



# *The* HEATH



*Create in me  
a clean heart,  
O God  
and put a new  
and right spirit  
within me.*

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*Psalm 51: verse 12*

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

50p

February 2021

Dear Friends, The Revd Peter Crumpler,

## Five things I'd like to see in 2021



I keep hearing people say that 2020 was a 'year like no other.' Friends have been writing a special journal recording the year, so they can pass it on to their grandchildren. Others just want to leave 2020 behind and look to a happier new year.

Both reactions are completely understandable. But I've been looking ahead to 2021 and thinking about the five top things I'd like to see in the year ahead. I wonder if you'll agree with them or not? Maybe you could put together your own list.

***Let's make sure the vaccines are distributed fairly and speedily.*** Those who need the vaccine most urgently should receive it first, with a fair system for ensuring everyone else can be vaccinated quickly and efficiently. We need to ensure that everyone receives the vaccine wherever they live in the world – from the poorest to the richest. Especially, in those parts of the world where there is war, and people are living as refugees.

***Let's learn the lessons of the pandemic*** – not just going back to how life was, as quickly as possible. Many of us learnt to appreciate our family so very much more – especially when we could not be with them for months on end. We learnt lessons about how important our neighbours and local businesses are, how precious our NHS, medical researchers, care providers and other frontline workers are. Let's not forget them.

***Let's value nature.*** Those of us with gardens, or with parks or fields nearby, have been massively blessed. I've learnt to pay attention to birdsong, to the changing colours of the trees, and how unexpected plants have taken root in our garden. Pets have played a major part in helping us endure the lockdowns, especially for people who live alone. May we all learn to value the natural world on our doorsteps in the year ahead and beyond.

***Let's bless technology.*** Without the use of the internet, meeting people 'online' or keeping in touch via email, Facetime or other technologies, 2020 would have been a whole lot tougher. Churches across the country moved their Sunday services online, and soon adapted to a different way of worshipping – not the same, but still helping us to worship together and see familiar faces. Let's continue to give thanks for the science that made that contact possible in 2020.

***Let's value our church family.*** Imperfect we may be, like any family. But the months without being physically able to worship with them, share communion with them, sing alongside them have been hard. I value so much how many churches have risen to the pandemic challenge and sought to serve their communities in all kinds of ways. May we take all this experience into 2021 and build upon it.

Whatever 2021 holds for you and all those that you love, I pray that you may know the love of God in your life, and be able to pass it on to others.

# Nativity 2020

In such a difficult year it appeared that it was not practical to have a Nativity Play especially with the shortage of numbers to do things these days. However our thanks must go to Emily for offering to produce a video Nativity in the same way as she did 2 years ago.

Half expecting a revamp of that service we were all pleasantly surprised at what Emily had done.

We were treated to a completely new and technologically up to date version of Nativity. The play took the form of a Zoom meeting with Emily talking to the various characters, cleverly costumed and played by Lidia and Evie.

Emily then taught us some Makaton sign language to enable us to join in with three carols (Little Donkey, Silent Night and A Starry Starry Night) without singing. Peter must have been amused to see us all flapping hands about like donkey's ears!

So, a big thank you to Emily, Lidia and Evie for such an uplifting service and of course to Peter for doing all his technical bits to make it happen.

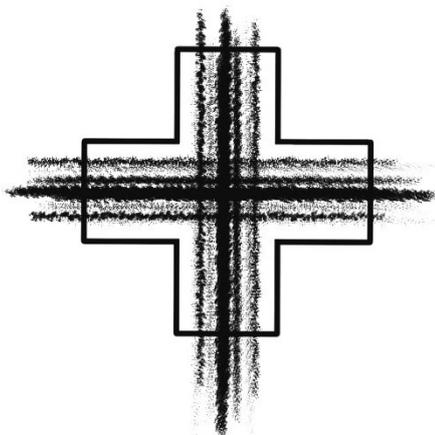
Angela & David



# Worship Themes February

*The Church would have been using the themes listed below if open.*

February 7, 2021	<u>Isaiah 40:21-31</u>	<u>1 Corinthians 9:16-23</u>	<u>Mark 1:29-39</u>
February 14, 2021 <i>(Last Sunday before Lent)</i>	<u>2 Kings 2:1-12</u>	<u>2 Corinthians 4:3-6</u>	<u>Mark 9:2-9</u>
<b><u>Ash Wednesday</u></b> February 17, 2021	<u>Joel 2:1-2, 12-17</u> <b>or</b> <u>Isaiah 58:1-12</u>	<u>2 Corinthians 5:20b-6:10</u>	<u>Matthew 6:1-6, 16-21</u>
<b><u>First Sunday in Lent</u></b> February 21, 2021	<u>Genesis 9:8-17</u>	<u>1 Peter 3:18-22</u>	<u>Mark 1:9-15</u>
<b><u>Second Sunday in Lent</u></b> February 28, 2021	<u>Genesis 17:1-7, 15-16</u>	<u>Romans 4:13-25</u>	<u>Mark 8:31-38</u> <b>or</b> <u>Mark 9:2-9</u>



