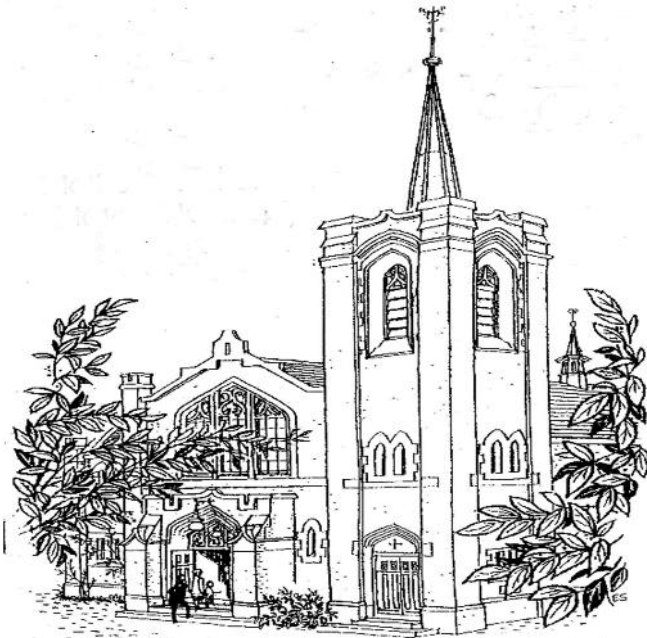


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**The Drive Methodist Church**  
**Eastern Avenue**

**NEWSLETTER**

**JUNE 2021**



**Minister: Revd. Mmasape Zihle**

Website: [www.drive-methodist.church](http://www.drive-methodist.church)

# Church Mission Statement of The Drive Methodist Church

The Drive Methodist Church aims to be faithful to the commandments of Jesus, and the calling of the Methodist Church.

The calling of the Methodist Church is to respond to the gospel of God's love in Christ and to live out its discipleship in worship and mission, and to fulfil the promises detailed in the Methodist worship book.

Provide a weekly opportunity for all people to worship God in Christ, here at The Drive Methodist Church.

Enable people to grow and learn as Christians through mutual support and care.

Be a good neighbour to the immediate and wider community. Sharing our faith with others through pastoral care, church activities and communication.

# Mmasape's Message for June

## New Hope

Dear All,

As I sit in the garden (after a long time indoors because of bad weather) with the sun shining, skies blue and the chatter of neighbourhood children in the background on this bank holiday weekend; my heart and my spirit are lifted at the prospect/promise of summer. This is not the only thing that is lifting my mood but also the almost touchable date (6th June) when our churches will be opened again for worship after a year due to the Covid pandemic.

Though we are not out of the woods yet, scientists assure us that the rate by which vaccinations have been rolled out and received, mean that we (as a country) are on track to normality and this prospect of meeting with friends, hugging again and possibly going on holiday is cause to rejoice.

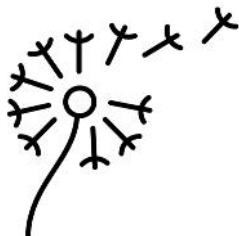
In our Christian calendar this comes after what felt like a long Lent and Good Friday, where the road was hard and painful; and now after Easter resurrection glory and days of new life witnessed by disciples seeing the risen Christ, Ascension and the coming of the promised Holy Spirit at Pentecost, where the disciples were empowered to preach with boldness and to fulfil the great commission to "go into all the world and make disciples, baptising them in the name of the Father, and of the Son and of the Holy Spirit" (Matthew 28.18)

We the church today are called into a new life and engagement with our communities' post Covid, in a way that is more outward looking than ever before.

As excited as I am to return to church, I can't help but wonder what God's great commission will be to us outside of the comfort of our worship as we encounter those most affected by the long dark days of the pandemic.

May we journey forward with open eyes, ears and hearts to see, hear and feel what God commands anew; and with hand and feet ready to serve.

Mmasape



### Resuming Sunday Worship at The Drive

- Church will reopen for Sunday morning service on 6<sup>th</sup> June at 11.15am. This will be a Holy Communion Service.
- All who attend are required to wear a face mask and sanitise their hands on arrival and when leaving.
- It will also be necessary to keep a safe distance from one another.
- At present the congregation will not sing but we will enjoy hearing the choir sing.
- At this stage, the usual refreshments at the end of the service will not be served but it is hoped that this will be reintroduced very soon.



