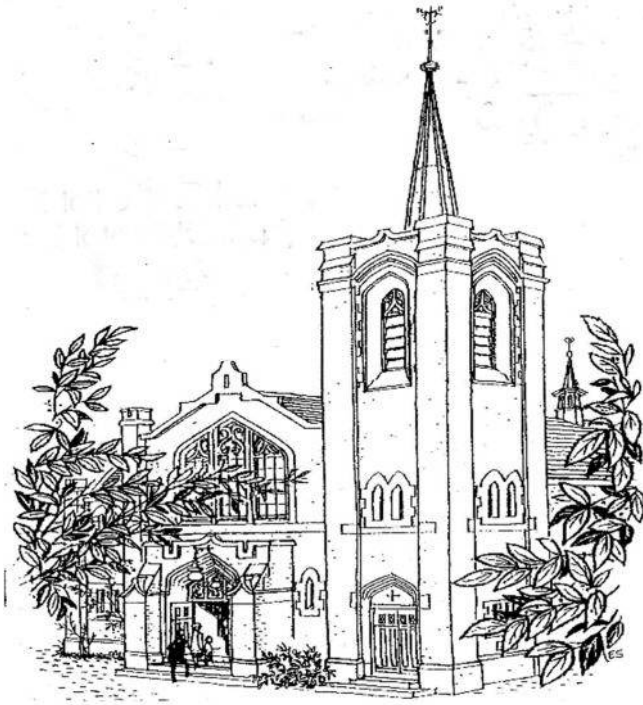


The Drive Methodist Church
Eastern Avenue
NEWSLETTER

August 2021



Minister: Revd. Mmasape Zihle

Website: 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 August

I need Thee every hour
Most gracious Lord
No tender voice like Thine
Can peace afford
I need Thee, O I need Thee
Every hour I need Thee
O bless me now, my Saviour
I come to Thee

How often do we allow ourselves or others to say: "I am not doing well today"?

I bet not much... we always want to present ourselves as in control and coping. But these last 18 months have not been normal for our generation. We witnessed and experienced like never seen in a hundred years. It affected us. It continues to affect us.

I have had a number of moments and days recently where I have had to say, "I am not doing well today."

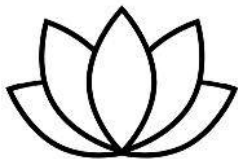
It is not a sign of weakness but self-awareness which leads us to seek the necessary help and support. Let us allow ourselves and others around us to have the freedom to make this statement and upon our hearing it not try to fix, but rather to draw alongside so that whoever it is, may know they are not alone.

In our moments of struggle, I offer the words of the hymn above as we draw close to God in our dependence on Him to sustain and see us through.

As things slow down in the church and in our lives over the summer holiday, I wish you grace enough to find rest and to be restored. If you will be busy, find grace enough to know when you've done enough.

God bless.

Mmasape



CHURCH FAMILY NEWS

We offer our thoughts and prayers for ...

Michelle, Thea and their family as they prepare for their mother and grandmother Elise's funeral on 3rd August.

Kathleen and Brian – as Kathleen continues her treatment in between resting at home under Brian's careful watch.

Sandra Runeckles – who is taking it easy at home while she continues with treatment.

Sheela and Selwyn's family in India – where Rachel (Selwyn's sister-in-law) died having lost her brave fight lost with Covid. Her husband Vincent remains on a ventilator in

hospital. The children, Rebecca, Abigail and Karen have thankfully returned home.

Janet's daughter Heather who has recently spent time at Barts to stabilise her breathing and it's good to hear that Janet's great grandson Freddie is much better after contracting Scarlet Fever.

Peter Sharp - who is no longer in good health and currently receiving treatment at St Georges Tooting. I understand he has been managing at home with help from carers and his good and loyal friend Susan Ruckes.

David Wright, who along with his girlfriend Izzy contracted Covid and has been very poorly. He is now on the mend and we hope it isn't long before they both return to good health.

