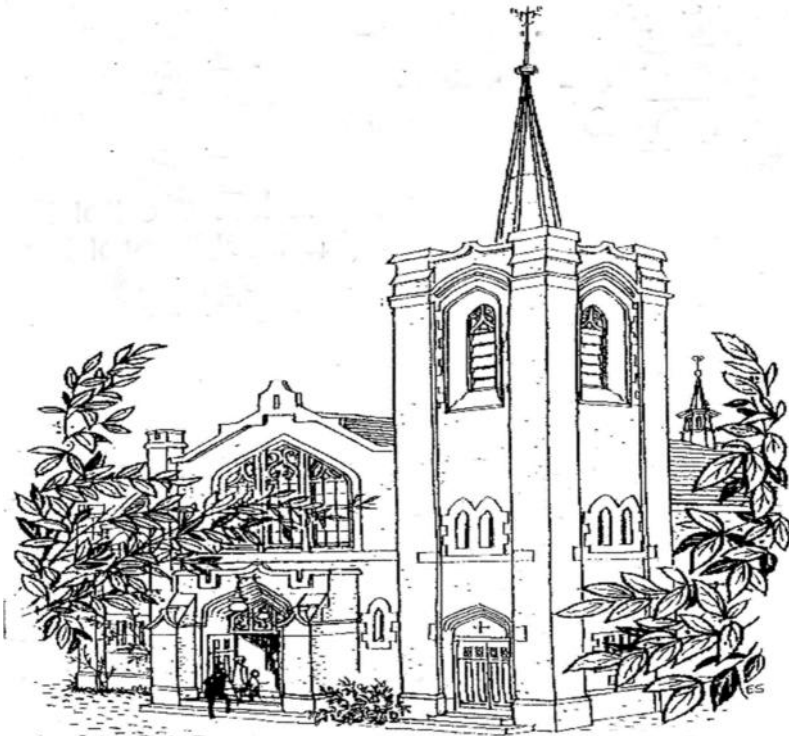


The Drive Methodist Church  
Eastern Avenue Ilford IG13PP

Newsletter  
September 2022



Minister: Revd. Mmasape Zihle

Email: [mmasape.zihle@methodist.org.uk](mailto:mmasape.zihle@methodist.org.uk)

[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.

## Pray for Peace

In peace let us pray to the Lord.

We pray for the leaders of the nations,  
that you will guide them in the ways of freedom, justice and truth.

Lord, in your mercy  
hear our prayer.

We pray for those who bear arms on behalf of the nation,  
that they may have discipline and discernment,  
courage and compassion.

Lord, in your mercy  
hear our prayer.

We pray for our enemies, and those who wish us harm,  
that you will turn the hearts of all to kindness and friendship.

Lord, in your mercy  
hear our prayer.

We pray for the wounded and the captive,  
the grieving and the homeless,  
that in all their trials they may know your love and support.

Lord, in your mercy  
hear our prayer.

Blessed are the peacemakers,' says the Lord,  
'for they will be called children of God.'

## Church Family News

unhappy or struggling with life and worried We are pleased to know that Josie has returned home following surgery and recuperation after her fall and is being well looked after by her family. So pleased to know you are home Josie. LB

Since the last newsletter, Peter and I have been blessed with another grandchild; a sweet grand daughter called Alice.

Our young people are almost at the end of their well deserved summer break and will be making plans to return to school or Uni, or maybe move to new schools. We congratulate them on their efforts and successes and whatever their next adventure is; with Gods blessing, we wish them well.

A warm welcome back to Sophia who has been visiting Ghana to be with her family and to lay her brother David to rest.

Bon Voyage to Ruth who by now will be enjoying time with her daughter on her extended visit to Australia.

We remember in our prayers all who are unwell, about how to manage looking after themselves or a family.

## SEPTEMBER BIRTHDAYS

Happy Birthday Wishes to .....

