year of the Lord's favour."

<sup>20</sup> And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him.

<sup>21</sup> Then he began to say to them, "Today this scripture has been fulfilled in your hearing."

Luke 4:14-21

The purpose of our Lenten observance is to bring us closer to this vision. Our calling is to look for the things in ourselves, and in others that prevent us from living life to the full.

In some this will be physical:

- shelter for the homeless,
- food for the poor,
- operations for the blind,
- help for those who are oppressed by others.

In others it will be spiritual:

- a deeper look at The Bible for those who know it little, or not at all, or even those who know it so well it ceases to have an impact,
- an increased awareness of Jesus' way of doing things through love, to fulfil the law, but from where each person is at,
- freedom from guilt and addiction to sin, repentance,

and in all cases the simple knowledge that God is on our side no matter what, and that He draws us to him in his love.

Our Circuit Lent Course this year has been talking about our churches as places of sanctuary and welcome. In what ways do Ealing Green and Kingsdown give a welcome to all? It would be very interesting to try to draw up a list – to see the vastness of our contribution here, to see how we can be even more welcoming, showing God's love to all – even to see how different the part each of the churches plays is, and it is!

One way in which the Ealing Trinity Circuit is calling us to participate in showing God's love in a global situation, in literally helping to provide sanctuary for the poor and dispossessed is through a commitment to a Christian Aid "Community Partnership" project which aims to help families and young people who have fled from Syria due to the conflict there, and are currently living in Iraq, and Lebanon – countries which have opened their borders to them, but need help in finding the finances which will build the future for them. Christian Aid's partners are working in Lebanon

and Iraq to help people form small businesses, and to safely educate their children.

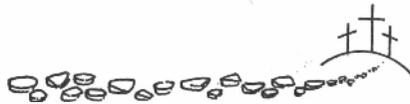
We have pledged as a circuit to raise £5000 for this project. Between them, Ealing Green and Kingsdown have been asked to raise £1300. This is a wonderful opportunity for the two churches to work together to help the poor of the world. We will learn more in weeks to come, but it is time to start thinking about what we can do as churches to raise this money, and how we can use the opportunity to work together and build new relationships too. Can we raise money, and improve our Bible Knowledge, and find time for prayer at the same time? Be creative, and please let me know your thoughts.



Why is this project ESPECIALLY worth us supporting? Because "Bread for the World" an American charity have pledged to increase our contribution six-fold. If (when) the Circuit succeeds in raising £5000 for the project, "Bread for the World" will add six times that, so Christian Aid will receive £35 000 for the project. I want to be part of this, don't you?

**With every Blessing**

Sue



*I arise today through God's strength to pilot me;  
God's might to uphold me,  
God's wisdom to guide me,  
God's ear to hear me,  
God's word to speak for me,  
God's hand to guard me,  
God's way to lie before me,  
God's shield to protect me afar and near, alone  
or in a multitude."*

*St Patrick*

# Boys' Brigade Newsletter



The season of Lent is also the Competition Season for 10th Ealing Boys' Brigade, and the focus is definitely on practice and discipline as we have spent months preparing to test ourselves in Drill and Marching Band programmes.

On Saturday 16th March, our Junior Drill Squad travelled to Uxbridge to defend their title of Best in West London. Our team was lead by Henry and Harry, with Nathan, James, Dijon, Joshua and Maxwell completing the group.



The opposition was stiff and our great friends and rivals from 1st Hillingdon looked particularly sharp. When all of the routines were finished it really was too close to call and our lads waited nervously for the result. And when it came we received a wonderful surprise -- for the fifth consecutive year, 10th Ealing had captured the winners' shield, an unprecedented achievement. Well done, Boys!!

Just seven days later, inspired by this good omen, our Company Section and Senior Section Boys polished their shoes and pressed their shirts ready for the London District Band Competition in Ruislip. The very best of BB and GB were assembled and prepared to do battle.

We attended in a very special one-off capacity -- in tribute to our dear friend, the late Captain of 4th Ealing BB, we had teamed up with that great Company and presented ourselves as "The Mark Myhan Band (4th Ealing & 10th Ealing Combined)".

