



# KINGSDOWN MESSENGER



*October - November 2020*



## Services starting again at Kingsdown from 11<sup>th</sup> October



Services will be at the **earlier time of 9.30am.**

The seating capacity in the church will be limited because of the need to maintain social distancing and your responses will help in deciding if we need to set up a booking system to regulate numbers.

Please make sure that Gerald Barton knows if you will be attending. Contact him at the Circuit Office:

Tues and Thurs 09.00 am - 2.30 pm.

E-mail: [ealing.trinity@btconnect.com](mailto:ealing.trinity@btconnect.com)

Phone: 020 8579 1339

If you would be happy to be on the rota to steward on a Sunday morning between October and December mark the Sundays you would be prepared to help just follow the doodle link below

<https://doodle.com/poll/i5dgg9v3x4dus5xr>

. It will be necessary for a steward to arrive at 0900. The church CANNOT open if we do not have stewards to assist.

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.

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 MESSENGER

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Dear Friends

As you know I have recently returned to Ealing after having spent some time helping my Dad to resettle at home after being released from hospital. He had unexpectedly had to have one of his legs amputated just above the knee, this having needed two major operations. Understandably therefore, both he and mum needed – and need – some time to adapt to this.



There have been some difficult times for our family over the past few months but there have also been good memories. One of the ones that most makes me smile inside at the moment is a conversation I had with Dad on the day after he was released from hospital. At this time, Dad was very tired, and was therefore having some difficulty remembering some words. Just as I would with anybody, I was helping him with this frustration by filling the words in for him when I could. This was all working really well until Dad – a physicist by trade – started to tell me about a nuclear bomb test he had been involved in. Do not worry – he did not tell me anything that I could not have found in a Physics text book!

He began to tell me the story which involved the basic construction of a nuclear bomb ... all went well ... until he suddenly forgot the next word. He looked to me for help, and I was helpless ... just looked back confused. He continued to look at me for assistance. Since the word he was looking for was, I now know, "Uranium" he probably did expect me to know it. I didn't. I simply replied, "I am sorry dad, I cannot help you with this word because I don't know how to make a nuclear bomb!" He accepted this, and fortunately the word came to him within the next 30 seconds. It made very clear to me though just how different we all are.... Just how special we all are. I am sure each of us have stories which we will relate about our own lives, and which others will not be able to fill in the gaps of because they are our own special parts of life.

We are known fully only by God. I suppose I will excite my children with repeated theological insights into the meaning of the "Holy Communion" liturgy. In fact they will probably tell you that I already do, and that of course they will remember all of the obscure theological terms associated with understanding of the eucharist.... But I am sure they won't. We are all unique, and loved by God for being the person we are.

What are the things in your life that make you different to others – your special gifts from God? Spend some time remembering them, and thanking God for them. Can you use any part of them for God today? (I wouldn't suggest that in my Dad's case!)

Talking of gifts, this time of year inevitably brings our thoughts to harvest. ... the time of year which I think is sometimes best described as the Church festival in which we remember to thank God for the gifts he bestows on us that we more usually take for granted.

Having grown up in Hampshire I often had holiday jobs which were connected to farming and harvest. One of these was removing the weeds from a potato field when I was 19. This was fairly hard for a visually impaired person, though I did manage it to some degree. I was not surprised though when the farmer asked me to move onto sorting potatoes on the conveyor belt. In fact I was surprised, and delighted that he had found some work I could do rather than sending me home!



I only did that job for one year, realising that I was not best suited to it, but the other job I did casually for the 10 years before that. I raised pocket money for myself by picking strawberries. I got paid by the punnet. The best thing about this was that I went to the farm along with my mother as a child, and perhaps picked one punnet. As I got older I picked more proficiently, and so as I needed a little more money in my pocket as I grew, I found I was able to earn it. Sometimes the work was easy. There was a plenitude of fruit and the punnets were easily filled. At other times it was much more difficult, fruit was sparse and filling the punnet took longer.

Remembering this story this year made me think of us as church. God's harvest. Usually at this time of year we gather together in church and thank god for the things we usually forget to thank him for, and he blesses us with his love and presence. This year we will not all be together in church. We will be spread all over the place like the strawberries on a harder day .... God will nevertheless seek us all out wherever we are, and bring us together spiritually as we give thanks to Him, and receive again His blessing.

This harvest if you are at home, look inside your cupboards, your fridge,, your fruit bowl and vegetable rack. Look at other things in your house

if you wish. Then make a list of all the things you usually take for granted and spend some time with God in prayer thanking Him for them.

When you have done this why not spend some time thinking about those you usually meet at church, thinking about what makes them special , and thanking God for them.

I am writing this message on the morning of Tuesday 22<sup>nd</sup> September. Our Prime Minister will be addressing the nation this evening about new Corona Virus restrictions. I am hoping this will not affect our plans to return to church too much, but obviously I don't know. At the moment we plan to return to Kingsdown on 11 October. I will be in touch soon with information you will need before then.