ASH WEDNESDAY



## A Prayer for Light

Fountain of light, source of light,  
Hear our prayer.  
Drive away from us the shadow of sin.  
Seek us, kindly light.

You, who created us in holiness,  
Who condemned our sin,  
Who redeemed us from our sin,  
Sustain us by your power.

Pour your gentle light into our dull minds,  
Filling our heads with holy thoughts.  
Pour your glorious light into our cold breasts,  
Kindling holy love within our hearts.

From horror, lust and fear,  
Guard us while we sleep.  
And if we cannot sleep,  
Let our eyes behold your heavenly host.

*By Alcuin of York, c. 735 – 804, was later abbot of Tours.*

## A prayer for the pandemic

Dear Father God,

You promise to hear us when we come to you in prayer, thank you! We so need Your listening ear at this time – and your help, Lord. Winter always brings challenges, but this winter is exceptional as the effects of the pandemic continue. When we are afraid, or lonely, or grieving, or in despair, help us to trust You and to know that You are with us in the middle of it all, sustaining us. You are not social-distancing, You are very, very close, full of love and compassion.

We pray for our National Health Service and ask for Your special strength and protection for all staff. Thank you for the skills You have given to scientists all over the world. Thank you for the hope which the vaccines bring. Most of all thank You for the hope which Jesus brings. This earthly life is a whisper in the light of eternity and Jesus is the key to that eternal life. Thank You, Father, for meeting all our needs in Jesus. Amen.

*By Daphne Kitching*



19 December 2020

## **Treasurers Thoughts on a Turbulent Year (written minutes before we were placed in Tier 4!)**

When we started 2020 none of us could have imagined how dramatically our lives would be changed this year. No-one expected our Church to be closed for so long, or that on our return we could not sing hymns, would need to wear masks and keep distanced from all our friends. Our style of worship has changed, and we are also denied the social gathering for our normal monthly coffee after the service, which was so enjoyed.

Of course this has had a dramatic effect on Church finances. Understandably some of our congregation do not yet feel comfortable or well enough to return to Church. Whilst this has led to a reduction in our cash offertory, this has been compensated by an increase in envelope giving, resulting in an overall increase of £220 to date.

Even when the Church was closed there were still significant expenses to be paid. The largest of these is Ministry & Mission, which pays Ministers stipends and amounted to £255 a week (compared to our offertory of £200/wk). Utility bills, cleaning and insurance amount to a further £160 a week

Our hall hiring income of £6400 is £10500 lower than last year, meaning funds that would normal be put aside for emergency work and building maintenance are not available this year. This has been offset by the new tenant's rent on the manse, although 60% of this goes to repay the £40,000 loan we needed to carry out refurbishment, leaving us with about £100/week. The loan was to have been repaid over 5 years but we received £21280 from the sale of our share of Jim's manse to Romford URC and used this to reduce the loan, which should now repay early in 2022.

A fire risk assessment indicated our emergency lighting to be inadequate (upgraded at a cost of £600) and the need for a fire alarm to be installed (at a cost of £2000 programmed for early 2021).

Our Church account is just £45 in credit and our total assets are £18250, £2100 less than last year. In 2021 our Ministry and Mission payments will be slightly lower at £215/week and I have reduced our electricity debit as we were in credit, but with the uncertainty of hall hiring our finances could be delicately balanced. My thanks go to everyone for continuing with their regular giving, without which our Church might not survive.

***David Sagers***

An extract from a recent email sent to Diana Baker from Dorothee Bührma:

Happy New Year!

I hope you and the family had a lovely Christmas and a Peaceful start to the New Year!

What strange times we all live in...

I love seeing updates and photos of you all on Facebook every now and then :)

You and the church have been in my prayers so much over the past year!

Things certainly have taken turns we would never have imagined possible...

Despite the Pandemic, we have settled in well in Austria.

