



The HEATH



News, Views & Comment from the
United Reformed Church, Chadwell Heath

July/August/September 2019

50p



Heath & Havering URC
United in Christ

Dear Friends at Chadwell Heath URC,

Doesn't time fly... This is my last letter to you as your minister in the Heath & Havering Local Area Group and at Nelves.

We are preparing for our move with both sad and also hopeful hearts. Saying goodbye is never easy. We have enjoyed coming to Chadwell Heath URC as a family and will be sad to leave you at this time. One of my favourite German hymns starts with the words "my time is in your hands, Lord" - this is certainly true!

Of all the churches in our group, you have been the church that has experienced the most visible change in my time here. Initially, Jim was more involved in the leadership of Chadwell Heath URC and I have only really got more deeply immersed in all aspects of your church life since his departure in 2017. It has been a blessing to journey with you more intensively during the past 1.5 years.

There have been dramatic ups and downs in church life. Historic issues have surfaced and a number of problems needed to be faced. This hasn't always been without cost - both personal, spiritual and also financial. We have experienced much loss during these past 6 years. Our numbers at church show this loss dramatically. Friends we have loved dearly are no longer with us - for a number of different reasons. Their absence is very much felt at church still.



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And yet... The journey continues. And God travels with us. In the words of the prophet Jeremiah: ***“For I know the plans I have for you,” says the Lord. “They are plans for good and not for disaster, to give you a future and a hope.***



I have learned a lot from taking care of Trinity’s rather extensive manse garden over the past 6 years. We had to remove or drastically prune a lot of plants that had grown out of control. I was surprised by the amount of garden waste we produced during those periods of cutting back and removing plants that had grown wild or died. The drastic measures we took enabled new growth in ways that I didn’t always anticipate. The garden is now flourishing and we are enjoying the peace we experience in it.



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Jesus uses quite a few agricultural metaphors in his teachings when speaking about faith and spiritual growth. In John 15:2, he reminds us of God's pruning: ***He cuts off every branch of mine that doesn't produce fruit, and he prunes the branches that do bear fruit so they will produce even more.***

I wouldn't dare to say that God deliberately cut anyone off from our church, but we have certainly been pruned a lot!

Amid all this pruning and letting go and re-evaluating our priorities, new shoots of life have emerged. We have had to look honestly at our identity as a church, our mission, and our connection to the local community. Some of the changes in charity law and national policy have caused extra burdens to us administratively, but have also helped us to focus on our priorities and purpose as a church.

The sad reality of having to open a Foodbank for local people in need has given us new energy and a very practical sense of mission and outreach to the people around us in need of a sign of God's love and care. What an amazing witness in a time of desperation!

I have valued the mornings I have been able to spend with you at the Foodbank, simply meeting people, chatting and offering hospitality in Jesus' name. Thank you!

When we decided to become a registered Inclusive Church, we didn't quite anticipate the journey this would take us on. We have been truly blessed by the openness we have shown and stated clearly to people of all faiths and all backgrounds. This journey is only just beginning. Keep going!

Another highlight that I will treasure and remember fondly was the filmed nativity service. It was a delight to see how even 4 young children can indeed narrate and act out the entire nativity story - with a bit of creativity! After all, Jesus tells us that the Kingdom of God is received by those who are like children (Mark 10). We give thanks that we have journeyed together as people of all ages and abilities.

As you look ahead to the unknown future, I want to encourage you with some words from the Apostle Paul: "Rejoice in confident hope. Be patient in trouble, and keep on praying." (Romans 12:12, NLT Bible)

Ann and Solomon will continue to minister among the H&H LAG and will be a point of contact for you if you need any guidance. I thank God for their ministry among this group!

With my heartfelt thankfulness and love to you all!
Yours in Christ, Dorothee



SLOTHS AND WHAT WE CAN LEARN FROM THEM

A President of Trinovante (formerly the Women's Guild, Romford), it is my honour provided them with two talks a year. My most recent talk explored the life of a sloth and the benefits their lifestyle could have for us humans. We covered basic facts about sloths, such as they eat, sleep and give birth whilst hanging upside down. They have more neck bones than any other animal, enabling them to turn their head 270 degrees. There are six species of sloth and they are found in South and Central America. All sloths have three toes, even though two types are called two-toed sloths. They eat the leaves of the cecropia tree; it can take up to one month to digest one leaf! They spend 90 per cent of their time motionless; go to the toilet once every two to three weeks; give birth to one baby at a time; have an average lifespan of twenty-five years; have been on the planet for a least 64 million years.