We met back at Ealing Green for the first time as "Ealing Green Church" on Sunday 20 September. It was a very different experience. There were only 15 of us, wearing masks, and sitting 2M apart. We could not touch one another, or physically help each other out to seats etc. It was strange. Yet it was also – at the same time- just wonderful to see people again, and to be in our worshipping space together.

For those who don't yet feel able to return the Circuit will be continuing to produce video services for those who can access them, and printed orders of service for those who cannot access video. If you are not receiving these and want to please let me know.

Also, last week my computer decided to give up the ghost! Phil has fixed it now, but not without my email contact lists becoming a casualty. If you have fallen off of my email lists ... or think you may have done ... please send me an email so that I can re-add you and keep in contact.

Looking forward to seeing you all whenever we do!



With my love and prayers

*Sue*

**Silence is the absence of noise, but peace is the presence of God.**

# Family News

**Rekha Cheriyan** writes: "Leela John is well on the way to recovery, after a fall in June left her completely bed bound. She is now up and about and able to do much more for herself. Many thanks for all your prayers and well wishes - they were much appreciated."

Do hope any one else who may have had health problems during this troublesome time has also received the necessary medical care and is also making good progress.

## What have YOU been doing during lockdown?

At a recent Church Council for Ealing Green, a member suggested that it would be good to ask somebody each week to speak in the service about what they have been up to during lockdown.

This would need to be 3-5 minutes only so that we keep within the times recommended for a service of worship at this time. It could include your personal news, the ups and downs, the effects of lockdown on your spiritual journey, things you have learned, things you think useful going forward.

I think In fact that it is such a good idea that I want to offer it to all 3 churches.

Please get back to me if you would be prepared to do this in a service soon, and then I will get back to you about which Sunday will work.

I would like to ask those who do not yet intend to come back to church to consider doing this also. You could record something to be played in church, or write it down and send to me.



We are working towards beginning worship again at Pitshanger on 4 Oct at 2.00 pm each week, and at Kingsdown on 11 Oct at 09.30 am each week. More information will follow shortly.

Thanks

*Sue*

## *Pray with us*



Methodist  
relief and  
development

*Lord God,*

*Hear our prayer:*

*For the leaders and teachers bring wisdom;*

*For the parents and carers bring space to breathe and rest;*

*For the children bring security;*

*For the anxious bring peace;*

*For the excited bring opportunities;*

*For the fearful bring courage;*

*For the lonely bring friendship;*

*For the disappointed bring encouragement;*

*For each person returning to education this month, place your protective hands around them and hold them close.*

*May our schools and colleges be safe spaces for students and staff alike.*

*May each bubble be a place where joy dwells and learning flourishes.*

*May this new academic year be remarkable for its abundance of kindness and generosity of spirit;*

*May the fear of the unknown be alleviated by camaraderie and companionship as schools reopen and a new beginning is upon us.*

*We pray for the children and staff who are unable to return to schools:*

*For the children in countries like Uganda where it is uncertain whether their schools will be able to open and online learning is not available to many.*

*For the children and staff who are vulnerable and need protection due to health concerns.*

*Lord God,*

*Hear our prayer.*

*Amen*

# Boys' Brigade Newsletter

September would usually be a time of great excitement in the BB world: memories of camp would still be strong in our minds and we'd be looking forward to welcoming the Boys back for a new and fun-filled year of progress and achievement.



This autumn is somewhat different, there having been no camp, and of course we very much mourn the recent passing of our beloved colleague and friend, Mr Graham Pike.

However, it is the BB way always to be cheery and positive, so we are bracing ourselves for a return to Boys' Brigade on 2nd October, assuming no changes to local lockdown rules in the meantime. BB companies all over the world are trying to deal with the regulations placed on us with the best of intentions but it really is a struggle to try and establish a strong programme when many of our favourite activities are prohibited (camping, vaulting, bugling, eating pizza!!).

We're combing carefully through the BB and Methodist rule books to make sure we keep the Boys and the staff (and the premises) as safe as possible. We'll be running slightly shorter evenings for all ages and cleaning all rooms fastidiously before and after use. It seems I may even have to have more than one bath a week! We've contacted all parents and at the moment, sixty of our seventy registered Boys have confirmed that they can't wait to come back and see us under any circumstances at all. On the one hand, that is fantastic news obviously, but on the other hand, big numbers increase the level of challenge we face. However, we're all agreed that we wouldn't have it any other way!

We have discussed the nature of Church Parades with Revd Sue Male and we have agreed that until the church itself is up and running in a "normal" fashion then Parade services will go into hibernation, although we do hope to be present for Remembrance Sunday in some capacity as we have never missed a November Church Parade since our founding in 1966.

Many thanks to all those who have given us wonderful support during the summer, with words, letters, prayers and financial donations. Your



kindnesses have not gone unnoticed or unappreciated. Kingsdown is a great church, full of loving and kind people, and the strength of your faith and persistence has been wonderful to see.

All in all, although it is a time of uncertainty for all of us -- church family, Boys, BB staff -- we rest boldly on the words of our BB motto, remaining Sure and Steadfast in the face of adversity, leaning deeply into the love and grace of our father God.