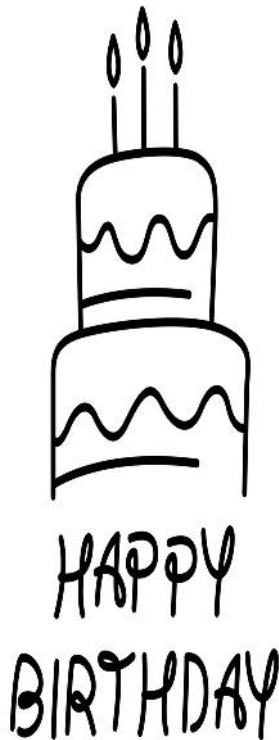
Justyna on 6th

Thea on 7th

Liz on 12th

Anne on 28th

We hope you all enjoy  
your  
special day.



## Bible Reading Notes from Bible Reading Fellowship.

For many years Frank Sayers ordered the Bible Reading Notes for those in the Church who wanted to increase their reading of the Bible in a structured way.

I took over the task of ordering and distributing the notes every 4 months from Frank and have been doing it for at least 7 years now.

We had 10 subscribers, but are now down to 6. The minimum number of copies they will send to one address (post free) is 5 at the cost of £4.85 per copy. If the number drops below 5, then subscribers will need to order their own copy at a paid in advance cost of £18.30 for three editions sent to their own addresses. (including p&p)

I will carry on whilst I am able, and it would be great if there was more interest. The next edition, covering September – December has already arrived with me, and if I need to increase the order for the January – April 2023 edition, I have to place the order by 7<sup>th</sup> October 2022.

Please think about whether you would like to join our little band of readers. The reading notes give a daily reading and then a comment about it. If you would like to see an old copy before making up your mind, please let me know and I will happily let you have one.

Just remember I must know by the beginning of October if you want to start receiving a copy starting in January.

Brian Grinham

Thank you Brian. LB



## News from TDY

Our 3Generate weekend away is fast approaching. We ask that you pray for our safe travel and enjoyment over the weekend. TDY will be pleased to tell you all about it once we get back!

TDY raised £275.27p at the recent Bake Sale. Thank you to everyone! We will continue with other fund-raising events, so watch this space. Thank you for your continuing support.

Other exciting news from TDY, is that we will soon be wearing our TDY hoodies. The logo and other artwork have been designed by TDY members and we will be pleased to show you them before we go to 3Generate.

Jo

## Outcome of TDY led service 24th July

The following lists of suggestions and ideas were gathered from three discussion groups held during the service on 24th July. I'm sure you will agree that they are exciting, varied and innovative. Developing even a handful of these ideas, would be doing Gods work and opening our doors to the wider community.

Unfortunately, we currently struggle in getting enough volunteers to fulfil our general weekly rota to enable our Sunday Worship to go smoothly.

Are YOU willing to share your time to make some of these wonderful ideas a reality?

If not, how can we affect change?

## GROUP DISCUSSIONS 24 JULY 2022

Group 1 led by Rochelle

Discussing Church Family and Live Streaming,  
Media etc. Ideas suggested:

Book clubs

Quiz nights

20 – 30's club

Games night

The Drive Together Whatsapp I read every morning. Very good. Brings us together every-day. I like the church and would like to come more  
Images of key people more visible to help new members

Make website work on phone

More community engagement

Events like share-a-skill

More togetherness and visits – checking up

Regular coffee mornings

Church bazaar

More TDY services (more complex?)

Summer meetings to work on new website and activities

Recording services

Holding more calendar events at church

Christmas event similar to Easter egg hunt  
(finding chocolate Santas?)

Open days for the church – activities, guides an lunch – to introduce new people to the church

Bring your relatives/friends to church day

Introduce family members to church

Bible study



Group 2 led by Michelle

Discussing God within our church family, and community mission and witness. Ideas

Suggested:

Let people know more about Bible readings etc

Give information about services and events

Be thinking 'this person could be a member in the future' and give a warm welcome

Maintain displays and library

Advertise what's on, where groups meet etc.

Group 3 led by Jo

Discussing community and how we engage more with premises users, preschool and the wider community. Ideas suggested:

More proactive, contact people who are adherents  
Fellowship at church

Invite Merton Court to fish and chip lunch

'TDY Café' inside glass doors in foyer

Strengthen links with preschool

Musical event (maybe join together with Anan arts?)

Have joint events with other Christian church groups who use our premises (Carol Service?)

Film shows to restart (invite other church groups?)