So, what can we learn from such an animal that was once described in an encyclopedia of sciences in 1749 as the "lowest form of existence"?

Be laid back. Sloths really only have four things to think about: sleep, food, reproduction and toilet. So, perhaps we should declutter our lives, prioritise and concentrate on what is important.

Slow down. Sloths move at most four metres a minute. Living in trees, they take great care to test the branch before they grab onto it to ensure it can take their weight. They are fully aware of their circumstances, they enjoy the moment and they focus on one thing at a time, as could we: learning to relax, breath efficiently, and acknowledge every move that we make.

Go green. Sloths only need 160 calories a day and they eat low energy leaves. They spend time in nature and, therefore, perhaps we should also eat more greens and appreciate our surroundings: walk in a park or a forest and wonder at the beauty of nature, or slow down wherever we are and observe the goings on around us. Sloths enjoy the occasional hibiscus flower and so, we too should remember to give ourselves a treat every now and then.

Sloths have very little ears and have poor hearing. As a consequence, they do not flinch at sudden noises and keep on persisting with whatever task they are pursuing. Likewise, we should not take notice of nasty comments from other people, but keep persevering with our ambitions. A touch of selective hearing will not do us harm.

Sloths are born with a smile and are a picture of serenity. We, therefore, could practice smiling more and enjoy life as it comes.



Sloths live upside down. Perhaps if we have problems, we should totally change our perspective. Just as sloths can move their heads 270 degrees, we could look at our difficulties from different angles and reframe the situation.

Sloths stay cool. They are excellent swimmers. They know what makes them happy. We ought to ensure we have a list of things we can always refer to that make us happy, too.

A downside of a slow digestion process is sloths suffer from trapped wind. They turn this negative to a positive, however, because it helps them keep afloat in water. Therefore, we too should try to turn a negative into a positive. Can we even redefine what success means to us?

Sloths enjoy their own company. They enjoy nature. They opt out. They do not feel that they should socialise all the time. We too can embrace solitude, using the time for deeper thinking, concentration and learning to like ourselves. They tend not to stick their noses in other sloths' business; a lesson for us, perhaps!

Sloths sleep 60% of the day, therefore, we must remember sleep is good.

Sloths take a long time to eat their food. We should eat more slowly and, perhaps, enjoy family time together around a meal table.

Baby sloths are born knowing how to hug, so they can keep hold of their mother for the first six months of their lives. The skill of hugging is taken into adult life, where they hug trees, even in their sleep. Perhaps we should rediscover the power of the hug.

From my research, I discovered a few interesting quotes I would like to share with you.

"There is no hurry, we shall get there someday." A. A. Milne

"Slow and steady wins the race." Aesop

"Nature does not hurry, yet everything is accomplished." Lao Tzu

"To do nothing at all is the most difficult thing in the world, the most difficult and the most intellectual." Oscar Wilde

And my favourite quote is by Jiddu Krishnamurti: "If your eyes are blinded with your worries, you cannot see the beauty of the sunset."

Martin Wheadon.

Acknowledgement goes to:

Hazel Stainer, for helping with the research.

McCartney, J (2018) *The Little Book of Sloth Philosophy*. Harper-Collins Publishers

Cooke, L (2018) *Life in the Sloth Lane: Slow Down and Smell the Hibiscus*. Workman Publishing

Service from Trinity Sunday, 16th June **(as given by Tim Marshall)**

Father's Day is a celebration honouring fathers and celebrating fatherhood, paternal bonds and the influence of fathers in society.

I expect you all think Father's Day is a modern commercial invention devised by companies to make more profits, maybe!

In fact, Catholic countries of Europe have been celebrating since Medieval times on March 19 which is St. Joseph's Day, Jesus' earthly father. This practice has since spread to Latin America. There were several attempts to inaugurate Father's Day in the USA at the beginning of the 20th Century, but these initially failed.

However, Sonora Smart Dodd has been credited with the founding of Father's Day in the US. After hearing a church sermon about the newly recognised Mother's Day, she thought that Fathers deserved as much. She approached the Ministerial Alliance and suggested her father's birthday of June 5, but they rejected this in favour of the third Sunday in June. This was observed for the first time on June 19, 1910 in Spokane, Washington State. However, it was only officially recognised in the USA by President Nixon in 1972. In Britain it only found support after WWII, possibly due to the US presence during the War.