## CHURCH FAMILY NEWS

We hold in mind and offer prayers for ...

Kathleen and Brian – Kathleen remains in fragile health and continues to rest at home with Brian who is doing a grand job in looking after her.

Sandra Runeckles – who is receiving further treatment.

Sheela and Selwyn's family in India – where Vincent, (Selwyn's brother) Rachel and their three daughters Rebecca, Abigail and Karen have all contacted Covid 19.

Reverend Jonghi - who has been unwell.

Verney Brathwaite - who is doing well at home after her spell in hospital and being supported by her family.

Audrey Taylor – who will be having tests in Barts Hospital on 1<sup>st</sup> June.

The Wragg family - who after the birth on May 12<sup>th</sup> of a baby girl to Jade and Alec had an anxious time as she was unwell. we are so pleased that baby and Jade are now home and recovering.

\*\*\*\*\*

## India

We remember the current crisis in India as one of the darkest times in the history of the nation and pray for those who have been lost to the virus, the grieving families and those who work tirelessly to save victims and bury those who have died.

We know that there are members of our circuit church family who are worried, anxious and grieving the loss of their loved ones.

Reach out in the love of Christ and in compassion to help our fellow man as we pray that this country in time will recover from this devastation. "The love of God dispels all fear." Amen

## ISRAEL and PALESTINE

Churches Together in Britain and Ireland has joined Church leaders in Jerusalem, together with the Church of Scotland, the Methodist Church, Quakers in Britain, the World Council of Churches, Christian Aid and CAFOD, in expressing great concern at the appalling violence in Israel and Palestine.

### Methodist Church

Statement from the World Methodist Council, Global Ministries of the United Methodist Church and the Methodist Church in Britain, which are partners in the Jerusalem Methodist Liaison Office:

We stand together to support the Patriarchs and Heads of Churches of Jerusalem who have expressed their concern about continuing violence in Jerusalem and who have called

on those in the international community to put an end to what they describe as 'provocative actions'.

We have been horrified by the scenes of violence in East Jerusalem which threaten the fragility of the Holy City and call on the Israeli Government to permanently halt the threatened evictions of Palestinians from their homes in Sheikh Jarrah, where clashes have also taken place.

We urge calm on all sides and ask the politicians to enable an environment where justice and healing can be experienced by all and we join with the Heads of Churches to continue to pray for the peace of Jerusalem. We continue to stand in solidarity with our Christian sisters and brothers who live and work in the Holy Land.

#### Almighty and Everlasting God:

Our days are in your hands; we lift up all those in the Holy Land who are victims of violence and injustice, that you might empower your Church to bring healing to the wounded, relief to the suffering, and comfort to those who mourn; we pray also that you would soften the hearts of all those involved in the recent conflicts, that they would be led to work for justice and lasting peace in the land where your Son, our Lord Jesus Christ first came to bring hope and abundant life to all people; these things we ask in his Holy Name.

*Amen*



Congratulations and Best Wishes to:

Sophia Bampoe who is our first birthday girl of June as she celebrates on the 3<sup>rd</sup> June.

Birthday girl Susan (Diane's sister) who will be celebrating her 60<sup>th</sup> birthday on 5<sup>th</sup> June.

Elizabeth Mandlate Happy Birthday on 9<sup>th</sup> Elizabeth.

Many happy returns to Brian Taylor who will be celebrating his birthday on 14<sup>th</sup> June.

23<sup>rd</sup> June is when Peter Bendon will be blowing his candles out.

Audrey Taylor will be opening her birthday gifts on 25<sup>th</sup> June.

A busy month for birthdays. Sending love and best wishes to everyone and hoping you all enjoy your special day.





Here is a touching childhood memory from Janet Brunnen



### My Childhood Experiences in Hospital

I was born with a Hare Lip and Cleft palate so spent a lot of my childhood in hospital.

It was during war time and to avoid the bombs, the Burns Unit and Plastic Unit were transferred out of London to Hill End Hospital in St Albans.

I can't remember all my visits but often think about my Mum having to take me to my many hospital appointments throughout my growing up. During my stays in hospital parents were not allowed to visit, unlike now when they are welcomed to help reassure and care for their children.

I remember when I was 4 years old and, with my mum, travelled to hospital by steam train. The carriage was full of American Soldiers who gave me chewing gum.