Macmillan coffee morning

Make ourselves more visible to passers by and people at bus stop

## Oyez Oyez! News from your Senior Steward

At our recent own arrangements service we got into groups to think about the reasons that we are Christians and to share those reasons or stories with each other.

The service was about evangelism (sharing the message - the Good news) and being able to tell others about our reasons for joining the church or coming to Christ is important. Or perhaps even coming up with a modern day parable about our walk with God.

It may feel daunting, but we tell people stories about our lives all the time; about trying to see a GP now, or where we found a great deal on something. We want to share our experiences and our good fortune and help our friends to benefit - in talking about the Good News and our Christian experiences we could be doing the same thing. The service ended by asking us all to think about whether we can invite a friend to church, maybe some friends could join us for Harvest service and lunch...?

In my group we reminisced about having to learn the Catechism when we were younger. This is a book that asks and answers questions about the church and Christianity and it is used in membership classes.

If you want to become a member of the Drive (like confirmation in other denominations) or would like to know more about membership, please speak to Mmasape or one of the stewards.

Michelle

Brian's Musings.....

If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner.

Nelson Mandela

Mathias said. "The nearer a man comes to God, the more he sees himself as a sinner. Isaiah the prophet saw the Lord and knew himself to be wretched and unclean."

### Christians Against Poverty CAP

Do you need help with debt?

Debt Coaches at London Ilford Debt Centre:

Fumi Popoola-Akintemi      Debt Coach

Call 0800 328 0006

George Ajanlekoko              Debt Coach

Call 0800 328 0006

# WHAT'S HAPPENING ?

THE



SATURDAY

LUNCH

3rd

September

12.30pm

Homemade Quiche and Salad £4

The next Saturday Lunch will be on Saturday 3rd September 12.30pm in the Parlour.

Please add your name to the list by the coffee hatch or give me a call. We will only cater for those on the list as we do not want to have any food waste.

Do please bring a friend if you wish.

Ruth will be in Australia but Anne has offered her assistance.

See you there.

Lorraine 07929973430

07929973430

## Autism Training

Would you like to learn more about Autism?

- J and be able to confidently welcome young people and adults into our church space where they can have a good experience of worship.
- J know how to improve communication to help those with learning and other special needs within our churches?

The training is open for all, but may be beneficial to stewards, preachers, worship leaders, those working with children and young people.

All are welcome to join the training addressing Autism at Barkingside Methodist Church at 7pm on Thursday 15th September.

The training will be 1hr 30mins long.

Interested? Contact:

Revd Mmasape Zihle  
Circuit Tel. 0740 180 7148

Mmasape Zihle (mmasape.zihle@methodist.org.uk)

## HARVEST FESTIVAL

### SERVICE

AT THE DRIVE WILL BE  
HELD ON 25th September  
at 11.15am

Please bring any food

donations on Saturday 24th  
from 10.00am—12midday  
to be included in the Harvest display.



All Food and monetary donations will be given to

### THE REDBRIDGE FOOD BANK

The service will be followed by a bring and share  
lunch.

If you wish to join the lunch, please look out for  
the list where you can include your name.

## COMMUNION COLLECTION

This months collections made in church during the hymn after Holy Communion is given will benefit The Church Benevolent Fund.

() () () () () ()

### Come and Sing

The New Essex Choir will be giving a Christmas Concert in the church on Saturday 10 December. All singers are invited to join the choir for this seasonal event. The next rehearsal will be on Friday 9<sup>th</sup> September 7.30 pm at Barkingside Methodist Church so do come and sing. [www.newessexchoral.org.uk](http://www.newessexchoral.org.uk)

### Bible Reading Group

The Bible Reading Group on Friday 30th September will meet at 11:00. at Jan and John's. We will discuss Daniel chapters 1-6 followed by refreshments. All are welcome.



Jan and John.

MACMILLAN COFFEE MORNING  
Friday 30th September 10.30am  
Redbridge Social Centre



It's that time once again for Audrey's marvellous Macmillan Coffee Morning. Please support Audrey and her helpers to raise funds for the work of this essential charity.

Coffee, Cakes and all sorts of things to buy. Please check with Audrey if you have anything to donate.





Coloring-Page.net



## FLOWERS AT THE DRIVE

As you know, at The Drive we are never without flowers for our Sunday worship and other special occasions. However you may have noticed that for some of the recent displays we have used silk flowers mixed with natural green foliage.