**Tony Plews**  
Captain

**CELEBRATION OF THE LIFE OF  
GRAHAM PIKE  
10th Ealing Boys' Brigade Bandmaster  
and Band Consultant 1974-2020**



It is with great sadness that we report the passing of Mr Graham Pike, one of the finest men ever to have served in 10th Ealing Boys' Brigade, and a cornerstone of everything our Company has achieved over the past fifty years. Bandmaster, Camp Quartermaster, Ensemble Leader, Poet, Musician, Minibus Driver, Mentor, Teacher, Salesman Extraordinaire, Family Man and Devoted Friend, Graham Pike's contribution to the lives of hundreds of young people and to the West Ealing community cannot possibly be overestimated. Known to one and all simply as Mr P, he was loved and respected by everyone who had the good fortune to meet him.

The only son of DJ Pike, a grocer on the Lower Boston Road, Graham joined 16th West Middlesex Boys' Brigade Company as a Bugler and rose through the ranks attaining his King's Badge before joining the RAF for his National Service.

He met the love of his life, Pearl, while at school, and they married in December 1954 and raised five children together.



He worked as top salesman for Glenhurst Butchers' Supplies, his natural warmth, sincerity and bonhomie attracting customers from all areas. Graham's three sons came home one day during the early 1970s suggesting that they'd like to join a BB Company that had recently started up at nearby Kingsdown Methodist Church: and so began the Pike family's association with 10th Ealing.

Word soon spread to the then Captain, Joe Yates, that the Pike boys' dad was ex-BB and had played a fair bugle in his time. Soon enough, Joe Yates came knocking on the door to plead for assistance in his fledgling band. "Not to worry, Graham," said Joe, "It'll just be for an hour or two on a Monday night. Nothing more."

Within a year Graham was uniformed and wearing his trademark peaked cap (designating a member of band staff), and also making plans for how he might find time to help out at Camp, bringing along his trusty VW camper van, quickly dubbed "The Pikemobile".

Always looking for new ways to encourage the Boys, he also initiated an instrumental group which practiced after band on Mondays. The small ensemble (trumpet, clarinet, trombone, etc) also welcomed girls from the church, and proved very popular, especially during the Christmas season as they belted out carols along Northfield Avenue. This dedicated group was to run for over twenty years and dozens of youngsters took part.

When 10th Ealing restructured following Joe Yates' untimely death in 1976, Graham took on the role of Bandmaster and the Battalion and District trophies began to regularly appear. But a Company Band, even one as accomplished as 10th Ealing's, wouldn't make much of an impact in a big carnival parade setting. Graham began networking throughout the Battalion and brought together several willing partners which allowed the BB to take part in a variety of bigger events, and, more importantly, gave the Boys the unique experience of playing in a seriously big band.



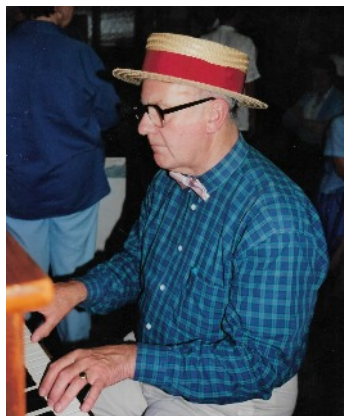


Graham Pike eventually served as London Bandmaster and encouraged all BB members to try out for the London Band, realising that the players would have wonderful opportunities (visits to Scotland and Wales, the Lord Mayor's Parade, The Royal Tournament, EuroDisney and Ypres) during the years ahead. With David Lane acting as his assistant bandmaster each Monday evening,

10th Ealing's Bugle Band went from strength to strength, even entering the National competition at one point and finishing a creditable seventh.

His contribution to the Annual Summer Camps was also inestimable, organising transport and food, supporting the cooks, writing the daily Camp Newspaper, leading the journeys to the beach, always being willing to play the fool to keep the Boys entertained, playing the organ for the hymn singing, and delivering some of the most moving and memorable evening devotions. It is no co-incidence that Bandwork and Camping are still the two things that 10th Ealing does best of all, thanks to the countless hours of work put in by Graham Pike.

How then should we remember this remarkable man? Perhaps as the chap who always wore odd coloured fluorescent socks with his sandals at Camp ("I have a matching pair in my suitcase!"); or as the Bandmaster who would insist that all players must smile while performing because it unnerves the judges; or the leader who said "Even if it goes wrong just keep playing, the audience don't have the sheet music, son"; or the man who knew the BB hymnbook back to front and loved playing through it; or as the QM who had every essential item in his little wooden



box; or the friend who snored so loudly in his tent that a special wooden goad was used to prod him; or the owner of the finest BB handshake I've ever received; or the salesman who persuaded a farmer to part with a broken old car so the Boys could drive it around the camp site; or the speaker who gave bananas to the adult congregation to make sure they

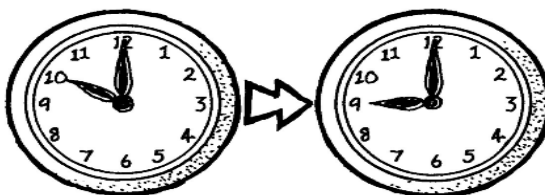
were paying attention while he spoke at Church Parade; or the fellow who still came to do the pre-Camp shopping decades after he'd retired and always put an envelope stuffed with cash in my pocket saying, "Make sure the lads have a great Camp"; or the QM who could always get rid of every item of food at every Camp meal with his persuasive voice and twinkling eyes; or the most supportive voice a new Captain ever had.