At the hospital I was put in a ward called FG2 and dressed in a pink gingham dress. The ward seemed large to me with black metal beds and in the middle of the ward was a large coal stove which the nurses kept topped up throughout the day.

I cannot remember the operations, but I do recall being given cold fish and rice pudding and a tablespoon of Malt with a tablet hidden inside; not easy to swallow with all my stitches and it put me off fish and rice pudding for life!

I do recall we had a teacher come to teach us arithmetic and every night at 6pm Dick Barton Special Agent came on the radio followed by The Archers. Also, I remember the hospital corridors with green tiles and cream paint, wooden benches and a strong smell of disinfectant.

One day Sister took me to see a ward full of soldiers who had been burned during their service in the war. There were rows

of black metal beds with injured soldiers. Fortunately, at that young age it didn't bother me.

In those days there were only three practising plastic surgeons known for their treatment of burns and skin grafts – Sir Archibald McIndoe, Sir Harold Gillies and Sir Rainsford Mowlem, all who originated from New Zealand. I was lucky to be under the care of these surgeons. Nowadays there are many surgeons who undertake this treatment.

I think for each of my treatments I stayed in hospital for about 10 days. I suppose that's why I went into nursing later in my life. I believe for children in hospital now it's a much happier experience.

I don't know how my mother coped; dodging bombs to take me to the many different hospitals especially during the war.

Such a thought-provoking memory Janet and it prompted me to read up about the skilled surgeons who cared for you. LB

Sir Archibald Hector McIndoe CBE FRCS was a New Zealand plastic surgeon who worked for the Royal Air Force during the Second World War. He improved the treatment and rehabilitation of badly burned aircrew. 1900 – 1960

Sir Harold Delf Gillies OBE FRCS was a New Zealand-born, and later London-based, otolaryngologist and father of modern plastic surgeon 1882 – 1960.

Arthur Rainsford Mowlem born in New Zealand, was the youngest of the four plastic surgeons who practised in between the world wars in Britain. In 1936, he joined the London based partnership that was started by Sir Harold Gillies and included Sir Archibald McIndoe and Thomas Pomfret Kilner. He continued to practise until his retirement in 1963. During and took part in early trials for penicillin at his unit in Hill End Hospital, St Albans.

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Please join me in thanking members of our church family and circuit who provide us with daily thoughtful and challenging prayers and the Sunday and special occasion services online.

We really are very fortunate.



### Newsletter Editor

I took over as editor of our church newsletter from Roy Brunnen in 2017. I always thoroughly enjoyed collating the items of news, events, celebrations and general interest contributed by members of the congregation. Thank you for your support.

I began having health issues at the beginning of last year particularly with my eyes and when I had to have surgery on my right eye in June, Lorraine very kindly agreed to step in as editor. I have been waiting for an operation on my left eye which I have now had. Although feeling a lot better, I have decided to accept Lorraine's kind offer to take over responsibility for the newsletter. I am very grateful to her and

for working so hard producing full, interesting and informative newsletters all through the lockdowns.

The newsletter is an important tool allowing church friends to keep in touch and I am sure you will continue to support Lorraine. Thank you.

Diane Foster



Please join me in thanking Diane for her long service in editing the Newsletter for The Drive and keeping us all in touch with one another.

Over the past year I have been more than happy to act as Diane's apprentice to enable her to concentrate on her health and it certainly gave me a much-needed interest during the lockdown year.

I hope I can do the role of editor justice.

Lorraine Bendon

## BIBLE BOOKS ANAGRAMS

1. used ox
2. hi, mac
3. O, I had B.A.
4. coins a loss
5. to my hit
6. me, Saul
7. metal nations
8. O, Sam
9. no Oslo fogs on 'M'

10. cats
11. sew herb
12. money due to 'R'
13. Ben's rum
14. threes
15. Mt. Wheat
16. hurt
17. raze
18. I select cases
19. a shoe
20. shines on a salt

Answers on page 38

With the return to worship imminent.....  
a message from Brian and Mike.

Why do we have a rota and how does it help?

Each week, depending on what form the service is going to take, we need up to 12 people, who have volunteered to help, in order for the Church to run smoothly.

At present we have a list of 28 volunteers, some of whom are not able to attend regularly (e.g. University students or those with family commitments) and many who only volunteer for certain duties.

In preparation for completing the rota for the next 3 months each of the volunteers is asked to complete an "availability form" telling us which weeks they will be available for duty.

