



# KINGSDOWN MESSENGER



*August - September 2021*



## Kingsdown Methodist Church



- 1 Aug 9.30 Rev Rachel Bending
- 8 Aug 9.30 Rev Sue Male, Holy Communion
- 15 Aug 9.30 Local Arrangement
- 22 Aug 9.30 Rev Rachel Bending, Morning Service
- 29 Aug 9.30 Local Arrangement  
6.30 Circuit Service, Acton Hill



A Circuit Service Plan has only been issued for August and, as we understand it, You Tube Services will continue to be streamed at 11.00 am from Ealing Green on 1, 8 and 15 August, then from Acton Hill on 22 August, and from Northolt on 29 August - the latter being taken by Rev Rachel Bending and will be a Holy Communion service. So far no service details are available for September, however, it is planned to revert to 10.30 am Sunday Services at Kingsdown from the beginning of September.

The existing arrangements for services at Kingsdown will remain for the time being.. This means that we will continue to maintain social distancing etc and face masks must be worn inside the building.

As seating capacity will continue to be limited, it will be necessary to reserve a place before coming to church – contact Kathleen Loveridge on 07711 956010, or by e-mail at [kathleen.loveridge@btinternet.com](mailto:kathleen.loveridge@btinternet.com) before midday on the Friday before the Sunday you wish to attend church.

You can also find video links for other services on:

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

[https://www.youtube.com/results?Search\\_query=ealing+trinity+worship](https://www.youtube.com/results?Search_query=ealing+trinity+worship)  
<https://www.ealingtrinity.org.uk/coronavirus-our-churches/>

### The KINGSDOWN MESSENGER

Copy deadline for the Oct - Nov 2021 issue is Friday 25th Sep 2021

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Dear Friends



As most of you will know, the Methodist Church works on the same basis as the academic year. Having spent my life so far either as a schoolgirl, a student, a teacher, or a Methodist Minister I am very tuned into this. We are now coming to the end of the strangest working year I have ever known! Some of you will not have been to a church in that time, and those of you who have can probably count the number of times you have done so on one or two hands. Our world has been restricted .... but we have got through it.

Perhaps these things are the reason why on my recent holiday I was so struck by “place”. It was not a conventional holiday, but more a tour of family – first time seeing my parents for 2 months, my daughter for 16 months, my in laws possibly for a little longer even than that! It was good to see them, and good to see the places they lived in. During the week Phil and I also made a few detours – time to be together and not stuck to our respective computers. We walked in the hills, we visited Buckfast Abbey and we (accidentally) were in Glastonbury on the eve of the summer solstice.

I have spoken with you many times of the spirituality of open places – of hills, and rivers, and canals, and sea. One thing I am not good at is sitting still. I like Silence in prayer, but when it comes to stillness I am an absolute beginner, and probably always will be. I like to walk when I pray in silence. A method I was once taught to pray in silence was to sit and to listen to the sounds around me. Now, you might think that that would be the opposite of prayerful but my experience of it is very prayerful You are encouraged to notice the sounds around you, and to let them be .... To try to see them not as individual sounds ... but rather as one whole ... perhaps like different instruments in an orchestra. For me that brings rest (and the capacity for prayerful presence with God) even in the city, but in the hills it is something else! You hear the chorus of wildlife, the rush of the wind, often distant cars or trains, your own steps and those of those around you and you recognise that everything – the whole of god’s creation – is connected to every other part, and most importantly, to God. If the sounds are like instruments in an orchestra, then god is the conductor. Try it. Perhaps that is what God wants to alert me to at this time, both as a disciple, and as a Minister.

The pandemic has certainly made us well aware of the connectedness of humans all over the world and that in order to look after ourselves, and those we love, we must look after the whole world. Cop26, and the climate conference, is widening that for us in GB this year. I have long felt (as many of you know) that we should be looking at environmental issues – and our part in them – as a church, but have not felt equipped to lead this myself, and until now had not the contacts to help with this.

During the pandemic, I have become the chair of the ecumenical group “Christians together in central Ealing”. We held a well-attended and well contributed Lent Group on zoom this year on “Receiving Christ”. That was right up my street, but at the last meeting the committee asked me to lead some work on COP26 – the conference about climate change. This felt like another prod to me, and although I felt (and feel) out of my depth I responded by looking for a speaker and a course we could do together in the autumn. This has been successful. I know that many of you share my interest, and my feelings of inadequacy in this area, and so I would like to give you the details now so that you can save the date in your diaries. I contacted Revd. Dr. Dave Bookless, who is the Director of Theology for A Rocha International and Lausanne Global Catalyst for Creation Care. He is going to come to Ealing on October 4th at 7.30 pm with a brief to speak with us on “Cop26, the climate conference, the issues from a Christian perspective, and what we can do individually and as churches”. The venue is not yet decided but the date is fixed. On top of this he also recommended an accessible course on the subject – the York Course “Caring for Creation” which I will be organizing for the autumn. I would urge you to join an ecumenical group for this so that you can hear a wider range of views than those expressed simply in your own community. Details of this will follow shortly.