I am so incredibly thankful to be here, as it has enabled us to visit my family in Germany even during most of Covid. The 3 months of closed borders between Austria and Germany at the start of the Pandemic were really hard for us, but luckily things are a bit easier now for immediate family members. With the 2 young children, being able to see my parents and sisters has been increasingly important to me.

I still miss the UK and especially all our lovely friends at church. I was saddened to hear of the losses in our H&H churches. Especially Elaine's passing was such a shock! I had been messaging with her just days before she died. You have all been in my prayers sooo much!

The Pandemic has put things into perspective for me personally and I have come to the decision that I am in the place I feel called to serve God now. Who knows where God might call me next - but for now this is where I need to be. I have spoken to Andrew Prasad and have asked him to remove me from the roll of URC ministers. I have been accepted fully as a Methodist minister in Austria and have joined the United Methodist Church as a member. So with sadness but also conviction that this is right for now, I would like to ask you to remove me from the membership roll of Chadwell Heath URC. I have loved getting to know you all - you are in my heart!!

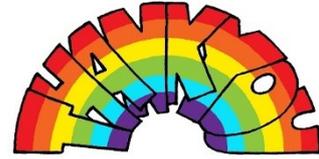
Love to you and all

Dorothee x

## Diary/Noticeboard:

Chadwell Heath + Heath & Havering Group of Churches

**Foodbank:** Thank you for your continued support. We are short of cereals, milk, tinned fruit, sweets, ketchup & pet food. We are very grateful to receive any non-perishable food items, as well as general items e.g. washing powder/liquid, washing up liquid, tin openers – plus all important personal/ female/ toiletries including soap, toothbrushes & toothpaste/toilet rolls & baby nappies, sizes 5/6.



## Buildings & Maintenance

Dear All,

First many thanks to our treasurer David for all his efforts, and the very clear summary of the current situation.

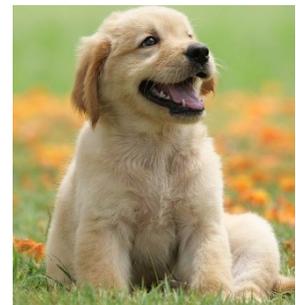
For completeness, regarding building maintenance, I usually budget for about £5000 to £6000 for the year, and this comes from the Building account which is fed in turn from any year end surplus from the church account (which won't be so much this year!). So this year I have only carried out cyclical preventative work and essential work at a total cost of less than £2000. I have not included in this figure any of the fire assessment measures that David has listed separately in his letter.

Brian

## Want to feel better? Cuddle your pet

If you think you feel better after cuddling your dog or cat, there is a good reason: you really *do* feel better.

After only three minutes of cuddling your pet, your levels of oxytocin, the 'love' hormone, increase, according to a recent study from Australia's Monash University. And just five minutes of cuddling will also raise your levels of the two wellbeing and happiness hormones, endorphin and dopamine. So says a recent report in the Journal of Psychosomatic Research.



In her recent book, *Your Pet, Your Pill*, vet Margit Gabriele Muller says that caressing a dog or other pet provides exactly the same health benefits as skin-on-skin contact with another human. The hormones that are released "are the same as when you're breastfeeding or cuddling a partner."

Furthermore, a study at Liverpool University last year found that dog owners are four times more likely to be fit than other people.

# Shrove Tuesday: Who's for pancakes?

*by David Winter*



Why do we have pancakes on Shrove Tuesday, or Pancake Day, as we call it today? And what is Shrove Tuesday? And why do thousands of people feel it rewarding to race along a street somewhere tossing pancakes from their frying pans as they go?

Well, the answer to the first question is that it is the day before Lent begins and for well over a thousand years that has meant it was the last chance to enjoy meat, fat and other tasty dishes until Easter Day. The 'Lent Fast' was widely and strictly observed. The food in the larder wouldn't keep for six weeks so it had to be eaten. With all these rich foods

no wonder the French call it 'Fatty Tuesday' – Mardi Gras.

So, what have pancake races got to do with all this solemnity? 'Shrove' is an old word for 'forgiven' and in those days to prepare for the rigours of Lent people would want to confess and seek forgiveness – not quite what you want at a party. The answer is quite simply enjoying yourself while you can! So, on Shrove Tuesday this year let's have some fun and make it last as long as possible.

The most convincing (and amusing) of the explanations of pancake races is of outwitting the Sexton who rang the curfew bell that marked the start of Lent. He was reluctant to do it while the race was unfinished. So, the revelry caused by dropped pancakes, postponed the inevitable.

