



# KINGSDOWN MESSENGER




*April - May 2022*



# Kingsdown Methodist Church



## April

- 3 Apr 10.30 Rev Ajay Singh, Morning Service
- 10 Apr 10.30 Palm Sunday, Rev Sue Male, Holy Communion 
- 14 Apr 20.00 A United Service at Pitshanger to remember the Lord's Supper
- 15 Apr 15.00 Good Friday, Rev Sue Male
- 17 Apr 10.30 Easter Day, Mr Philip Male
- 24 Apr 11.00 CIRCUIT SERVICE venue tba

## May

- 1 May 10.30 Local Arrangement
- 8 May 10.30 Rev Sue Male, Holy Communion 
- 15 May 10.30 Mr David Street, Morning Service
- 22 May 10.30 Mr Philip Male, Morning Service
- 29 May 10.30 Rev Sue Male, Morning Service



### The KINGSDOWN MESSENGER

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Dear Friends

I am looking forward to sharing Easter Celebrations with you this year after a very disrupted couple of years!

At the time of writing this, we are midway through Lent. Many of us have been following the Circuit Lent Course, "Unless God Builds the House" in which we have looked at issues around community, housing and homelessness. This encourages us, as individuals, as churches and as Circuits to act in order to improve the lives of people in the community around us.

### INDIVIDUAL / LOCAL CHURCH RESPONSES

At Kingsdown Church, donations for the "All we Can" emergency appeal were collected in church and through a table top sale for the community in order to help some of those affected by the war in Ukraine. I am not sure of the total collected, but it was well over £500. (*Actual Total raised was £ 755 Ed.*) Many thanks to those who were involved in any way in raising this money. Ealing Green plans a similar appeal.

At both Ealing Green and Kingsdown members and volunteers supported the new "Covid- shaped" Night Shelter project by providing meals for the clients who are temporarily housed in a hotel in individual rooms. Members and volunteers from both churches have also done similarly by volunteering in the Food Bank, which has also been re-shaped to be safe in the midst of Corona Virus.

At Ealing Green people responded to the "Unless God Builds ..." course by moving forward with plans to start a weekly coffee morning. This was inspired by several things:

Reports of a very successful FREE coffee morning being held weekly by Hanwell Methodist Church, which was seen to be building community links and giving everyone a chance to chat ... about everyday things, and more difficult things. Here members are standing in the street encouraging people to come inside. (See the current 'In-touch' p.9 Ed.)

A report back from Phil Male who visited Leeds recently and was handed a flier whilst walking in the street urging him too to come inside to the local Methodist hub for a free coffee. Something he took up, and found that the place had become a meeting place for students.

A sense amongst church members that the best part FOR US of our previous mission work through food bank and night Shelter was the opportunity to get to know people who came to them. We missed this and hope that the Free Coffee Morning idea will yield the same kind of fruitful opportunities.

This project needs volunteers. I have deliberately kept it in the Kingsdown version of this letter as well as the Ealing Green version, because it seems to me an ideal opportunity for the two (or three) churches in our section to work together. So – the current aim is to open up for free coffee at Ealing Green in the foyer on Tuesday mornings between 10 am and 12 noon starting in May. If you would be willing to volunteer to help serve refreshments and/ or chat with visitors please either tell Helen Harper or myself. Please tell us whether you can commit to weekly, fortnightly, monthly – or whatever! – rota duties. If you have friends who are not church members who would like to volunteer too then please also give us their names! They are very welcome – we would love to work alongside them!

## CIRCUIT RESPONSE

The Ealing Methodist Circuit is holding a get together at Hanwell Methodist Church on Saturday April 9th (10 am – 2 pm) to look at what our mission as a Circuit might be able to look like.

There are some projects which are really valuable, but too big to be carried out by the local church!

Come and dream dreams about what the Circuit could do, and listen to suggestions from “Christians Against Poverty”, “Foodbank”, “Night Shelter” and from people who have been on the receiving end of these initiatives, and can therefore tell us more about what is needed than we can ourselves know.

### Lent and Holy Week Worship

... and of course all of this is done in the context of our Christian living and worship

Friday online worship for the section still continues with good attendance, and has become a lovely supportive group.

Sunday services are all in person with Live stream available from Ealing Green.

In Holy Week:

**Maunder Thursday**

We have a section Holy Communion Service to remember the Last Supper at Pitshanger Methodist Church at 8pm.

**Good Friday**

9.30 am Good Friday Worship at Ealing Green.

10 am or 10.15 am (depending on start point) Ecumenical Good Friday Walk of Witness.

3pm Good Friday Worship at Kingsdown.

**Easter Day**

10.30 am Easter Worship led by Phil Male at Kingsdown

11 am Easter Holy Communion at Ealing Green

2pm Easter Holy Communion at Pitshanger



Looking forward to sharing these with you. For the remainder of Lent I wish you many happy hours drawing close to God in life and prayer.

