

# **The Drive Methodist Church**

**Eastern Avenue Ilford IG13PP**

## **Newsletter**

**November 2022**



**Minister Reverend Mmasape Zihle**

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

**[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.

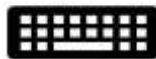
The calling of the Methodist Church is to respond to the gospel of God's love in Christ and to live out its discipleship in worship and mission, and to fulfil the promises detailed in the Methodist worship book.

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.

## From the Minister's Desk



Dear Friends,

Harvest has been gathered in - well at least in so far as we have had our harvest services - ahead of the winter. In the last few weeks, we have experienced a definite change in the air. Many of us do not take kindly to the changing season and increasing cold especially at night, not least in the dim light of the rising cost of living and fuel cost. Many will find this winter very difficult, as they will struggle to heat their homes or to feed their families. How are we called to respond?

Well both the Methodist Church and the Redbridge Faith Forum are asking churches if they can offer warm space for people to come and keep warm and probably have a hot cuppa and a biscuit if not a meal. If we cannot offer our own buildings maybe we can offer our time to volunteer where this is happening.

With the advent of winter we now come into a very busy season, which replaces the warm long summer days with long and colder nights as autumn sets in. The cold and darkness brings the familiar noises of fireworks as various festivals are celebrated from Guy Fawkes to Remembrance Days ( with gun salutes) and solemn

Services remembering those who died: All Saint's Day  
and from wars past and present we celebrate  
Remembrance Sunday.

**There is an opportunity for families and friends to come together at The Drive at 4pm on the 13th for a Memorial Service (see details on page 9 )** For others in our communities there will be Halloween to celebrate with 'trick or treating' to be done. All these will lead us at the end of the month to the start of Advent (the season that celebrates the awaited birth of Jesus and also looks forward to his coming again); with **another opportunity for our churches to gather for a Circuit Advent Songs of Praise Service on Sunday 27 November 2022 (details to follow).**

Winter has a beauty of its own; not despite it being winter but because it is winter. This season brings us the time for deep nourishment ahead of the season of growth and new life. Each season is vitally important to the other. As in the words of Ecclesiastes 3: ***"For everything there is a season, and a time for every matter under heaven."***

Alongside the above Acts of Worship, there will be the inescapable familiar sights and sounds as Christmas decorations, music and presents fill our screens and stores.

With this, we become aware of the many people, who this time of year is difficult and challenging for many reasons including loneliness which becomes more acute with longer, darker nights.

My hope and my prayer is that as a community, we will continue to watch over one another in love. I invite you to think and pray for those living alone, those living with chronic illness, the elderly who can no longer look after themselves and those of all ages whose mental health is fragile.

With love

***Mmasape***

**Help and Support**  
**is available**



Are you struggling to manage?

Are you worried about providing for yourself or your family?

Do you know of someone who needs help and support?

Contact Reverend Mmasape who will help you and provide confidential support. [mmasape.zihle@methodist.church](mailto:mmasape.zihle@methodist.church)



## Church Family News

We remember **Sandra Runeckles** in our prayers as she continues with medical treatment.

**Good to see Sandra Folkes in church recently.** We continue to pray for her recovery to full health.

**Kathleen and Brian Taylor and John Pearson** are all coping with the Covid virus. We wish them well and hope they feel better very soon.

It is good to know that **Janet Brunnen** is on the mend after having Covid.

**Josie Jiggins** is doing well at home. Please call Josie before visiting her.

**Carol Hurd**, from St Andrews and a visitor of The Drive remains fragile but is now back home and recovering.

## NOVEMBER BIRTHDAYS

We remember our dear friend **Frank** whose birthday would have been on 5th Nov.

**Rohan and Feyi** also have birthdays on November 5th.

**Rochelle** is the birthday girl on 21st November, closely followed by a birthday celebration for **Susan Ruckes** on 29th.

*Happy Birthday to you,  
Happy Birthday to you,  
**Happy Birthday to you all,**  
Happy Birthday to you.  
Happy Birthday to you,  
to Jesus be true.*

*May Gods richest blessings be poured out on you.*



## **HIS MAJESTY KING CHARLES III**

Since our previous issue and following the mourning period for his mother Queen Elizabeth II, King Charles has taken up his duties as our King.