Back to my experience of place – The next detour Phil and I made was to Buckfast Abbey when we were on our way to Plymouth. Here I was struck by two things – the fact that within the large grounds of the Catholic Abbey is a tiny Methodist Chapel. This appealed to my sense of the need for Christians to work and live alongside each other – clearly they had been doing so here for many years. That chapel seemed a special place to me. Also, if you are ever visiting – within the Abbey itself there is a chapel – “The Blessed Sacrament Chapel” with a wonderful

stained glass window depiction of Jesus as if he was celebrating communion from the altar. I could not take my eyes off of it and it helped me to lift my heart to god. Perhaps there are places or images that do this for you. Maybe places you can visit? Maybe images in a book that will remind you, and take you on that journey anyway?

And then our third detour was something different again – Glastonbury ... the Abbey ruins, the church, and of course the Tor. Phil and I did a self-led walk – a “mini pilgrimage” around Glastonbury which took the best part of the day. There was a app that we could download, and which told us both about Christian History (and myth) in the area, and about the King Arthur myths, and even the New Age myths. What was obvious from all of these was that that place was a place of spiritual mystery for all kinds of people. We met a young man in his late teens who was bubbling over with joy to be there. He was going to watch the sunrise on Midsummers day from the top of the Tor (which is where we met him, and chatted with him). His excitement has stayed with me – a genuine, lovely, good excitement. Had we had the opportunity, and the ability to socially distance, I could have imagined myself sitting not too far away from him and his friends watching that sunrise, thanking God for His creation, His love His mystery. Those kids at the Tor on that eve of the summer solstice might not have been aware of it but God was prodding them ..... Is he prodding us too in the care of his creation ...is this how God, through Christianity, will re-find his place in today's world? Perhaps I am being fanciful ... but it is worth thinking around ... isn't it?

Glastonbury Tor itself then .... A conical hill, spoken about on the app as “a natural place of worship” – a spire pointing to the sky. It has upon it the tower only of the wrecked church that once stood on the site. The tower remains reaching to the sky .. to the heavens. The church was originally dedicated to “St. Michael”. If we know anything about St Michael at all as non-conformists it will be that he is known as being the defender of the faith – in Revelation he led the army of God against the angel rebellion ..... but he was originally known as the angel of healing.

This summer, in this strange year ... find a place of healing for your body and your soul. If you are able to get some time away, enjoy, listen

to the sounds around you and find yourself connected with God. If you will be at home, Google your special – sacred – places, or find old guide books ... or simply remember, Where is that place of healing, connectedness, and space with God for you.

And .... Who can you show God to this summer too?

Have a lovely summer.



Prayers for you all, for the world,  
for an end to Covid.

Sue and



*Mentioned by Sue*

## Buckfast Methodist Church

Erected in 1881, the chapel was built on what was the main road through Buckfast village (between the current North and South Gates of St Mary's Abbey). The chapel was recently refurbished, including the pews being replaced by comfy chairs.

It pre-dates the return of Roman Catholic Benedictine monks to the Abbey in 1882, which has since developed around the chapel and welcomes visitors:

[www.buckfast.org.uk](http://www.buckfast.org.uk)



Worship services every Sunday at 3 pm throughout the year.

# Glastonbury Tor



Glastonbury Tor is known as being one of the most spiritual sites in the country. Its pagan beliefs are still very much celebrated. Discover the stories surrounding its spiritual past and what makes Glastonbury Tor so special.

## Christianity and the Tor

In William Blake's poem Jerusalem, he asks:

'And did those feet in ancient time  
Walk upon England's mountains green?  
And was the Holy Lamb of God  
On England's pleasant pastures seen?'

Find out whose feet he was talking about and why they made their way to Glastonbury Tor on a visit to the site.

## Arthurian legend

King Arthur and his knights of the round table, legend has it, visited Glastonbury Tor.

The Tor is now managed by the National Trust.

# Family News

Friends of Vera Hodges are probably by now aware that she has decided that it will be in her best interests to continue her stay at Sycamore Lodge. We wish Vera well in her new abode and trust that she will in due course get used to having a somewhat more restricted way of life, and hopefully even make new friends to help her settle in.

We have been aware of a number of Kingsdown folk who were unfortunate enough to experience falls during the 'lockdown' period; we are pleased that, thankfully, most people affected are now back on their feet and making good progress.