More importantly today is also Trinity Sunday. Something which the early church did not recognise. It was Pope John XXII in the 14th century who ordered the feast for the entire Catholic Church on the first Sunday after Pentecost.

The doctrine of the Trinity: one God in three divine persons – Father, Son & Holy Spirit, is not explicit in the books of the New Testament. The early Church Fathers formulated the Doctrine of the Trinity as they attempted to understand the relationship between Jesus and God in their scriptural documents.

However, in Matthew 28 Verse 19 there is the command to “Go therefore and make Disciples of all nations, baptising in the name of the Father and of the Son and of the Holy Spirit.” And in 2 Corinthians 13, Verse 13, we have “The grace of the Lord Jesus Christ, the Love of God, and the communion of the Holy Spirit be with all of you”.

The few verses from today’s reading of John 16 articulate the Christian experience of the Trinitarian God. The Spirit of truth speaks on behalf of the Father who sends Him in Jesus’ name. The reading of Romans 5 anticipates the doctrine of the Trinity – we have peace with God through our Lord Jesus Christ, then God’s love has been poured into our hearts through the Holy Spirit given to us.

The first recorded use of the word Trinity was by an early Church Father, Theophilus of Antioch, in the late 2nd century. He defined Trinity as God, His word and His wisdom in the context of the first three days of creation. Hence the earlier reading we heard from Proverbs regarding wisdom and the creation.

The first defence of the Doctrine of the Trinity was by another early Church Father, Tertullian, in the early 3rd century, in which he explicitly defined the Trinity as Father, Son and Holy Spirit, though the majority of Christians at this time disputed the Doctrine. In subsequent centuries there has been much discussion and dispute on the Trinity.

The 19th century Danish Theologian, Soren Kierkegaard, said we could relate to God in three ways: God over us – the Father; God with us – Jesus; and God in us – the Holy Spirit. Thus, we get the Doctrine of the Trinity – three persons but just one God. It sounds paradoxical. Analogies, though imperfect, may help – the sun comes to us in three different modes: as light, as heat and as energy.

An example from life is that of a married person with a child. Such a person is at one and the same time, three different persons: someone's son or daughter; a spouse's husband or wife; and a child's father or mother.

The thing is no matter how you understand the Trinity, ask yourself this question: "*With which member of the Trinity – God the Father, God the Son, or God the Spirit – do you feel that you yourself have the strongest sense of a personal relationship?*" Ultimately, this was what Kierkegaard was telling us to do: stop asking who or what is God, but how we relate to God and Jesus.

Just as a final postscript, yesterday I found one of the few books that I have seen on the subject of the Trinity and at the front was the following disclaimer:

"Theological note: - The subtitle of this work, "How the most Holy Trinity explains everything", is not meant to imply in any way that the mystery of the most holy Trinity is somehow conflated or exhausted by this or any other theological exposition. While God has revealed Himself to man as one God in three persons, human reason cannot fully grasp or exhaust this most central mystery of Christian Faith."



Happy Birthdays in July, August & September

Cody Cooper 7th July, Beryl Allison 8th & Peggy Burley, Claire Campbell 14th, Derek Quilty 15th, Jo Weiner 19th, Cassie Baker 23rd.



August

Derek Levett 4th, Josie Wheatley 11th, Holly-Anne 12th, Gary Catlin 13th, Christopher Wadsworth 13th, Martin Wheadon 14th, Brian Buxton 17th, Harry Skipp 20th, Helen Mayo 20th, Tyrell Sullivan 25th, Sue Grubb 25th, Alexander Clifford 25th.

September

1st Anne Woodhurst, Jo Clifford 5th, Heather Saville 8th, Caroline Grubb 17th, Dorothee Bűrma 26th.