This has proved to be useful during the recent extreme heat but we must also acknowledge that flowers can be costly and as we are all being stretched financially it makes sense. Also donations for dedicated flowers have lessened. It is of course disappointing that we cant distribute the silk flowers to those in need as we do with a fresh arrangement.

We do of course still want you to have flowers to celebrate memorable days or make dedications to a loved one, so we will be happy to use fresh or silk flowers. It will be your choice.

We would very much like to hear your views.

Janet, Ruth, Anne and Lorraine

## SUPPORT OUR LOCAL FOODBANKS

Helping Local People in Crisis

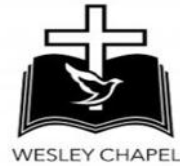
WILL  
YOU  
BRING  
A TIN  
TO  
CHURCH  
EACH  
SUNDAY ?



IF WE ALL BRING JUST ONE ITEM WE WILL HAVE 25—  
30 ITEMS TO DONATE EACH WEEK.

Lets do it!

WESLEY'S CHAPEL  
THE MUSEUM  
OF METHODISM



Have you paid a visit to this historic chapel? I have, but not for many years, so I will plan another visit soon. The website is full of interesting information. Why not take a look and join the online tour of the chapel and museum.

Discover origins and spread of Methodism here at City Road through the fascinating collection of objects, documents and paintings.

Listen to the wonderful introduction video narrated by BBC's Huw Edwards.

Learn how missionaries braved the journey to new countries overseas to spread their beliefs and what awaited them there.

See the objects that belonged to Wesley, his brother and other important Methodists throughout the ages and what Wesley's mission and views on social justice did, not only for people of faith but for the poor, the sick, the enslaved and those in need in London and throughout the world.

# Lets Sing!



I got the Joy

I got the joy, joy, joy, joy,

Down in my heart, down in my heart, down in my heart.

I got the joy, joy, joy, joy down in my heart to stay.

I got the light, light, light, light,

Down in my heart, down in my heart, down in my heart

I got the light, light, light, light, down in my heart to stay.

I got the love, love, love, love,

Down in my heart, down in my heart, down in my heart.

I got the love, love, love, love, down in my heart to stay.

unknown

## PEERTALK

Some of you may recall that the charity PeerTalk was started by Phillipa and Stephen Normanton, Stephen being a past minister at The Drive.

Well, Stephen, who is now CEO of the charity is taking to the skies and doing a charity wing walk on 17th September to raise funds and awareness for this marvellous cause.

Please support Stephen

[https://  
www.justgiving.com/  
fundraising/Stephen-  
Normanton](https://www.justgiving.com/fundraising/Stephen-Normanton)



## The PeerTalk Story

PeerTalk began as a project in 2014 in response to a recognised need of community support for people living with depression, anxiety and related conditions.

This initial project was funded through the generosity of many individuals and a significant grant from The Methodist Church.

The three aims of the project were:

1) To establish a national network of volunteer facilitated peer support groups for people living with depression. The groups modelled on groups run by the Irish charity Aware.

) To challenge stigmatising attitudes surrounding mental health

) To establish the project as a sustainable charity

PeerTalk became a registered charity in October 2016 and the first support groups were established in Bradford and Preston in March 2017.

The PeerTalk story could not be told without reference to Stephen and Philippa Normanton, Rosa Trelfa, Liz Whitfield and Roy Hillman who, supported by many others, have shaped PeerTalk into the organisationally strong and clinically credible charity it is today.

To date PeerTalk has trained 260 volunteers and now hosts 12 support groups in Whitley Bay, Gateshead, (Tyne & Wear), Skipton, Bradford, Batley, Huddersfield, Leeds Beckett University, (Yorkshire), Preston (daytime), Preston (evening), Warrington, Guildford (Surrey) and Bordon (East Hampshire). The PeerTalk vision is to host 100 groups within ten years.

## HEALTH WISE.....

Often we don't learn about an illness or condition until it affects us as individuals or one of our loved ones. Often we then become 'an expert' in our attempt to understand, be helpful and cope with what is happening and this can become all encompassing in our lives: strengthening our faith or, in our grief and confusion, maybe sorely testing our faith.