We realise that it is not always possible to be sure that you will be available, possibly 3 months or more in advance, but that does not matter. If you find that you are not available

for a week that you have been asked to take part, you can swap a week with someone else or ask them to cover for you. We only ask that you advise the rota team so that the alterations may be made to the list and the right people get their reminder for the right day. Instructions for contacting the rota team with changes are on the email containing the new rota.

We do ask that when you are completing the "availability form" you do return it by the date requested even if you are not going to be available for any duties.

When a volunteer fails to complete their form, we are faced with a problem. Do we:

- a) Assume that they will be available EVERY Sunday and allocate duties accordingly?  
or
- b) Assume that they will not be available at all and not allocate any duties to them?

At present we adopt Option (a), but even then, when planning the present rota, we had to allocate 16 duties to people who hadn't responded - and even that left nine duties we just couldn't fill without asking someone to do three duties at the same time!

The alternative would be to switch to Option (b), but then it would be impossible to produce an acceptable rota and we might be faced with not being able to open the Eastern Avenue door, or maybe providing hymn books on a 'help yourself' basis, or perhaps not having a driver available to transport anyone needing a lift.

So, when you receive an email asking for your dates, PLEASE do complete it by the date requested, even if it is "No dates available". This really does help us.

Of course, it would also help if more people were to volunteer to help with some of the duties.....

Thank you

Brian Grinham

Mike Seviour



News of meetings from Jan and John



Prayer Meeting:

The June Prayer meeting is on the 24<sup>th</sup> June 7.15pm – 7.45pm. We will pray at home this time but plan to begin meeting in the Church from July.

Bible Reading Group:

The June Bible reading Group meeting will be moved to the 2<sup>nd</sup> July at 11.00am in the Gardeners Café at Valentines Park. We shall be discussing 1 John chapter 2.

.....



# Church Prayer Meeting

## Date and Time of the Meeting

24 June 2021 7.15pm to 7.45pm

## Bible Reading

21 Jesus went back across to the other side of the lake. There at the lakeside a large crowd gathered around him. 22 Jairus, an official of the local synagogue, arrived, and when he saw Jesus, he threw himself down at his feet 23 and begged him earnestly, "My little daughter is very sick. Please come and place your hands on her, so that she will get well and live!"

24 Then Jesus started off with him. So many people were going along with Jesus that they were crowding him from every side. 25 There was a woman who had suffered terribly from severe bleeding for twelve years, 26 even though she had been treated by many doctors. She had spent all her money, but instead of getting better she got worse all the time. 27 She had heard about Jesus, so she came in the crowd behind him, 28 saying to herself, "If I just touch his clothes, I will get well." 29 She touched his cloak, and her bleeding stopped at once; and she had the feeling inside herself that she was healed of her trouble. 30 At once Jesus knew that power had gone out of him, so he turned around in the crowd and asked, "Who touched my clothes?" 31 His disciples answered, "You see how the people are crowding you; why do you ask who touched you?" 32 But Jesus kept looking around to see who had done it. 33 The woman realized what had happened to her, so she came, trembling with fear, knelt at his feet, and told him the whole truth. 34 Jesus said to her,



"My daughter, your faith has made you well. Go in peace and be healed of your trouble." (MARK 5:21-34)

### Prayer of confession

God of the streets and crowds of the world, we come to you in sorrow and shame, for the times we have allowed prejudice to distance us from those you would draw close to.

Raise us up to love and serve you.

We bring to you the times when we have been too proud to ask for help and too distracted to help others.

Raise us up to love and serve you.

We acknowledge the times we have been quick to judge those we don't easily identify with and ignored those whose plight we have not taken to heart.

Raise us up to love and serve you.

In Jesus' name we pray. Amen.

### Prayer of thanksgiving

We give you thanks, Lord, that your healing ministry transcended cultural and social barriers. We pray for a cleansing of all prejudice, and for those whose illness or situation distances them from others. We pray especially for the mentally ill, the homeless, for refugees and all on the fringes of society. May they, and all creation, know your healing and accepting love, and may we all reach out where we can, in your name.

Amen.

## Prayers of intercession

Lord God,

you became poor so that we might become rich.

In our world of inequality, we pray that you would show us how to share our riches with those who are in need.

Lord, pour out your blessings.

We pray for people who seek asylum in our land.

We cannot begin to understand the things they have been through.