It was a fabulous day and we received lots of support from parents and church friends and, suffice to say, the Boys played their hearts out. All in all, The Mark Myhan Band came home with the following:

- \* Best Drum Major (Peter Westall)

- \* Best Bugler (James Morrison)
- \* Best Bugle Team
- \* Best Band for Musical Accuracy (this is the seventh time we've won this in nine years)
- \* Runners-Up Best Drum Team
- \* Third Place (out of 16) Best Bell Lyre Player (Chey Church)
- \* And we missed out on Best Overall Band by an incredible one-third of a mark (we didn't know they made 'em that small!).



It was a remarkable eight-day period in which we saw our Boys do amazing things. A big thank you to our regular Drill and Band Staff who encouraged the lads to climb higher than they would ever have dreamed possible: David Lane (Bandmaster); Mark Tobias (Bugles and Junior Drill); Matt Plews (Percussion); Dave Powlson (Bell Lyres); and Daniel Plews (Bugles).



A video of our Band performance can be found on our Facebook and YouTube pages.

With sincere thanks for your continued prayers and support.

Wishing you a blessed Easter.  
**Tony Plews, Captain**

# CHRISTIAN AID



## CHRISTIAN AID WEEK 2019

In the March Messenger I gave the CA Week dates for 2019. Just two more to add to the list: 12 May 2019 Christian Aid Sunday in the UK, 28 September 2019 - Richmond Riverside Walk.

Anna will participate in the "Circle the City Walk" on Sunday, 19 May, and I do hope you will sponsor her as generously as you can. Would you like to join her? If you don't wish to be sponsored you are very welcome to accompany her on this extremely interesting route and just make a donation to Christian Aid.

## RISE UP AGAINST CLIMATE CHANGE

We are now well into Lent (the end of week three) - Forgiveness - and meeting people from some of the small remote islands of the Philippines who have suffered for many years from typhoons, eg Typhoon Haiyan 2013. Christian Aid's partner ICODE has helped in numerous ways and we are invited to forward our contributions to enable this work to continue.

RISE UP WITH LOPE AND EVA AGAINST THE TIDE OF CLIMATE CHANGE THIS LENT.

## CHRISTIAN AID 2019 'DROP THE DEBT - SIERRA LEONE'

In May 1998 70,000 people to the streets in Birmingham to form a human chain - as part of the Jubilee Debt campaign we called on world leaders to cancel the debts of the poorest countries. Now, 21 years on, a new debt is looming. In our seven-day devotional for Christian Aid Week we shall read of Hannah and Tenneh and nurse Judith in Sierra Leone.

Sierra Leone is the world's most dangerous place to become a mum; ten women die every day from giving birth. Tenneh nearly lost her life - the health clinic she went to could not meet every need (the roof leaked, there were only two delivery beds, and it had no electricity).

In ~Sierra Leone communities are recovering from the EBOLA crisis of 2014 which claimed the lives of 4,000 people and killed 10% of healthcare workers. Today Sierra Leone lacks the funds to provide basic services. The government was given loans to help cope with the EBOLA crisis but is now expected to pay them back.

Your gifts this Christian Aid Week could help to build more health clinics, provide health training and improve hygiene, so mums and babies can live long and happy lives.

At the back of the devotional booklet you will find a postcard giving you the opportunity to call on the UK Government to drop Sierra Leone's debt, incurred by loans given to help fight the 2014 EBOLA crisis. You can post the card, or hand it to me to deliver (this will save the postage).

### **'DROP THE DEBT - SIERRA LEONE'**

**Ruby Warne**



### **Kingsdown is still collecting**

Look out for the collection bin in the Church foyer.

Turn out your old garden tools, hand tools, sewing machines, typewriters, knitting materials, haberdashery. What about those half used packs of screws, nuts and bolts, hinges and other ironmongery.

If you have any queries ask Steve Palmer.

Look at [www.workaid.org](http://www.workaid.org) to see how your donations help their work.