However you remember Graham Pike, do so with a smile.  
He rests with his Saviour and with his beloved Pearl.  
Sleep well, Mr P.  
Sure and Steadfast.

**Tony Plews**  
**Captain 10th Ealing Boys' Brigade**

***Clocks go BACK on Sunday 25th October***



## **‘Rethink your route’ Long term partnerships to best aid those in need**

This Covid-19-driven change offers a challenge, to all who would stand with poverty-affected global neighbours. Before you double your efforts, rethink your route.

All We Can is doubling down on an approach we’ve pioneered, rolling it out in an ambitious 5-year-strategy.

Pioneering? Yes. And credible? Yes. All We Can’s new 5-year-strategy sets out to answer this: we’re investing more; giving more of the thinking away, and extending the vision. We describe it as ‘Partnership-Powered’ because it starts with local partners.

And, the outcomes and impacts have far exceeded our ambitions. We’ve found that once potential is able to grow without obstruction, it’s infectious. Once potential is fed, it becomes generative.

The success of this approach is clear. In Ethiopia, All We Can have been working with marginalised communities in rural Amhara – one of the poorest regions in Ethiopia. All We Can’s local partner is working with some of the most vulnerable and disadvantaged people in local communities to grow asset-based community development groups. This may sound jargony – but in practice, they are groups that encourage those who might otherwise be written off as worthless by society to come together and pool their collective strengths, for the greater good. By recognising the inherent talent, skills and potential of these individuals, they are able to leverage real change and transform their community. I know of one group who have set the wheels in motion to build their own mill – something that would never have been possible to these individuals had they not joined together.

Most importantly, this group is able to determine its own course of action. The development they realise is their own doing – their own ambitions, their own goals. They have been able to embrace their own potential.

This approach is designed for the unusual reality faced as charity donations fall. Donations that would have been used by charities to build new schools or mills, bring clean water, and meet obvious needs

require a new game plan. With lower budgets, we're driven to rely instead on local partners and communities to themselves identify, own and enable the change. This is about much more than budgets though – we are resolute in our belief this approach is the only way that true, sustainable community transformation can be realised. The All We Can partnership model outlines a different way we can engage, suited to this new world, and to greater empowerment of partners and communities.

The risks are different, yes. But so are the opportunities, and the power-dynamics.

Potential is the greatest weapon for vulnerable communities. Potential enables people facing poverty to use their own local knowledge; their community-infrastructure; their skills, combined with the support of global neighbours like All We Can. It's only when communities wait for the answer to arrive from outside, that poverty is allowed to cause havoc.

We believe our new 5 year vision is therefore a stepping stone in an evolving sector-wide story. And we need you to join us as we take this next step in writing the next chapters of this different story of change.

*Abstracted from an article by Steve Adams Director of Public Engagement at All We Can.*



This years the Harvest appeal is to help break the cycle of poverty for girls in Uganda by providing bicycles. The bicycles give them the opportunities to realise their potential by allowing them getting to school quicker, more easily and safer.

Other members of the community using bicycles are now also able to realise more of their potential and the maintenance of the bicycles provides an opportunity for a repair man to set up in business. One off donations or regular donations can all be made online, by phone or post. Remember to Gift Aid if you can (adds 25p to every £1 donated). Look at the web site for more information.

[www.allwecan.org.uk/donate](http://www.allwecan.org.uk/donate) - or - call 020 7467 5132

All We Can, 25 Marylebone Road, London, NW1 5JR

## Will you support our Autumn Appeal?



When crisis arrived on our doorsteps this year, neighbourly love helped us through. Could you and your neighbours help more communities still facing crisis around the world?

Communities living in poverty face crisis every day, but neighbourly love is powerful.



With your support, vulnerable communities are joining forces with their neighbours to overcome crisis together.

Just like Angela's farming community in Nicaragua whose coffee farms are threatened by climate change. With your support, they are coming together to share tools and knowledge.

United, this community can make the urgent changes needed to help their family farms last for generations so their children like Ariana can thrive.

Ordinary neighbours like you have come together to do extraordinary things for the most vulnerable in society. In this uncertain and fragile world, let's keep looking out for our neighbours near and far.

**<https://donate.christianaid.org.uk/Donate/>  
Or call 020 7523 2493**

## *Olny smat poelpe can raed this*

I cdnuolt blveiee taht I cluod aulacly uesdnatnrd waht I was rdanieg. Its the phaonmneal pweor of the hmuan mind. Aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it deosn't mittaer in waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Amzanig! And I awlyas tghuhot spleling was ipmorantt!



