



KINDLE

Newsletter of the Romford United Reformed Churches at Western Road and Heaton Way

August 2020

Elders' Letter

Dear friends,

During this lockdown there is one very positive advantage that has come out of it for me. I made contact with an old school friend who I have known since I first started school when I was 5 years old. We were always in the same class for our entire school life becoming best friends when we attended Senior School. We used to meet at the corner as we had a longer walk to school and had a busy main road to cross. Even when we started work, we still used to meet up and go out and go on holidays together.

After I married, we settled in Romford and when she married, initially she lived in Barking and we used to meet up occasionally. Then later on as their children were growing up, they moved out of the area. We have always kept in touch at Christmas and written occasionally but we have not seen one another for many years. Always promising to meet up soon but what with work and family life never got round to it.

Now we 'WhatsApp' or 'phone each other regularly. It's as if the years have disappeared. We talk about old times, current times and all times in between. When this lockdown is finally over, we have promised we will definitely meet up. We have picked up where we left off.

It got me thinking about our relationship as Christians with Jesus. It has been said that the core of any friendship is shared experience. Psalm 139 'you have examined me, and you know me'. Yes, God knows everything about us from even before we are born right up to the present day. For our relationship with God through Jesus to flourish we need to follow the way of Jesus. Jesus loves us unconditionally and was willing to come and live among us, to die for us and we believe that through his resurrection Jesus is alive and will walk alongside us if only we will let him.

In Fiona's last Service (on zoom) we sang a lovely hymn based on the words of 'Footprints in the sand'. We sang that when we have challenging times in our lives Jesus 'carries' us. I know that is very true in my own life and has happened many times.

As we journey together in our faith let us remember that we are surrounded by the love of God and be prepared to share that message of love with all we meet.

'...O merciful Redeemer, Friend and Brother.
may we know thee more clearly, love thee more dearly
and follow thee more nearly, day by day. Amen'
(St. Richard of Chichester 1197-1253)

Love and Blessings

Pat

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When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'. They told me I didn't understand the assignment, and I told them they didn't understand life." – **John Lennon**

What's Happening



Alison will be moving in on 6th of August and will lead worship at Western Road on September 6th Heaton Way are of course invited to join us. It is Promotion Sunday so we will be sharing Kieran Liam Daniel and Brianna are all moving up to a new group although this won't be happening straight away. The URC advice is that we hold all age worship services for the foreseeable future so that children will sit in Church with their families. This will also give us time to decide the way forward for our young people.

When we do return to worship at Church it is important for everyone to wear a mask. There will be no coffee after the service until we are given the all clear.

Kirk is due to return to work on 1st September. We thank Lee for continuing to keep an eye on the building, and Graham for his maintenance work. Playgroup will return as normal in September. We thank Sue for the many years she has led playgroup and wish her a happy retirement.

Please remember to bring photos of what you have done during lockdown to put on the board in the vestibule.

The House group will restart first Monday in October (but that it will be in the lower worship room not at my house) and will be based on the book of Habakkuk!! Anyone is welcome to join us from 7.30-9pm



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Whitechapel Mission Spring Collection

The date of 11th May had been arranged for the Spring collection for Whitechapel Mission in London's East End. The date of 11th May had been arranged for the Spring collection for Whitechapel Mission in London's East End. Due to the Pandemic, this had to be cancelled. This organisation founded in 1896 to give aid to the homeless, has developed into somewhere that offers not only physical support but gives social and mental advice as well, helping the homeless return to a normal. Lifestyle. Our clothing encourages the homeless to come through the doors, (no body is ever turned away!) where they are welcomed and given whatever support is necessary. Showers, food, clean clothes etc. are all readily available, as well as advice from Social Services and help to integrate into normal living.

On contacting the Mission, I was told that their doors were still open to welcome the homeless, so the need for clothing was still as important as ever. So, our garage was still there to store items until they could be collected. Happily, Tony Miller was coming to the area to pick up from other small collectors, so he said that he would empty the garage at the same time. So, thank you to everyone who made a great effort to make the collection such a success. Thanks to Fiona who let so many know that the collections were happening, our garage was almost full with all the black bags containing clothes, shoes, toiletries etc., and all the items were desperately needed. They all went to really good cause. So as a new Autumn collection needs to be started, do start saving any items that you have no further use for because our garage needs refilling. When you have any items please telephone 01708 760607 so that we can continue to support the Mission that gives so much wonderful; help to the homeless in London. Adult clothes, shoes, toiletries etc. are all vital for this. So, thank you for another bumper collection.