Sending our prayers and best wishes to you all. LB

News from Peter Sharp

I would like to thank all you good people for asking after me and my health. I should like to thank Lorraine for her continued supply of the newsletter.

I'm afraid I shan't be able to visit the little church as frequently as I used to, as I have no car now.

Thank you Peter. Your friends at church miss you and send you their prayers and best wishes. LB

Well, I hope you have all been able to make sense of the recent guidelines about our new found 'freedom'. For the time being we are continuing to advise you to social distance, sanitise hands and wear a mask when you are visiting church.

Wearing
a mask
is the
simplest
act of
human
kindness

We have lots of lovely news to celebrate this month



Congratulations and best wishes to:

Sandra Folkes, who will be cutting into her birthday cake on 9th August and also celebrating the 1st Anniversary of her successful kidney transplant on 28th August. Great news Sandra

Wedding Anniversary wishes to Jo and Andy for 5th August and to Yinka and Andrew for 9th August.

Congratulations and a big well done to Thea who passed her 1st year Nursing Exams

Donna Charles, who will be celebrating her birthday on 12th August

Two lots of birthday fun on 19th August - Verney and Bambo.

Anne and Ian Warden, who will be enjoying many best wishes for their 40th Wedding Anniversary on 22nd August.

David Pender, who achieved BA 2nd class Hons in Integrative Counselling

Kido and his wife Seunghee, on the birth of their little daughter Hana while in Korea.

Love and best wishes to Bambo and his fiancée Belinda on the news of their engagement.



Brian's Musings.....

*When Thomas Edison's desk was opened years after his death, a card was found among his papers:
" When down in the mouth, remember Jonah. He came out all right".*

A Bucket full of surprises

Let's Sing



Make me a channel of your peace
Where there is hatred let me bring your love
Where there is injury, your pardon Lord
And where there is doubt true faith in You

Make me a channel of your peace
Where there is despair in life let me bring hope
Where there is darkness only light
And where there's sadness ever joy

Oh, Master grant that I may never seek
So much to be consoled as to console
To be understood as to understand
To be loved as to love with all my soul

Make me a channel of your peace
It is in pardoning that we are pardoned
It is in giving to all men that we receive
And in dying that we are born to eternal life

Oh, Master grant that I may never seek
So much to be consoled as to console
To be understood as to understand
To be loved as to love with all my soul

Make me a channel of your peace
Where there's despair in life let me bring hope
Where there is darkness only light
And where there's sadness ever joy

Prayer of St Francis

Who was St Francis?

Occupation: Catholic Friar

Born: 1182 in Assisi, Italy

Died: 1226 in Assisi, Italy

Best known for: Founding the
Franciscan Order Biography:

Saint Francis of Assisi was a Catholic friar who gave up a life of wealth to live a life of poverty. He established the Franciscan Order of friars and the women's Order of the Poor Ladies.

He grew up leading a privileged life as the son of a wealthy cloth merchant. Francis loved to learn and sing songs as a boy. His father wanted him to become a businessman and taught him about the French culture.



About the age of nineteen Francis went to battle against the nearby town of Perugia. Francis was captured and taken prisoner. He was held prisoner in a dungeon for a year before his father paid the ransom and he was set free.

Over the next few years Francis began to see visions from God that changed his life. The first vision was when he was sick with a high fever. At first he thought that God had called him to fight in the Crusades. However, he had another vision that told him to help the sick. Finally, when praying in a church, Francis heard God tell him to "repair my church, which is falling in ruins." Francis gave all his money to the church and his father became very angry with him. Francis then left his father's home and took a vow of poverty.

As Francis lived his life of poverty and preached to people about the life of Jesus Christ, people began to follow him. By 1209, he had around 11 followers. He had one basic rule which was "To follow the teachings of our Lord Jesus Christ and to walk in his footsteps".

Francis was a devoted follower of the Catholic Church. He and his followers travelled to Rome to get the approval for their religious Order from the Pope. At first the Pope was reluctant. These men were dirty, poor, and smelled bad. However, eventually he understood their vow of poverty and blessed the Order.