We offer our prayers:

*Almighty God, we give you thanks for Charles your servant and our King, for his devotion to his family, nation and Commonwealth and to the Earth, our fragile home. We thank you for his faith in you and his love for all peoples and for his call to be our sovereign in such a time as this.*

*Bless and protect Charles in all the years to come, grant him long to reign over us and give him gifts of wisdom and discernment as together we face the opportunities and challenges of our age. Bless Camilla the Queen Consort, William, Prince of Wales, and all the Royal Family in this time of mourning and of change.*

*May we all abide in your love, draw strength from the deep wells of Christian hope and dedicate ourselves afresh to God's kingdom of justice and peace. Amen*

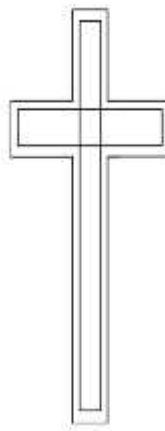


## **A SERVICE OF REMEMBERING**

**On Sunday**

**13th November at 4pm**

The Drive Methodist Church  
Ilford IG1 3PW



An act of worship for those who have lost loved ones led by Reverend Mmasape Zihle

To add a name to be read out text: 07401 807148

Light refreshments  
will be served after  
the service.



## WHAT'S BEEN HAPPENING?

### **3 GENERATE**

Well, we all got to Birmingham safely on what was a day of torrential rain.

TDY enjoyed the weekend, as you heard in our recent TDY service. Thanks go to all who drove to Birmingham and got our young people there safely, also to all the leaders involved in the planning, booking, and ensuring all the safeguarding requirements were met.

Thank you to our church family who supported our fundraising efforts too.

Of course, the biggest well done and thanks goes to all our young people who attended and made the weekend such fun. It was so good to see them altogether and enjoying each other's company.

Apparently 3generate 2023 will be at Birmingham NEC again!

Jo



## **Ruth's 2022 Australia Trip**

After everything that has happened to us all over the last two years, I decided to bite the bullet and fly off to Australia to be with my daughter, Natalie, for her 50<sup>th</sup> birthday.

I flew out from Heathrow on the 29<sup>th</sup> August heading for Singapore via Munich and boy was it hot when I arrived, but I understand that 30 degrees is the norm in Singapore. I had a lovely 3 days there during which time I met my friend Sharmini who took me out to dinner at Raffles (and very nice it was too).

I carried on to Australia and arrived in Melbourne on the 2nd September to a very happy daughter. During my time with her, we went to an interactive Van Gogh exhibition which was brilliant and if it comes to London, I can thoroughly recommend it. We also had dinner at a winery in the Yarra Valley which was especially nice as you can't go to a winery and not drink wine can you? Also Natalie doesn't drink so guess who had her own personal driver!!

I went to Sydney for 2 days and Brisbane for 3 days visiting family which was very easy travelling and so good. Natalie joined me at the end of my time in Brisbane when we hired



a car to drive 2 hours south of Brisbane and stayed in Lamington National Park. The park is in a rainforest and we stayed in a beautiful Lodge/retreat called O'Reillys. There were parrots and loads of exotic birds everywhere which would feed from your hand, really wonderful. The next day we drove to the Gold Coast for a paddle and sit on the beach watching the surfers before flying back to Melbourne.

Obviously, the huge sadness during this time was the Queen passing away and as you can image the media coverage was huge and we were able to watch the whole funeral via a live link. Two things I found interesting whilst I was there. Did you know that the Queen's birthday (and now the King's birthday) is a public holiday in Australia? We don't have that but they do! Also, they had a public holiday because the Queen had died but not, as you might expect, on the day of the funeral (19<sup>th</sup>) but on the 22<sup>nd</sup>. I've still not found out what was so special about the 22nd!!

Back to happier events, we had an extra treat because my French granddaughter (who is currently in Australia fruit picking – as you do) joined us to help make a big fuss of

Natalie on her big day on 27<sup>th</sup> which was celebrated in style with a fancy lunch with work colleagues, time with us at a health spa followed by dinner out at a very nice restaurant. We also managed to slip in high tea at a beautiful cafe (a bit like tea at the Ritz) the next day which was finished off with a beautiful sunset and a leisurely walk back to her flat.