Betty

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To Make You Smile

A mother was teaching her 3-year-old the Lord's Prayer. For several evenings the child repeated it after her mother. Then one night she was ready to go solo. Mother listened with pride to the carefully enunciated words, right up to "and lead us not into temptation but deliver us some email."



Shoebox Appeal

In July's Kindle Gill asked if you would like to fill a shoebox as a Christmas present to be sent abroad this year. I thought it would be helpful if I put the list of items that are required in this month's Kindle. They like all the boxes to be similar, so every child gets roughly the same. Each box needs to have something from every category in it. Please make your box in the

following age groups 3-5years 6-11years, 12+ years. Stick a label on the lid clearing stating the age group and if it is for a boy or a girl.

My friend went out last year to deliver the boxes and she said they ran out of boxes for older boys. It was quite heart-breaking to see these boys either not receiving a box or having to get one for the younger age. If you would like to make a box for an older boy but aren't sure what to put in it there is an extra list made up by my friend and the teenage boys in her church of what you can put into these boxes.

This is a link to YouTube that will give you an idea of what goes into the boxes if you need it. My friend said not to include the t-shirt and me personally I would add more sweets. <https://youtu.be/l8cBhc78ivM>.

What is needed:

Shoeboxes wrapped in Christmas paper

Toys.

Cuddly toys, Barbie dolls, small dolls, Mc Donald toys, model animals, balls, skipping ropes, playing cards, cars, puzzles, bubbles any other small toys. Try to have a cuddly toy in every box even for the older boys.

Toiletries

Toothpaste & brushes, soap, flannel, brush or comb. Jewellery, make-up, hair accessories, sunglasses, make up bag, roll on deodorant.

Stationery

Notebook, colouring in book, pens, pencils, coloured pencils, sharpeners, rubbers, felt pens, crayons, rulers, pencil cases.

Clothes

Hat, scarf, gloves, pants, socks, ties, belts please be aware of size.

Sweets

Wrapped sweets, Haribo's, lollies, chocolate. Put in as many sweets as you wish, remember these are usually the only sweets these children receive all year.

Please do not send

Any other food items	Any other clothing
War related items e.g. toy guns,	action men, tanks
Marbles or sharp objects	Anything with batteries
Glass containers	Aerosol cans
Liquids e.g. bubble bath,	Medicines
Storybooks	

It is alright to send bubbles as long as the bottle hasn't been opened. It costs £2.50 to send each box so money donations are also welcomed.

It is all right to send secondhand toys and cuddly toys as long as they are in good condition and clean. Perhaps the children would like to give some of the toys they no longer play with or use some of their pocket money to buy something. It is good to fill the boxes with your children and they do enjoy filling them. It is good way for our children to understand not every child is as fortunate as they are. These boxes are the only Christmas presents these children receive.

It is surprising how much you have at home that can go into the boxes. During lockdown I was clearing out cupboards and have accumulated a large bag full of items for the boxes. I will be taking the filled boxes to my local C of E church St. Chads where they collect and fill the boxes every year, they then take them to the local depot ready for dispatch to the different countries. Thank you for being part of this.



Christine Grant



Ideas for Teenage Boy Boxes:



This selection of ideas were mostly suggested by a 13yr old boy from the UK and contributed to by volunteers from our regional teams. This is not meant to be a prescriptive list 😊.