The Franciscan Order grew as men joined and made vows of poverty. When a woman named Clare of Assisi wanted to take similar vows, Francis helped her start the Order of the Poor Ladies (Order of Saint Clare). He also started another order (later called the Third Order of Saint Francis) that was for men and women who didn't take vows or leave their jobs but lived out the principals of the Franciscan Order in their daily lives.

Francis was known for his love of nature and animals. There are many stories about Saint Francis and his preaching to animals. It is said that one day he was talking to some birds

when they began to sing together. They flew into the sky and formed the sign of a cross. It was also said that Francis could tame wild animals. One story tells of a vicious wolf in the town of Gubbio that was killing people and sheep. The people of the town were frightened and didn't know what to do. Francis went to the town to confront the wolf. At first the wolf growled at Francis and prepared to attack him. However, Francis made the sign of the cross and told the wolf not to hurt anyone else. The wolf then became tame and the town was safe.

Francis became ill and spent the last few years of his life mostly blind. He died in 1226 while singing Psalm 141. He was declared a saint of the Catholic Church only two years after his death.

Church NoticesOOPS!

Low Self Esteem Support Group will meet on Thursday.

Please use the back door.

Eight new choir robes are currently needed, due to the addition of several new members and to the deterioration of some older ones.

What's Happening?

TDY NEWS

It has been wonderful that we have been able to meet again on Sunday morning. We've all had a lot of catching up to do!

Hopefully, by the next newsletter, we will be able to tell you about our picnic in the park, taking place on 14th August which we will be organising over the summer.

It has been a difficult year for our young people. They have had to adapt to different learning styles, assessments, and exam processes. These have been very different to what they had expected when they first started their education journey, but thankfully our young people are resilient, and they have all been pushing forward and trying their best. As Rochelle wrote in our previous newsletter God

was with them all the way, and still will be in whatever they go on to experience next.

It is sometimes easy to forget that our young people have the love and support of their friends and families too, and at times it can be an emotional roller coaster for them as well. So, well done to all for the love and care that has been given through these challenging times.

Please remember all our young people, and their families in your prayers, who are waiting for results, starting new schools, year groups, apprenticeships, colleges, and universities in September. It is a time for change and new experiences, and we wish them well for the future.

Jo W





Hi Church Family!

You may have read about my lockdown experience in the last edition of the newsletter and consequently the long summer ahead of me. There has been a development since then - I'm going to be running the Race for Life 5k in Epping for Cancer Research UK! I'm doing this in memory of my aunty, Mercy, who sadly passed away in 2013 due to breast cancer. Her faith in God was strong and she always looked to Him for guidance in her life. Although I only have limited memories of her, I remember her being a fighter till the very end and I aspire to be just like her.

Through this marathon, I'm trying to raise some money for Cancer Research UK, who are doing incredible work in making scientific developments towards a cure for cancer. The money I raise will go towards this vital research and every penny donated helps this amazing cause!

You can do this either via my giving page:

<https://fundraise.cancerresearchuk.org/page/rochelle-race-for-life>

Alternatively, offline payments by giving cash in hand can be arranged. Please see me or my parents, Joel and Priya, for details

Thank you! Rochelle

Good luck and good running LB

News of meetings from Jan and John

Bible Reading Group



"The bible reading group will be meeting in Valentines Park at the Gardeners Cafe for a coffee and chat on Friday 27th August at 11.00. We shall be discussing 2 John. (There is only one chapter)"

O O O O O O

Susan Ruckes wishes to thank Jan and John Pearson for organising the church prayer meetings throughout the changes.

We began by meeting in the Memorial Chapel and after lockdown we used the month's prayer sheet at home, if possible at the usual time.

Then the prayer sheet moved to the newsletter. could this perhaps continue, using some prayers from the What's App group.