Since the Reformation it has not been so rigorously observed in Britain, but still people will resolve to 'give up something for Lent'. Six weeks is about right as a duration and Sunday has always been exempt but make the most of those pancakes. They may well not reappear until April 12<sup>th</sup>!

## Treasurers Report 2020

### The figures.

Last year's income was derived from offertory, hall hire, manse rent and miscellaneous and totalled £34327. Of this offertory and gift aid accounted for £ 12645 (£9 down). This represents 37% of our income.

Woodview manse rent amounted to £670, and our manse provided an income of £14270 with £1950 expenses (43% of income) and £8625 loan repayments.

Miscellaneous income (magazine, donations) totalled £250 or 0.7% of income.

The remainder of the income came from hall hire and produced £6490 or 19% of income. This was £10,575 down on last year.

From this income we paid all our routine expenses including £13200 Ministry and Mission (£600 up on last year), £2550 cleaning (down by £750), and £5490 heating, water and insurance. We spent £981 on administration, and gave a total of £105 to various charities. We spent £240 on pulpit supply, £400 less than last year.

At the end of the year we had a surplus of £266 which was transferred to Repair Account.

We did not hold a Gift Day this year.

Capital Account – with addition of bank interest of £12 the account closed with a balance of £11060 having met a deficit of £5 in the Elaine Memorial Account

Repair Account. We spent £890 on electrical work, £520 on plumbing, £790 on fire extinguisher and gas heater maintenance, £180 on gardening, and £175 on carpentry. The balance stands at £8680

There was no Church giving to Christian Aid this year.



Elaine Memorial donations totalled £1030, which was spent on fire risk assessment and emergency lighting, the small deficit being met from Capital Account

At the end of the year the Church assets stood at

Capital Account	£11060.17
Repair Account	£8686.08
Loan Account	<u>£ -1250.00</u>
	£18496.25

Our offertory income was almost identical to last year. Whilst our manse rent income rose by £12115 our hall hirings fell by £10575. Our income exceeded our expenditure by £266.

Our total assets are £1935 lower than last year. These assets are split between Repair account (for regular property maintenance) and Capital account (our emergency reserve). The fire risk assessment identified the need for a fire alarm which will be installed early in 2021 at a cost of around £1800.

## **Treasurers Report 2020**

### **The explanation**

Having experienced a difficult year financially in 2019 with reduced manse rent income together with significant refurbishment costs I looked forward to a more stable 2020. How wrong could I be! Covid had a dramatic effect not just on our lives, but on the Church and it's finances.

Offertory was almost identical to last year. We had to close the Church initially and when we were permitted to reopen with social distancing, about 1/3 of our congregation have felt unable to return safely. Whilst we lost £490 cash offertory as a result, some envelope giving increased. I am grateful to all who contributed by cheque or bank transfer throughout the closure since direct debit payments alone of over £1100 continue to go out each month, regardless of whether we are at Church. If you are able I would encourage you to give your offertory either by bank transfer or sending me a cheque monthly whilst you are unable to attend Church.

Our new manse tenants took up residence in January so we are receiving almost £1200 a month rent although 60% of this goes to repay the loan for refurbishment. This loan was originally set to repay over 5 years, but we received £21280 from the sale of our interest in Jim's manse and used this towards the loan which should now repay early in 2022

Our other source of income is hall hiring. Not surprisingly this has suffered dramatically due to Covid. The premises were closed for the initial shutdown and although some reopening was allowed later the reduced capacity with social distancing made it impractical for some of our users to return. The second shutdown has had a further impact with more of our returning hirers being restricted and at present we have just 1 of the original 6 hirers using the hall. This resulted in a fall in hiring income of over £10,500 last year and it is difficult to see at present when restrictions will be lifted to allow our users to return. In an effort to cut our expenses I have reduced the cleaning frequency to once every four weeks.

Surprisingly our overall income in 2020 increased by £2000. This was due to the increase in manse rent exceeding the decrease in hall hiring.

We received just over £1000 in memory of Elaine, and given her strong interest in safety, this was spent on a fire risk assessment and improved emergency lighting. The installation of a fire alarm will be completed early in 2021.

Our Fabric Secretary's careful management of work limited expenditure on repairs to £2500 leaving us with £8700 to start 2021, and with little activity on Capital account, we have an emergency reserve of £11000. The cost of the new fire alarm system (£1800) identified under our risk assessment will be met from Capital.

Our day to day Church running costs are funded by offertories, manse rent and hall hiring.

Last year the average weekly offertory including gift aid was £243, and the average total weekly income was £660. (When did you last review your giving?)