Description	Description
Toys	Sports
Finger Skateboards	Sports cap/baseball hat
Juggling Balls	Flat Football & pump
Fidget Spinner	Tennis Ball
Slime Putty	Sports Skipping Rope
Marbles	Football Cards
Model Craft Kit	Football posters
Bouncy Balls	Football gloves/shin guards
Yoyo	Practical
Bubbles	Comb
Spinning Top	Toothbrush
Musical	Toothpaste
Mouth organ/harmonica	Hair Gel
Whistle	Shampoo/shower gel
Tin Whistle	Deodorant
Games	Socks
Dominoes	Shoelaces
Playing cards	Stationery set
Travel-sized Boardgames (e.g. Ludo/Chess/Draughts)	Math set
Puzzle	Notebook
Other	Calculator
Sunglasses	Pens
Blu Tac	Sketch book
Pack of Paperclips	Sketching pencils
Draw-string bag (such as a swimming bag)	

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From Living in Havering
Coronavirus (Covid 19) Special for Friday 17 July 2020



Betty's bags

In 1975, there was a dream to open a hospice on a hill in Havering-atte-Bower.

Betty Hollinrake's fundraising helped that vision become a reality in 1984 when Saint Francis Hospice opened.

Fast forward to 2020, and Betty in true Havering Hero style is still supporting Saint Francis Hospice - at 90 years young. As a physiotherapist at the now-defunct Oldchurch Hospital in Romford, Betty kindly gave up her free time to help our patients, whose movement had been affected by a life-limiting illness.

From a tea lady to a patient driver — Betty hasn't stopped volunteering for us since. Many of the Hospice's patients use syringe drivers to deliver pain relief medication at set times around the clock. Betty sows cloth bags that allow the users of the drivers to pop them away discreetly, and go about their day without drawing attention.

"I want to feel like I'm still useful," Betty said. "You never know when you or someone you know may need this marvellous Hospice. If that time comes, I'll be happy knowing

that I've done my bit."

Betty's talents don't stop there. She's also a dab hand at poetry and has penned this rhyme to reflect the current times:

16 July 2020
Author: Joe Emery

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In the year 2020, the world was overtaken;
By a virus from China that was deadly and left everyone very shaken.

It was spread by breathing droplets from someone with the disease;
It affected the lungs and caused coughing and made it harder to breathe.

Every country issued strategies to deal with the problems of all;
"STAY AT HOME, PROTECT THE NHS, SAVE LIVES" was the call.

"Close shops, businesses, offices, work from home" was the instruction;
Flights, trains, public transport were affected, causing massive disruption.

But supermarkets all stayed open, making sure the nation was fed;
With meat and fruit and vegetables, and of course everyone's 'daily bread.'

Everyone missed the hairdressers who were essential to keep us 'in form';
So all our hair became longer, with new styles becoming the norm.

Mass unemployment was rife, which caused heartbreakingly deprivation;
Food banks were essential for families so as to avoid mass starvation

If you caught the virus you'd likely die, thousands were dying each day;
In spite of the excellent care you received from the NHS in every way.

It was also heart breaking to see families unable to say goodbye;
To their loved ones who were all so ill, and just waiting to die.

All 'over seventies' were not to go out, stay at home whatever the weather;
No restaurants, theatres, football matches at all, no large groups together.

Care homes were seriously affected, no family or friends could call;
Which was distressing for the families who followed the rules for all.

If you went out, you must stay two metres apart causing long queues outside;
The supermarkets' customers waited to purchase the good things they found inside.

Hundreds of workers were unemployed as firms were starting to fold;
There were no orders they had to fulfil, and no prospects as of old.

World politicians and scientists worked very hard to find a solution;
An enormous task finding vaccines for all, but they made a great contribution.

Schools were all closed, exams were cancelled, teachers were feeling the strain;
Students were sad and frustrated that all their hard work was in vain.

But they studied at home, still working hard keeping up with their education;
Teachers helped them all to make up their work, avoiding their frustration.

Those living alone were the saddest of all, with no family support close at hand;
Neighbours and friends gave lots of help — they were a 'stalwart band.'

Eight o'clock was the time each Thursday, we all went outside to clap;
The NHS who worked so hard, to help all who 'fell in their lap!'

Nothing would ever be the same, the world has changed forever;
New skills would be learned with nothing left of the old life whatsoever.

With so many not earning wages, their savings had disappeared;
No prospect of buying their own home was something they'd always feared.

But things began to get easier, with small groups being allowed;
With distancing still to be followed, and not too large a crowd.

The only prospect on the horizon of being normal once more;
Was mass testing and vaccination t'was the only way to be sure.

That you did not have the virus and were safe to see all those you know;
And return to your normal lifestyle, which ended a long time ago.