With Blessings

*Sue*

**REPORT FROM CHURCH COUNCIL 30<sup>th</sup> March 2022**

The Council agreed that Kingsdown should move forward towards registration for the solemnization of same-sex marriages along with marriages that need to take place away from the building on account of extreme circumstances, eg because one of the couple is housebound or seriously ill and unable to be moved etc, and also blessings of same-sex unions. In order to comply with the law, the next step is to consult the New Testament Church of God (the afternoon congregation) as they are considered to be a 'sharing church' at Kingsdown. They do not have to accept the validity same-sex marriage but they do need to give their consent to the building being used for that purpose. Once that has been done, we can complete the necessary paperwork and apply to the Registrar for registration.

**Gerald Barton - Secretary to Council**

# ***Family News***

Many of you will have heard the sad news of the death of Leo Garrett following his admittance to hospital, where he contracted covid and died in a very short space of time. His funeral arrangements are planned for Thursday 7 April, 1.20 pm at Mortlake for family, followed by a Thanksgiving Service at Kingsdown Church at 1 pm, after which refreshments will be served in the Church Hall.

We have recently received news of the death of Nora Wooldridge, who some of you may remember as a long time member of Pitshanger Church. Nora moved to a Nursing Home to be near her daughter and family (following the death of husband Sydney). Her service took place at St Peter's Church, Goldhanger on Wednesday, 27 October 2021.

The Rev David Holland has also remained in touch with Kingsdown over the years since being our minister and, for those who remember him, you may wish to learn that David died on 25 January 2022. A memorial service took place at Trinity Church on Thursday, 1 February, followed by a committal service at Randalls Park Crematorium. At that time, the family thanked everyone for their kind thoughts and messages of support over the loss of David.

**A further contribution has been received from Anna Church about a second granddaughter : TOULA FALVEY**

Our granddaughter Toula came to stay with us in the summer of 2020 to train and be a part of the British Water Polo Team. All was going well; she had been in several events all over the country. Then on the evening of the 16<sup>th</sup> of July she started to complain of stomach pains - which got steadily worse - so we took her to Ealing Hospital; by late evening she had been admitted, and by next morning she had been diagnosed with a renal thrombosis. She was then transferred to Northwick Park Hospital where they fought to save her kidney. Thank God the surgery was successful, but she was put on blood thinners which prevented her from playing water polo! Alternative medicines are now being sought so that Toula can start playing again, and she hopes to come over from the States again this summer to join the British Team. Her plan is then to go to Durham University in the autumn to do a Masters.

*(We wish Toula every success with her future plans, and will be interested to learn how she fares. Ed)*

## CONTRIBUTIONS FROM JUNIOR CHURCH

The Lord is a candle, it always shines in the dark.  
It brings hope for the future. Aiden

Lord give me strength, Lord give me courage, through my  
voyage in the forest. I am free to be whatever I want to be  
the wild is on my side. I am locked in a tomb - in a dark  
room the Lord is my light and he may guide me to the path  
of righteousness which is right! Charlie

Seventeenth of February 2022 Storm Eunice showed up.  
It came out of the blue; fences were broken, trees came  
crashing down. If you looked outside no one was around.  
People were injured - some people even died.  
Meanwhile God was watching us from the sky.  
He gives us courage and sends us love; He gives us  
strength from there up above.

We're grateful for him and everything he's done; not just  
him, we're grateful for his son. Umara

God is my Saviour I pray to him every day  
I can trust him with every word that I say.  
I love him so much because he is my light  
No matter what I do I pray to him every day and night.  
He teaches me lessons so I learn from him  
I know what's right because he steers me away from sin.  
Alesha

The Lord is my lite. He looks after my family. Alex

How small a spark has lit a living fire!  
How small a flame has warmed a bitter world!  
How great a heart was moved to hope, to dare to bring the  
faith out in the open air. No dawn day sign will stand  
against this faith. Junior

Animals on the ground, where you can see  
Animals in the sky, and some in the sea.  
God is powerful, God made us all  
God is great, the world he rules.  
We ask for help, he gives us love  
He does all of this from up above. Tutonda

# Boy's Brigade Newsletter



When we properly returned to BB in September 2021 post-Covid restrictions, we did so as a Boys' Brigade Company in which the older lads of the award-winning Band and Drill Squads had not marched, played or rehearsed together for over 18 months. Our first few weeks of practice in the autumn were, understandably, somewhat fragile, but very soon we saw glimmers of hope as the chaps began to slowly regain their former sharpness.

In October, it was announced that BB London District would once again be holding a proper day of Band and Drill Championships in the spring of 2022, and we were faced with one simple question: having been out-of-the-game for so long should we enter the competitions and devote five months of our programme to hard work, discipline and possible heartache.

We watched the Boys in rehearsal and recognised in them the 10th Ealing spirit-of-old, and our decision was made for us: we would indeed enter the championships, and we would do our darndest to inspire the lads to excel and to push themselves beyond their limits.