We pray for a deep sense of your understanding, and for practical ways to show your love.

Lord, pour out your blessings.

We pray for those who work long hours for very little money.

For those who have no security, no comfortable home to go back to.

Lord, pour out your blessings.

We pray for those who give their time and resources, working through food banks, outreach centres, charities.

Lord, pour out your blessings.

We pray for ourselves, that as you bless us, we will bless others.

Lord, pour out your blessings.

Amen.

## For the Circuit

Loving God, we pray for all nine churches in the BDI Circuit: Barking, Ilford, Seven Kings, The Drive, Barkingside, Goodmayes, Becontree Heath, Old Dagenham, and Gantshill. Lord, give us a heart of discernment which knows your guidance, give us patience and help us trust in your faithfulness, and give us your strength and courage which help us to follow you. We pray for our ministers, local preachers, worship leaders and all leaders in our local churches.

## Celtic Prayer of Faith

I arise today Through a mighty strength: God's power to guide me, God's might to uphold me, God's eyes to watch over me; God's ear to hear me, God's word to give me speech, God's hand to guard me, God's way to lie before me, God's shield to shelter me, God's host to secure me. Brigid of Gael, (c.451–525)

Let us pray for folk in our Church

Let us pray for our Church to grow

Let us pray for our Community

The Lord's Prayer

Our Father who art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power, and the glory, for ever and ever Amen.

## A Father's Day Prayer



God,

Bless all the fathers in the world.

Father, we ask that You guide them to be good role models and loving to their children.

We also ask that You help them to be a father like You are.

Give them grace and patience to handle situations in a loving way. Amen.

## Annual Church Meeting 20<sup>th</sup> June

This meeting, which is open to all, will follow the service.

+ + + + +

## CHURCH ANNIVERSARY 4<sup>th</sup> July

All being well. We will celebrate with a special event. Details will be given out in church, on 'The Drive Together' WhatsApp and in the July edition of the Newsletter.

## WOVEN

Woven is the London District Theme for 2019 - 2021. The theme centres on the power of storytelling to transform and renew us in our lifelong discipleship as followers of Christ. For more information, visit [www.methodistlondon.org.uk/woven](http://www.methodistlondon.org.uk/woven)

Woven Into Mark is a joint initiative by the London and Plymouth & Exeter Districts that explores the story of Mark's Gospel through the eyes children and youth from rural and urban using '30 Days with the Gospel of Mark', the study guide for 2021 Bible Month. The Bible Month is an annual activity organised by the Connexion, that encourages everyone to dig deeper into a particular book of the Bible over four weeks. The Bible Month book for 2021 is the Gospel of Mark.

The vision of Woven Into Mark is to increase biblical literacy amongst our children and youth; and to encourage them to creatively share their reflections and encounter from Mark's Gospel with others.

We invite children and youth workers, parents and carers from our two districts to encourage their young ones to journey with us through the Bible Month and share their reflections with us. Their reflections can be submitted as a photo they capture by themselves, or a painting or drawing they create. Selected entries will be converted into postcards to be sold to raise money for All We Can.

### Woven on BBC Radio 4 | Sunday 13 June

As if there wasn't enough in the District project to get excited about, here's something else to throw into the mix. On Sunday 13 June, 'Woven' will be featured on Radio 4 as part of the Sunday Morning Worship Programme. We'll be sharing more details over the next couple of weeks, so watch this space.

### Woven Weekend | Saturday 24 - Sunday 25 July

We are delighted to be able to share with you the details of the forthcoming Woven Weekend (which replaces the planned District Weekend Away). Over the course of one weekend in July we invite you to join in with a series of keynote sessions

and workshops, drawing on what it means to be 'woven' into each other and into God. Visit the website for more information on how you can participate in the fantastic events we have going on.

We're asking children and young people across the District to help us raise money for All We Can by sending in their written or drawn interpretation of the Gospel of Mark. Submissions will be turned into postcards and all proceeds from their sale will go to All We Can.



### Remembrance Board

We are creating a Remembrance Board in Church to honour those people we have all lost during the pandemic. This board will have photos, names and relevant dates of those people, be they church members, relatives or close friends, in fact anyone who we were close to and now mourn their loss.

This board will be in operation for as long as it's needed and can be found at the back of the church near the tea hatch and above the bookcase.