Many will say "Where is God in all this?", but He never leaves us alone;
He sends His angels to help us, many out of their 'comfort zone.'

Family and neighbours, strangers too, so many answered His call;
To help His people with problems, His angels answered them all.

So as Christians we all give thanks to God for His blessings every day;
For His guidance and comfort as each day is done, so that we all can say

"Thank God for the faith that keeps us all happy and smiling together;
To work through this critical time in the world that we will remember forever."

- *Betty Hollinrake, 2020*

Our attitude towards our fellow members

At our recent Elder's meeting the subject of Racism was raised. The URC has issued a discussion paper on Racism and the Elders are going to meet regarding this. A few weeks ago, Robin and I watched a two-part programme called "Back in Time for Brixton". It centred on the Windrush generation who answered the 'Motherland's' call for labour to rebuild Britain following the Second World War.

The first shipload on board the ship Windrush arrived without the knowledge of the Government and on their arrival, no one knew quite what to do with them. Initially they were housed in a disused air raid shelter near to Brixton, sleeping underground but eating in tents. After a few weeks, the arrivals started to look for accommodation, and as they were close to Brixton most settled locally. If you could find it, discrimination was widely practised, the accommodation left much to be desired. There were interviews with some of the first arrivals and the stories they had to tell of how they were treated were heart breaking.



They were after all recruited as NHS staff, transport (bus conductors and not drivers) and construction (manual only) workers.

As the programmed unfurled Robin and I both wanted the treatment of and, peoples attitude to the Windrush Generation to change, but we knew it did not, What shone through however was the exuberance, spirit and determination of all those of the Windrush generation to make a better life and to stand up for themselves, their rights, dignity and justice. Then some 70 years later this generation was still denied what was due to them for their hard work and loyalty over the years. It must be humanity's lasting shame that institutional racism still exists.

As a church we must ensure that each, and every, member, adherent and visitor is treated equally and that we do not exclude anyone.

Jean

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Prayer

Eternal God,
deeply troubled by what is happening following George Floyd's death,
and by too much other inhumanity that doesn't reach the headlines,
we cry to you as the one
whose love was the victor at Easter and
who pours it into our hearts at Pentecost.
As we observe the pain of a fractured world,
use your love to drive us from sadness to compassion;
as we watch the pain of the bereaved,
use your love to move us from pity to companionship;
as we are faced with the pain of marginalised people,
use your love to point us from complacency to your commonwealth.

In our praying,
let us not just talk to you,
but yield to your love;
in our anger,
let us not just rail against injustice,
but manifest your love;
in our actions,
let us not just flail about aimlessly,
but build the civilisation of love.

Until none of us are disregarded for who we are
nor any diminished by what we fail to be,
we keep on praying in the name of Jesus Christ,
Amen

Fake Grass

Most people will have heard about Fake Grass and know how convenient it is not to have to get the lawn mower out. Several will also have read a book that has been circulating describing our 2micro -climate” detailing how dependent every creature is upon every other living thing. If one creature is eliminated it can affect the whole balance of an area, altering it beyond all recognition; and those situations are very hard to re-establish. When it comes to Fake Grass, this makes an impermeable blanket over an area, which prevents creatures such as worms and insects making their way through, and it also stops rain permeating to the soil below. Birds are affected, as they do not have the worms and insects for their diet and the soil is not watered so that seeds can mature to provide flowers and other plants. The point of this article is to ask you to consider carefully whether you can manage without this product. **Betty**

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Romford United Reformed Church Playgroup

It was with great sadness that on Friday 17th July, Playgroup waved a fond farewell to its Manager Sue Cole, after 32 years of service! Sue has worked tirelessly for the Playgroup since May 1988 but has now hung up her apron for the last time so she can spend more time with her family, especially her grandchildren, Oliver, Chloe and Sam.

Did you know that the Playgroup was originally started by members of our Church! Enid Knight (Alwyn Knight’s wife) and Celia Hartley first opened the doors in the 1970’s and ran a committee led community playgroup for children aged between 2 ½ – 4 years. Over the years many ladies served time including our very own Vera Earl and Sue Eagles (our old caretaker, Len Eagle’s wife).