Thank you, Susan, for this well-deserved acknowledgement. As the prayer group provide such a wonderful variety of prayers for The Drive Together App; I do include at least two of these in each newsletter. I'm happy to receive any suggestions.LB

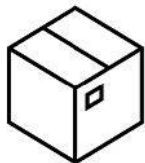
From the Archives – July/August 2008

100 – NOT OUT by Frank Sayers

This was the title I gave my afternoon of recorded music with the Women's Fellowship on June 11th. Just after I retired from teaching in 1987, I was asked to speak at the Women's Fellowship and chose as my title "Sixty Years of Change", and talked about all the changes in education I had lived through since I attended Broadwater Church of England Junior Mixed and Infants school on the edge of Broadwater Green, Worthing, next door to the blacksmiths, till I retired from teaching in the London Borough of Newham. There were many changes to talk about and from what I hear and read there have been many more rapid changes in education in the years of my retirement.

All my subsequent 99 visits to the Women's Fellowship have been to present programmes of music of various kinds. I like to have themes to connect the music we listen to. Apart from music for Christmas, Lent, Holy Week and Easter, my themes have included Themes and Variations, Out Door Music, Two's Company, Musical Anagrams, Jolly Music, Reflective Music, Song and Dance and many more. At my 100th I was presented with a commemorative mug inscribed 'To Frank Sayers in celebration of his 100th Musical Event', a gift for which I warmly thank the Women's fellowship and which I will treasure.

Yes, I know it's only August and I'm a tad early but its good to be prepared!!!



SAMARITANS PURSE

CHRISTMAS SHOEBOX APPEAL.

A reminder to all who wish to support this special charity that shoeboxes will be required earlier this year. We have shoe boxes available at church. please ask Brian Grinham, Jo Wright or Lorraine Bendon.

Here's what you need to do

Find a Shoebox - Get a medium sized shoebox and wrap the box and lid separately in colourful wrapping paper or use the pre-printed shoeboxes available at church. Attach the appropriate boy/girl label, marking if your gift is for a boy or a girl. Select an age category 2-4, 5-9 or 10-14 and attach the label to the top of your shoebox.

Fill with gifts - Fill your shoebox with a selection of fun toys, toiletries and school supplies. If possible, include one or two special items you know a child will love such as a doll, cuddly toy or deflated football with pump.

Make your project donation - A suggested donation of £5 is essential to cover project costs, including shipping, to enable a local church or group overseas to lead a safe, well-organised children's event.

This amount can be placed inside your box, on top of the contents or you can give online where you will be given a

barcode to print and place inside your box. This will enable us to tell you which country your shoebox gets sent to.

Gift Suggestions

Toys - A football and pump, cuddly toys, dolls, toy cars, small musical instruments, yo-yos, skipping ropes, balls, small puzzles etc.

School Supplies - Pens, pencils & sharpeners, crayons or felt pens, stamps & ink pad sets, writing pads or notebooks, solar calculators, colouring & picture books etc.

Hygiene Items - Toothbrush, bars of wrapped soap, comb or hairbrush, flannel, sponge etc.

Other Items - Hat, gloves, scarf, sunglasses, cap, socks, T-shirt, flip-flops, hair accessories, jewellery set, watch, wind-up torch etc.

DO NOT INCLUDE

Toothpaste, sweets, lotions and liquids; used or damaged items; war-related items; seeds, gum, chocolate or food items; religious or political literature; medicines, aerosol cans, sharp or fragile items.

Items packed from this list will be removed from shoeboxes.

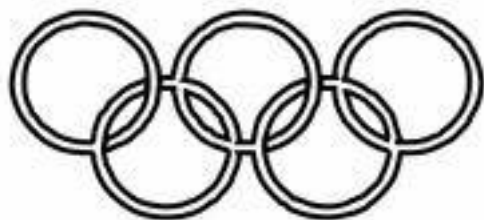
If you can't get out and would like a shoebox delivered or some help in buying the items to fill your shoebox, please let me know.LB

We are now into the school summer holidays, so please remember to support our Foodbank as pressure on families will increase.

If you can't get to the depot in Ilford, do use our collection box at church.



