

The Drive Methodist Church

Eastern Avenue, Ilford IG13pp

Newsletter

MARCH 2022



Minister: Revd. Mmasape Zihle

Email: Mmasape.zihle@methodist.org.uk

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

Get Ready!

Every activity or situation needs adequate preparation and tools. Going into something ill equipped may mean not succeeding.

As a human race we found ourselves ill prepared to face and deal with the pandemic, because those in the know ignored the information they had, with catastrophic outcomes for all.

As we move away from Christmas and Epiphany, we have been reminded in those seasons of "God with us", the incarnation of God in the human person of Jesus Christ, who through his teachings and experiences showed the need for His disciples to "remain in Him" and to tap into the power of the Holy Spirit to face all challenges and to do the will of God.

So, as we enter into the season of Lent; we are reminded of tools we will need to get through this time of testing, fasting and self denial.

Whether we give up something or take on acts of kindness for the 40 days of Lent beginning on Ash Wednesday (Sunday/Sabbath excluded), I wish to offer tools that we can use to equip us on this journey of faith as we consider what the Methodist Way of Life can help.

A Methodist Way of Life is how we try to live our lives in response to God's love, made known to us in Jesus. Based on our Wesleyan tradition expressed in "Our Calling", we will explore how we can use: prayer, worship, caring, hospitality and service as tools to equip us through Lent.

1. **Pray** - engage in a daily "conversation" time with God. A time where we use speech and silence to express what is in us and to listen for God. Our prayer time may be structured on bible reading, reflection and silence.

2. **Worship** - regularly engaging with others in worship increases our understanding of scripture, gives us others to pray with; and as we sing and say words together we are reminded that we are not alone.

3. **Care** - caring for ourselves and others helps build a community based on love of neighbours as self. Self care includes adequate rest, recreation enabling us to look after others.

4. **Hospitality** - this is an attitude of openness to others, to learn about and from them, widening our understanding allowing us to be changed by the encounter. This attitude allows us to be generous givers and recipients of hospitality.

5. **Service** - this is about being good neighbour. Recognising that our neighbours are not just those next to us but includes all those we live with on this home we call earth. It is about lending a helping hand to those in need. In giving, we receive a blessing as we bless others.

I hope that we can use all the above to equip us not just in Lent but when we emerge on the other side of Easter we will have grown in our discipleship.

May God enrich your Christian journey in this season.

Shalom

Mmasape

CHURCH FAMILY NEWS

News from Jo about Frank

Dad is quite comfortable and says that everyone looks after him well, although he can't wait to get home. One of the nurses told me that they all want to look after Dad, because he is so lovely. Dad misses church and all his friend's, but is grateful for all the messages that he has received.

Hopefully he will be able to come home soon.

Jo

Doreen Barclay

Doreen remains in Sycamore Ward at Whipps X Hospital. Currently there is no indication that she is ready to go home.

Doreen does not feel up to visitors but cards and messages can be sent to the ward. Sending you our prayers and best wishes, Doreen.

*I will send Doreen a copy of the newsletter to keep her up to date with church comings and goings. **LB***

Brian Taylor

By the time you read this, Brian will be recovering from his second Cataract operation. We wish you well Brian.

A big thank you to Jackie Saito in our Circuit Office, who has printed our last 3 newsletters due to problems with our copier. We really appreciate her support. LB

Danny Henry is home after his stay in hospital but will be returning briefly for health checks. He is well cared for by his lovely family and Marlene is in good spirits and says she is coping.

Oli has recently spent a good deal of time caring for her mum whose health is failing and causing concern.

After many weeks, a Funeral was held for Michelle's sister in law Angela who died suddenly. We remember Angela's family in our prayers.

Mmasape's mum Rebecca, is now home from hospital and 'holding on'. This is a prolonged and difficult time for Mmasape being so very far away from her family. Please remember all in your prayers.

John Higgins is safe and unharmed although his flat was badly affected by the recent storm which took the roof off. (see Johns account on page 11,12)

A big HELLO to Josie, Janet and John Wragg, Sandra and Colin, John Higgins, Peter Mitchell, Kathleen and Brian Taylor, Marlene and Danny and Doreen Barclay and Frank Sayers. We miss you all.

We hold in mind our many church friends who remain at home because of ill health or anxiety and hope we will be able to worship together again soon.