We are sorry if we might appear not to know about any other particular happenings, but we are completely dependent on you, our readers, to keep us up to date on anything you might like to see get a mention - particularly good news!

Alan wishes to say thank you for all the good wishes he has received since the news leaked out of a certain 'milestone' birthday celebration - somewhat subdued due to current restrictions!



## RECYCLING USED STAMPS FOR THE LEPROSY MISSION

We have all got used to just putting our used stamps into Ruby's box in the foyer! (*Our sincere thanks to Ruby for making life so easy for us all for so many years.*)

Anna Church has now kindly offered to take over this responsibility and deliver any stamp donations to the local Leprosy Mission building. A suitable box will continue to be found in the foyer for this purpose.

g. See the website for details of the work the Mission continues to do:  
<https://www.leprosymission.org.uk/>







## **WELL DONE SUE**

Rev Sue achieved 91,798 steps and raised the magnificent total of over £1,400 for the Christian Aid Week challenge.



### **CTCE - Christians Together in Central Ealing**

I am now Chair of Christians Together in Central Ealing (CTCE). One of the groups which feeds into CTCE is the "Interfaith Visits Group". As the title suggests, the role of this group is to organise visits to places of worship for us as Christians from any of the churches in Central Ealing. The group organises 4 visits a year, and is looking for two new members to help with that organisation, and to come up with new ideas. The current committee members are Gordon Couch, Noreen Barnes-Hogget and myself.

If you are keen on getting to know members of other Faith Groups, and to learn about their beliefs and would be happy to help organising this work please be in touch.

If you have ideas about places we could visit, or contacts which would help us in that, please also be in touch. Gordon and Noreen both attend St. Stephen's Church so it would be good to have another non-conformist on board.

Thanks  
Sue

[susan.d.male@googlemail.com](mailto:susan.d.male@googlemail.com)

**Any method of evangelism will work if God is in it.  
(Leonard Ravenhill)**

# Boy's Brigade Newsletter



All too soon, our BB session is over for another year, but it's been a year unlike any other: no summer camp last August and no summer camp this August; no Annual Display last May and no Annual Display this May; we have gathered in person just 12 times instead of our usual 33 meetings. T

here's been no Church Parade since Remembrance Sunday 2019; the last time we competed against other BB companies was March 2020 when we won almost every discipline open to us at the London Band and Drill Day.

And yet, despite all this, 10th Ealing continues to thrive! These last few weeks of term have been wonderful and the Boys just keep coming -- we even gained two new members in June, added to which Matt and Daniel Plews have now been added to our full-time officer rota, almost doubling our staff.

As always during the warmer months, we made full use of Lammas Park and also enjoyed raucous water games (err, water fights) in the sports arena too! In order to retain connection with the disciplined side of our ethos, we ensured the older Boys participated in 15 minutes military drill teach week at the start of every meeting, and they showed that they'd not forgotten their years of training -- we are the London champions after all.

Although there's been no summer camping, we did have one sad duty to perform as we journeyed to Dorset to help with the decommissioning of 4th Ealing's camp site (nicknamed Glengarry), The field has hosted hundreds of young people for well over half a century but it's not been used for the past few years and so a dozen keen volunteers spent a weekend putting it all to rest.

It was a sad and poignant moment as we sounded Last Post and lowered the flag for our neighbouring BB Company.



We have every hope that come September, 10th Ealing BB will be back in business with full uniform, full attendance, and bugles and drums to the fore -- and we'd also like to thank the Messenger editors for allowing us to keep you up to date with all our BB adventures. Wishing you all a blessed summer.

### Sure and Steadfast

Tony Plews  
Company Captain





# Thandiwe's Story



For people like Thandiwe, climate change and Covid-19 have made the past year increasingly difficult. The next steps are possible – but not always easy. In Zimbabwe, agricultural training is enabling families to rebuild their lives, one step at a time. Will you partner with them, and walk alongside people like Thandiwe?



19 year-old Thandiwe lives with her grandparents and siblings in Nkayi – a dry, arid district in Zimbabwe. In a region prone to extreme weather events such as drought, growing enough food to eat can be difficult; and as the country grapples with the impact of Covid-19, the future poses many challenges.

Thankfully, All We Can's local partner in Nkayi, HEFO, are helping families like Thandiwe's take their next steps towards overcoming the devastating impacts of climate change and Covid-19. Through training in climate-smart farming practices and livestock production, people Thandiwe's grandparents can establish a sustainable source of income, enabling them to provide for the whole family – and embrace their full potential.

Over the coming year, All We Can's local partner HEFO will be supporting 462 livestock farmers like Thandiwe's grandparents to take their next steps towards overcoming the challenges of Covid-19, climate change, and poverty. Will you be a part of that journey, by making a gift today? £6 a month could support two farmers with the seeds, resources and training they need to develop a sustainable source of income through farming.