Against this, Ministry and Mission and heating alone accounted for £257/week, with total expenditure of £655/week. This does not leave much for cleaning, administration, pulpit supply, insurance, manse expenses etc.

We would normally rely on hall hiring income to offset our expenses, and hopefully provide a surplus to put aside for repairs. However with the disruption caused by Covid, there is no immediate prospect of the return of hirers with their much needed income. Manse rent cannot be increased yet, so the only other variable is offertory. If this falls our expenses will exceed our income, and we will have to meet any deficit this year from Capital Account (our savings) With savings of £11,000, this could quickly be diminished, but hopefully life will return to normal and our hall will once again provide service to our community, and the necessary income to support our Church

***David Saggars***

**Some photos shared by the Skipp family on facebook**



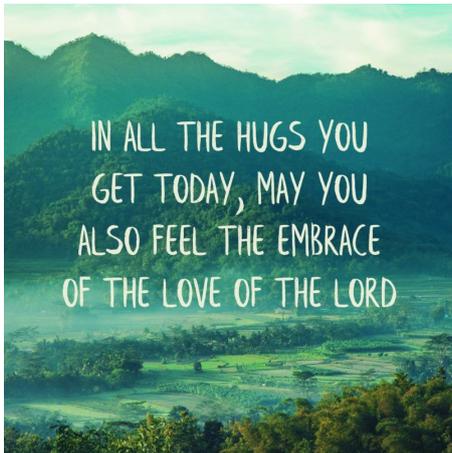
**Who can you spot?**



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8			5				7	2
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	5							
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2	9				6			8
	3			2		7		

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## Happy Birthday's in February



Dot Lambert 7th, Sam Campbell  
12th, Diana Bailey 25th, Tim Marshall 29th



## Hope for 2021: Celebrating the now and future creation

I find that watching buds swelling on trees and plants during the winter months gives me a tremendous sense of hope. We may all need some extra hope for 2021, after the events of 2020. By the time you read this a number of us may have been fortunate enough to receive a COVID vaccine, but all of us will probably still be under various kinds of restrictions. After creation's winter shut-down, the sight of tiny flowers poking out of brown earth may be more important than ever.

Getting outdoors during daylight hours, enjoying green spaces and getting some fresh air and exercise are great ways to keep ourselves healthy at any time of year. A psychologist colleague wrote, "Attending to the details of nature can also inspire awe, which has been linked to positive mood and increased life satisfaction." I expect it is this sense of awe that makes it easier for many of us to connect with God outdoors.

Helping ourselves and others to thrive is a good start to 2021, but it is also vital to have hope for the future. The COVID-19 pandemic was caused by an animal virus jumping into the human population. Diseases like this are not 'natural disasters', but are almost certainly caused by environmental destruction and poor farming practices - either from greed or the desperation born of poverty. Part of the answer to the current crisis is for us to care for all of Creation, both human and everything else, with God's help.

Our ultimate hope is in God's promise that He will bring about a new heavens and new earth. We can look forward to the day when Creation will be fully redeemed and liberated from evil. The Greek word used to describe the new creation is the same as that used to describe someone who becomes a Christian, whose humanity is restored and renewed. There will be continuity between the old and new earth as it is cleansed and purified, surpassing and perfecting what has gone before. There will also be some discontinuity, as there will be no more suffering or death.

So, one source of hope for 2021 is that we can enjoy both caring for and meeting God in Creation. But the parts of Creation that we find most beautiful, giving us a sense of awe and helping us to worship, are also a reminder that there is something much better to come.

*By Ruth Banciewicz, Church Engagement Director, The Faraday Institute for Science and Religion, Cambridge*



WEEKDAY ACTIVITIES  
 Foodbank, Tuesday &  
 Thursday 10:00am - 12  
 noon.



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



**Inclusive  
 Church**



*The*  
**United  
 Reformed  
 Church**

Answers for the puzzle on page 14

3	2	1	9	6	7	4	8	5
8	4	6	5	3	1	9	7	2
5	7	9	2	4	8	3	1	6
7	5	4	6	9	2	8	3	1
6	8	3	7	1	5	2	9	4
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4	6	8	1	7	9	5	2	3
2	9	7	3	5	6	1	4	8
1	3	5	8	2	4	7	6	9

**Please send any news, information or an article  
 for the Heath to Dianne Crisp.**

**Email [Dianne.crisp@ntlworld.com](mailto:Dianne.crisp@ntlworld.com) The deadline is  
 Monday 22nd February for the March/April 2021  
 Issue.**