TOKYO 2020



As the controversial 2020 Tokyo Olympics get under way a whole year late on 23rd July, it is an extraordinary sight to see a stadium empty of spectators apart from those taking part in the ceremony. Many believe the Games should not have proceeded at all in light of the Pandemic, but the opening ceremony is taking place as I write.

Team GB will be represented by its largest ever delegation for an Olympic Games on foreign soil with 376 athletes and a further 22 reserve athletes set to compete across 26 sports. For the first time in its 125-year history, Team GB will also be taking more women than men to a summer Olympic Games.

Any decision to cancel the games can only be taken by the International Olympic Committee and not the host city. The Olympic charter also stipulates that the IOC should ensure "the health of the athletes".

The Olympic games would normally draw Christians from across the world to support and lead mission work alongside the games and this would be of particular importance to Japan, one of the least reached countries with the gospel of Jesus in the world, with only 0.5% of the population professing to be Christian.

Regardless of race or religion, let us pray for the success and safe return of all who compete:

Let us Pray:

for the safety of all those involved in the Olympic Games.

for those making decisions about the event and that compassion and love will feature instead of greed and commercial interest.

for those sportsmen and sportswomen who use their skills and talents as witnesses for Christ.

for those involved in mission work around the Olympics, that they will be led by the Spirit in all they do

for the people of Japan, who are divided in their support for the games, for a peaceful and gracious spirit.

Amen



Olympic Games Medals: A Brief History

At the first Olympic Games of the modern era in Athens in 1896, the winner was crowned with an olive wreath and received a silver medal.

The 1904 Olympic Games in St Louis were the first at which gold, silver and bronze medals were awarded for first, second, and third place. The medal was attached to a coloured ribbon with a pin to fix it to the athlete's chest.

It was not until 1960 in Rome that Olympic medals were first designed to be placed around the winners' necks. A laurel leaf chain was originally designed for the purpose. At subsequent Games it has most often been coloured ribbons that held the medals that adorned the victors' necks.

What would your achievement be?



The UK will host the 26th UN Climate Change Conference of the Parties (COP26) in Glasgow on 31 October – 12 November 2021.



The COP26 summit will bring parties together to accelerate action towards the goals of the Paris Agreement and the UN Framework Convention on Climate Change.

The UK is committed to working with all countries and joining forces with civil society, companies and people on the frontline of climate change to inspire climate action ahead of COP26.

What is Climate Sunday?

The Climate Sunday initiative is calling on all local churches across Great Britain & Ireland to hold a climate-focused service on any Sunday before COP26 (November 2021). So far over 1,000 churches have joined in, could your church add its voice this year?

Our vision is to leave a lasting legacy of thousands of churches better equipped to address this critical issue as part of their discipleship and mission and to make a significant contribution to civil society efforts to secure adequate national and international action at COP26.

The collective action and commitments from local churches across Great Britain & Ireland will be presented to UK Government at a Nations Climate Sunday Service in Glasgow on Sunday 5th September 2021. Further details about this event will be published shortly.

Can your church hold a climate-focused service to explore the theological and scientific basis of creation care and action on climate, to pray, and to commit to action?

What do you think, could we take up this challenge? LB

The Methodist Prayer Handbook is now available for pre-order. 'A Place for All' contains prayers for every day of the new Connexional Year and centres on the Presidential theme.

Orders can be placed via [Methodist Publishing](#).

O O O O O

Father technology is moving so quickly, many of us had not heard of Zoom or WhatsApp before the pandemic. we thank you that it has been a way of bringing us together. We pray for our use of technology, may we always seek to use it to learn, unite and strengthen our lives together. Amen

Thanks to John Pearson



Did you know

D I E T stands for

Did I Eat That



In and around Redbridge

Redbridge Action Week took place from 21 – 27 July and saw 20 enforcement teams from the council, partner with the Metropolitan Police, London Fire Bridge, British Transport Police and the NHS to disrupt criminal activity and undertake outreach work across the borough.

