



The HEATH



July and August
2020

THE LORD bless you
and KEEP you; THE
LORD make His face
shine upon you,
And be GRACIOUS TO
you; THE LORD lift
up His COUNTENANCE
upon you, And GIVE
you peace.

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

50p

Dear Friends,

Do you need a new pain killer?

Do you ever take pain killers? If so, do you take one for your shoulder, and another one for you knee? Of course not. Once the painkiller enters your bloodstream, it goes everywhere, soothing and damping down the pain, and hitting all the right spots.

God works a bit like that on the pain in our lives. He has a prescription for ALL the problem areas of our lives. Most of us carry emotional scars, or a burden, or some heartache, around with us. It may be the trauma of loss, or it may be anxiety for our family. It may be uncertainty over our jobs, and our futures.

Whatever it is, God offers us a prescription to help the pain. The psalmist writes: "God is our refuge and strength, a very present help in trouble." (Psalm 46:1) Jesus added: "Come to me, all you who are weary and burdened, and I will give you rest."
(Matthew 11:28)

This kind of help is real and immediate and there for the asking. We don't have to put up with our dis-ease and struggle alone. God, our heavenly Father, is only a prayer away. Not just twice a day, after meals, but whenever we need him.



Online book of remembrance opened at St Paul's

St Paul's Cathedral has launched [Remember Me](#), an online book of remembrance for all those who have been living in the UK who have died as a result of the COVID-19 pandemic. People of all faiths, beliefs or none are invited to contribute to *Remember Me*.

HRH The Prince of Wales, who recorded a video message, said: "This virtual book of remembrance is here not just to recall our loss and sorrow, but also to be thankful for everything good that those we have loved brought into our lives."

Family, friends and carers of those who have died can submit, free of charge, the name, photograph and a short message in honour of a deceased person via the *Remember Me* [website](#). The deceased person must have been living in the UK. *Remember Me* will be open for entries for as long as needed. It is intended that the *Remember Me* site will become a physical memorial at the Cathedral.



Hello All,

You may or may not be interested in this, the choice is yours!

During our church closure at Mill Lane, every Sunday I have been sending out to anyone interested, and with internet access, a clarinet recording by me of favourite hymns from our Songs of Praise Hymn Book, together with the words to sing along to, in case people are missing their favourites on TV etc.



So far we have done:

I cannot tell (to tune Londonderry Air)

Make me a channel of Thy peace

Take my life, and let it be

Shine Jesus Shine (aka Lord the light of Your love)

Please let me know only if you wish to be included. As some will know, I only took up the clarinet on retirement and claim only to be intermediate grade, so bear with. I attach Shine Jesus Shine as a sampler (complete in this case with metronome "percussion").

Stay safe, kind regards

Brian

A Scientist Reflects: Suffering and the Image of God

As I write, volunteers are distributing food to people who have been deprived of their usual ways of earning an income during the lockdown in a Majority World country. I became involved in raising money for this initiative very recently, and saw videos from the first people to receive packages. There were expressions of happiness, hope, quiet sadness, resignation, desperation – most often a mixture of several of these feelings at the same time.



I believe that our cries for answers at times like this, and our deep longing for things to be better, kinder, more just, less painful and chaotic, are a sign that we are made in the image of God. The Bible describes God creating men and women, instructing them to rule over the earth, and giving them the freedom to choose what they will do. The world God made was described as “very good”, but human wrongdoing caused a rift between people and God, and also between us and the rest of creation.

From a scientist’s perspective, it seems that the *potential* for accidents, disease and death – for both animals and humans – may have been part of God’s very good creation, and there was a real threat of famine, albeit far rarer than in our current mismanaged version of creation?

How would we have managed life in what Genesis describes as an un-subdued world if our relationship with God hadn't broken down, and evil hadn't been unleashed? Maybe painful experiences would have been experienced as challenges that brought us closer to each other and to God, rather than bringing us the experience of suffering (which I would define more particularly as involving distress, isolation and fear)? Of course, these are theoretical questions that no one can answer, but perhaps they are worth exploring.