Donations are still wanted to help those who depend on the Foodbank. Look at the list of items currently needed on the Notice Board in the Church Foyer.

Sue Garland is co-ordinating the collection of items each Sunday.



# **CYCLONE IDAI and MALAWI FLOODS**

**March 20, 2019**

**UN declare: “Worst ever disaster for Southern Africa”**

Cyclone Idai has torn its way through Mozambique, Malawi and Zimbabwe. 2.6 million people have been affected across these three countries. This number is rising, as are the injury and death tolls.

Critical flooding in Malawi during the month of March caused widespread devastation with loss of life, displacement and entire harvests destroyed. The President announced a state of emergency on 8 March. Since the cyclone hit this week, the number of people affected has risen by more than 450,000 in Malawi.

The total number of people affected is now 922,900. This number will rise as heavy rainfall is expected to continue. People have been deeply affected in a number of ways.

Before the flooding, 3.3 million Malawians required food assistance due to failed harvests, this high level of food insecurity is what brought All We Can to work in Malawi. The number of communities now in desperate need of food has now been exacerbated because of this extreme weather destroying entire harvests. Not only have food supplies been eradicated, but whole livelihoods. 65% of Malawians rely on agriculture to earn a living – this includes the communities that All We Can work closely with.

Lack of sanitation and health facilities are also sparking angst across the country. Water sources have become contaminated with flood water. A lack of clean water has potentially life-threatening consequences with an increased risk of diseases such as cholera and malaria.

It is reported that over 125,382 people have been displaced from their homes. People with nowhere to go are being hosted in camps. The majority of the camps have inadequate shelter, and lack much needed sanitation and medical supplies.

All We Can launched a joint appeal with The Methodist Church on 15 March 2019 for those affected by the devastating floods. The need has now grown further in the aftermath of the cyclone.

All We Can already have local partners working in the worst affected areas of Malawi. All We Can's Humanitarian Aid Coordinator, Laura Cook, explains, "Given the extent of the need in Malawi and the strength of our partners who operate in some of the most affected areas, All We Can has decided to focus its relief effort there."

"We ask for your prayers for our brothers and sisters at this time. If you are able, we also ask that you give all you can to help. Your donation could supply lifesaving food to the worst affected communities in Malawi."

**To donate by phone: To make a donation for the urgent needs of people in Malawi, call 020 7467 5132**

**To donate on-line: <https://www.allwecan.org.uk/floods>**

*giftaid it*

*Pray with us*

*Loving Lord*

*We bring before you the people affected by the heavy rains in Malawi*

*We pray for the protection of lives, homes and livelihoods from the floods*

*We ask that people's essential needs are met and those suffering will find relief*

*Be with All We Can's local partners working with communities in the affected areas*

*May they be able to have access to those in greatest need and be a source of support in this time of crisis. Amen*

# BEAUTIFUL MESSAGE

If you are right then there is no need to get angry;  
If you are wrong, then you don't have any right to get angry.

Patience with family is LOVE  
Patience with others is RESPECT  
Patience with self is CONFIDENCE  
And Patience with God is FAITH.

Never think hard about the past, it brings TEARS  
Don't think more about the future, it brings FEAR  
Live this moment with a smile - it brings CHEER.

Every test in our life makes us BITTER or BETTER.  
Every problem comes to MAKE US or BREAK US.  
The choice is ours whether we become VICTIMS or VICTORIOUS.

Beautiful things are not always good,  
But good things are always BEAUTIFUL.

Do you know why God created gaps between fingers?  
So that someone, who is special to you, comes and fills those gaps,  
By holding your hand FOREVER.

"HAPPINESS" keeps you sweet, but being sweet brings HAPPINESS.

HAPPY EASTER 2019 to everyone

With God's Blessings  
**Lita Requinton Stoll**



**When people say religion and politics don't mix,  
I ask them which Bible they are reading.**

**(Archbishop Desmond Tutu)**

## Step back in time -



explore the secret life of John Wesley

### Wednesday 10 April

Visit John Wesley House for a free exploration of Georgian life, complete with lace making and 18th Century baking. You can meet John Wesley in his study and learn more about the trips he made on horseback, across the country. Feel free to drop in anytime between 11am and 3pm. Registration is not required.