## *Pray with us*

*Loving God  
Come now and make us  
into a global neighbourhood  
looking out for each other  
through struggle and crisis  
reaching out to strangers  
who become sisters and brothers,  
shape us into a caring community  
strengthening each other  
through every challenge  
standing together  
until justice comes for all.  
In your name we pray,  
Amen*

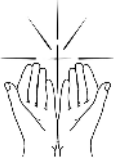
## **King George VI**

At this difficult time perhaps the words that King George VI spoke in 1939 may help us all as we move forward out of the present uncertainties



*"I said to the man who stood at the Gate of the Year, 'Give me a light that I may tread safely into the unknown.' And he replied, 'Go out into the darkness, and put your hand into the Hand of God. That shall be better than light, and safer than a known way.'"*





## **Kingsdown Methodist Church Guidance for People Attending Church Services**

The experience of attending church will be very different from what we have been used to. Special arrangements have had to be put in place in order to minimise the risk of transmission of the SARS-Cov-2 virus which causes Covid-19 and to comply with Methodist Church and government guidelines. As the situation progresses these arrangements will be reviewed and amended as necessary and, in due time when circumstances permit, relaxed.

Whilst these arrangements may seem rigid, please remember that although the number of infections in Ealing is currently low, the virus can spread rapidly causing a sudden spike in infections. In addition, the consequences of infection can be very severe and possibly fatal for people who are older or who have underlying health issues. Since the majority of our congregation falls into those categories, we need to remain careful in order to minimise the risk of infection.

- Please follow the instructions of the Stewards on duty.
- Please arrive at church no more than 5 -- 10 minutes before the service is due to start.
- Please sanitize your hands when you arrive and observe guidelines on social distancing at all times.
- Government guidelines require face coverings to be worn when attending church. Please remember to do so.
- Make sure that the Steward on duty records your attendance at the service (see below).
- After you have sanitized your hands and your attendance has been recorded, please do not stand or stay in the foyer – go straight to your seat as directed by the Stewards.
- Seating positions are marked on pews.
- Seating positions should be occupied from the front of the worship area working towards the back.
- Seating positions at the outer ends of pews should be accessed from the side aisles.

- Seating positions towards the centre of pews should be accessed from the centre aisle.
- There are some seats available at the very back of the worship area. These should be occupied last starting with the seats at the outer sides of the area. The seat immediately to the right of the entrance door is reserved for the steward on duty.
- Family groups and people in 'social bubbles' may sit together.
- Where there is a family group or 'social bubble' of 2 or more people on a pew, please do not occupy any other seating position on that pew.
- Do not occupy pews where there are no seating positions marked.
- Once all seating positions have been occupied no further people can be admitted to the service.
- While in the building please do not talk loudly.
- Seat cushions have been removed from pews as these are difficult to clean. Please bring your own cushion to sit on if you wish but do not leave it, or any other personal items at the church between services.
- At the end of the service, please leave one by one starting from the back of the worship area working towards the front. Please do not linger in the church foyer but leave the building promptly. If you wish to chat to people, please do so outside remembering to observe social distancing. Please remember at all times to model good behaviour to our neighbours and passers-by.
- Do not enter vestries, rear premises, foyer kitchen or the upstairs mezzanine level, except under the direction of a Steward.
- Please feel free to bring bottled water for your own use if you wish.

### **Communion Services**

This note does not cover Communion Services but when these take place they will do so in line with Methodist Church guidelines.

### **Use of toilets**

If possible, please do not use the toilets. However, if you do need to use them, please sanitize your hands before entering a cubicle. This is to minimise the risk of contaminating the handles etc. When you have finished remember to wash your hands thoroughly and leave the door

of the cubicle open when you leave. Whenever possible, do not use a cubicle that has just been vacated – use a different one.

### **Records of Attendance**

To assist the NHS Test & Trace service, a record will be kept of your attendance at church. Please make sure that the steward on duty has a record of your attendance along with your contact details (telephone and e-mail). Once you have given your contact details you do not need to give them again when you attend church. Records of your attendance will be kept for 21 days only and will then be destroyed.

### **Why are we asking you to provide this information and what will we do with it?**

The Government has requested that Churches in England assist the NHS Test and Trace service by keeping an accurate temporary record of visitors for 21 days. Please assist the Church in fulfilling this request by completing the record as indicated.

The Methodist Church cares about your privacy and your trust is important to us. Our Privacy Notice explains how Local Churches, Circuits and Districts within the Methodist Church in Great Britain collect, use and protect your personal information. It also provides information about your rights (paragraph 9 of the Privacy Notice) and who to contact (paragraph 1 of the Privacy Notice) if you have any questions about how we use your information.

You can find our Privacy Notice online ([www.t MCP.org.uk/about/data-protection/managing-trustees-privacy-notice](http://www.t MCP.org.uk/about/data-protection/managing-trustees-privacy-notice)) or displayed at the Building. Please ask us for a copy of the Privacy Notice if this would be of assistance.