CHURCH DIARY JULY

Thursday 4th July	10.00am	Foodbank, Coffee & Conversation, Church Library time
Sunday 7th	11:15am	Holy Communion — Revd. Dorothee Bührma Communion Table - Christina
	12:30pm	Church Meeting Elders Elections
Thursday 11th	10.00am	Foodbank, Coffee & Conversation, Church Library time
Friday 12th	7:15pm	Elders Meeting
Sunday 14th	11:15am	Morning Worship — Revd. Ann Woodhurst
	4:30pm	Heath & Havering AGM at Trinity URC
	5pm	Refreshments (Bring & Share) Trinity URC
	6:30pm	Farewell Service Holy Communion at Trinity URC
Thursday 18th	10.00am	Foodbank, Coffee & Conversation, Church Library time
Saturday 20th	2:30pm	Cream Tea at Brian & Beryl's House
Sunday 21st	11:15am	Morning Worship— Revd. Martin Wheadon Refreshments— Elaine & Janet
Thursday 25th	10.00am	Foodbank, Coffee & Conversation, Church Library time
Sunday 28th	11:15am	Morning Worship — TBA

CHURCH DIARY AUGUST

Thursday 1st August	10.00am	Foodbank, Coffee & Conversation, Church Library time
Sunday 4th	11:15am	Holy Communion — Cassie Baker & The Elders Communion Table - Angela
Thursday 8th	10.00am	Foodbank, Coffee & Conversation, Church Library time
Sunday 11th	11:15am	Morning Worship — TBA
Thursday 15th	10.00am	Foodbank, Coffee & Conversation, Church Library time
Sunday 18th	11:15am	Morning Worship — Roger Whipp Refreshments— Beryl & Angela
Thursday 22nd	10.00am	Foodbank, Coffee & Conversation, Church Library time
Sunday 25th	11:15am	Morning Worship — Joseph Amoah (Grange Park URC
Thursday 29th	10.00am	Foodbank, Coffee & Conversation, Church Library time

CHURCH DIARY SEPTEMBER

Sunday 1st sept	11:15am	Holy Communion — Cassie Baker & The Elders Communion Table - Angela
Thursday 5th	10.00am	Foodbank, Coffee & Conversation, Church Library time
Sunday 8th	11:15am	Morning Worship—Revd. Ann Woodhurst
	6:30pm	Heath & Havering Holy Communion at Heaton Way
Thursday 12th	10.00am	Foodbank, Coffee & Conversation, Church Library time
Friday 13th	7:15pm	Elders Meeting
Sunday 15th	11:15am	Morning Worship — Chris Pearson (Emerson Pk URC) Refreshments— Diana & Cassie
Thursday 19th	10.00am	Foodbank, Coffee & Conversation, Church Library time
Sunday 22nd	11:15am	Morning Worship — TBA
	12:30pm	Church Meeting
Thursday 26th	10.00am	Foodbank, Coffee & Conversation, Church Library time
Saturday 28th	2:30pm	Macmillan Afternoon Tea
Sunday 29th	11:15am	Morning Worship — Tim Banks

Diary/Noticeboard:

Chadwell Heath + Heath & Havering Group of Churches

Local Churches Together

St. Chad's Church:

Aldburgh coach trip, Tuesday 20th August. £16.

Contact Alan Harding on 07870-125951 to book.

Chadwell Heath Baptist Church:

Saturday 20th July, 10am-5pm: "Unbelievable Conference" at Methodist Central Hall. Detail at www.premierchristianradio.com/speakingtruth

General Local Information:

- **Chadwell Heath Residents' Association:** Next meeting on **Thursday 11th July** 7.30pm at Chadwell Heath United Reformed Church hall, Beresford Gardens. Guest speaker is Cllr Darren Rodwell, leader of B&D Council.
- **Lloyds Pharmacy (167-169 High Road) will be closing on Monday 12th August. Clients are being referred to the Lloyds Pharmacy located within the Sainsbury's supermarket.**
- There is now a **Community Bookcase** situated in the waiting room on Platform 3 at Chadwell Heath Station. Good books donated will be welcomed for this community book exchange.
- See Planning Application for development of the White Horse site or view online at <http://paplan.lbbd.gov.uk/online-applications> – application No. 18/01729/FUL

Diary/Noticeboard:

Chadwell Heath + Heath & Havering Group of Churches

General Local Information:

- **Chadwell Heath Historical Society:** The Society is now on Summer break and will resume in September: Therefore, the next meeting will be **Tuesday 17th September** 7.30pm at the Chadwell Heath Baptist Church hall when speaker will be Philip Mernick on “East End Markets”.

To mark the 25th Anniversary of the Society, **Valence House Museum** is hosting a **Chadwell Heath Day** on **Thursday 15th August**.