With advice from Mr David Lane (Bandmaster/Drillmaster in absentia), we formed a plan and began to learn the Band routine and the Drill paper. The first months were, to say the least, a struggle, but we kept on encouraging the lads, fully believing that they really had it in them to make their mark on the competition day.

Throughout January and February we persisted and, after the half-term break, for the first time, we recognised that the lads were making definite progress, and we were faced with the unenviable task of picking the final team to compete. There were some very interesting conversations with the most gifted members ("What? You want me to play the solo section? On my own?"), but by the beginning of March we had honed the ideal and best-balanced list of young men for the task.

As we moved into mid-March, the older team members insisted on an extra practice (this was their idea, and not the staff's) so we obliged and held a Wednesday night meeting (no football, no gym, just hard work and practice), and our final rehearsal on Friday 25 March was solid and encouraging.



And then, overnight, something magical happened, and when the Band and Drill Squad hit the competition floor on the Saturday afternoon, the lads had transformed into a precise and well-oiled machine, consisting of sixteen dedicated young men, determined to give their all -- for themselves, for their team-mates and for their company. They were simply brilliant (just ask any of our gang of wonderful supporters).

It came as no surprise to discover an hour later that the judges had voted us Best Drill Squad and Best Musically Accurate Band (we've held the latter title since 2009 unbroken). Actually, truth to tell, there was no magic involved: it came down to hard work, team spirit, and the old-fashioned 10th Ealing BB sense of determination.



Congratulations to the Band Staff, but most of all, hats off to the lads themselves.

10th Ealing are back in business. Roll on the summer session!

Tony Plews  
Company Captain





## How can we help Ukraine?



### THE HOMES FOR UKRAINE SCHEME

The Government have established the Homes for Ukraine scheme, giving the chance for individuals within churches and communities to host a refugee or family from Ukraine.

The scheme is currently for individuals to sponsor a person seeking sanctuary to enable them to live in the UK. There will be a scheme for groups (including churches) to sponsor a person or family, which will be announced at a later date. We will publish details as soon as we have them.

To apply to be a host for the scheme, individuals must be able to offer a room in their home or to provide self-contained accommodation. They must be able to identify a Ukrainian national to sponsor and support their Visa application form.

Apply and get matched up - we encourage you to sign up through the scheme through Reset UK, who will match refugees seeking to come to the UK with hosts. Reset will provide training and support for hosts and refugees as they are matched.

Register with Homes for Ukraine here: [www.homesforukraine.org.uk](http://www.homesforukraine.org.uk).

If you are approached by a refugee seeking assistance we recommend that you direct them to Homes for Ukraine, where they can register to be matched with a host.

You can find out more from the government information on the scheme at [gov.uk/homes-for-ukraine](http://gov.uk/homes-for-ukraine).

Share with others - Please promote Homes for Ukraine to individuals in your churches and community.

We hope to be connexional in our response to link up Methodists who have volunteered, to enable them to receive support.

Can I connect with a Methodist? There are about 300 Methodists in Ukraine. Most of those who have fled are being cared for in neighbouring countries. The church leaders in the region will be in touch with us if there are individual cases of refugees who want to come to the UK, but they are grateful to us if we can take in refugees in general.

from <https://www.methodist.org.uk/our-faith/prayer/ukraine/>

## Prayers

Loving God, your Son Jesus Christ, wept over Jerusalem.

Today, we weep over Ukraine.

We weep for those uprooted from their homes and lives.

We weep for those cowering in basements.

We weep for those who have witnessed death and destruction on their streets.

We weep for those separated from parents, from children, from spouses and siblings.

We are amazed at the resilience of people seeking to comfort those in need and so we pray for Governments opening up borders so that Ukrainians can have safe passage.

We pray for churches and individuals providing food, clothing and shelter.

We pray for medical workers ensuring that shattered bodies are put back together again.

We pray for ordinary Russians demonstrating and voicing their disapproval of the military actions in Ukraine.

May the Holy Spirit give us the willpower to turn our tears into action also.

May we, through our words, prayers and example pursue the things that make for a just peace in the world today and especially in Ukraine.

In the name of Jesus Christ, we pray.

## **Continuing Emergencies and other projects that still need support**

The logo for 'All We Can' is a yellow square with the words 'ALL WE CAN' written in black, bold, uppercase letters. The text is arranged in three lines: 'ALL' on the top line, 'WE' on the middle line, and 'CAN' on the bottom line. The square is tilted slightly to the right.

The Ukraine is the current Emergency appeal but we must remember that there is still a continuing need to support other 'Emergencies' and 'Partner Programmes' that have to some extent been overshadowed by the current news. All We Can continues through its partners to provide support for these - some brief reminders are:

2011 Protests began in Damascus – Syria's capital. Syria's Civil War continues. Countless families have been forced to flee their homes, and 13.5 million people have been forcibly displaced. Za'atari refugee camp in Jordan is currently home to more than 80,000 Syrian refugees – of whom over half are children.