I left Melbourne on the 1<sup>st</sup> October bound for Singapore and a 14 hour wait for my connecting flight. However, that was lovely too as my daughter treated me to time in the airport hotel, so my long wait was taken up with swimming in the pool and sunbathing plus a leisurely lunch in the restaurant. Well, someone has to do it and why shouldn't it be me??

I said goodbye to my luxury hotel on the evening of the 2<sup>nd</sup> and after an overnight flight to Frankfurt and a quick flight change, arrived back at City Airport on Monday 3<sup>rd</sup> October, none the worse for wear to tackle a mountain of post and to return to the real world.

I have lots of fabulous memories of a beautiful holiday and given half a chance, will bore you senseless with my photos, so beware !!

*What an amazing time making memories with you daughter  
Ruth. LB*

## **NEWS OF AUDREY'S**

### **MACMILLAN COFFEE MORNING**

Thank you to all who supported my MacMillan Coffee Morning at the Redbridge Social Centre, especially Kay Whiddon and her team from the Drive Preschool who once again arrived with their Asian goodies and other edible treats.

**We raised £1101.35.**

**Audrey Taylor**

*What an amazing amount Audrey. Well done everyone.LB*

### **Brian's Musings.....**

' And yet I think of Christopher Reeves who said he would pay two million dollars to be able to feel pain again.

What a courageous man. So I have to think that pain is a blessing'.

Ricardo Montalbon (Mexican actor who became disabled after falling from a horse)

' I understand how true daddy's words were when he said ' Parents can only give good advice or put them on the right paths, but the final forming of a person's character lies in their own hands'.

Anne Frank

# **THE SATURDAY LUNCH**

**This months Saturday  
Lunch will be on**

**5th November at 12.30pm û4**



We will be serving a variety of     homemade  
soups with a wedge of bread and cheese.

We hope you will come along for some good food  
and fellowship.

As usual there is a list to put your name on at the  
back of the church. If not give Lorraine or Ruth a  
call or a text message.

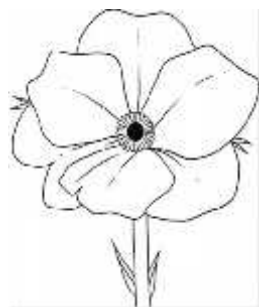
Lorraine 07929973430

Ruth 07780852858

**Why not bring a friend?**

Remembrance Day

11th November 2022



### A Prayer

Ever living God we remember  
those you have gathered  
from the storm of war into  
the peace of your presence.  
May that same peace  
calm our fears,  
bring justice to all peoples  
and establish harmony among nations.

Through Jesus Christ our Lord.

**Amen**





*In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.*

**GIVE THANKS** .....Thinking about the many worries we have; not just at home but on a world wide scale, my usual positive outlook indeed challenged. I pray for guidance in how I can make a difference, what can I do, how can I help? Positivity is what appears to emerge and is my fuel to just get on with things. Now, I do understand that this can irritate others but it seems to be my pathway.

I am so grateful for our church family, as we are a caring bunch and clearly look out for and encourage one another. While we are under pressure to become more dynamic to attract 'new customers', we do I feel, have many elements within church life to appeal to a wide range of interests with opportunities for us all to feel useful and use our skills, to care for others or show care for our church administration and premises.

The Drive has a history for its love of music and apart from the weekly joy of worshipping with live music we are also treated to music at special events. And what about the choir and the chorale, how lucky we are.

We have opportunity for prayer and bible study and a prayer team that provide us with a daily prayer on The Drive Together WhatsApp group to start our day well and give us food for thought.

Who would have thought that this group would still be continuing several years after the pandemic when it was set up as a means for people to feel in contact and share their joys and sadness. Thankfully we are no longer in a pandemic but we continue to feel the need to share with one another, and show that we care. Do you remember when we shared photos of our Christmas trees to keep our spirits up? Lets do that again this year.

There is always a welcome in church and the opportunity for a cup of tea and a chat with whoever is 'behind the hatch'.