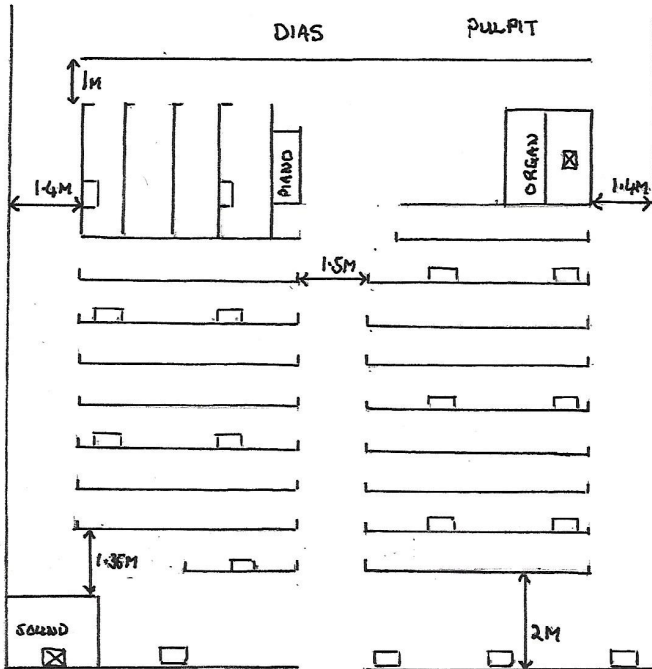
In addition to the information in our Privacy Notice we confirm that the information we are asking for on this record is collected for the purpose of assisting the NHS Test and Trace service with contact tracing. If the NHS Test and Trace service request details of our visitors for the purpose of contact tracing, we will share relevant information from this record with them and contact details e.g. telephone number and/or email addresses. These will either be contact details that we already hold for you or details that you provide when you attend church. This record will be destroyed after 21 days in accordance with Government guidelines.

# KINGSDOWN

## SEATING PLAN

2m DISTANCING

ON DIAS: PREACHER  
READER

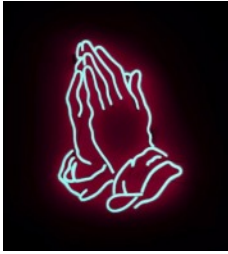


PEWS	MAIN	4.5M
	FRONT RIGHT	4.0M
	REAR LEFT	2.3M
	CHOIR	2.7M
	SPACING	0.82M

1cm = 1m APPROX

PEWS :	13
CHAIRS :	4
DIAS :	2
SOUND :	1
ORGAN :	1
TOTAL	20





## **The Methodist Church has launched a Year of Prayer online to help bring more people to faith.**

The short weekly online service takes place each Tuesday lunchtime, at 12.45pm via Zoom, and is also live-streamed via Facebook. It will be led by people from across the Church.

Trey Hall, Director of Evangelism and Growth for the Methodist Church, explains:

“This Year of Prayer is a special time, a called-out time, for the whole Church. The world can feel like it’s falling apart – not only due to COVID, but also due to systemic injustice, racism, to climate change, to political instability. And if we as the Church are going to respond in any meaningful way, we need more than ever to pray, we need to call upon God for healing and renewal and wisdom.”

The Year of Prayer is considered an important step in the new strategy adopted by the Methodist Conference to be an inclusive, evangelistic, growing, justice-seeking Church. It wants to focus resources on helping people explore faith, in starting hundreds of new churches, and in serving communities experiencing marginalization.

To register for the link to the Prayer Meetings go to <https://www.methodist.org.uk/our-work/our-work-in-britain/evangelism-growth/year-of-prayer/>

## **Blessing spoken by Martin Luther King to his congregation in Montgomery as he left them to devote all his time to political action.**

‘And now unto him who is able to keep us from falling and lift us from the dark valley of despair to the bright mountain of hope, from the midnight of desperation to the daybreak of joy; to him be power and authority, for ever and ever’.



## *A Helping Hand*

*There is much we can do just to brighten  
This world of all take and no give,  
There's a great deal that we can contribute  
Through the everyday lives that we live.*

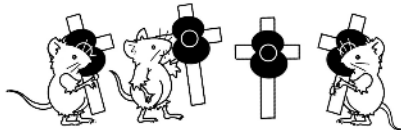
*By supporting one's elderly neighbours  
Or through lending a hand in some way  
It's by taking a bunch of spring flowers  
To someone to brighten their day.*

*It's by sparing a few precious hours  
In the service of those most in need  
It's all about setting a standard  
And trying to give others a lead*

*It's the way that we tend to treat others  
And help and aid folks in distress  
In the care and assistance we offer  
That will set us apart from the rest.*

*The choice that we face is quite simple  
The rewards plain for all men to see  
As you did all of this to my brother  
Then said Jesus, you did it to me.*

*By Colin Hammacott*



## *The Gates of the Kingdom*

*Give us, O God, the needs the body feels,  
Give us, God, the need-things of the soul;  
Give us, O God, the balm which body heals,  
Give us, God, the soul-balm which makes whole.*

*O great God, thou who art upon the throne,  
Give to us the heart repentance true,  
Forgiveness give us of the sin we own, –  
The sin inborn and the sin we do.*