If you have lost someone who you would like shown on this board, please email me a photo (if you have one), their name, their relationship to you, their date of birth and date they passed away (as I will type it in the same font as the others). If you don't do email, please ring me and we can arrange how we can sort it out directly.

Ruth

Mobile: 07780 852858

Email: [ruth.joyce2@gmail.com](mailto:ruth.joyce2@gmail.com)

Let's Sing!      Here I am Lord 

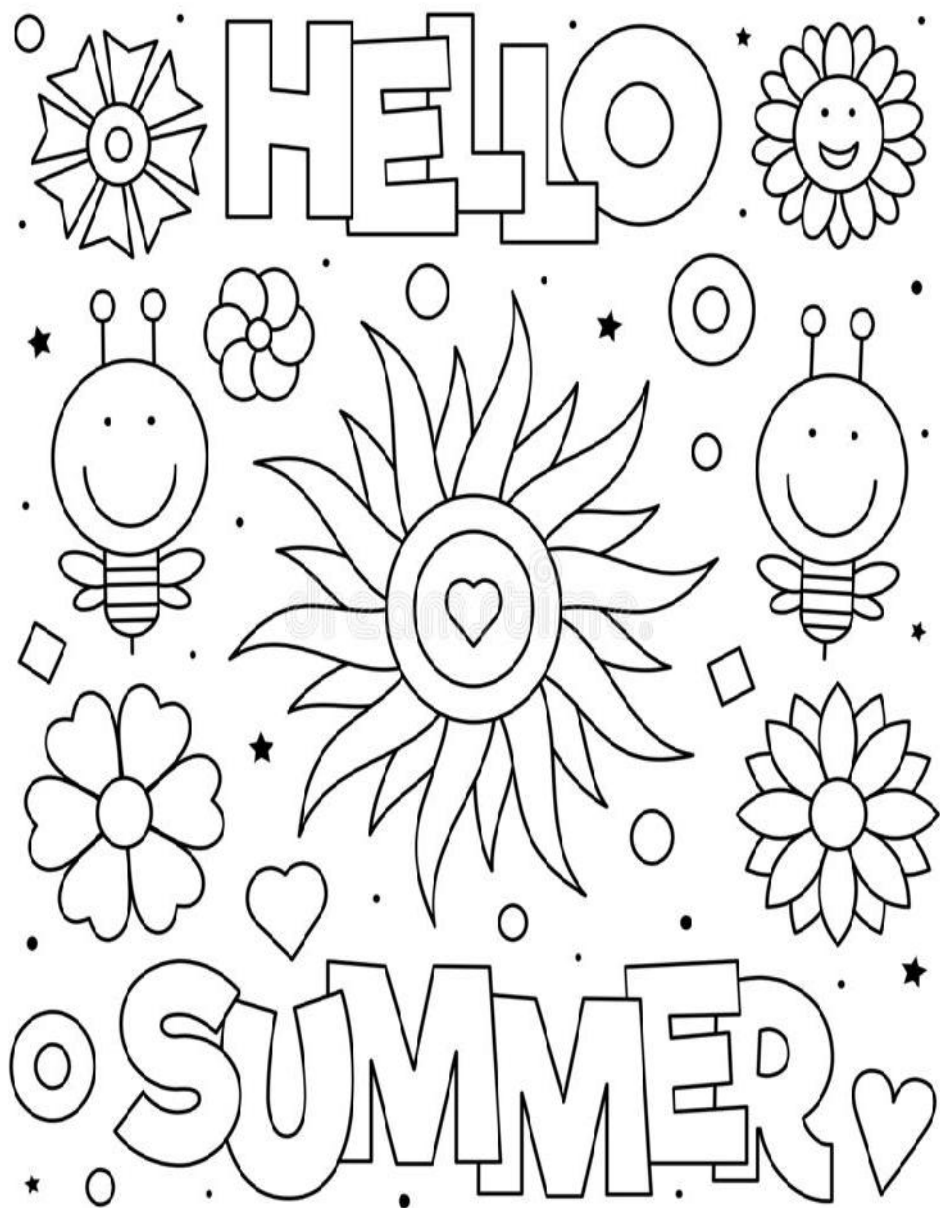
I the Lord of sea and sky  
I have heard my people cry  
All who dwell in dark and sin  
My hand will save  
I who made the stars of night  
I will make their darkness bright  
Who will bear my light to them?  
Whom shall I send?