Future Dates for Lenten Worship

- ♦ 2nd March 7.30pm **Circuit Ash Wednesday Service at The Drive**
- ♦ 14th April 7.30pm **Circuit Maundy Thursday Service**
- ♦ 15th April 10.30am **Circuit Good Friday Service**
- ♦ 16th April **Messy Church/ Craft and Easter Egg Hunt**
- ♦ 17th April 11.15am **Easter Day Celebration.**



CONFIRMATION and MEMBERSHIP CLASSES

Dear friends,

I will be running a session of six confirmation and membership classes for the circuit starting on Saturday 5th March at 2.00pm. They will be held at Old Dagenham Methodist Church and each will last between 1 and a half - 2 hours.

The first session will be an introduction and classes are open to anyone of secondary school age and above. Our first session will also give an opportunity to decide the best time to meet.

Attending the classes does not commit you to anything but offers an opportunity to explore faith and what it means to make a fuller commitment to God through confirmation and admission into membership of the Methodist Church. Once the classes are completed and you decide you would like to be confirmed, this will take place in your local church.

You can just turn up at Old Dagenham Methodist Church on Saturday 5th March at 2.00pm or If you would like to know more, please contact Deacon Andy at - ex20andy@gmail.com or 07785108574.

God bless. Andy

OYEZ! OYEZ! News from your Senior Church Steward

As we head into spring we also head towards Easter and will have some extra services. In thinking about moving into the future we have extended an invitation to the Circuit for our Ash Wednesday service on 2nd March, at 7.30pm.

Our next Church Council meeting will be on Wednesday 6th April at 8pm. I will check with Mmasape whether this is face to face and / or zoom. It would be great to see you there to join in discussions and decisions about what happens in our church.

As you will see from Deacon Andy's letter, Circuit Membership Classes will soon be available, these will culminate in a membership service where you are accepted as a member of the Methodist church at the Drive. If you are not currently a member of the church and are interested, or want to know more about what membership means, please ask a steward for details.

Last Sunday we had an All Age Worship service and it was great to see so many people really discussing and thinking about how we can grow our church, our worship, our youth ministry and our role within the circuit as well as the circuit itself. The feedback is being typed up and then we'll share it with you and continue the conversation.

We are finalising details of our Annual Church Meeting but it will be early May and more information will follow next month.

Wishing you all good things!

Michelle



PETER SHARP — FUNERAL DETAILS

Peters Funeral Service will take place at Forest Crematorium on 14th March at 11.15am.

Flower tributes or donations are welcomed although at present no particular charity has been identified. There will not be a service at The Drive.

You may be aware that Peter lived in a purpose built Maisonette in Becontree Heath. Following decoration, this property will be available for sale. Please contact Susan Ruckes for further details.

Dedication in memory of ROY BRUNNEN

Saturday 16th April 1pm The Drive Church

Janet Brunnen would like to invite her church family and friends to join her in the Vestibule of the church for the dedication of the new 'Welcome' sign which is in memory of her husband Roy, who was a devoted member of the Drive Church and a senior steward for many years.

To follow - Refreshments and a light buffet will be served in the church parlour.



Here, John details the damage he experienced from Storm Eunice. Thankfully this is the only account I have from our church family , so I hope this means nothing too awful happened to you or your properties. LB

Storm Eunice on Friday night decided to pick on my block of 12 flats and relieve us of the asphalt roof covering. Large sheets of asphalt, weighing several tons, were either thrown by the storm into our rear garden, or left hanging off the roof.

This only left us with a chipboard covering (1970's specification) and no protection from the heavy rain. As I am on the top floor, I had rain water pouring in through the ceiling and down the walls. It was panic for a while trying to find enough buckets and pans, to catch what I could of the yellow water filtering through the chipboard.

The next day our Managing Agent found a roofer at short notice, who covered the whole roof area with heavy duty plastic sheeting. Unfortunately most of this was ripped off on Sunday night by the next storm. We were left with large length of plastic strips flapping against the side of the building. Again the panic to stop the water that was pouring in.

Monday the roofers would not go back onto the roof because of the dangerously strong winds. So it wasn't until the Tuesday that they were able to go up and resecure the plastic sheets.

I spent most of Monday, with my daughter, emptying my wardrobes (who says women have too many clothes?) and packing into suitcases and boxes, plus some of her wardrobe space.