Sunday, **22nd September:** Coach Trip to “Salute to the 1940s” event at Chatham Historic Dockyard. £28pp. Tickets from Richard on 01708-867-500. (Non-members welcome)

There is a new exhibition “Food: bigger than the plate” opened at the Victoria & Albert Museum in South Kensington which features Barking & Dagenham’s own **Company Drinks**. The exhibition takes visitors on a sensory journey through the food cycle and highlights 70 projects where artists and designers are collaborating with food producers, scientists and local communities. The exhibition is open 10am to 5.45pm every day except Friday when time is 10am to 10pm. Entry tickets £17.

Foodbank: Thank you for your continued support, but unfortunately we have been very busy recently and so more food donation help is always needed. We are grateful to receive any non-perishable food items, as well as more general items such as washing powder/liquid, washing up liquid & tin openers – plus all important personal/ female/ toiletries/ toilet rolls & baby hygiene items. Thank you!

Flower Rota: *Would you like to sponsor flowers for a Sunday special to you or do your own arrangement?* The 2019 calendar is on the entrance table if you wish to book a date.

Worship Themes JULY/AUGUST 2019

The Junior Church are using different teaching guides for each age group and the themes listed below are based on the Lectionary and will possibly be used by those leading our worship.

July 7, 2019	<u>2 Kings 5:1-14</u> <u>Psalm 30</u>	<u>Galatians 6: (1-6), 7-16</u>	<u>Luke 10:1-11, 16-20</u>
July 14, 2019	<u>Amos 7:7-17</u> <u>Psalm 82</u>	<u>Colossians 1:1-14</u>	<u>Luke 10:25-37</u>
July 21, 2019	<u>Amos 8:1-12</u> <u>Psalm 52</u>	<u>Colossians 1:15-28</u>	<u>Luke 10:38-42</u>
July 28, 2019	<u>Hosea 1:2-10</u> <u>Psalm 85</u>	<u>Colossians 2:6-15, (16-19)</u>	<u>Luke 11:1-13</u>
August 4, 2019	<u>Hosea 11:1-11</u> <u>Psalm 107:1-9, 43</u>	<u>Colossians 3:1-11</u>	<u>Luke 12:13-21</u>
August 11, 2019	<u>Isaiah 1:1, 10-20</u> <u>Psalm 50:1-8,</u>	<u>Hebrews 11:1-3, 8-16</u>	<u>Luke 12:32-40</u>
August 18, 2019	<u>Isaiah 5:1-7</u> <u>Psalm 80:1-2,</u>	<u>Hebrews 11:29-12:2</u>	<u>Luke 12:49-56</u>
August 25, 2019	<u>Jeremiah 1:4-10</u>	<u>Hebrews 12:18-29</u>	<u>Luke 13:10-17</u>

Do you require Prayer?

Should a quiet time for **private prayers** be requested before any service, please speak to an Elder who will accompany you or ensure your privacy in the Quiet Room.



Worship Themes SEPTEMBER 2019

The Junior Church are using different teaching guides for each age group and the themes listed below are based on the Lectionary and will possibly be used by those leading our worship.

September 1, 2019	<u>Jeremiah 2:4-13</u> <u>Psalm 81:1, 10-16</u>	<u>Hebrews 13:1-8, 15-16</u>	<u>Luke 14:1, 7-14</u>
September 8, 2019	<u>Jeremiah 18:1-11</u> <u>Psalm 139:1-6, 13-18</u>	<u>Philemon 1:1-21</u>	<u>Luke 14:25-33</u>
September 15, 2019	<u>Jeremiah 4:11-12, 22-28</u>	<u>1 Timothy 1:12-17</u>	<u>Luke 15:1-10</u>
September 22, 2019	<u>Jeremiah 8:18-9:1</u> <u>Psalm 79:1-9</u>	<u>1 Timothy 2:1-7</u>	<u>Luke 16:1-13</u>
September 29, 2019	<u>Jeremiah 32:1-3a, 6-15</u> <u>Psalm 91:1-6, 14-16</u>	<u>1 Timothy 6:6-19</u>	<u>Luke 16:19-31</u>

Do you require Prayer?

Should a quiet time for **private prayers** be requested before any service, please speak to an Elder who will accompany you or ensure your privacy in the Quiet Room.



The Train of Life:

Life is like a journey on a train – with its stations – with changes of routes – and with accidents! At birth we boarded the train and met our parents and we believe they will always travel on our side. However, at some station our parents will step down from the train, leaving us on this journey alone.