We can often feel we know a friend or a colleague quite well without knowing about a health condition they might be coping with. Among my friends and family, there are those who share frequently about minor ailments and others who 'keep going' without a word about their condition.

With this in mind, Michelle has chosen to share information in the hope that it may be useful to someone.

I have a quite rare health condition - Hypopituitarism. It means that my pituitary gland - the 'master gland' - does not work and cannot make other glands work. Hypopituitarism is related to other conditions you may have heard of, like Cushing's disease or Acromegaly where there are tumours on the pituitary gland.

For a while I had excruciating headaches that nothing would ease.

Although I was ill and my health deteriorating for 2 years, doctors could not diagnose the problem and I was later told that they never expect to actually see someone with this condition.



My appetite and ability to taste or enjoy food reduced until I didn't want to eat. I was fatigued, couldn't cope with cold and even a breeze or a draught would make me stiff and rigid all over.

I was no longer like myself, found it difficult to think clearly and my personality was gone. I ended up being hospitalised and having to use a walker to move around, with a Dr stationed by my bed while I slept. It was a Dr's curiosity that put the team on the right path to diagnosing me and it felt like a miracle. When I took the tablet and went to sleep that night I couldn't walk, when I woke in the night to use the bathroom I swung my legs out of bed and walked there. God is good.

Having a diagnosis was great and was the start of things getting better as I've been able to educate and inform myself. I also joined the Pituitary Foundation where I met others with the condition and had access to specialists in the field.

My GP at the time was mortified that it had been missed for so long and helped me see a consultant from Bart's who was incredibly knowledgeable. This was very reassuring after all that time!

Michelle

Thank you for sharing this information Michelle. LB

If you are struggling with health issues, it can be very useful to join a condition specific support group or a foundation as they should have access to specialist knowledge. Wishing you good health management!

Michelle

Thank you Michelle for sharing this extraordinary information with us. LB

## HALL LANDLINE

Please note that the public landline in the corridor of the Hall Block has been removed permanently. With the majority of people possessing a mobile phone, the need for a public phone became unnecessary .

## The School Uniform Bank

A place to donate or obtain pre-loved non-branded primary and secondary School Uniform for local reuse across Barkling & Dagenham, Havering, Redbridge and Newham.

This charitable organisation is adopted by many school to ensure that good quality uniform items are recycled for others to use.

See Facebook or ask your local school.

## SAFEGUARDING

Two Foundation Module training sessions have successfully been held at The Drive Methodist Church.

The 30 attendees have been from the Drive and also from churches across the circuit. I have very much enjoyed meeting new people and renewing past acquaintances.

I am grateful that Mmasape has also assisted me.

It is essential that all who hold responsible roles within the circuit churches undertake this training.

In addition to Foundation Training, all Worship leaders, Lay Preachers and Group Leaders are expected to also undertake Advanced Level Training.

At present the majority of this training can be completed online with a mandatory gathered (group) session.

For details go to Methodist Safeguarding/Training where information for this training can be found.

The next Foundation Training will take place at The Drive on 23rd September 5.30pm—8pm. I will contact those at the Drive who need to complete this training.

If you have any questions about Safeguarding practice in our churches please don't hesitate to call me.

Lorraine

## RED ALERT

Graham Snellings blog as the extreme heat came upon us.

It's hard to ignore the main news story this week, so I trust, if the forecast is to be believed, that by the time this is published cooler weather is well on its way. Advice and guidance seems plentiful and with an emphasis on hydration, keeping the curtains closed and staying out of the sun, hopefully all will be as well as can be expected.

Red is not my favourite colour. There are a number of reasons for this that I won't share here for fear of causing offence in some footballing circles! But a red light or flag is the obvious way of attracting attention and telling us to stop right where we are or whatever we are doing. We ignore it at our, or someone else's peril.

But the red flag is also a message that tells us that we might need to do something straightaway.

This week it's checking on the vulnerable, whether young or old, and paying attention to pets and other wildlife. So when we receive a report about an individual's concerning behaviour that warns of danger, or sadly tells us about something that may have already happened, there is no time to waste. Something has to happen as soon as possible to prevent potential or further abuse. As this column often reminds church communities, recognition that something is amiss should be the red flag which makes us respond.