### Donate online

[www.allwecan.org.uk/donate/current-appeals/the-next-steps-oneoff/](http://www.allwecan.org.uk/donate/current-appeals/the-next-steps-oneoff/)

Or by Phone 020 7467 5132

Alan and Pam Smith would like to say a big THANK YOU to all those people who have kindly made donations to All We Can throughout the past 18 months, in what has been such a very challenging period of time. Most charities are suffering from a decline in income, especially since the government's reduction in Overseas Aid.

There would normally be an appeal for All We Can in line with the celebration of Harvest, so look out for up to date news in our next issue of the Messenger and ways YOU can help All We Can carry on its work amongst the poorest of the poor.



*Oh Lord, thank you for Your loving kindness.*

*Teach us all to be kind through every situation in our lives.*

*Remind us always to extend the same kindness to others and draw men to You. Amen.*

*from CBM*



## Christian Aid launches emergency Global Hunger Appeal

Christian Aid has launched an emergency appeal, warning that more than 30 million people in 20 countries are “teetering on the brink of famine”.

The Covid health pandemic, climate crisis, and continued conflict has exacerbated

hunger and food insecurity in 20 countries. Countries like South Sudan, Ethiopia, Burkina Faso, Nigeria (in the North East) and Afghanistan are particularly affected.



In South Sudan, 60% of the population are struggling to get enough food to eat, and 82% are living in extreme poverty. According to the Integrated Food Security Phase Classification, six of the country’s counties are already categorised as being in IPC Phase 5 Catastrophe – which means people face starvation, death, destitution and debilitating levels of acute malnutrition. 34 states are in the emergency acute food insecurity phase as people experience very high acute malnutrition and excess deaths. The most food insecure states are Jonglei, Unity, Upper Nile, Lakes, Warrap and Northern Bahr el Ghazal. 7.2 million people are now affected during this lean season, expected to be the worst on record.

James Wani, Christian Aid’s South Sudan Country Director, based in Juba, said: “Floods, drought, conflict and Covid-19 have joined forces to deliver devastation and fuel the food crisis in South Sudan – the combined result is the destruction of crops, livelihoods, houses and dwellings, while roads have become impassable, markets have stopped, supply chains have been crippled, and food prices have soared.”

Donate on-line [www.christianaid.org.uk/appeals/emergencies](http://www.christianaid.org.uk/appeals/emergencies)

Or by phone 020 7523 2493

**EMERGENCY**

# Madagascar Food Crisis

the  
overseas  
disability  
charity



Throughout the world there are many thousands of people in need of aid but amongst them are those with disabilities who face even more difficulties in trying to survive.

Families in southern Madagascar are on the verge of starvation, with people resorting to eating insects, leaves and cactus plants to survive. The UN World Food Programme has called this an “invisible crisis” that is getting worse every day. CBM has launched an urgent fundraising appeal to support the most vulnerable people in Madagascar.



*Satry Ramaroson, Programme Manager for CBM in Madagascar, says:*

*“People with disabilities are already marginalised but with this crisis their situation is getting from bad to worse. With our partner in the southern regions of Madagascar we are now already working to reach out and respond to this humanitarian situation. Since the situation is getting worse, we urgently need to do more to enable people with disabilities to access food, water and medicines. If we do not do more, people with disabilities in these regions of will remain left behind from all responses and they are more at risk of starvation.*

*Already often among the poorest in their communities, they may be unable to walk long distances to access emergency food distribution or find out what aid is available.*

To DONATE NOW

[www.cbmuk.org.uk/foodcrisis](http://www.cbmuk.org.uk/foodcrisis)

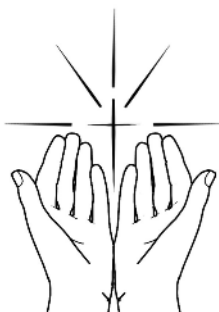
Or call 0800 567 7000

*I am the child who lives on the streets; pray for me,  
I am the child in a refugee camp; pray for me,  
I am the child hidden away in an orphanage; pray for me,  
I am the child trying to find my parents; pray for me,  
I am the child dying of hunger; pray for me,  
Share your music, your education, your riches with me.  
Share your shoes, your food, your blankets, your fuel, your toys with me.  
Share your ideas, your imagination, your skills, your time, your dreams  
with me.  
Share your world with me.  
It should be mine as well. Amen!*

*from Children's Aid Direct c 2002*



## ***Creator God***



*We are sorry when we have taken your world for granted,*

*And we invite you to come and bring transformation.  
Protect and bring hope to those who are suffering;  
Mobilise leaders all over our planet to bring long term solutions;*

*And show us, Lord, how we can play our part.  
Your Kingdom Come, Your will be done. Amen.*



## Hard to tell



During a summer music festival, a punk rocker stopped at the front desk of the reception tent to ask if there were any messages for her. The desk clerk handed her an unsigned note, and she asked for a description of the person who had left it. "That's easy," replied the clerk. "He wore tight pink-leather trousers, high-heeled black boots and a T-shirt with strategically cut holes. There was a row of coloured safety pins through the outside edge of one ear, and he wore purple eyeshadow. And his hair was orange and spiked."