2017 Rohingya refugees in Bangladesh. Many Rohingya people fled Myanmar in 2017 and since then hundreds-of-thousands of Rohingya refugees are now living in camps in Bangladesh. A further emergency was the major Kutupalong mega camp fire in 2021 which displaced more than 45,000 people.

2019 Heavy rains throughout Southern Malawi caused severe flooding. A state of emergency was declared due to the widespread devastation, loss of life and displacement of tens-of-thousands of people. The impact of Cyclone Idai then exacerbated the disaster. The Cyclone passed over Southern Africa affecting Malawi, Zimbabwe and Mozambique.

2019 Hurricane Dorian made landfall in the Bahamas - the most intense tropical cyclone to hit the region. An estimated 70,000 were made homeless.

2021 A powerful earthquake struck Haiti's Southern Peninsula and claimed more than a thousand lives. Many more have been injured.

2021 Harvest Appeal to help farmers in Nkayi, Zimbabwe combat arid farming conditions exacerbated by complications caused by Covid.

2022 Lent appeal to enable All We Can's work to continue, meaning women like Vaiter and her family will see their potential fulfilled.

## Walking humbly with our God



In our acting justly and loving mercy, how do we also walk humbly with our God, as required in Micah 6:8?

This is the question we will journey with through Lent 2022.

In partnership with Ecocongregation Scotland, the Quakers, Young Christian Climate Network, the Church of

Scotland and Operation Noah we will work out what it looks like to walk humbly with our God as we continue giving, acting and praying for climate justice.



## An Easter prayer

O Lord God, our Father, You are the light that can never be put out; and now You give us a light that shall drive away all darkness. You are love without coldness, and you have given us such warmth in our hearts that we can love all when we meet. You are the love that defies death, and you have opened for us the way that leads to eternal life.

None of us is a great Christian; we are all humble and ordinary. But your grace is enough for us. Arouse in us that small degree of joy and thankfulness of which we are capable, to the timid faith which we can muster...to the wholeness of life which you have prepared for all of us through the death and resurrection of your Son. Do not allow any of us to remain apathetic or indifferent to the wondrous glory of Easter, but let the light of our risen Lord reach every corner of our dull hearts.

Karl Barth

*Karl Barth was the prominent Protestant theologian of his day. Much of his life was devoted to resisting the Nazis.*

**To be a Christian without prayer is no more possible than to be alive without breathing. (Martin Luther)**

## **10th April - Palm Sunday**

### **Jesus at the gates of Jerusalem**

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. On this day churches worldwide will distribute little crosses made from palm fronds in memory of Jesus' arrival in Jerusalem.

## **14th April - Maundy Thursday**

### **the first Last Supper commandment**

Maundy Thursday is for the Christian Church worldwide a special birthday. It commemorates the first Last Supper, which is the foundation for Holy Communion, a ritual that is celebrated somewhere in the world every day - and especially on Maundy Thursday.

The word 'Maundy' comes from the Latin 'mandatum' which means 'commandment.' After humbling himself by washing the feet of his disciples, sharing bread and wine with them, and predicting that Peter would deny him, Jesus gives his followers a new commandment, or mandate:

'A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples if you love one another.' (John 13: 34-35)

## **15th April - Good Friday**

### **Jesus and the thieves on the Cross**

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.

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).*

## **17<sup>th</sup> April - Easter Sunday**

As the traditional Easter story is rehearsed again this month, you may notice that there is one name that frequently occurs. It is that of the 'other' Mary – not the mother of Jesus, but Mary of Magdalene, who stood by her at the cross and became the first person actually to meet the risen Christ. That's quite a record for a woman who, the Gospels tell us, had been delivered by Jesus from 'seven devils' – New Testament language for some dark and horrible affliction of body, mind or spirit. As a result, her devotion to Him was total and her grief at His death overwhelming.

In church history Mary Magdalene became the 'fallen woman' a harlot who was rescued and forgiven by Jesus but there is no evidence to prove she was a 'fallen woman' but the contrast is sublime, Mary the virgin mother, the symbol of purity. Mary Magdalene, the scarlet woman who was saved and forgiven, the symbol of redemption. Surely, we all fall somewhere between those two extremes.

The dark cloud from which she was delivered may have been sexual, we are not told. What we do know is that the two Marys stood together at the cross, the Blessed Virgin and the woman rescued from who knows what darkness and despair.

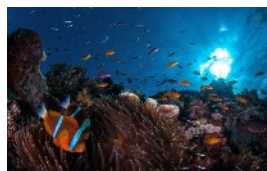
The second great moment for her was as unexpected as it was momentous. She had gone with other women to the tomb of Jesus and found it empty. An angelic figure told them that Jesus was not there, He had risen – and the others drifted off. But Mary stayed, reluctant to leave it like that. She became aware of a man nearby, whom she took to be the gardener. She explained to him that the body of ‘her Lord’ had been taken away and she didn’t know where to find Him.