Our Foundation Level training promotes the '4 Rs' mantra that goes on to include refer and record. It also stresses that the first person who learns about a concern is not solely responsible for what happens next. A team approach is vital, but seeing that first red flag and acting upon it is the key to a successful safeguarding plan.

The red alert published by the Met Office this week is unprecedented and commentators seem to suggest that more such episodes are likely in the coming years. It has made us all sit up and take notice. In our safeguarding world though, taking notice is not a once in a lifetime event. Keeping an eye open for red flags, that might start out as amber, is what we are about.

Graham Snelling  
London District Safeguarding Caseworker

The 4 R's of Safeguarding

RECOGNISE

REPORT

RECORD

REFER

## DO YOU KNOW?

We have a Pastoral Team of eight people at The Drive led by Mmasape. It works by each Pastoral volunteer having a few people who they keep in contact with by phone or letter or maybe see in the park if they don't see them regularly in church.

Historically it was known as Pastoral Visiting, and although this does still take place; we now follow the Methodist Church guidelines and make home visits with a colleague.

Covid restrictions certainly helped us to be more creative in developing ways to keep in touch.

Our Pastoral Volunteers are DBS compliant and undertake Safeguarding Foundation Training.

Our Pastoral Volunteers are:

Brian Grinham

Ruth Joyce

Hilary Stevens

Sue Ruckes

Jo Wright

Janet Brunnen

Lorraine Bendon

If you would like to receive pastoral support please ask any of the above volunteers

Memories....

As I was writing the information about what will be on offer for the Saturday Lunch- Quiche and Salad. I was reminded of my dad Jim who died in 1999 of Mesothelioma, a horrible condition (that lies dormant for decades) he contracted from pulling down the bomb damaged buildings after he served his National Service in the Navy. I digress.... the reason he came to mind was that he never pronounced quiche correctly. Written phonetically, he called it 'KWICH' and now it is the family name for 'quiche'.

Dad was born and lived in Bow, very close to Roman Road Market....his supermarket.

As a child, he regularly returned home at the end of market day with several 'KWICHES', a tray of 24 yogurts, probably rhubarb flavour and all of which needed to be eaten immediately or a whole hand of ripe bananas – not a bunch!

Another of our treats were baskets of mushroom stalks. At that time, being uneducated about the benefits of the whole vegetable; mushrooms were often sold minus the stalks and these were sold separately at a very low cost. Still delicious though.

His shopping habits set my mum a bit of a challenge but thankfully I don't think food was governed by USE BY dates and I still enjoy bananas, mushroom stalks, yogurts and KWICH!

Lorraine

Did you know?

## About the Diaconal Order

The Methodist Diaconal Order is both an Order of Ministry and a Religious Order within the Methodist Church in the UK. It was formed in 1989 as a successor to the Wesley Deaconess Order and is open to both women and men. Diaconal ministry is one of two ordained ministries within the Methodist Church. Deacons and Presbyters, Equal but Different.

## A Dispersed Community

Currently the Order has over 280 deacons scattered throughout the British Isles who follow a common Rule of Life. They appoint a full time Warden from among their number, meet annually in Convocation and support each other through prayer, friendship and regular Area Groups.

## A Deacon's Role

Deacons are normally appointed to work in Circuits alongside presbyters and lay people. Their role focusses on bridging the gap between the church and the world, and has been described as 'standing in the doorway of the church', keeping the door open both ways.

Circuits apply to the Order when they wish to appoint a Deacon to join their staffing team. Appointing a Deacon There is scope for a great deal of imagination in the creation of appointments for deacons. Different Styles of Diaconal Ministry.

## The nature of diaconal ministry



The ministry offered by deacons is not exclusive to Deacons. Rather their work overlaps with that of others as part of the bigger picture. Their main charge is to model, integrate and encourage others in the servant ministry of Christ. A Deacon may:

Like church stewards, be found greeting people at the door rather than in the vestry before worship. Like Presbyters or class leaders, lead groups for prayer and study, be available for people pastorally, caring for the young and old. Like all members of a congregation, seek out the needs of the local community.

In each area of ministry Deacons take extra steps, for example:

Walking the streets of the local community, making contacts and bridges between people, social services and other agencies as well as people and the Church.