"Oh, man!" she said, obviously disappointed, "that could be anybody!"



## Children's Kitchen

**BOIL:** The point a parent reaches upon hearing "Yuck" before a food is even tasted.

**CASSEROLE:** Combination of favourite foods that go uneaten because they are mixed together.

**DESSERT:** The reason for eating a meal.

**EVAPORATE:** Magic trick performed by children when it comes time to clear the table.

**FRUIT:** Something that is never to be confused with dessert.

**REFRIGERATOR:** A very expensive and inefficient room air conditioner when not being used as an art gallery.

**TABLE LEG:** Percussion instrument.

## 6th August - Transfiguration of Jesus



It's an unusual story. One day, Jesus is with three disciples on a high mountain in Galilee, when His appearance dramatically changes. Also, Moses and Elijah suddenly appear, and from a cloud comes the voice of God. What is this all about?

This event was witnessed by James, Peter, and John. They were close friends of Jesus. In the future, they were to become prominent leaders in the Early Church. They needed to see something special that would help them remember Jesus in the difficult years ahead. They had a glimpse of Christ in His divine glory. His face shone like the sun and His clothes turned white as light.

While this was an extraordinary sight for the disciples, it served to encourage Jesus who once had glory and majesty in Heaven.

One day He would have it again. But firstly, He had to fulfil His mission: to suffer on the cross and die.

Why were Moses and Elijah standing with Jesus? Moses was the giver of the Law and Elijah represented all the prophets. They had pointed people to the promised Messiah. Jesus was about to complete God's plan of salvation.

God's voice was heard to remind Peter there was no need to build shelters. They were not going to stay on the mountain. God spoke to get the disciples to fix their attention on Jesus. The wonder of the Transfiguration was a short interlude before Jesus had to return to His work and subsequent death on the cross.

This story is a reminder that our times of spiritual blessing have to be followed by down-to-earth commitments and responsibilities. In the

same way that Jesus gave His friends a glimpse of His awesome glory, to help them face challenging and traumatic times ahead, our special times in His presence are provided to encourage us and equip us for the trials we may have to face.

Our journey through life may sometimes rise to the peaks but we can't stay on a 'high' all the time – no matter how much we want it! We have to descend to face everyday challenges if we are to fulfil our calling in Christ. From our mountain-top experiences we all need to find a balance between times alone with God and serving Him in the company of others.

from Parish Pump

## 6th August 1991

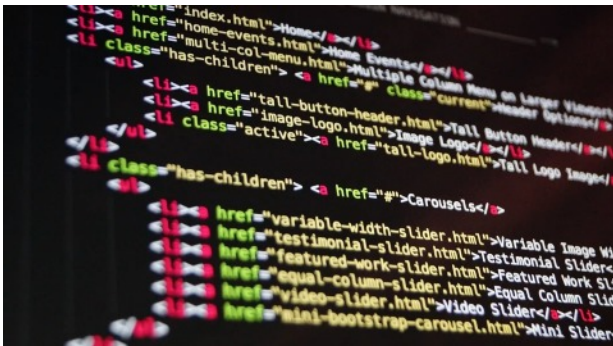
30 years ago the first website (info.cern.ch) went live. The web's inventor, Tim Berners Lee, also posted a description of the World Wide Web project on the alt.hypertext newsgroup, and provided a link to download the first web browser, which could only run on NeXT workstations.



Look at

<https://home.cern/science/computing/birth-web>

for the history and a lot more information and illustrations of how WWW (world wide web) started.



## 7th August 1771

The first recorded ascent of Ben Nevis was made 250 years ago, on 7th August 1771, by Scottish botanist and artist James Robertson. At 1345 metres (4411 ft), it is the highest mountain in the British Isles. Some 100,000 people now make the climb each year.



Robertson wrote: "A third part of the hill from the summit towards the top is entirely naked, resembling a heap of stones thrown together confusedly. The summit far overtops the surrounding hills."

Hill climbing was not popular in those days, but the poet John Keats made the ascent in 1818. Scots were not convinced for many years that Ben Nevis was higher than Ben Macdui, in the Cairngorms, but it is in fact more than a hundred feet higher.