The man simply said her name ‘Mary’ and she instantly realised it was Jesus. She made to hug Him, but He told her not to touch Him because His resurrection was not yet complete. She was, however, to go to the disciples and tell them she had met Him. She did – but they wouldn’t believe her.

Her words – ‘I have seen the Lord’ – echo down the centuries, the very beating heart of the Christian gospel.

## 22<sup>nd</sup> April - World Earth Day

It may surprise you that World Earth Day is not another knee jerk response to the environmental issues that have been in the headlines in recent months. World Earth Day started 50 years ago in 1970 with the mission to invest in the future by taking action, not just because we care about the natural world, but because we all live on it. World Earth Day’s message is that every one of us needs a healthy Earth to support our jobs, livelihoods, personal health, survival, and happiness. ‘A healthy planet is not an option - it is a necessity’. A good way to join in the action is to take part in a Sword Earth Day event near you. To find one, go to: <https://www.earthday.org/earth-day-2022/> Scroll down the page to a map of the world, zoom in on the British Isles and click on a coloured dot near you. Happy Earth Day!





## 26th April - St George's Day

Have you seen the film *How to Train your Dragon*? It's set in a Viking village under attack from dragons, who steal livestock and burn down houses. Hiccup, the village Chief's son, invents a machine to capture dragons. However, when he catches one of the most dangerous dragons, he cannot kill it, when he sees that the dragon is just as frightened as he is. Through this friendship, the people and dragons eventually learn to live in harmony.



This month we celebrate St George, the patron saint of England. He is famous for slaying a dragon, a tradition which became popular in the Middle Ages. Whether he killed an actual dragon is open to question!

However, we do know that the original George was a Roman soldier at the time of Emperor Diocletian. He refused to renounce his faith, as commanded by the Emperor, resulting in his death on 23 April 303 AD.

The contrast is clear: St George slayed the evil dragon, while Hiccup refused to kill one. However, they also have something important in common. Both acted according to their conscience, defying the popular understanding of those around them and not worrying about the personal cost to themselves. St George was martyred for standing up for his faith in Jesus before a pagan emperor, while Hiccup risked rejection by his father and village because of his compassion.

Today, we are still called to stand for Christ against wrongs and injustice in daily life, whatever the personal cost. However, we also need to be ready to look our enemies in the eye and meet their hostility with love and compassion. This is why we also remember this month that Jesus died and rose again, so that we might have God's power to do this in our lives.

**I do not want the peace that passes understanding; I want the understanding which brings peace. (Helen Keller)**

## 24<sup>th</sup> May - John and Charles Wesley

John and Charles Wesley were the founders of Methodism. Two of 19 children born to Samuel and Susannah Wesley of Epworth Rectory in Lincolnshire in 1703 and 1707, their father was the local rector, while their mother was a spiritual inspiration to her many children.

Both John and Charles went to Christ Church, Oxford (1720 and 1726). John was ordained, and Charles and some friends formed a 'Holy Club' while still at college. It consisted of men who dedicated themselves to Bible study, prayer, fasting and good works. Such regular disciplines soon earned Charles the nickname 'Methodist'. The name stuck.

Both Charles and John felt called to the mission field, and so in 1735 they sailed to Georgia. Their time among Indians in America was not a success – they struggled for any real spiritual authority in their ministries. Feeling failures, they returned to England in some depression. John summed it up: "I went to America to convert the Indians; but, oh, who shall convert me?"

Then the Wesleys made friends with some Moravians. They stressed that salvation cannot be earned, but must be received by grace through faith in Christ. Charles was the first to experience this 'true' conversion, when on Pentecost Sunday, 21st May 1738, he wrote that the Spirit of God 'chased away the darkness of my unbelief.'

Only three days later, on 24th May, 1738, it was John's turn. As he wrote in his journal: "In the evening I went very unwillingly to a society in Aldersgate Street, where one was reading Luther's preface to the Epistle to the Romans. About a quarter before nine, while he was describing the change which God works in the heart through faith in Christ, I felt my heart strangely warmed."

John and Charles Wesley then devoted the rest of their lives to sharing the Good News of Jesus Christ. In doing so, they turned England upside-down. When the established Church threw John out, he took to the fields, preaching to coal miners and commoners.

His itinerant evangelism took him 250,000 miles on horseback and to preach over 40,000 sermons. His small 'societies' attracted some 120,000 followers by the time of his death.

Charles became the most prolific and skilled hymn-writer in English history, writing hymns that are sung widely today, such as 'Love Divine, All Loves Excelling.' In all, he wrote more than 6,000 hymns.

The legacy of the two brothers lives on. As well as Methodism, their teaching has widely impacted the holiness movement, the Pentecostal movement, and the charismatic movement.

## **26<sup>th</sup> May - Ascension Day**

These are the 40 days during which the Risen Christ appeared again and again to His disciples, following His death and resurrection. (Matthew 28; Mark 16; Luke 24; and John 20.)