Using all opportunities available to them to strengthen and encourage people's Christian faith In every aspect of their life: home, neighbourhood and workplace, enabling church people in their daily ministry and, through intercession, bringing the needs of The world into the heart of worship and challenging the church to respond. In these ways, the servant ministry of Jesus Christ and of his Church is strengthened.

Deacons have a public role representing the Church to the community, working on behalf of God and the Church. They have been called by God, trained and ordained to the ministry in which they remind and help the Church to live out their role as servants of God in the world.

May God Bless our Deacons and their work. LB



## GOOD NEWS. NEW PRINTER

Our new Minolta bizhub 401 has arrived and installed ready for use.

It is a very good black and white printer/copier, which will print from either originals, USB stick or laptop and with many extra functions.

We do ask that you record all copies you make on the clipboard hanging next to the machine. It records all use on the internal hard drive but we need to monitor manually as well as digitally.

Mike, who has for many years has assumed responsibility has asked me to take over the management of the machine.

If you require any support and cannot work it out on the help screen you are welcome to contact me:

Peter Bendon

07968946132 and I will try to help.

# HARVEST

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

THANKSGIVING  
PINEAPPLE  
PUMPKIN  
POTATOES  
TURNIPS  
WHEAT  
ORANGES  
VEGETABLES

COMBINEHARVESTER  
BANANAS  
FARMER  
AVOCADOPEAR  
CARROTS  
CORN  
APPLES  
FRUIT

SUGARCANE  
FLOWERS  
TRACTOR  
PLANTAIN  
BREAD  
PLUMS  
PLANTING  
HARVEST

Samaritans. To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), email jo@samaritans.org

SANEline. If you're experiencing a mental health problem or supporting someone else, you can call SANEline on 0300 304 7000 (4.30pm–10.30pm every day).

### ChildLine

Free confidential service to help young people under 19 with any issue they are going through.

Helpline: 0800 1111

### Family Lives (previously known as Parent line)

Offers information, advice, guidance and support on any aspect of parenting and family life, including bullying.

Helpline: 0808 800 2222

### The Mix

The Mix's Crisis Messenger text service is available 24/7 and open to anyone aged 25 or under living in the UK. If you're in crisis and need to talk, text THEMIX to 85258.

## CARERS UK

Information advice and support for people who are looking after a friend or family member.

Advice line: 0808 808 7777

Disability Rights UK Information and advice on a wide range of issues for disabled people.

Disabled Students Helpline: 0800 328 5050

Personal Budgets Helpline: 0300 555 152

24-hour National Domestic Violence A national service for women experiencing domestic violence or others calling on their behalf.

Helpline: 0808 2000 247

## Refuge - Help for Teenage Girls

Information and advice on violence against teenage girls and young women.

Helpline: 0808 2000 247 Advice line: 0808 801 0660

Men's advice line Free advice and support for men experiencing domestic violence and abuse .

Helpline: 0808 801 0327

AL-ANON Helpline: 020 7403 0888 (10am-10pm)  
For families affected by alcohol abuse

## A Reflection

Fear not, for I am with you, be not dismayed, for I am  
your God; I will strengthen you, I will help you. I will  
uphold you with my victorious right hand.

Isaiah 41:10

Despite the unrest around us

Give us quietness of mind,

Teach us to be patient

And help us to be kind,

Give us reassurance

That You are always near

To guide us and protect us

In this violent world of fear,

Help us all to realise

There is untold strength and power

When we seek the Lord and find Him

In our meditation hour

Taken from one of dear Frank Sayers' many prayer  
books.

## CHURCH DIARY FOR SEPTEMBER



4th Sept 11.15am - Sunday Worship  
with HC

led by, Rev. Mmasape Zihle

6th Sept. Saturday Lunch 12.30 in the Parlour.

11th Sept 11.15am - Sunday Worship led by  
Smith

15th Sept Autism Training 7pm Barkingside MC

18th Sept 11.15am - Sunday Worship - led by Jan  
Pearson.

25th Sep 11.15am - Sunday Worship

HARVEST FESTIVAL with HC

led by Rev. Mmasape Zihle.

30th Sept Macmillan Coffee Morning 10.00am

Redbridge Social Centre

30th Sept - 11.00am Bible Reading Group