A wide range of targeted action was undertaken, including anti-social behaviour and criminal gangs posing as beggars. Meanwhile, outreach work included supporting rough sleepers, community litter picks and a women's safety walk.

Reporting begging helps prevent exploitative gangs divert support from those who really need it.

Redbridge Heritage Centre provide a service for local and family history research and hold the largest collection of materials in the Borough on the history of Ilford, Wanstead, Woodford and Redbridge.

These materials include:

periodicals

-) census information
-) maps
-) military resources
-) free access to Ancestry Library edition, [Find my Past, British newspaper Archives](#)

The Heritage Centre also has a general collection of books on the history of Essex and the surrounding London boroughs including maps, periodicals and local newspapers.

Archive records, historic photographs and building plans are available by appointment at info.heritage@visionrcl.org.uk

Helping women and girls to feel safer in Redbridge

We have extended our safety survey for women and girls in Redbridge, as we want to hear as many of your experiences of living, working, and travelling in the borough as possible.

All your feedback will be used to help us understand what steps we need to take to ensure you feel safer. Please go online to [share your views](#)

Buttterfly Identification Walk

Claybury Woods and Park 3rd August 11.am -12.30pm

The Nature Conservation Team have partnered with Butterfly Conservation on their exciting new project, Big City Butterflies, which aims to inspire Londoners to discover butterflies and moths and connect them with nature and their local green space.

Book with Vision- Redbridge Culture and Leisure.

12th August 10:00 am - 2:00 pm Fairlop Waters Country Park
16 yrs+ Free

Fairlop Waters Country Park, Adults, Nature Conservation Workdays 10th August 10am -2pm

Join us in the nature reserve as we work to cut back overgrown paths and clear invasive non-native species from site. Meeting point: sent upon booking with Vision – Redbridge Culture and leisure.

Riverfly Monitoring Training Course with ZSL

The Nature Conservation Team are excited to partner with ZSL once more, and officially incorporate the River Roding into the London Riverfly Monitoring Initiative. This national monitoring scheme uses monthly surveys of key invertebrate species as indicators of the ecological health of the river, gathering long-

term data, detecting pollution, and ultimately protecting the
river and its wildlife.

If you're interested in helping us monitor the health of the River Roding, and know you will be able to sample the river for at least 6 months (1 sample per month), please do consider joining the upcoming training sessions.

-) Book for the online sessions on 5 & 12 August
-) Book for the practical session on 14 August

IF THE SHOE FITS.....

Many years ago, a shoe shop called Lilley & Skinners could be found in Ilford's high road. A lift took customers to the top floor children's department where opposite the lift was a little carousel or roundabout. A shop assistant would measure the child's foot – length and width before emerging from a doorway with boxes of Start-Rite shoes.

My family moved away in 1965, but Lilley & Skinners was still there on my return in 1978. Other shoe shops were then available.

In recent years, shoe buying has become a nightmare. Gradually my favourite stores have disappeared. I recently found plastic bags from James Finch (Chelmsford), Clarkson's (Frinton), David Anthony (South Woodford), Michelle's (Cromer) and Bagel (Barking).

While staying in Toronto, Canada, I found a shoe shop selling a pair of shoes that fitted me. (I'm wearing those shoes now) By chance, I found a branch of the same shop in Richmond, Surrey and this is where I bought the shoes that I have 'lived in' for the past year. On Thursday 20th May, I phoned the number in Richmond and made an appointment for that

afternoon. The shop is set out with three socially distanced chairs, a screen in front of each.

An assistant measures your feet (as in Lilley and Skinners) before emerging from a doorway with boxes. Not Start-Rite! – Do they still exist?

I had the choice of about six pairs of comfortable shoes. It was certainly worth the journey.



SUSAN RUCKES

Yes Susan Start- Rite are still providing shoes for little feet.

Christian Message Service

While checking telephone numbers on the contact list on the back page of the newsletter. I called the number for the Christian Telephone service. It appears this is no longer in existence and so I explored another service.

I tried the Church of England Daily Hope Message, a free service offering prayer, hymns and reflections 0800 804 8044 but I found this a bit creepy!