The Gospels give us little of Christ's teachings and deeds during those 40 days. Jesus was seen by numerous of His disciples: on the road to Emmaus, by the Sea of Galilee, in houses, etc. He strengthened and encouraged His disciples, and at last opened their eyes to all that the Scriptures had promised about the Messiah. Jesus also told them that as the Father had sent Him, He was now going to send them – to all corners of the earth, as His witnesses.

Surely the most tender, moving 'farewell' in history took place on Ascension Day. Luke records the story with great poignancy: 'When Jesus had led them out to the vicinity of Bethany, He lifted up His hands – and blessed them.'

As Christmas began the story of Jesus' life on earth, so Ascension Day completes it, with His return to His Father in heaven. Jesus' last act on earth was to bless His disciples. He and they had a bond as close as could be: they had just lived through three tumultuous years of public ministry and miracles – persecution and death – and resurrection! Just as we part from our nearest and dearest by still looking at them with love and memories in our eyes, so exactly did Jesus: 'While He was blessing them, He left them and was taken up into heaven.' (Luke 24:50-1) He was not forsaking them, but merely going on ahead to a kingdom which would also be theirs one day: 'I am ascending to my Father and to your Father, to my God and your God...' (John 20:17)

The disciples were surely the most favoured folk in history. Imagine being one of the last few people on earth to be face to face with Jesus, and have Him look on you with love.

No wonder then that Luke goes on: 'they worshipped Him, and returned to Jerusalem with great joy. And they stayed continually at the temple, praising God.' (Luke 24:52,53)

No wonder they praised God! They knew they would see Jesus again one day! 'I am going to prepare a place for you... I will come back and take you to be with me that you also may be where I am.' (John 14:2,3)  
In the meantime, Jesus had work for them to do: to take the Gospel to every nation on earth.

## Easter – when is it?

For Christians of all denominations Holy Week and Easter is the most important annual celebration. The date we celebrate it is, however, usually different between the Orthodox and Western churches because of the method used to calculate when it falls depends on different calendars, how the vernal equinox is calculated, and our different geographical positions in the world. There is a very good and full explanation of the reasons for the differences at:

<https://study.com/blog/why-is-orthodox-easter-usually-a-different-date-than-the-catholic-one.html>

Occasionally, the Western and Orthodox Easters coincide. The last time this happened was 16 April 2017, and the next time will be 20 April 2025. The dates throughout this Ideas Forum - are for the Western churches; for the Orthodox churches Easter Day this year is 24 April.



Northern Rock, Ravenglass Railway

## *He too*

*When the blackest clouds enfold us  
When the strongest winds may blow;  
When our dearest friends have sold us  
And we have nowhere to go,  
In the depths of great despairing  
Through the sharpest jabs of pain  
There we find our Father, caring  
Giving shelter from the rain.*

*For He too, one dreadful Friday  
Saw His most beloved Son  
On a cross, raised by a highway  
Naked, bleeding, cruelly hung.  
Yes, He too has felt the starkness  
And He too has been betrayed  
For He too has known the darkness  
And the price which must be paid.*

*As you weep, reach out your fingers  
Feel His gentle, loving hand,  
Feel the care just He can bring us  
For your life is known and planned.  
He too knows the path before us  
And He too has fought the fight  
Only Jesus can assure us  
On our journey to the light.*

*by Nigel Beeton*



**Every evening I turn my troubles over to God. Why not?  
He's going to be up all night anyway.**



## THREE SCORE YEARS AND TEN

*That's what they used to say, in the past.  
If you were lucky, that's how long you'd last,  
Before the NHS, and their medication,  
Created a growing, elderly nation.  
6th February, 1952; King George VI passed away.  
Some of us will still remember the day.  
The young Elizabeth: the moving scene:  
Seeing Her step off the plane, already our Queen.  
Three score years and ten have passed.  
And She has never been outclassed.  
Queen Elizabeth has reigned with perfection,  
Earning our sincere and deep affection.  
Here's to the Platinum Jubilee Celebration,  
As we gather together, across the nation.  
A timely reminder that there's plenty to cheer,  
Especially for us who are still here.*

*Joyce Hobson. February 2022*

### A bit of local history??



Where is this milestone situated??

Answer on p31

## *Platinum Peace, by Steven Rolling*

*Psalm 21 v.1-7; Tune: Gonfalon Royal – ‘The royal banners forward go’*

*Blessed people of platinum year  
Of seventy years past and dear  
Elizabeth your servant reigns  
Christ-like her life with no unfeigns*



*The Queen shall joy in your strength, Lord  
Rejoice in your salvation, Lord  
You have, Lord, given her what she  
Desired in heart, and heard each plea*

*For you meet her with the blessings  
Of goodness, each her honour brings  
You set crown of gold on her head  
Faithful she peoples still has led*

*She asked life of you, and you gave  
Her life, and salvation to save  
Even length of days for ever  
His witness to you fades never*

*Her glory is great in your deeds  
In your salvation, it she heeds  
Honour and majesty have you  
Laid on her, as King David true*

*For she trusts in you as did he  
Of old, now so these days does she  
Through the mercy of the most High  
She not be moved, knows you are nigh*

## Bible Booklets for Egypt

Egypt has by far the largest Christian population in the Middle East. But many of Egypt's Christians are very poor. In the extremely deprived area on the outskirts of Cairo nicknamed 'Garbage City', the vast majority of families are Christian. They make a living from recycling the rubbish that surrounds them.