Then the Government introduced free funding for children of 3 years and over, it also meant that more regulations had to be followed and paperwork completed. As Enid stepped down, Sue and a few other parents decided to take the plunge and form a partnership so the Playgroup could continue to run and serve the community.



There have been many changes over the years with Ofsted increasing the need for observations and reporting on the children and the fight for adequate funding to cover costs is a termly battle! Nevertheless, our non-profit Playgroup has survived and grown.

We were all devastated when Playgroup closed its doors on Friday 20th March due to the Covid Pandemic. However, 3 long months later, the Government gave the go-ahead for us to open and with the Church elder’s agreement and support and Lee’s excellent cleaning, we re-opened our doors for the older children on Monday 15th June. They were **all** so excited to return to Playgroup and have thoroughly enjoyed their final month with us, which has hopefully gone some way to prepare them for big school! We have been supported by some amazing families this year as well as the Church family and from Sue, Lesley, Debbie, Zena and I, we would all like to say a huge “Thank you!” **Joanne**



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Kids really say the darndest things

God’s Face

I was observing my class of kids while they were drawing. I would occasionally walk around to see each child’s work. As I got to one little girl who was working diligently, I asked what she was drawing. The girl replied, “I’m drawing God.” I paused and said, “But no one knows what God looks like.” Without missing a beat, or looking up from her drawing, she replied, “They will in a minute.”

Answers to Fiona's Quiz

1. Duck to water
2. Not rocket science
3. Time flies when you are having fun
4. An eye for an eye, a tooth for a tooth
5. Cost an arm and a leg
6. Do not count your chickens before they hatch
7. Raining cats and dogs
8. Burning bridges
9. Don't put all your eggs in one basket
10. Save for a rainy day
11. Fit as a fiddle
12. Takes two to tango
13. Cool as a cucumber
14. Beer glasses
15. The bee's knees
16. Dancing queen
17. Meat and two vegetables
18. No rest for the wicked
19. The birds and the bees
20. Bed of roses



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Psalm 23 for Busy People

The Lord is my Pace Setter, I shall not rush,
He makes me stop and rest for quiet intervals,
He provides me with images of stillness,
Which restore my serenity.
He leads me in ways of efficiency,
through calmness of mind; and his guidance is peace.
Even though I have a great many things to accomplish each day,
I will not fret, for his presence is here.
His timelessness, his all-importance will keep me in balance.
He prepares refreshment and renewal in the midst of my activity,
by anointing my head with his oils of tranquility,
My cup of joyous energy overflows.
Surely harmony and effectiveness shall be the fruit of my hours,
For I shall walk in the pace of my Lord,
and dwell in his house for ever.

Toki Miyashina

Found by Joyce Cliff

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The Farmer's Donkey, a fable for all times.

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out a way to get him out. Finally, he decided it was probably impossible and the animal was old, and the well was dry anyway, so it just wasn't worth it to try and retrieve the donkey. So, the farmer asked his neighbours to come over and help him cover up the well. They all grabbed shovels and began to shovel dirt into the well.

At first, when the donkey realized what was happening, he cried horribly. Then, to everyone's amazement he quietened down and let out some happy brays. A few shovel loads later, the farmer looked down the well to see what was happening and was astonished at what he saw. With every shovelful of dirt that hit his back, the donkey was shaking it off and taking a step up.

As the farmer's neighbours continued to shovel dirt on top of the animal, he continued to shake it off and take a step up. Pretty soon, to everyone's amazement, the donkey stepped up over the edge of the well and trotted off.

Moral

Life is not always kind to you. The trick to getting out of the well was to shake off the dirt and take a step up. Every adversity can be turned into a stepping- stone. The way to get out of the deepest well is by never giving up, but to shaking yourself off and taking a step up. What happens to you is not nearly so important as how you react to it.

Many thanks to Olive for this

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Guide for a loving home

May we treat one another
with respect,, honesty and care.
May we share the little discoveries
and changes each day brings.
May we try always to be sensitive
to one another's joys, sorrows
needs and changing moods,
and realise that being
a loving family means
sometimes not understanding
everyone al the time
but being there to love
and help them just the same.

Minister

In vacancy

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Kindle

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