The meaning of the mountain's name is uncertain. Some associate it with the Gaelic word for "venomous", but it seems at least equally likely that "Nevis" relates to snow or clouds.

It is in fact the remains of an ancient volcano that collapsed in on itself. Its summit plateau stretches for over 100 acres and contains the remains of an observatory, which was opened in 1883 and led indirectly to the invention of the cloud chamber.



*Gracious Lord, we pray for You to continue to give sympathy and comfort to all those caring for the sick during these unprecedented times.*

*We pray for You to give strength and support them with Your loving spirit.*

*from CBM*

**You can complain because roses have thorns, or you can rejoice because thorns have roses.**

## 31<sup>st</sup> August - John Bunyan

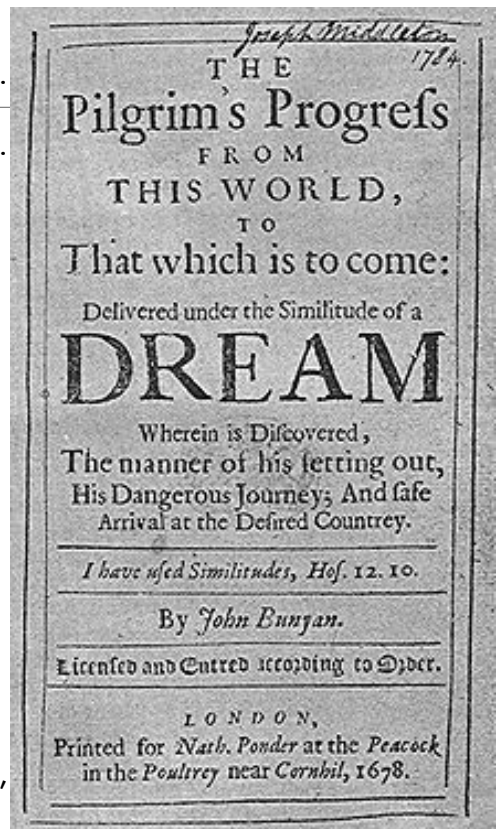
After the Bible, John Bunyan's wonderful Christian allegory, the Pilgrim's Progress, is one of the most celebrated and widely-read books in the English language. It has been translated into more than one hundred languages around the world and keeps its place as a Christian classic.

Names of people and places from its pages have been commonplace wherever English is spoken. We need only recall Mr Great-Heart, Mr Valiant-for-Truth, Giant Despair, Madame Bubble, the Slough of Despond, Vanity Fair, the Delectable Mountains, the Hill Difficulty and the Celestial City.

Bunyan was born on 28 November 1628, at Elstow, near Bedford, England, of a poor family. He had little formal education and his father taught him to be a metal worker. His first wife died young. His second wife, Elizabeth, helped him considerably with his blossoming literary career. His conversion was the result of reading the Bible, and the witness of local Christians. From that time the Bible became the great inspiration of his life. He wrote more than fifty books on Christianity. A Baptist by conviction, he had little time for the Established Church.

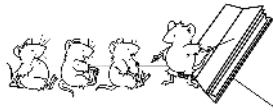
Bunyan became a popular preacher, but because of his opposition to the Established Church and because he did not have a Church of England preaching licence, he was imprisoned in 1661. It was in prison that he wrote Pilgrim's Progress. It was not only Bunyan's greatest book but was destined to become one of the most popular Christian books in the world.

Pilgrim's Progress is an allegory, using the names of people and



places from the Bible to teach spiritual lessons. The vivid and unforgettable imagery in the Pilgrim's Progress covers the whole Christian gospel from sin and condemnation all the way through faith, repentance, grace, justification, sanctification, and perseverance to heaven itself.

Bunyan died on 31st August 1688. His portrayal of the death of Mr Valiant For Truth is Bunyan at his allegorical best. This brave old soldier of Jesus Christ had received his summons to 'go home.' Calling his friends together he says, 'My sword I give to him who shall succeed me in my pilgrimage ... My marks and scars I carry with me, to be a witness for me, that I have fought His battles, Who will now be my rewarder.' ... So he passed over, and all the trumpets sounded for him on the other side...'



## **29<sup>th</sup> September - Enter all the Angels led by Michael, Archangel**

What is an angel? Easy, people think: a shining figure with glorious wings, who appears from time to time to do some mighty work for God or bring a very special message from him.

Well, that's right in one sense (apart from the wings, which owe more to stained glass windows than the Bible). But the fact that not all 'angels' in the Bible are 'glorious' or 'shining' should make us hesitate to categorise them in this spectacular way. After all, the three apparently ordinary men who visited Abraham and Sarah to tell them that she would have a son even though she was long past child-bearing age had none of those outward embellishments. Nevertheless, Abraham recognised them as divine messengers.