The good news is that the insurance assessor came in on the Wednesday. Waiting to hear if roof replacement can go ahead, or whether more watertight, temporary, covering to be installed. Of the top four flats, three are badly water damaged. Another four on the middle floor have slight water damage. I am able to use my flat in the day, but because of the damp and smells I have to sleep at my daughter's.

Looking on the bright side, nobody was hurt ! Our small community is talking more to compare stories. People act in strange ways. Some think it is the end of the world because they have slight damage to part of their home.

Others, who have extensive damage and severe disruption, seem to accept that it is nothing that can't be fixed in time.

The moral is : Have faith and try not to worry. Or, make sure you have a good insurance policy !!

*So sorry you have had to cope with this John and wish you well in clearing the damage. We hope you will soon be able to return to your flat permanently.***LB**





FISH & CHIP SATURDAY LUNCH

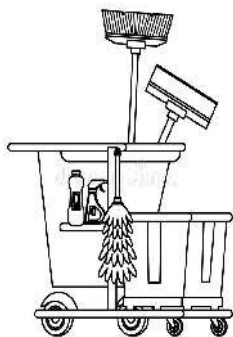
12.30pm 5th March

We are pleased to be able to provide this opportunity once again to enjoy some lunch and have a catch up with friends. There is lots of choice apart from fish.

Ruth and Lorraine will be happy to give or email you a menu and accept your orders, along with payment. Unfortunately along with everything else, there has been a price increase.

We look forward to welcoming you.

CHURCH WORK MORNING 10.00am—12 midday



The Property and Finance Committee will be holding a work morning on **Saturday 19 March**. We will start around 10am and finish by midday with coffee at 11am. As ever, we have plenty of cleaning and tidying jobs that need doing so if you

are able to come along for an hour or so your help will be much appreciated.

Jeremy

HERE'S ANDREW.....

SINGING THE FAITH – THE NINTH AND TENTH YEARS I THE LORD OF ZOOM AND SKYPE



We first used the new Methodist hymnal *Singing the Faith* on Sunday 15th January 2012. Since then I have kept a note of the hymns and songs used (from now on, I'll just refer to them as "songs"). I haven't done one of these reports for two years – for obvious reasons! – so this round-up of song stats covers the services that happened in church during 2020 and 2021, and does not include songs used when we were WFH (worshipping from home...)

Not included in these figures are the 7 songs chosen by preachers that are not in *Singing the Faith*, and any songs the choir has sung alone.

Over the two years we sang 142 different songs from *Singing the Faith*, which is 21 fewer than were used in 2019. These were the most frequently used songs:

5 times	663	<i>I the Lord of sea and sky</i>
4 times	94	<i>To God be the glory</i>
	440	<i>Amazing grace</i>
	503	<i>Love divine</i>
	550	<i>Forth in thy name</i>
3 times	78	<i>Give thanks with a grateful heart</i>
	255	<i>The kingdom of God</i>
	322	<i>How sweet the name of Jesus sounds</i>
	362	<i>Meekness and majesty</i>
	407	<i>Hear the call of the kingdom</i>
	465	<i>Guide me O thou great Jehovah</i>
	693	<i>Beauty for brokenness</i>

A further 29 songs were chosen twice and the remaining 102 just once. Of the total 142 songs used, 12 were completely new to us.

Taking the ten years we have been using *Singing the Faith* overall, we have now used 450 of the 790 songs available (not including the Canticles and Psalms section), which works out at 57 percent. Two of the songs still in the overall top 10 – 51 *Great is thy faithfulness* and 59 *Lord the light of your life is shining* (*Shine Jesus shine*) were, surprisingly, not chosen at all in 2020/21.

Counting 2020/21 as one year, 15 songs have been used at least once every year since 2012. In contrast, 19 of the 450 songs used so far were sung once back in 2012 and have not been used since.

The top two hymns in the first decade of *Singing the Faith* remains the same:

48 times 94 *To God be the glory, great things he has done*

41 times 20 *Be still, for the presence of the Lord*

Whilst these two have been consistently in the top two, the places just beneath have been changing year by year – with the 5 times we sang 663 *I the Lord of sea and sky* in 2020/21, it has leapfrogged into third place overall.

Andrew Taylor

Andrew, thank you for keeping this impressive archive of singing at The Drive. I have entered you in Mastermind with this as your specialist subject. LB

Singing makes us feel good.