*Give us, O God, a yearning that is strong,  
And the crown of glory of the King;  
Give us the safe home, God, for which we long  
In thy kingdom's lovely gates to sing.*

*May Michael, archangel warrior white,  
Keep down hostile demons of the fall;  
May Jesus Christ MacDavid guide our flight  
And give lodging in his peace-bright hall.*

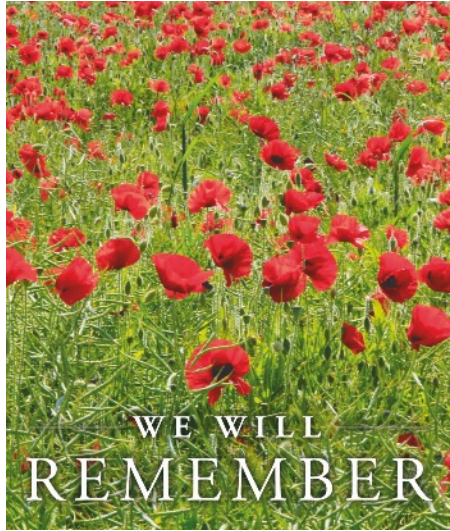
*part of an ancient Celtic prayer from Benbecula*

## **A prayer for racial equality**

Lord God, Creator of all people,  
may your son who suffered the inhumanity of the cross,  
comfort us in our anxiety and in our horror,  
in times that take our breath away.  
May your Holy Spirit inspire us to repentance  
and to action in dismantling the virus of racism  
from within the Church, our nation and our world. Amen

Rev Canon Jeremy Blunden, Rochester Diocese bishop's advisor for  
Black, Asian and Minority Ethnic (BAME)

**For those who  
came home, for  
those who never  
returned...**



**London Poppy day will be taking place 29 October**

**Visit the Poppy Shop to get your Poppy or other items to aid the work of The British Legion.**

**[www.poppysshop.org.uk/collections/poppy-pins-brooches](http://www.poppysshop.org.uk/collections/poppy-pins-brooches)**

**On Sunday 8 November 2020, the National Service of Remembrance is planned to be held at the Cenotaph on Whitehall in London.**





# Anniversaries of 2020

A year full of many different Anniversaries - some are:-

50 Years - 1970 June - Glastonbury Festival CANCELLED



76 Years - 1944 June 6 - D Day landings

75 Years - 1945 May 8 - End of World War II in Europe

75 Years - 1945 September 2 - End of World War II in Asia



75 Years - 1945 Death of Anne Frank

80 Years - 1940 September 15 - Battle of Britain

125 Years - 1895 January 12 - National Trust founded



200 Years - 1820 May 12 - Florence Nightingale born

250 Years - 1770 September 30 - Death of George Whitefield (one of the founders of Methodist movement in the United States)



## 'CARRY ON AFTER GOD'

**Val Elgar** has recently had A Collection of Poems published under the above title and kindly donated a copy to the Kingsdown Messenger. Additionally, we have her permission to use any of its contents whenever any individual poem might appear to be of relevance.

### ENCOURAGEMENT

*In waiting - hoping - longing -  
For some such human touch.  
The hours take eternity  
But it doesn't matter much.*

*Alone I turn to you  
And you answer, I know  
That I am your beloved  
Yes, it's true - I know - I do*

*But you provide the kindly word  
That even a stranger may say,  
And I reply with a truthful eye  
"You made my day!"*

*And as the words tumble out  
Angels in heaven are heard to shout  
"Well done! You know the way  
To make His day"*

*Published by Lulu Press in aid of Parkinson's UK Research.*

ISBN \*DID2830404\*



## Honey, honey!

If your grannie gave you honey when you had a cold, she was right.

Research published in The British Medical Journal has found that honey is especially good for treating upper respiratory tract infections (URTIs) such as the common cold.

Honey has anti-microbial and anti-inflammatory properties. These do better at soothing your cough and sniffles than any of the over-the-counter remedies. In fact, URTI sufferers who were given honey suffered their symptoms for up to two days LESS than those who did not use honey.

All good news, especially as honey is cheap, readily available, and has virtually no side effects.

## ***STOP USING SINGLE USE PLASTIC***

When you shop take reusable bags with you and select loose veg and fruit items wherever you can, avoid pre-packed plastic wrapped items. Take re-usable boxes for your delicatessen, butchery and fish items. Select a brand of tea that is packaged in plastic free tea bags.

Look for drinks, sauces, liquid and other products that are packed in glass or metal - avoid the plastic ones!

Look at these web sites for more information about the war on plastic and what action you can take

[www.edie.net/news](http://www.edie.net/news) [www.sas.org.uk/](http://www.sas.org.uk/) [www.recyclenow.com](http://www.recyclenow.com)

**The good thing about the future is that I have an opportunity to think differently and do things differently and the great blessing is that it always starts immediately**



## Donations Needed

The number of people that need the help of Foodbank continues to grow. Those on low income, no recourse to public funds, benefit delays and changes and ill-health are helped by the service.