## ***Stop and Shop Parking at Risk!!***

Ealing Council are considering removing all Stop and Shop parking bays including those in Northfields Avenue and South Ealing Road. This is likely to have a serious effect on local traders. There is a Protest Petition on the Ealing Council web site. (*a very long address*)

<https://ealing.cmis.uk.com/ealing/E-petitions/tabid/143/ID/75/Keep-free-Stop-and-Shop-Bays-in-place-to-support-our-local-shops.aspx>

***Sign it if you want to keep the Stop and Shop bays.***

## AVOCADOS

A wife asks her husband, "Could you please go shopping for me and buy one carton of milk and if they have avocados, get 6."



A short time later the husband comes back with 6 cartons of milk. The wife asks him, "Why did you buy 6 cartons of milk?" He replied, "They had avocados."

If you're a woman, I'm sure you're going back to read it again! Men will get it the first time.

# Palm Sunday



Holy Week begins with Palm Sunday, when the Church remembers how Jesus arrived at the gates of Jerusalem just a few days before the Passover was due to be held. He was the Messiah come to his own people in their capital city, and yet he came in humility, riding on a young donkey, not in triumph, riding on a war-horse.

As Jesus entered the city, the crowds gave him a rapturous welcome, throwing palm fronds into his path. They knew his reputation as a healer, and welcomed him. But sadly the welcome was short-lived and shallow, for Jerusalem would soon reject her Messiah, and put him to death. On this day churches worldwide will distribute little crosses made from palm fronds in memory of Jesus' arrival in Jerusalem.

# Maunder Thursday

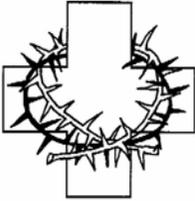


This day is famous for two things. The first is one of the final acts that Jesus did before his death: the washing of his own disciples' feet. (see *John 13*) Jesus washed his disciples' feet for a purpose: "A new command I give you: Love one another. As I have loved you, so you must love one another."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

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.

# Good Friday



The day on which Jesus died on the cross. He was crucified at 9am in the morning, and died six hours later, at 3pm. It is the most solemn day in the Christian year, and is widely marked by the removal of all decorations from churches. In Lutheran churches, the day was marked by the reading of the passion narrative in a gospel, a practice which lies behind the 'passions' composed by Johann Sebastian Bach (1685 – 1750).

Both the St Matthew Passion and the St John Passion have their origins in this observance of Good Friday.

**from Parish Pump**



# 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 Good Friday: Friday 7 April 30 AD or Friday 3 April, 33 AD, with Easter Day falling two days later. Modern scholars continue to think these the most likely.

**from Parish Pump**

## THE UNCHANGING WORD IN AN EVER CHANGING WORLD

The one constant thing about the world in which we live is "Change". However the one constant thing about God is that He does not change. In Hebrews 13;8 the Bible says "Jesus Christ is the same yesterday and today and forever." These words remind us of the words "Thou changest not" in the hymn "Great is thy faithfulness"

As we journey on, here are some more of God's unchanging words in prose and poetry. By prose I am referring specifically to the written word i.e. the Bible, and by poetry I am speaking of the hymns that match the particular verse from the Bible so here they are.

EXODUS 13:18 'God Led - reminding us of the hymn  
"Lead us Heavenly Father, lead us"

LEVITICUS 6:13 "The Fire must be kept burning"  
reminding us of the words.. "Inextinguishable Blaze" from the hymn "O  
Thou who camest from above the pure celestial fire to impart.."

PSALM 13:6 "I will sing to the Lord for He has been good to me"  
reminding us of the hymn "Yes God is Good"

ISAIAH 41:13 "I am the Lord your God who takes hold of your hand.."  
reminding us of the words "Hold me with your powerful hand" in the hymn  
"Guide me O Thou Great Jehovah"

JOHN 13:34 "A new commandment I give you, love one another as I have  
loved you, so you must love one another' reminding us of the hymn "A  
new commandment I give unto you".