Endorphins are released when we sing which help to promote positive feelings. This is especially true when we sing with other people. Group singing also induces the production of oxytocin (the bonding hormone). This can reduce stress, anxiety and increase feelings of trust and well-being.

COME AND SING HANDEL'S MESSIAH

(selected choruses)

GOOD FRIDAY 15th APRIL

The Drive Methodist Church, Ilford IG1 3PW

4:00pm Registration

4:30-6:30pm Choral Rehearsal

7:30pm Public Performance

**£10 for registering singers (includes hire of
score if required)**

Audience free – retiring collection

**An annual fundraiser for Bahay Ng Pag Asa –
the House of Hope**

**Orphanage and Outreach Centre, Santiago
City, Philippines**

Reg. Charity 1112167

email nickiekenning@yahoo.co.uk

or see Andrew Taylor for more details

**I recommend this entertaining evening and for a most worthy
cause LB**

VALENTINE SINGERS

FUSION!

words from the past, music of the present

featuring

Misatango – Misa a Buenos Aires by Martin Palmeri

The Latin mass meets the tango

Songs and Sonnets by George Shearing

Jazz settings of Shakespeare

Saturday 19th March at 7:30pm

at St Gabriel's Church, Aldersbrook, Wanstead E12
5HH

£15 (£8 students/benefit holders) (buy in advance -
£17/£10 on the door!)

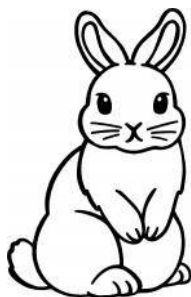
Free admission for under 16s!

phone 020 8550 4654 or visit our website
www.valentinesingers.org

or see Andrew Taylor

Easter Egg Hunt
Saturday 16th April
The Drive Methodist Church Hall
10.30am—12.30pm

All are welcome to join in the fun
Lots of craft activities
Hot cross buns and refreshments.
Children £1.50 - adults are free
Parents/carers must accompany
their children, at all times during
the morning.



Please sponsor an Easter Egg!



It's wonderful that we can celebrate Easter again.

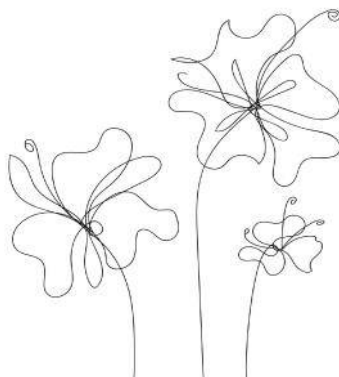
We are asking that you please sponsor an Easter Egg, that will be hidden at our annual Easter Egg Hunt.

All donations gratefully received.

During March, there will be a tree in the vestibule for you to hang your Easter messages on and a donation box for you to place your money in.

Thank you in advance.

Jo and team TDY



Name: _____ Date: _____

Climate and Weather

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

sunny

atmosphere

rain

front

temperature

climate

storm

sleet

precipitation

air mass

thermometer

Tropical

wind

snow

evaporation

anemometer

barometer

Polar

clouds

hail

condensation

rain gauge

weather

Temperate

So what is Ash Wednesday?



Each year, Ash Wednesday marks the beginning of Lent and is always 46 days before Easter Sunday. Lent is a 40-day season (not counting Sundays) marked by repentance, fasting, reflection, and ultimately celebration. The 40-day period represents Christ's time of temptation in the wilderness, where he fasted and where Satan tempted him. Lent asks believers to set aside a time each year for similar fasting, marking an intentional season of focus on Christ's life, ministry, sacrifice, and resurrection.

On Ash Wednesday, the palm leaves and crosses saved from last year's Palm Sunday are burnt into grey ashes. They are then smeared in the shape of a cross onto the foreheads of Christian people.

It's a powerful symbol – an unexpected image. If you're walking down the street or coming out of a shop and you happen to pass someone who has recently been at a church service and is marked with this prominent Lenten sign, you'll look twice. The cross makes a person stand out.

But not just the person. This sign, whether worn on the forehead or not, signals for all Western Christians the beginning of Lent. Focussed reflection follows as it did for Jesus when he spent 40 days in the wilderness prior to three years of itinerant ministry.

But Ash Wednesday is not just about repairing ourselves as individuals. It is also about re-establishing good and balanced relationships with those around us.