The Bible is full of angels, from the early chapters of Genesis to the last chapter of Revelation, and often they had a key role in crucial events. It seems, from just two instances, that Michael was their leader, an 'archangel'. In many stained glass windows he's seen with a sword,

because in a vision in Revelation he led the angelic host who fought and defeated Satan and his army.

In the Gospels, an angel of the Lord appeared to Zechariah in the Temple, to tell him that his elderly wife was to have a son, the forerunner of the Messiah, John the Baptist.

An angel – Gabriel – appeared to Mary to tell her that she would be the mother of the Messiah, the Son of God.



An angel appeared ‘in a dream’ to Joseph, the village carpenter in Nazareth, to tell him to go ahead and marry his fiancée, Mary, and later – also in a dream – warned him not to go back to Bethlehem. A ‘young man’, whom we take to have been an angel, was sitting in the empty tomb on Easter morning, waiting to tell the startled women that Jesus wasn’t there – He had risen (Mark 16:5).

Without going into every biblical reference to angels, those should be sufficient to show that the word covers an enormous diversity of experience. So the Letter to the Hebrews speaks of those who practice hospitality as sometimes ‘entertaining angels unawares’. Sometimes people recognised angels for who they were, and sometimes they didn’t. Angels, quite simply, are God’s agents or emissaries, messengers and ministers of His will. Sometimes they are human; sometimes they seem to be spiritual beings.

Perhaps we could even say that anyone, in any situation, who is at that moment God’s ‘messenger’ to us, or serves us graciously, is an ‘angel’. So, when we say, ‘Oh, be an angel and pop up to the chemist for my prescription’, we may be nearer the heart of the matter than we think!

Canon David Winter

**You are not wise if you give the right answers; you are wise if you ask the right questions.**



## Give Help - Donate food

Our foodbank relies on your goodwill and support, so thank you for all your donations.

To help you keep up the good work, you can receive a regular up date to the shopping list by email. Just drop us a line to request this, contact [info@ealing.foodbank.org.uk](mailto:info@ealing.foodbank.org.uk)

**WE ARE ONLY ABLE TO RECEIVE DONATIONS AT OUR CENTRAL STORE IN HANWELL ON WEDNESDAYS BETWEEN 10AM AND 4PM**

*(When Kingsdown Church is open leave donations in the foyer bin)*

Over 90% of the food distributed by foodbanks in The Trussell Trust network is donated by the public – that's why your food donations are absolutely vital to our ability to give everyone referred to us a balanced and nutritious three day supply of food.

Our shopping list below shows the food items that we are in need of right now.

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

If this is of interest, please go to the Bankuet website <https://www.bankuet.co.uk/givenow>.

### July Shopping List

Long-life Fruit Juice & Squash  
Tinned Tomatoes & Pasta Sauce  
Savoury Biscuits & Crackers  
Chickpeas & Kidney Beans  
Vegetarian Chilli & Curry  
Ketchup & Mayo  
Peanut Butter  
Size 6 Nappies & Wipes  
Hand Soap & Shower Gel  
Shaving Foam & Razors

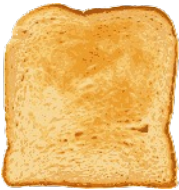


*Dear Father,*

*In this strangest of summers, with its traffic-light travel restrictions and on-going concerns about Covid 19, help us to remember that You never change. Your light is constant. Your love continues. Your presence is assured, whether we stay at home, or travel within the UK, or further afield. There are no restrictions on Your Holy Spirit.*

*Thank You, Lord, for the gift of each new day, wherever we may be. Thank You that by Your grace, we share all our days with You, secure in all circumstances, when we put our trust in Your precious son, Jesus Christ. In His name we pray. Amen.*

*By Daphne Kitching*



If you like sourdough bread, you'll know already that it is not easy to squeeze a slice of it into your toaster.

Artisan bread is big, and sadly, the rise in popularity of these loaves has left the standard British toaster struggling to keep up.

That leaves sourdough toast aficionados with one end of their slice jutting out of the toaster.

The consumer watchdog Which? says: "This isn't the end of the world, but it means you can sometimes end up with a pale white border round the edge of your toast."

Solutions? Which? suggests grilling your toast in the oven, cutting the slice in two, or even buying a speciality toaster, at more than £100.

Meanwhile, the trend towards big artisan bread does not appear to be waning. And as Which? rightly points out: "Whether you prefer sourdough or sliced white, there's nothing quite like hot buttered toast."



Drinking three cups of coffee a day is good for you. A recent study has found that it can cut your chance of dying from chronic liver disease by up to half.

On average, coffee drinkers seem to have a 21 per cent reduced risk of developing chronic liver disease, and a 49 per cent reduced risk of death from the condition. Researchers found that the optimum intake for health is three or four cups a day.