Recently a supporter of the Bible Society was so moved, after hearing how the team in Egypt were reaching 10,000 of God's children with backpacks full of Bible booklets and Scripture resources, that she gave generously to double the amount of backpacks distributed last December to 20,000.

The 20,000 children who received the backpacks come from families who would not be able to afford such items without help. Now they will be able to better engage with the Scriptures through books and games and build up their hope in Jesus.

The backpack resources are designed to help the children engage with the Scriptures and build up their hope in Jesus. The backpacks included a board game, puzzle, a Bible storybook and a children's tract titled 'Do not Fear' among other things.

One nine-year-old boy, Kirolus, said, "I never have had a puzzle before, and I am so happy to receive one in my bag. Also, I like to build stuff, and I will put the manger together too. We live in the garbage village and I found some parts of toys, and I like to put them together. Now I have two new things to build."

If you would like to contribute, please visit  
<https://www.biblesociety.org.uk/get-involved/donate/>



Chihuly Glass

Exhibition

Kew Gardens 2019

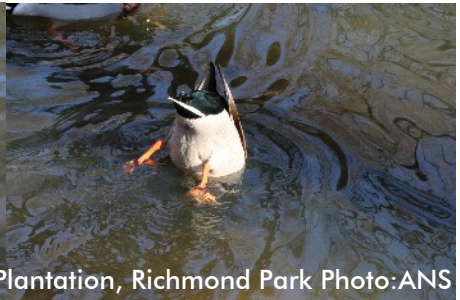


## **SPRING**

*An acrostic poem*

*(Taking each letter of the title word to start the next line of the verse)*

*Spring has arrived with armfuls of blossom,  
Petals of every colour and hue,  
Rain and sun caressing the earth  
Inspiring spring bulbs to come into view  
Now is the time of new beginnings  
Giving us pleasure all season through*



Isabella Plantation, Richmond Park Photo:ANS

# The Wonder and the Sorrow of PCR Tests

PCR tests are a fact of life for most of us at the moment. As a biologist who was doing this procedure long before most people had heard of it, I take secret delight in people's use of the acronym. Let me open the laboratory door and share the wonders it conceals.



The swab that you, or someone else, pokes down your throat and up your nose goes into a tube containing a little liquid. That liquid is then heated or mixed with a chemical to kill any live virus particles, then purified to get rid of every part of the virus except RNA.

The test is actually RT-PCR, the first step being Reverse Transcription by an enzyme that converts any RNA present into DNA. Multiple copies of that DNA are then made using the Polymerase Chain Reaction. Reverse transcription produced one half of a DNA helix, like one side of an unzipped zip. The enzyme DNA Polymerase is a little like the zipper, except as well as zipping up it also manufactures the other half of the zip using DNA subunits that have been added to the tube. This process works because a bit like a zip, the two sides of the DNA helix are mirror images of each other. If that new helix is unzipped, DNA polymerase can then make a new strand on both sides.

The beauty of PCR is in its simplicity. Multiple rounds of heating (which melts the DNA helix strands apart) and cooling (which allows the enzyme to make new DNA) produce more and more mirror-image DNA strands.

Scientists often have stories to tell about the wonders they study, or make use of, in the lab. Sadly, if this particular process works it means that there was probably COVID-19 in the sample, and someone may be about to become quite ill.

Do you live with similar tensions in your own life? Perhaps you sell a fantastic product that most people in the world can't afford. Maybe you love taking care of people, but your role only exists because others live with great physical or mental challenges.

For the Psalmists, a relationship with God was forged in the confusing space where the struggles of life mingled with praise for creation and trust in Him. How can we learn from these inspired ancient writers, celebrating the wonders we experience in our day-today lives while also lamenting the world's brokenness, praying for healing and justice?

by Dr Ruth M Bancewicz, Church Engagement Director  
The Faraday Institute for Science and Religion in Cambridge

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## Dem Bones, dem bones



It has been said that the body of any organisation is made up of four types of bones....

There are the Wishbones – who spend their time wishing someone else would do something about the problem under discussion....

There are the Jawbones – who spend their time talking about the problem.

There are the Knucklebones – who spend their time knocking everything that everyone has already done or would like to do.

Finally, there are the Backbones who quietly come along, get under the load, and carry it!

Which type of bone are you?

---

The UN has highlighted that the crisis in Madagascar is caused by human made climate change. We ask God for forgiveness for humanity's poor stewardship of the earth, which is causing such suffering.

We pray for guidance and wisdom for world leaders - and for each of us as individuals - as we seek to tackle the climate crisis, which is having such a devastating impact on some of the world's poorest people.