In the Eastern Catholic and Orthodox traditions, the beginning of Lent is signalled differently – not just on a different date but with a different day. “Clean Monday”, a day of strict fasting, reminds Eastern Christians that Lent begins with good intentions and a desire to clean our spiritual house. On this day, and frequently throughout Lent, Christians pray the Prayer of St. Ephrem the Syrian.

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust for power, and idle chatter.

Instead, grant to me, your servant, the spirit of wholeness of being, humble-mindedness, patience, and love.

O Lord and King, grant me the grace to be aware of my sins and not to judge my brother; for you are blessed now and forever. Amen.

It's a prayer for self-awareness and of awareness of our brothers and sisters.



LETS SING



All glory, laud, and honour
To thee, Redeemer, King
To whom the lips of children
Made sweet hosannas ring

Thou art the King of Israel
Thou David's royal Son
Who in the Lord's name comest
The King and Blessed One

The company of angels
Are praising Thee on high
And mortal men and all things
Created make reply

The people of the Hebrews
With palms before Thee went
Our praise and love and anthems
Before Thee we present

To Thee, before Thy passion
They sang their hymns of praise
To Thee, now high exalted
Our melody we raise

Thou didst accept their praises
Accept the love we bring
Who in all good delightest
Thou good and gracious King

Melchior Teschner / Theodulph Of Orleans

International Women's Day 8th March 2022

IWD is an annual event that celebrates all the amazing things women have achieved. It is a way to show how women have and continue to influence the world. As well as celebrating brilliant women, it's also used as a day to highlight and raise awareness about issues that women still face.

Historically, women have been denied the right to vote, to work, and lots of other things, too. Because of brilliant women who fought against these things, women have a lot more say in the world around us now. But there are still many issues that women continue to face and fight for today.

What is the theme for International Women's Day 2022?



The theme for 2022 is **Break the Bias**. The campaign asks you to cross your arms in solidarity to call out gender bias, discrimination and stereotyping. Together, we can forge women's equality.

REDBRIDGE INTER FAITH FORUM

WOMEN'S INTERFAITH WORKSHOP

WEDNESDAY 9 MARCH AT 1 PM

"Celebrating Our Grandmothers"

Join Zoom Meeting

<https://us02web.zoom.us/j/84401099972>

Meeting ID: 844 0109 9972 (no passcode required)

We will be marking International Women's Day by celebrating memories of our grandmothers. Please join us to share your stories so we can hear about each other's childhood experiences and relationships with grandmothers. For some of us grandmothers have been care givers and role models – for others the relationship may have been at a distance.

In this workshop we will be discussing and sharing our thoughts on :-

- Roles and relationships of grandmothers in different cultures and faiths
 - Food your grandmothers used to make
 - How your grandmothers have influenced your beliefs
 - Life skills learnt from your grandmothers & advice given
 - Phrases you associate with your grandmothers
 - What you remember your grandmothers most for
- Please email Saira or Karen at faith.forum@redbridge.gov.uk to book your free place for this event



Brian's Musings

"Never, never, quit...success consists of going from failure to failure without loss of enthusiasm"

Winston Churchill

"Don't walk behind me, I may not lead. Don't walk in front of me, I may not follow. Just walk beside me and be my friend".

Albert Camus.

While I knew of this well known quote, I didn't know of Albert Camus and so I was prompted to find out.....LB

Albert Camus was a **French novelist, essayist, and playwright**. ... Camus was awarded the 1957 Nobel Prize for Literature "for his important literary production, which with clear-sighted earnestness illuminates the problems of the human conscience in our times."

He died in a car crash in 1960 aged 46.



Bible Reading Group

When: Friday 25th March 11.00am

Where: Jan and John's 104 Wanstead Lane

Topic: We will discuss John's Gospel chapters 18-20 followed by refreshments.

SAFEGUARDING at THE DRIVE

With recent increased use of online devices here are a few achievable tips to help you keep your children safe.

7 STEPS TO GOOD DIGITAL PARENTING

1. Talk with your children

Talk early and often

Be open and honest

Stay calm

2. Educate Yourself

Search online for anything you don't understand

Try out the apps, games, and sites yourself

Explore FOSI's parenting tips and resources

3. Use Parental Controls

Set content and time limits on your children's devices

Routinely check privacy settings on social media

Monitor your children's use and their screen time

4. Set Ground Rules. Enforce Consequences

Discuss and sign a family safety agreement

Restrict where and when devices can be used

Remove tech privileges when rules are broken

5. Friend and follow but do not stalk

Follow your children on social media

Respect their online space and freedom

Don't flood their accounts with comments

6. Explore, share and celebrate

Go online with your children and explore their digital world .