How fortunate are we to have the balance in our congregation of a group of the most wonderful young people who want to worship together and also keep us up to date with social media.

In simple terms, we are so fortunate to have teams of people who ensure we have a pleasant place to worship, care for others and enable the smooth running of the church.

No ,we don't always agree with one another but that's life. Moaning can be cathartic and constructive but only if you look towards finding a solution. Otherwise it is 'just moaning'.

We need to get on with further improvements and we have a good Christian foundation to build upon. This is Gods Plan.

I feel blessed to be part of the life of The Drive and hope that you do to. Lorraine

## **T D Y NEWS - SAVE THE DATE**



**ATTENTION PLEASE:**

The Drive Youth is preparing to hold a  
Charity Christmas Extravaganza!

On 3rd December we have decided to hold a  
Christmas event to raise money for the

**Yemen Crisis Appeal.**

According to the British Red Cross:

- \* 20.7million people (70%) of the population require some form of humanitarian or protection support
- \* 16.2 million (53%) are food insecure
- \* 20.1 million (66%) have no access to healthcare
- \* Over 2 million children and 1.2 million pregnant or breastfeeding women suffer from malnutrition

By holding this fundraiser we hope to make a difference in the lives of people in Yemen this Christmas. So, whether you're passionate about arts and crafts or simply want a warm mince pie and a cup of tea, you are ALL welcome to support this worthy cause!



Watch this space!

How you can support this event—

- ♦ If you have anything you wish to donate.
- ♦ By using your skills to demonstrate a festive craft activity
- ♦ Make refreshments
- ♦ Just give your time

Please let Rochelle or Yetunde know if you can help.

### **Bible Reading Group**



The Bible Reading Group will meet on Friday 25th November at 11:00 at Jan and John's. We will be discussing Daniel chapters 8-10 followed by refreshments. All are welcome.

**Best wishes, Jan and John**

## Cheese Please



AMERICAN

ASIAGO

BABYBEL

BLUE

BRIE

CHEDDAR

COLBY

COTIJA

COTTAGE

CREAM

EDAM

EMMENTAL

FARMER

FETA

FONTINA

GOAT

GOUDA

GRUYERE

HALLOUMI

HAVARTI

HERVE

JACK

MUNSTER

PANEER

PARMESAN

RICOTTA

ROMANO

STILTON

STRING

SWISS

## SAVE THE DATE

The New Essex Choir presents:



### *A Christmas Farrago*

**5.30pm on 10th December at  
The Drive Methodist Church**

Tickets are Standard: £12 Concessions: £10  
Children under 16 free

Ticket enquiries 0208 500 5303

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



Do you enjoy singing?

Have you thought about joining a choir?

Contact us on [newessexchoral.org.uk/join-us](http://newessexchoral.org.uk/join-us)

tel: 0208 550 5303

## **HEALTH MATTERS - SUNDOWNING**

***This article has been prepared by an Admiral Nurse  
working with Dementia UK***

This Sunday, the clocks are set to go back an hour. For some people living with dementia, this change in time can cause or worsen ‘sundowning’ – a state of intense confusion that occurs in the evening, around dusk.

A person experiencing sundowning will often have a strong feeling that they are in the wrong place or time. For example, they may say they need to go home, even if they are already at home, or they may believe they’re late for work even if they’re retired.

Sundowning has several causes. As the day goes on, the person with dementia becomes more tired, and this can lead to their dementia symptoms worsening. Hunger, thirst and physical pain can also play a part.

As darkness falls, streetlights come on and people settle in for the evening. These changes can make the person increasingly concerned that they are in the wrong place, or that they have forgotten to do something vital during the day.

Sundowning can be very distressing for the person with dementia and the people who care for them, so today I want to share some practical tips that might help you.



want to share some practical tips that might help you.

### **Tips for Managing Sundowning**

- Use distraction techniques: go into a different room, make the person a drink, have a snack, turn some music on, or go out for a walk
- Ask them what the matter is. Listen carefully to their response and if possible, see if you can deal with the reason for their distress
- Talk in a slow, soothing way
- Speak in short sentences and give simple instructions to try to avoid confusion
- Hold the person's hand or sit close to them and stroke their arm.