In summary, I couldn't find anything I thought was suitable and useful and so I thought I would relinquish responsibility and challenge you dear reader to find something suitable. Thank you. LB

A prayer

What a friend we have in Jesus, all our sins and grief to bear.

What a privilege to carry, everything to God in prayer.

O what peace we have to forfeit, O what needless pain to bear.

All because we do not carry, everything to God in prayer. Amen

Earth Science Word Search

M S G A L A X Y X R T R E X T P U I O A M
 N U L T A O A O A N I S S A O G N I X A W
 P B I G N N N B R O O W U E A O G S G Q S
 T D T V R I O D I B U C O N O V G M O C P
 T U E C U S O L S T I C E S A L A N T O E
 M C M Q I L T P N S P T N A A M O L A A E
 O T E S D N L E W U M O G C N U I L E H A
 C I H P R O M A T E M O I B I G S N T U C
 C O L L O I D S J C D E V R H M O A A R S
 Y N I C D T N E M C R Y S T A L T N E R M
 U O S E F A T I D E O N Y W C L H T K I O
 R R S R A S R S E N T E M Y E C E N A C E
 H R O L T N E M P T A P C D O M R U U A S
 O N F R A E A O O R U I E P O D M R Q N E
 T R E S E D T G S I Q C E M E A A I H E A
 E A A L B N A R I C E E E G O P A N T M P
 M E V A P O R A T I O N G T O I A A R L T
 R M P R E C I P I T A T I O N H M Q A O Q
 E E S T R I U H O Y N E R O S I O N E P T
 E H M N Y G N I N A W R E S L O E M E S N
 M E M C O M D H E A T G P C R T L U A F A

Alluvium	Diurnal	Glacier	Orbit
Anemometer	Earthquake	Hurricane	Perigee
Apogee	Eccentricity	Igneous	Planet
Biome	Epicenter	Isobar	Precipitation
Climate	Epoch	Isotherm	Sediment
Colloid	Equator	Jet stream	Seismograph
Condensation	Equinox	Lava	Solstice
Crystal	Erosion	Light year	Subduction
Cyclone	Evaporation	Magma	Tornado
Delta	Fault	Metamorphic	Tsunami
Deposition	Fossil	Moho	Waning
Desert	Front	Monsoon	Waxing
Dewpoint	Galaxy	Ocean	

www.softschools.com

Helplines and Support

-) 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.

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

-) 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. Freephone www.victimsupport.org.uk/help-and-support/get-help/support-near-you/east-england/essex

- J Mind for Mental Health Support
Infoline: 03001233393 Email: info@mind.org.uk
- J 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
- J 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.
- J Call the National Domestic Abuse helpline on 0808 2000 247
- J Call Age UK Redbridge, Barking and Havering
020 8220 6000
- J CITIZENS ADVICE Central Library, Clements Rd,
Ilford IG1 1E Phone: 020 8514 1878
- J Victim Support - Support line 0808 16 89 111

A CELTIC BLESSING

An ancient prayer for happiness and joy.

May flowers always line your path and sunshine
light your day.

May songbirds serenade you every step along the
way.

May a rainbow run beside you in a sky that's always
blue.

And may happiness fill your heart each day your
whole life through.

Amen

Thanks to Colin for previously including this on the
church Whats App



August Diary

Sunday 1st 11:15 am - 12:15 pm

Morning Service including Holy Communion led by Rev'd Mmasape Zihle

Sunday 8th 11.15am – 12.15pm

Morning Service led by Rev'd Mmasape Zihle

Sunday 15th 11.15am – 12.15pm

Morning Service led by Deacon Andy Packer

Sunday 22nd 11.15am – 12.15pm

Morning Service led by Rev'd Mmasape Zihle, assisted by TDY

Friday 27th 11.00am Bible Study Group Valentines Park at the Gardeners Cafe for a coffee and chat

Sunday 29th 11:15am – 12:15pm

Morning Service led by Jan Pearson, assisted by TDY