Share your own online experiences

Learn from each other and have fun.

7. Be a good digital role model

Curb your own bad digital habits

Know when and where to unplug

Show your children how to collaborate and be kind online

Further advice and suggestions can be found on The Drive website/ [menu/links/Family Online Safety Institute](#).

Another of Annes wonderful recollections.....

Cleanliness next to Godliness

Was it just a coincidence that the Round Chapel was in the vicinity of the Hackney Baths. The church cleansed our souls every Sunday and the baths cleansed our bodies on a Saturday. In the east end of London, a bathroom was a luxury and the house where I grew up, most probably had one when it was built, as it was on a 'posh' road where my mum longed to live when she was a young girl.

Fate intervened and wartime bombing meant that larger properties left standing, were housing several families. My parents considered themselves very fortunate to find three small rooms at the top of a house that once belonged to a doctor.

The lack of a bathroom had to be tolerated but as long as they had water, a stove, a saucepan and a sink, it was a daily 'wash down' in the kitchen. My earliest memory of bath time circa 1949, was of a small tin bath en situ in front of the fireplace in the kitchen. My mum boiled water in saucepans on the stove, filled the bath and with her help I got into it.

This was the routine until I outgrew the tin bath and mum decided it was time to take me to the Hackney Baths for a 'proper' bath. For the uninitiated this was an experience never to be forgotten.

There were two doors, one for males and one for females. I remember the hot, steamy interior of the long narrow enclosure. Each cubicle had a large metal door with a number on it. To the right of the door was an enormous handle which the attendant turned to fill the bath with water.

When you were called to the cubicle you had to note your door number, as you were expected to call out the number, should you require some more water once inside the bath. The noise coming from inside these baths was deafening; gushing water, doors clanging, voices calling out,

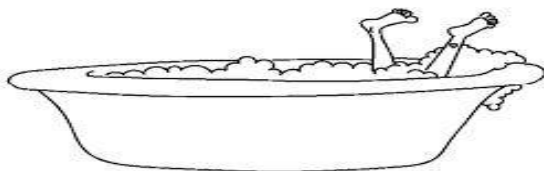
" More water number xxx." This weekly routine carried on until my mum decided that I was old enough to go on my own.

A successful visit much depended upon the need to have a loud voice, which is all very well when you have your mum to call out, " More/hot, More/cold " but my vocal tones were not honed as yet to the challenges of the bathing system of the Hackney Baths. My calls for, " More cold in number ten please", were in vain and so it was that I arrived home to tell my mum that I had just about dipped my flannel in the water, let alone myself!

I had to get used to the baths but life moves on and eventually I had my own home with a bathroom but I treasure my memories of those days, for they make me appreciate the comforts I now have. I also appreciate my mum and women like her who lived through the hardship of Wartime.

Anne Dellow

That was a real treat to read Anne. LB



QUEEN ELIZABETH'S PLATINUM JUBILEE

70 70 70 70 70 70 70 70

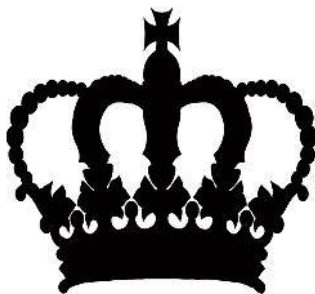
How do you think we should celebrate this amazing achievement at The Drive?

What are your ideas?

What skills do you have?

What can you do?

How can you help?



Dial-a-Prayer

FREEPHONE numbers for prayers, reflections and news from the Methodist Church

Listen to a prayer: 0808 281 2514

Listen to a pastoral message from the President and Vice President: 0808 281 2695

Listen to our Podcast: 0808 281 2478

Prayer updated every Thursday, Presidential message updated every Monday, Methodist Podcast updated fortnightly on Thursday.