### **Tips for Preventing Sundowning**

- Follow a daytime routine that contains activities the person enjoys, like going for a gentle walk or visiting the shops
- Try to limit their intake of caffeinated and alcoholic drinks. Instead, offer them caffeine-free tea, coffee and

and cola, or alcohol-free beer or wine. You might want them to consider stopping drinking alcohol altogether.

- Try to limit daytime naps to encourage them to sleep well at night
- Close the curtains and turn the lights on before dusk to ease the transition into night-time
- If possible, cover mirrors, windows and glass doors with a towel, sheet or curtain. Reflections can be confusing for people with dementia
- Avoid large meals in the evening as this can disrupt sleep patterns

Introduce an evening routine with activities the person enjoys, such as watching a favourite programme, listening to music, stroking a pet etc. However, try to keep television or radio stations set to something calming and quiet – sudden loud noises like shouting can be distressing for a person with dementia

## **ADMIRAL NURSE HELPLINE**

The free, confidential Admiral Nurse helpline service offers information, advice and support with any aspect of dementia, including Alzheimer's disease. Our helpline is open Mon—Fri 9am—9pm. Sat and Sun 9am—5pm; every day except 25th December. **Tel: 0800 888 6678**

## Prayers for Children - written by children

Father Thank you for life.

Thank you for people.

Thank you for all the races of the world.

You made us different shapes, sizes and colours  
each with a language and culture of our own.

Although we are so different, yet we are the same.

We are all human beings.

We share the same needs, desires, hopes & hurts.

Thank you Lord, that whatever our race or colour,  
we are all your creation and you love us.

Help us to love each other.

In Jesus' name,

Amen.



Hello God,

Can you hear me above all the noise

Its us fighting one another

Please help us to stop all our wars

Amen

## **Lets Sing!**

Give me joy in my heart, keep me praising.

Give me joy in my heart, I pray.

Give me joy in my heart, keep me praising.

Keep me praising till the break of day.

Refrain:

Sing hosanna, sing hosanna,

sing hosanna to the King of kings!

Sing hosanna, sing hosanna,

sing hosanna to the King!

2 Give me peace in my heart, keep me resting.

Give me peace in my heart, I pray.

Give me peace in my heart, keep me resting.

Keep me resting till the break of day.

Refrain

3 Give me love in my heart, keep me serving.

Give me love in my heart, I pray.

Give me love in my heart, keep me serving.

Keep me serving till the break of day. [Refrain]

Author unknown

## **Free Food**

Well done to Morrisons— in a collaboration with Heinz beans, Morrisons are providing anyone who in need with a free meal. They need only to ‘ask for Henry’ ( no questions asked) at the counter in their café. This will continue as long as stocks last.

## **Free Sanitary products**

Also, if you are in need or struggling for sanitary products go to Morrisons customer service kiosk (Next to Timpsons) and ask for a package that ‘SANDY has left for you’. You will then be given a FREE discreet envelope with what you need no questions asked.

## **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



## **News from the Religious Education Resources Project**

Dear Friends,

The new school term is well under way. Children and teachers have settled into their new classes and assessments have been completed so teachers are now turning their attention, amongst other things, to planning RE for the year ahead. I already have 20 sessions requested throughout the year to give assistance on the Christian story and a church visit to Ilford Methodist is being set up. These will all be face to face sessions which will mean I will once again be traveling around from school to school. Returning to visiting schools brings back many challenges which at first seem insurmountable such as teacher absences, school technical issues and of course Covid-19.

I hope to be able to overcome these problems with a calm head and logical thinking when I am 'put on the spot' and have to adapt at the last minute. I am pleased that I have convinced the Borough of Redbridge to give the RERP an exemption from their new School Streets scheme which fines car traveling near schools during the start and beginning of the day. Without this exemption it would be very hard to continue face to face visits.

The locally agreed RE Syllabus has been reviewed for the next 5 years and in October I was present at a conference about this at the CEME Business Centre Rainham which was attended by around 150 teachers and Subject Leaders. Whilst the Syllabus has not changed a great deal, the guidance on its use had. It was noted that there was a wide range of styles of teaching RE including much use of teaching ethics and values instead, that the differences in demographics between Redbridge and Havering (who share the Syllabus) was vast and this was causing difficulties in the teaching. Finally, that pressures on the curriculum meant that RE was a subject often under resourced in time and budget. I was told by many teachers that children do not get enough 'information' or content about religions before they have to move onto work involving worldviews and values. It is my aim as always this year to help the schools with this so the children have a better understanding on Christian belief and practice.