PHILIPPIANS 3:13 "One thing I do forgetting what is behind and straining  
towards what is ahead" reminding us of the hymn, "One more step along  
the world I go....from the old things to the new...."

1st CORINTHIANS 13;13 "These three remain - Faith, Hope and Love. But  
the greatest of these is Love" reminding us of the words "God is Love so  
Love for ever o'er the universe must reign" in the hymn "God is Love"

Have you noticed the consistency of the number "13" in all the verses so  
I conclude with REVELATION 22:13 where Jesus says "I am the Alpha and  
Omega - the First and the last, the Beginning and the End".

**Rev Yemi Jaiyesimi**

With acknowledgements to News and Views - Greenford-Northolt - Aug/Sep 2018

## **Gracious, loving Father,**

Thank you for the wonderful reality of Jesus' resurrection on that first Easter Day.

Thank you that, because Jesus is alive, life has meaning and purpose.

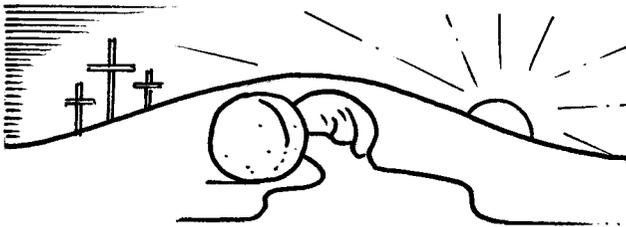
When we don't understand why some things happen, when life is difficult, when we are struggling through pain and loss, help us to know your risen presence and love in our lives.

Help us to choose to trust you.

Help us always to be thankful for your amazing Easter gift of life and hope.

In Jesus name,  
Amen.

**by Daphne Kitching**



## **Serenity - another version**

God, grant me the serenity to accept the people I cannot change, which is pretty much everyone, since I'm clearly not you, God. At least not the last time I checked. And while you're at it, God, please give me the courage to change what I need to change about myself, which is frankly a lot since, once again, I'm not you, which means I'm not perfect.

It's better for me to focus on changing myself than to worry about changing other people who, as you'll no doubt remember me saying, I can't change anyway. Finally, give me the wisdom to just shut up whenever I think that

I'm clearly smarter than anyone else in the room, or that no-one knows what they're talking about except me, or that I alone have all the answers.

Basically, God, grant me the wisdom to remember that I'm not you.

**Amen**  
from ACE Forum

## Ten prayers for our nation

Father, we pray that those who lead our country would govern with integrity. Grant them wisdom to make good decisions and the conviction to implement them.

Lord, where there is division in our land let your Church proclaim the reconciling love of Christ; where there is hatred, let your peace reign.

God, our provider, in the midst of economic uncertainty we pray for those for whom making ends meet is a daily struggle; please supply their every need.

Lord, help us as a nation to defend the cause of the orphan and the widow. Let us love and care for the immigrant among us as we love ourselves.

Father, for all those fearful about what the future might hold for our nation, please comfort, protect and guide them.

God of love, keep us from hating those we disagree with. Give us the humility to seek to understand those with opposing views.

Father God, we pray that you would protect this nation from those who plan evil against us. Please turn them from error towards your truth

Jesus, King of kings, we know that there is no political answer to our nation's deepest needs. May we place our hope in God, not man.

Jesus, we pray for an end to the falsehood that corrupts our national life. Instead, may your spirit of truth transform this land.

Our father in heaven, let your kingdom come and your will be done in the United Kingdom as in heaven. Cause our nation to turn to you as Lord and Saviour. Amen

Reproduced with permission from 'Prayers for our divided nation' by Martyn Eden, political editor with Premier Christian Communications Ltd.

# One Body with Many Parts

12 Christ is like a single body, which has many parts; it is still one body, even though it is made up of different parts. 13 In the same way, all of us, whether Jews or Gentiles, whether slaves or free, have been baptized into the one body by the same Spirit, and we have all been given the one Spirit to drink.