Please share these numbers locally with people who are not online and



COMMUNITY
HEARTBEAT

The Community HeartBeat Trust



Community CPR Defibrillator Awareness Training

The Community Heartbeat Trust will be demonstrating the use of defibrillators and explaining how the equipment works and its benefits to the community in saving precious minutes in the treatment of sudden cardiac arrest

**SATURDAY 9th APRIL 2022
2PM-3.45PM**

**THE DRIVE METHODIST CHURCH HALL,
THE DRIVE, ILFORD**

The more people that know how to use the portable defibrillator installed in our community, the more chance there is of saving the life of a victim of Sudden Cardiac Arrest

Everybody is welcome, and no special skills are required, just your willingness to play an important role in the event of a medical emergency

***The Training is for those in the Church and Local
Community***

There is no charge for the training

IF YOU WOULD LIKE A PLACE ON THE COURSE PLEASE

TELEPHONE

OR LEAVE A MESSAGE

078968946132

PETER BENDON



FACT

We all get heavier as we get older.

Its because there's a lot more information in our heads.

So I'm not fat, I'm just really intelligent and my head couldn't hold

any more, so it just started filling up the rest of me.

IT'S TRUE....IT IS!

DID YOU KNOW THAT YOUR BRAIN IS 73% WATER. IT TAKES ONLY 2% DEHYDRATION TO AFFECT YOUR ATTENTION, MEMORY AND OTHER COGNITIVE SKILLS?

Every time your heart beats, your arteries carry 20 to 25 percent of your blood to the brain.

Your brain is the fattiest organ in the body – That's right, your brain actually consists of a minimum of 60 percent fat. This is why it is important to adopt a diet that is rich in healthy fats like omega-3s, as they are vital to the brain's overall function.

Flowers at The Drive

You may recall that our small team of flower arrangers are trying to provide arrangements that are less impactful on the environment. The floral foam we use to fix the flowers in place is in fact detrimental as it does not degrade and can be carcinogenic.

In place of the foam we have gone back to basics and begun to use wire, stones and sand, which, at times is indeed a challenge.

Very recently, the church of England has taken a stand and is banning the use of flower foam in its churches, so at The Drive are ahead of the game!

We are also more aware of the 'cost' of buying flowers cheaply that have been grown and flown from abroad, so we will be trying where possible to use British flowers. We are fortunate that our church gardens provide us with lots of varied greenery to use in our arrangements.

We would very much like to know your opinions on these changes.

Janet, Ruth, Anne and Lorraine

WANTED: do you have any wide necked vases or pots lurking in your cupboards. If you no longer have use of them, we would like to increase the variety of containers we use for our arrangements.





Helplines and Support

Christians Against Poverty (CAP) provides free debt help and local community groups across the UK.

Ilford 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.
0300 500 0914 .

Victim Support_ 08 08 16 89 111 is here to help and support anyone affected by crime. [victimsupport.org.uk/help-and-support/get-help/support-near-you/east-england/essex](https://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

Samaritans now has a free telephone number.

11612324 hrs. email and you will receive a response within 24 hours by contacting us on jo@samaritans.org

Childline_You can talk to us about anything. 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**

Prayer of Confession

Forgive us Lord for our apathy,
for our lack of courage to speak out.
Forgive us when we walk past and don't offer help.
Forgive us when we get it wrong.

We confess that we are afraid -
we don't want to overcome our hidden doubts and prejudices
in order to be alongside those who are different from ourselves.

We ask that you would lead us into action:

give us strength to be a voice crying for justice and peace.
Help us to step into another person's shoes, or if they have no
shoes then not to be afraid to take off our own,

peel off our preconceptions and assumptions,
uncurl and spread out our toes, and
tread in their footprints.

May we be a liberating presence
and offer love, compassion and whatever is needed
to act justly, love mercy and walk humbly with our God.

METHODIST CHURCH

March Diary

- **Wednesday 2nd March 7.30pm**
Ash Wednesday Circuit Service at The Drive
Led by Rev. Mmasape Zihle
- **Saturday 5th March 12.30pm**
Fish and Chip Lunch In the Parlour

Confirmation/Membership classes 2pm
Old Dagenham Methodist Church, led by Deacon Andy
- **Sunday Worship 6th 11:15 am 1st Sunday in Lent**
including Holy Communion, led by Rev. Kido Baek
- **Sunday Worship 13th 11.15am**
The Drive Youth Service, led by Rev'd Mmasape Zihle
- **Thursday 18th Bible Study 11.am** 104 Wanstead Lane
- **Saturday 19th Work Day 10am—midday**
- **Sunday Worship 20th 11.15am**, led by Mr John Pearson
- **Sunday Worship 27th 11.15am Mothering Sunday**