Here I am, Lord  
Is it I, Lord?  
I have heard You calling in the night  
I will go, Lord  
If You lead me  
I will hold Your people in my heart

I, the Lord of wind and flame  
I will tend the poor and lame  
I will set a feast for them  
My hand will save  
Finest bread I will provide  
'Til their hearts be satisfied  
I will give my life to them  
Whom shall I send?

Here I am, Lord  
Is it I, Lord?  
I have heard You calling in the night  
I will go, Lord  
If You lead me  
I will hold Your people in my heart  
I will hold Your people in my heart

Songwriters: Anna Laura Page / Daniel L. Schutte





A Message from John Higgins (wearing his treasurer's hat)

With the news that the Church will be opening in June for Services, etc., I would like to offer some useful information regarding freewill offerings.

First of all, many thanks to all those who set up a standing order to have their freewill offerings paid directly into our Bank.

Should you wish to continue with this arrangement I would have no objections, as each amount is recorded by me against your number / name and used at year end to claim back the tax relief.

However, if you would prefer to revert back to using the freewill offering envelope during the Service collection, please do so.

If you do choose this option, would you please use the 2020/21 envelopes you already have and ignore the dates printed on them. It is the number on the envelope that is important and not the date.

Secondly, many thanks to all those who have sent me cheque payments for their freewill offerings. These amounts have been similarly recorded.

Again, if you wish to continue using the freewill offering envelope during the Service collection, please use the envelopes you have already and ignore the dates.

Regardless of the method used, your offerings have played an important part in maintaining the Church buildings and meeting ongoing expenses. A BIG THANKS to you all.  
John

# Life on the Breadline Project

Sarah was starving. Her parents, both of whom worked, did not have enough money to pay for their utility bills as well as food that week.

Deacon Eunice Attwood, Church at the Margins Officer in the Evangelism and Growth Team, looks at a project that has been exploring how austerity has affected Christian engagement with poverty in the UK and the theological motivations which underpin it.

In early summer, a friend of mine who is a teacher told me about Sarah, a ten-year-old child, who had been caught stealing bread and cakes from the local supermarket. The shop had rung the school and Sarah was asked to explain why she had stolen the bread and cakes to my friend, her teacher. The answer sadly, was, as my friend suspected, Sarah was starving. Her parents, both of whom worked, did not have enough money to pay for their utility bills as well as food that week. My friend went on to say, this was becoming an increasingly common occurrence amongst the children at her school. The school had developed a strategy in partnership with other agencies to support struggling families, whilst recognising that many of their families, due to the stigma of poverty, found ways of surviving which understandably avoided others knowing of their desperate circumstances.

Can you begin to imagine the trauma of her parents living in such an uncertain environment? Sadly, this experience is prevalent in the UK, where, even before the pandemic, poverty affected 14.4 million people including 4.5 million young people.

The pandemic has highlighted pre-existing inequalities. We have been confronted with the truth of the devastating impact of poverty on people's lives. In facing the truth, we also have

an opportunity, to ask, what justice would look like for Sarah and her family? If we took the words of Jesus about poverty, seriously and literally, how might Christians respond?

Understanding Christian engagement with poverty is at the heart of the ground-breaking research done by the Life on the Breadline project. The three-year project has been exploring how austerity has affected Christian engagement with poverty in the UK and the theological motivations which underpin it.

The Life on the Breadline website offers a great range of conversations, podcasts, and resources on the impact of poverty, race, austerity. Dr Chris Shannahan asks an important question 'how can people of faith best respond to poverty, caring is invaluable, but more needs to be done.'

If you would like to learn more about the Life on the Breadline research, you could join:

- J The Life on the Breadline on-line conference: a two-day online conference with the Life on the Breadline project team as the culmination of their research into Christian responses to UK poverty in the context of austerity. The conference takes place on Thursday 24<sup>th</sup> and Friday 25<sup>th</sup> June. this is only available online. To find out more and to book your place you will need to access the Methodist Church website.
- J A webinar from 7-8.30pm on Tuesday, 20<sup>th</sup> July with Dr Chris Shannahan, from the Centre for Trust, Peace and Social Relations, at Coventry University, which I will be hosting with Paul Morrison, Policy Adviser, Joint Public Issues Team. To find out more and to book your place you will need to access the Methodist Church website.
- J A webinar from 7 to 8.30pm on Tuesday, 15<sup>th</sup> June, on the pandemic and poverty in the UK. A conversation

between justice campaigners and the wider church on the impact of poverty. To find out more and to book your place you will need to access the Methodist Church website.