Thank you all so much for your prayers and support for this work.

God Bless

**Carol Dawson (key schools worker Religious Education Resources Project)**

## **My Claim to Fame**

A proper disruptive day it was back in November 1980 when the film crew arrived at the church hall where the morning playgroup session was in full swing. I recall that the children were mildly interested in what was going on but this soon dissipated when their Lego table had to be moved.

I was reminded of this particular day at Playgroup after our Queen died and The Prince of Wales became King Charles III, and busying journalists dragged up every detail from his past to fill the news. They reminded the world that the King had written a children's book *The Old Man of Lochnagar*. Not heard of it? I'm not surprised.

As I recall, the story revolves around an old man who lives in a cave in the cliffs surrounding the corrie loch under the Lochnagar, a mountain which overlooks the royal estate at Balmoral in Scotland where the Royal Family spent much of their summer holidays.

The story of the old man of Lochnagar was one Prince Charles had told some years earlier to entertain his brothers, Andrew and Edward, when they were young. Not Anne apparently !



The playgroup were involved as one of the parents worked for publisher Hamish Hamilton and approached me to read the book to the children in order to promote the book for The Princes Trust. There must have been a fee involved as playgroup was always struggling and we had no shame. I do remember the publisher gave us a heap of books for our library.

What was I thinking?

I loved taking story time each day with the children but this was nothing like story time as the book was awful, and their were 46 pages! I couldn't wait for it to end.

Very soon the children were fidgeting, poking each other and eventually leaving to do something more important like sand play or a painting to take home.

No doubt I asked permission from the parents but can you imagine the safeguarding checks and documentation that would have been required if it had been necessary in that dim and distant past.

I have no idea what happened to the film but judging from the children's reactions to the book, it likely would not have proved useful in its promotions. I've checked and its still in print, should you wish to read it.

Lorraine

## **SAFEGUARDING INFO**

### **FOUNDATION MODULE face to face training**

A further Foundation Module will take place at The Drive  
November .11th 5.30pm—8pm

If you are required to undertake this mandatory training ;I  
will have contacted you but should you wish to join the  
training out of interest you are most welcome.

Please contact me Lorraine Bendon 07929973430

## **Shoe Box Appeal**

### **This is the last call for the filled shoeboxes.**

The filled boxes must be ready to be taken to the collection point by the **first Sunday in November**. The easiest way to donate the amount required towards the shipping costs, is to pay it online and print the receipt and place that in the top of the box.

Many thanks for your anticipated help in brightening up some of the children's lives.

Thank you

Brian Grinham

# **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.**

**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 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**.

Webchat and Helpline service for free and confidential information and help on a wide range of issues for 13 to 25 year olds. All issues.

## **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 BLESSING**

**SEND US OUT TO BE BEACONS OF  
PEACE IN A DARK WORLD OF CONFLICT**

**MAKE US INSTRUMENTS OF PEACE**

**FOR WHOEVER WE MEET**

**AND WHEREVER WE GO,**

**IN THE NAME OF THE PRINCE OF  
PEACE, OUR LORD AND SAVIOUR,**

**JESUS CHRIST**

**AMEN.**

## **CHURCH DIARY FOR November**



**5th November—Saturday Lunch 12.30pm**

**6th November 11.15am - Sunday Worship with HC led by - Rev. Mmasape Zihle**

**9th November 8pm—Church Council Meeting in The Parlour**

**11th November 5.30pm—8pm Foundation Module Training in The Parlour**

**13th November 11.15am Remembrance Sunday—own arrangement**

**13th November 4pm—A Service of Remembering at The Drive, Circuit Memorial Service**

**20th November 11.15am - Sunday Worship led by-Samuel Agyekum**

**25th November 11am Bible Reading Group**

**27th 11.15am 1st Sunday in Advent - Sunday Worship - led by Reverend Mmasape Zihle**