The results apply to all kinds of coffee, whether instant, ground, or decaf versions, although the instant is slightly less effective. This may be due to the lower levels in instant coffee of the liver-protecting chemicals kahweol and cafestol.

The study at the universities of Southampton and Edinburgh studied almost half a million Britons for a decade, to assess the link between coffee intake and health. The findings were published in the journal BMC Public Health.



Noticed how peaceful your garden is this summer? Noticed that you have been able to hold summer barbecues and picnics in relative peace? That is because the very cold and wet Spring was disastrous for our wasp population.

But while we may enjoy their absence, scientists at University College London have pointed out that wasps play an important role as nature's pest controllers, and that our countryside will be the poorer without them this year.



Some memories of Wales



Hidden among the specs.  
Original painting by Joy Hynes.  
Sold as Paintings and Greeting Cards in aid of Charity.



Credit: Dikko

# SCAMS



Do you have a new phone and new number? Be prepared: it is likely that scammers will still be texting you within just two weeks.

A Which? survey has found that of new numbers that have not been shared with anyone, still half of them receive at least one scam text message within the first two weeks.

Scammers do it by using computers to generate numbers. They then send messages out in bulk, using 'Sim farms' – devices that operate several cards at a time.

The most frequently received scam message for all of us in recent months has been a text message claiming to be from Royal Mail, usually requesting small amounts of money for a parcel to be delivered. 70 per cent of us have received that fake delivery text over the past five months.

More information on [www.FriendsAgainstScams.org.uk](http://www.FriendsAgainstScams.org.uk)

## **RECYCLE ALUMINIUM FOIL**



- make sure the aluminium foil is dry
- remove food scraps. Tear off any dirty or oily sections that can't be cleaned easily, and put them in your rubbish bin.
- loosely scrunch the clean and dry foil into a ball, at least the size of a golf ball. Recycling sorting machines can't process very small pieces of foil.

## How You can make a Difference

In trying to reduce our reliance on single use plastic containers such as shampoo and shower gels – there are now increasing number of outlets and small enterprises locally which sell unwrapped non palm oil soap bars and shampoo bars in cardboard packaging. There are also local refill schemes – some of them are on the Ealing Reduce, Reuse, Recycle Facebook group.

Terracycle have partnered with many brands and opened up schemes for community drop off points to enable you to recycle packaging that are not collected by the council's kerbside recycling schemes. This includes crisp and biscuit wrapping, cheese packaging and pet food pouches amongst others.

Other single use plastics such as bread bags and magazine wraps can be taken to a larger supermarket store where there are plastic bag recycling points. In Ealing, these are in the Ealing Broadway Tesco and the big Morrison's to name a few. There is also a cosmetic recycling point in the Superdrug in Ealing Broadway too!

We could all reduce the amount of single use plastics being used when visiting the deli, fish or bakery counters at the supermarket by taking our own tupperware boxes or other multi-use containers or even paper bags or bread bags that can be reused.

In addition, we could avoid buying fruits such as bananas and oranges in plastic packaging or netting because they come with their own skins! Many supermarkets also have unwrapped options such as broccoli, carrots and mushrooms.

You just have to plan ahead and remember to take these things for recycling on your next shopping trip!

from Ealing FOE Group

[www.ealingfoe.org.uk](http://www.ealingfoe.org.uk)



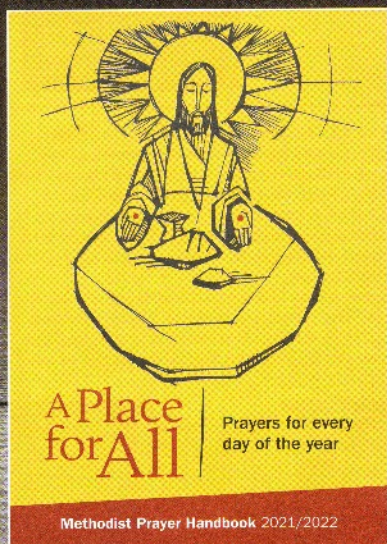
# RESOURCES FOR THE CONNEXIONAL YEAR 2021/2022

NEW

Essential resources of the Methodist Church to fulfil Our Calling of responding to God's love in Christ and working this out through discipleship, mission and worship.

## RESOURCES INCLUDE:

- The Methodist Diary 2022 (in summer yellow or midnight blue). Available in Extended edition or as Personal Organiser inserts
- The Methodist Prayer Handbook 2021/2022: A Place for All (available in Standard, Lectern Large Print and eBook)
- Annual Membership Ticket 2021/2022 (available in Standard, Large Print and Welsh)
- Presidential Year 2021/2022 Prayer Card (diary available online)



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