14 For the body itself is not made up of only one part, but of many parts. 15 If the foot were to say, "Because I am not a hand, I don't belong to the body," that would not keep it from being a part of the body. 16 And if the ear were to say, "Because I am not an eye, I don't belong to the body," that would not keep it from being a part of the body. 17 If the whole body were just an eye, how could it hear? And if it were only an ear, how could it smell? 18 As it is, however, God put every different part in the body just as he wanted it to be. 19 There would not be a body if it were all only one part! 20 As it is, there are many parts but one body.

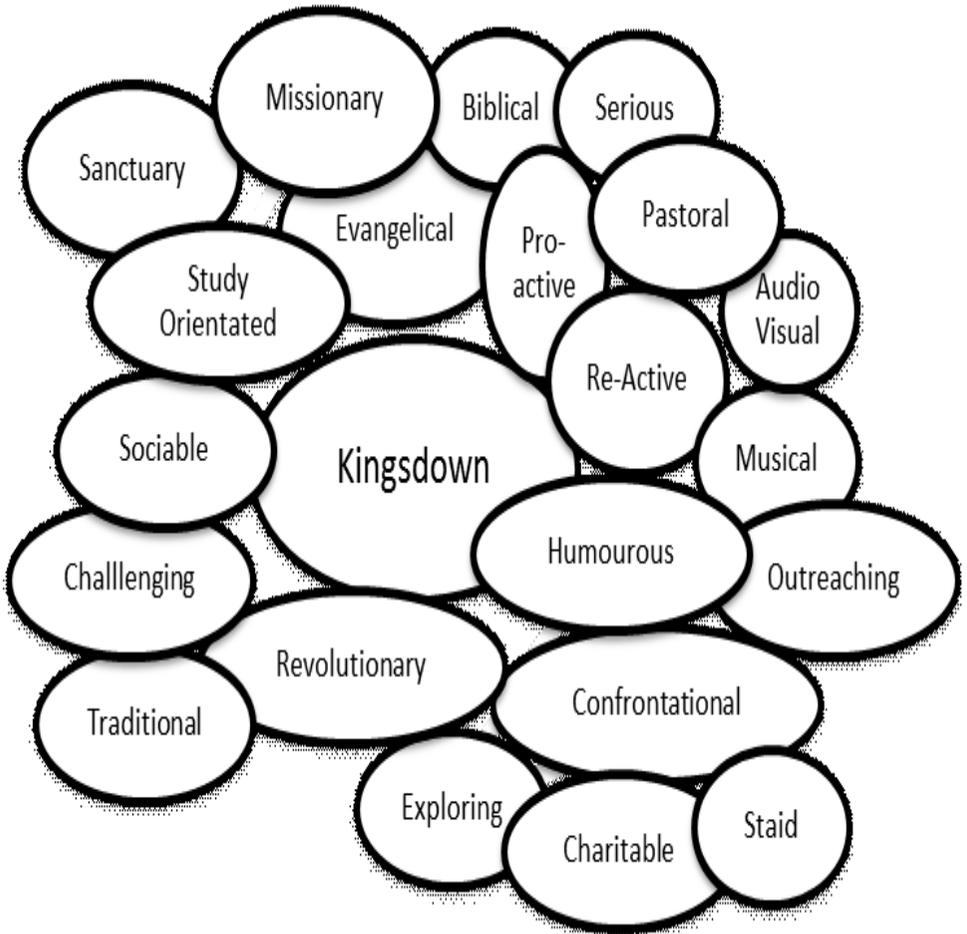
21 So then, the eye cannot say to the hand, "I don't need you!" Nor can the head say to the feet, "Well, I don't need you!" 22 On the contrary, we cannot do without the parts of the body that seem to be weaker; 23 and those parts that we think aren't worth very much are the ones which we treat with greater care; while the parts of the body which don't look very nice are treated with special modesty, 24 which the more beautiful parts do not need. God himself has put the body together in such a way as to give greater honor to those parts that need it. 25 And so there is no division in the body, but all its different parts have the same concern for one another. 26 If one part of the body suffers, all the other parts suffer with it; if one part is praised, all the other parts share its happiness.