When you next go to the Supermarket - Asda, Co-op, Sainsbury's, Tesco, Waitrose - remember to buy some items to put into the Foodbank bin on the way out. *(Or the bin at Church when Church re-opens)*

Currently needed are: Biscuits–Sweet & Savoury•Tinned Soup•Long Life Fruit Juice & Squash•Tinned Fruit & Vegetables•Vegetarian Chilli, Curry & Pies (Fray Bentos)•Ketchup & Mayo•Tinned Fish•Drinking Chocolate•Shower Gel / Hair Shampoo•Nappies -Sizes 4, 5 & 6.

to donate money and keep up to date he visit the website.

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

(which has a very clear red donate button)

## SUPPORT FOR CHARITY SHOPS

Are you feeling the financial squeeze just now, but still enjoy shopping? Why not visit some of your local charity shops?

Never have charity shops needed you so much. Coronavirus has meant a huge drop in donations, and many charities face huge financial shortfalls.

The good news is that charity shops are well worth visiting this summer. Vast amounts of clothes and household items were donated following the lockdown this Spring. Grounded at home, people decided to declutter and clear-out!

The result is that, as a spokeswoman for Oxfam says: "People can expect to find some really great treasures to buy."

It should be very safe to shop, for as Julie Byard of Cancer Research UK, explains, the charity shops put all donated items into isolation before putting them on the shelves. She adds: "We're grateful for all donations and to everyone who volunteers and shops with us."

**Parish Pump**

## **Just as we got a taste of summer - it's time for the clocks to change again.**

After spending a large chunk of the year in lockdown, we find ourselves facing more time indoors as the winter months rapidly approach.

March 2020 was the last time you had to worry about changing your clocks and, in an ironic twist of fate, it was also around the time that the UK first went into lockdown as a result of the coronavirus pandemic.

So, for many, it's hoped that the next change of time will signify things getting back to normal and Covid-19 being gone for good.

We might still be a way off, but here's what you need to know ahead of the big day...

What is the difference between clocks going forwards and backwards?

The saying says 'spring forward, fall back' to help you remember which direction your hours will change. But why do they need to?

In the summer, most notably on the summer solstice, the UK looks forward to around 16 hours 50 minutes of sunlight.

However, winter solstice sees that figure drop significantly to around 7 hours 40 minutes.

By putting the clocks back in the winter, it helps us to take advantage of the little daylight we do get.

Sure, it'll be darker in the mornings and evenings, but you do get an extra hour in bed!

In the summer, however, hours go forward as part of the Summer Time Act, which came into effect in 1916 after a campaign by builder William Willett.

He suggested that clocks should go forward in the spring and back in winter, so people could save energy and spend more time outdoors during the day.

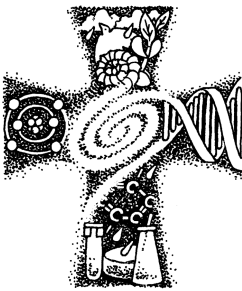
Since then, Britain has seen a variety of different versions of time-changing as a means to determine British Summer Time and various points in the year.

**from Cornwall Live**

## Do the Bible and Science contradict each other?

Science is very good at answering certain types of questions: 'What size is it?', 'How fast does it travel?', 'What is it made of?', and so on. Questions like 'What's it for?', 'What should I do with it?', and 'What's it worth?' can't be answered using scientific methods. Some of the misunderstanding in discussions of science and religion come from not recognising the limits of science.

It's also important to recognise what the Bible is, and what sorts of questions it can answer. The Bible was written well before people began to investigate the world in ways we would recognise as scientific. Of course, people in the Ancient Near East were studying the world around them, observing the movements of the stars, the processes of life and death that happened all around them, the seasons, the behaviour of physical objects, and so on. But they did not study the mechanisms underlying these things systematically using the tools of science, and they did not see or describe the world in scientific terms – not because they weren't intelligent, but because science as we know it wasn't happening at that time.



Instead, the biblical writers used words that were commonly used in their own cultures to record events, share truth and wisdom, and tell stories that convey deep truth about God's character. If we want to understand God's intention in inspiring these words, we need to do some careful work to connect with those ancient writers and find out what they meant, before we can discover what those words mean to us today.

These principles can help us have far more fruitful conversations about science and Christian faith. If we allow any apparent conflict between Science and the Bible to fuel our search for understanding, not only will we learn as individuals, but we will be able to draw others into a conversation that is relevant to wider society today.

**The fact that we are all different is the one thing we have in common.**



## Exercise Classes Re-open

We are now back in action and currently delivering Exercise Classes designed to improve participants Strength, Balance, Coordination and Fitness.

Local Classes (£6 per class) at St Paul's Church Hall, Ridley Avenue  
Monday 12.15 - 13.00 and Wednesday 12.15 - 13.00  
With current restrictions the numbers in each class are limited.

To book a class call 07715170207  
or go to [www.gymcatch.com](http://www.gymcatch.com) then FIND and enter Stayactive4life

Other class's at Greenford Baptist Church, St Stephens Church , Ealing



*...and the theme of this morning's service is... 'Preaching a Gospel of Simplicity'!*