### SUPPORT REDBRIDGE FOOD BANK

Helping Local People in Crisis

Jubilee Church 14 Granville Road Ilford IG1 4JY

Website: [www.redbridge.foodbank.org.uk/](http://www.redbridge.foodbank.org.uk/)

Phone: 020 8518 0056

The Foodbank has fed 14, 000 people with 3-day emergency parcels since April 2020.

Opening times for donations are:

Tue: 11.30am – 1pm Sat: 10am- 12.30pm

Opening times for collection are:

Tue: 12pm – 1pm, Wed 2pm – 4pm, Sat 10am- 1pm

Our shopping list is:

Tinned Meat/Fish Custard/Rice Pudding

Tinned Fruit Pasta Sauce Jam/Spreads

Long Life Milk and Juice Tinned Spaghetti

Sanitary items Toilet Paper Toiletries

Size 6+ Nappies

Donations of Money are also very welcome.

) We have a collection box for the Food Bank in church

Christians Against Poverty (CAP) provides free debt help and local community groups across the UK. Our free services, run with local churches, provide practical and emotional support and show people that there is always hope.

## CAP Debt Help

If you are in debt, you've come to the right place. We are a charity that gives free help to anyone in debt. Thousands of people have already been given hope and a solution. [Find out more about CAP Debt Help.](#)

There is 1 CAP Debt Centre covering your area. To book an appointment or find out more, call our New Enquiries team on

**Call 0800 328 0006**

Call for free from landlines and mobiles in the UK.  
Our lines are now open:  
9:30am–5:00pm Monday–Thursday and 9:30am–  
3:30pm on Fridays

Ilford CAP Debt Centre is run in partnership with City Gates Church. Call 0800 328 0006 to speak to a debt coach.

## Helplines and Support

### Concerned about a rough sleeper? Tell someone.

If you want to tell us about someone sleeping rough, you can contact Street Link on 0300 500 0914 who will take note of all the information that you provide and arrange for the rough sleeper to get access to local services and support.

Victim Support 08 08 16 89 111 is here to help anyone affected by crime. We are here just to support you. Free-phone [www.victimsupport.org.uk/help-and-support/get-help/support-near-you/east-england/essex](http://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/east-england/essex)

Mind for Mental Health Support Infoline: 03001233393  
Email: [info@mind.org.uk](mailto:info@mind.org.uk)

Samaritans now has the free telephone number.

You can talk to Samaritans on the phone whatever you are going through. Calls are free from anywhere in the UK on telephone number 116123 day and night. If you prefer to email you will receive a response within 24 hours by contacting us on [jo@samaritans.org](mailto:jo@samaritans.org)

### Childline

You can talk to us about anything. No problem is too big or too small. Call 0800 1111 or via 1-2-1 chat between 7.30am and 3.30am every day.

Call the National Domestic Abuse helpline on 0808 2000 247.

Download the Bright sky App. Bright Sky is a mobile app and website for anyone experiencing domestic abuse, or who is worried about someone else.

Call Age UK Redbridge, Barking & Havering 020 8220 6000

We offer you free, independent and confidential advice through our information service. If you need to know about social care, welfare benefits, leisure or health, we are here to help.

### Anagrams of Bible Books ANSWERS

1.EXODUS, 2. MICAH, 3. OBADIAH, 4. COLOSSIANS,  
5. TIMOTHY, 6. SAMUEL, 7. LAMENTATIONS, 8. AMOS,  
9.SONG OF SOLOMON, 10. ACTS, 11. HEBREWS,  
12. DEUTERONOMY,13. NUMBERS, 14. ESTHER,  
15.MATTHEW, 16. RUTH, 17. EZRA, 18. ECCLESIASTES,  
19.HOSEA, 20. THESSALONIANS

HOPE YOU GOT THEM ALL

## *Prayer*

*Breathe in me O Holy Spirit,  
that my thoughts may be all holy.*

*Act in me O Holy Spirit,  
that my work, too may be holy.*

*Draw my heart O Holy Spirit,  
that I love but what is holy.*

*Strengthen me O Holy Spirit,  
to defend all that is holy.*

*Guard me then, O Holy Spirit,  
that I always may be holy.*

*Amen*

St Augustine of Hippo