27 All of you are Christ's body, and each one is a part of it.

Good News Translation (GNT) Copyright © 1992 by American Bible Society

The Rt Hon Theresa May MP, Prime Minister, read this passage on Monday, 11th March 2019 at the Commonwealth Service in Westminster Abbey

# ***What do you want Kingsdown to be?***



***..... tell The Messenger***

## ***Notice on a Minister's Office Door***

Another day has gone  
All targets met  
All the visits done  
All the congregation happy  
All problems solved  
All pigs fed and ready to fly



# ***DID YOU KNOW?***

## ***Dental Charges go up on April 1st***



Charges for NHS dental services in England are set to rise by five per cent on April 1.

It might not seem like much, but the more intensive the treatment, the more you will see the costs rise.

For example, while a basic check-up will increase by £1.10, from £21.60 to £22.70, procedures such as root canals and removing teeth, will go up £3, from £59.10 to £62.10.

And more complicated procedures, such as crowns and dentures, will be rising by £12.80, from £256.50 to £269.30.

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## ***TAKE CARE FROM 31<sup>st</sup> MARCH***



***20 mph on All ROADS from the North Circular in the East to Boston Road in the West - the A40 in the North to the Southern boundary.***

***Includes Northfield Avenue and South Ealing Road and adds to the existing 20mph Zone in Acton.***



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**No relationship, whether in marriage or in any other context, flourishes without commitment.**

# The 7<sup>th</sup> Great Easter Egg Hunt

and other children's activities  
at Hanwell Methodist Church

Saturday 6<sup>th</sup> April 2019  
2:00pm – 4:30pm

Tea, coffee, and light  
refreshments for Mums,  
Dads and children



## ***Nudgeomics - a study of type 2 Diabetes***

Imperial College London are working to deliver a clinical research study to assess the impact of a DNA-based diet on the risk of developing type 2 diabetes. The **ASPIRE-DNA** clinical trial is the first research project of Nudgeomics which aims to investigate how combining DNA-based dietary guidelines could be effective in improving an individual's metabolic health. If successful, this technology could be a low-cost, scalable preventative technique in mitigating the risk of type 2 diabetes in people with pre-diabetes.

The study based at Hammersmith Hospital needs volunteers. If you are eligible, you can participate in a trial assessing the impact of personalised diet recommendations based on your genes, provided by the latest DnaNudge technology.

Full details and how to get involved can be found on:

<http://www.imperial.ac.uk/nudgeomics>

and then follow the links

## COMING EVENTS

### APRIL 2019

- Mon 8.00 pm **Guides** (most Mondays throughout term time)
- Tue 2 2.00 pm **Tuesday Club** - Carolinas
- Wed 1-3 pm **Babies & Toddlers** (term time only - Easter closing 10 Apr - 1 May))
- Thu 2.00 - 4.00 pm **CBSI UK Bible Studies** in Foyer (weekly)
- Fri 10.15 am **Coffee Morning** in Foyer - everyone welcome  
**BOYS BRIGADE** 6.30-7.30 pm Anchor Boys, 6.30-8.00 pm Junior Section, 7.30-10.00 pm Company Section.  
(Every week during Term Time)
- Sat **Coffee & Chat** in the Foyer from 10.30 am - all welcome
- Mon 11 **10.30 Circuit Lent Bible Study Series at Kingsdown**
- Tue 9 **Liz & Steve Palmer's Home Group**
- Mon 18 **10.30 Circuit Lent Bible Study Series at Kingsdown**
- Tue 16 2.00 pm **Tuesday Club** - Bingo & Quiz Afternoon
- Fri 19 Churches in Central Ealing - Good Friday Walk of Witness**  
2.00 pm **Tuesday Club** -

## FUTURE DATES FOR YOUR DIARY

### MAY

- Sat 11 10.00 Kingsdown Book Fair for Christian Aid