**CBM Prayer**

## Ten little Christians

Ten little Christians went to church when fine,  
but it started raining and then there were nine.  
Nine little Christians stayed up very late,  
one overslept, and then there were eight.  
Eight little Christians on the road to Heaven,  
one joined a rambling club, and then there were seven.  
Seven little Christians heard of Sunday 'flicks',  
one thought they'd like to go and then there were six.  
Six little Christians kept the place alive,  
till one bought a television then there were five.  
Five little Christians seemed loyal to the core,  
the minister upset one, and then there were four.  
Four little Christians argued heatedly  
over forms of worship and then there were three.  
Three little Christians sang the service through,  
got a hymn they didn't know and then there were two.  
Two little Christians disputed who should run  
the next coffee morning and then there was one.

One faithful Christian knowing what to do  
went and visited a friend and then there were two.  
Two sincere Christians went out to seek two more,  
so their numbers doubled and then there were four.  
Four devoted Christians simply couldn't wait,  
till they found four others and then there were eight.  
Eight eager Christians searching round for souls,  
praying, working, caring, drew others in by shoals,  
Shoals and shoals at every service cramming every pew,  
Lord, supply this grace and zeal right here in our Church  
too.

from ACE Forum

## Fear

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

*Panic. Confusion. Fear and uncertainty.*

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

*our souls shrinking back amid growing distress,*

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

*this pandemic of anxiety seeming less like a phase*

*and more like the status quo.*

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

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

*loved, accepted, worthy, free -*

*days to see that a saviour is shining in the dark*

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

*these are the days for stones to be rolled back*

*for joy to rise up and peace go on the attack*

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

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

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

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

*wins.*

from Gideon Hough, Tear Fund



Two donkeys were walking the streets of Jerusalem. One said: "Just a few days ago I came down that hill carrying Jesus, and the people were all singing and shouting and throwing down their cloaks and palms for me to walk on. But today they don't even recognise me."

The other donkey replied: "That is how it is, my friend. Without Jesus, none of us amounts to much."

## Help the Environment

### Food Waste feeds Climate Change - YOU can do something about that - some ideas.

1. Planning for all your meals in detail for a week will drastically reduce your food waste. When you get to the supermarket you will know precisely what you need.
2. Check your food cupboards and cross off listed items already in store.
3. Consider alternatives such as frozen vegetables instead of fresh, Extra Filtered or UHT milk for longer storage life.
3. Freeze any surplus to your immediate needs as well as leftovers for future use. Includes Eggs (cracked into small containers), Peeled Bananas, Butter, Breadcrumbs, Milk, Flour, Herbs and Chillies, stock etc
- 4 Wash berries in a 1 part vinegar and a 10 part water solution before storing them - it can help strawberries last 2 weeks longer and you won't taste the vinegar.
5. Wrap cheese in baking parchment not cling film - it needs to breathe.
6. Wrap broccoli and celery in foil not cling film, it helps them last up to 1 month longer.
7. Store apples and potatoes together. The ethylene released from the apples help keep the potatoes fresh .

**We haven't got a plan, so nothing can go wrong.  
(Spike Milligan)**



## **NEED HELP TO KEEP ACTIVE!!**

Then join Aran & Marilyn Summers Classes  
now back in action on Mondays  
at St Paul's Church Hall, Ridley Avenue.

Strength & Balance Class Level 1 & 2  
(12.00 - 12.45 pm)

Zumba Gold Class (1.00 - 1.45 pm)

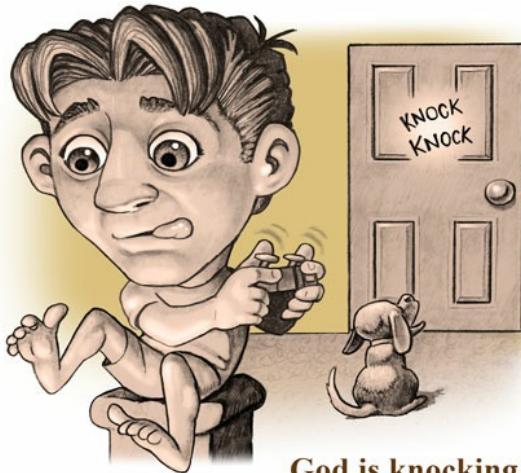
Look at the website for more information and to BOOK a CLASS  
<https://bookwhen.com/sa4l#focus=ev-s2e3-20220214093000>

<https://www.careplace.org.uk/Services/14856>

Mobile: 0771 517 0207 E-mail: Admin@StayActive4Life.co.uk

Course Members also have access to Online Classes so they can work  
out at home in their own time.

If St Paul's is not convenient then look at the website for the other  
locations across Ealing.



**God is knocking...  
Are we too busy to answer?**

Illustrated by Ian Coate.

*The milestone on p22 is located outside 175 Uxbridge Road*

**I do not want the peace that passes understanding; I want  
the understanding which brings peace.(Helen Keller)**