As time goes by, other people will board the train and they will be significant. i.e. our siblings, friends, children, and even the love of our life. Many will step down and leave a permanent vacuum. Others will go so unnoticed that we don't realise they vacated their seats! which is very sad when you think about it.

This train ride will be full of joy, sorrow, fantasy, expectations, hellos, goodbyes, and farewells. Success consists of having a good relationship with all the passengers..... requiring that we give the best of ourselves.

The mystery to everyone is: We do not know at which station we ourselves will step down. So, we must live in the best way – love, forgive, and offer the best of who we are. It is important to do this because when the time comes for us to step down and leave our seat empty, we should leave behind beautiful memories for those who will continue to travel on the train of life.

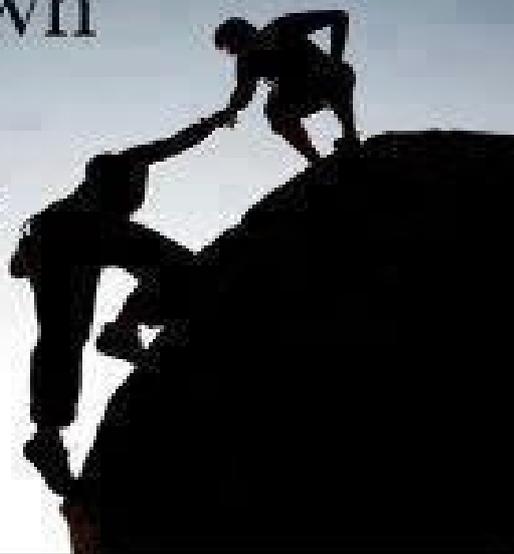
I wish you a joyful journey this year on the train of life. Reap success and give lots of love. More importantly, give thanks for the journey! Lastly, I thank you for being one of the passengers on my train!

“I’ve always had faith, but it’s changed over the years. When I was young, I had too much of a closed mind believing that I had the claim on truth. My thinking on it now is that God remains a great mystery, which we can never fully comprehend. The various religions are like handrails, to guide us toward that mystery. The difficulty between religions is that people spend their time arguing and disputing about the handrails.”

Quote from Terry Waite as printed in the Readers’
Digest:

Words of Wisdom

Never look down
on someone...
Unless you are
helping them
get up!



MATTHEW 14:22-33 WALKING ON WATER



In Costa Rica, Central America, there are lizards called “Jesus Christ Lizards”, named because they can walk on water, they look like the picture below.



“My parents always taught me growing up that you should visit churches, temples and everywhere as that is how you become a tolerant person. The issue is that we generally only learn about our own religion and our own faiths – we don’t spend time learning and trying to understand other people so we are ignorant and with ignorance comes intolerance and that’s how people become divided.”

Quote from the recent BBC programme “The Pilgrimage” by the young Muslim presenter who took part.

RIDDLE ME THIS...

Can you solve these cryptic dingbats?

JOB
AN

LIVERPOOL 4 - 1 MAN UTD
SPURS 4 - 1 WEST HAM
MAN CITY 4 - 1 EVERTON
LEICESTER 4 - 1 CHELSEA
ARSENAL 4 - 4 WATFORD

MACBETH

WORD WORD WORD WORD
WORD WORD WORD WORD
WORD WORD WORD WORD
WORD WORD WORD WORD

DANCE

ANSWERS (L-R): AN INSIDE JOB, ALL FOR ONE AND ONE FOR ALL, A PLAY ON WORDS, HALF BAKED.
SOURCE: BUZZFEED.COM



SUNDAY SERVICES

10.30am Prayer Time
11.15am Morning Worship
Family All Age Worship 2nd
Sunday
Holy Communion 1st Sunday



Heath & Havering Group Holy Communion
2nd Sunday in the month at 6.30pm
(at alternate Churches)

WEEKDAY ACTIVITIES

Elders Meeting second Friday in the month 7.15pm
Foodbank, Coffee & Conversation, Church Library
time, Thursday 9:30am

Minister

Revd Dorothee Bührma

RevdDorothee@t-online.de Tel:01708228489

Web site: [http://www.heathandhaveringurc.co.uk/
chadwellheath.html](http://www.heathandhaveringurc.co.uk/chadwellheath.html)

Chadwell Heath URC is part of the Heath and
Havering Group



**Please send any news, information or an article for the Heath to
Dianne Crisp. Email Dianne.crisp@ntlworld.com The deadline is
Monday 23rd September 2019 for the October/ November issue.**