God has already responded to suffering at a root level by taking it on Himself. Through His death and resurrection, Jesus broke the power of sin and death. We do not yet see the final results of those decisive actions – the end of suffering for all those who trust Him – but we can already feel their impact. For example, many people have experienced the wonderful effect, either in their own lives or by receiving kindness from others, which is described by these words: “I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh” (Ezekiel 36:26).

Some of the people who received food yesterday were, in the words of the community team leader, “really desperate”, but yet they still trust God to meet their needs. My hope is that the worldwide Church will, with God's help, be part of the answer to their prayers – demonstrating our true status as people made in the image of God.

This series is written by Dr Ruth M Bancewicz, who is Church Engagement Director at The Faraday Institute for Science and Religion in Cambridge. Ruth writes on the positive relationship between Science and Christian faith.



Poems

Peace be with you
(Jn 20:24-31, 14:5, 11:16)



Through absence,
Through doubt,
Through questions
And fears,
Through locked doors
And longing
Jesus comes.

His risen presence
Bringing blessing,
Hope and healing,
Restoration
And His precious,
Faith-affirming
Gift of peace.

By Daphne Kitching

I am only one

I am only one, but I am one.
I cannot do everything, but I can do something.
What I can do, I ought to do,
And what I ought to do, by the grace of God I will do.
– Anon



The incredulity of St Thomas – ‘My Lord and my God’

By The Revd Michael Burgess



The calendar allows us to celebrate St Thomas the apostle in this month of July as well as traditionally in December. Thomas is mentioned with the other disciples in all the Gospels, but it is in the fourth Gospel that he moves into the centre of the stage in his own right.

In chapter 14 he queries the words of Jesus that evokes the confession ‘I am the way and the truth and the life’ from our Lord. Then after the resurrection, when unconvinced by the accounts of the others, Thomas has that memora-

ble and moving encounter with the risen Lord. In chapter 20 Jesus meets him in his doubts and his faith is restored.

‘The Incredulity of St Thomas’ is the subject of this month’s painting by Peter Paul Rubens. Rubens (1577-1640) lived mainly in Antwerp, but his work displays a delight in sumptuous colour and the human form, which he would have learnt from his studies in Italy. Rubens was a good-humoured and genial person, and as a Roman Catholic, he cherished his religion and faith. This painting is from 1614 and is part of a triptych. The two outer panels portray the patrons who commissioned the work for their chapel in the Franciscan church in Antwerp – Nicholaas Rockox and his wife.

In this central panel, Thomas gazes in wonder at the marked hand of Jesus. He is there with a youthful St John and another disciple, who is looking at the face of the Lord. The light in the canvas comes from the risen body of Jesus, and the disciples move from the shadows into that light as their faith in the risen Lord grows and matures. In a moment, Thomas will raise his head and look up to Jesus. It is a momentous occasion in John’s Gospel, for this meeting of master and servant, of Lord and disciple, is not just an exercise in overcoming doubt. It is an affirmation that only God can raise or be raised from death. Only God has the key to life. Thomas recognises Jesus fully and completely as he utters the words ‘My Lord and my God.’

John ends his Gospel by saying, Yes, there was this moment of personal encounter, but believing without seeing is testimony to a more profound faith. Then it is not we who are invited to touch our Lord, but Jesus who can touch us. In the painting, one hand is turned towards the disciples, the other reaches out to us. We may come to Jesus, like Thomas, with doubts and concerns, with worry and anxiety. Jesus will meet us in the honesty and openness of our faith to reassure us that He is, as He was for Thomas, the way, the truth and the life – our Lord and our God.

Thomas Dale's poem on 'Unbelieving Thomas' ends with this verse:

"Oh! If the iris of the skies
Transcends the painter's art,
How could he trace to human eyes
The rainbow of the heart;
When love, joy, fear, repentance, shame,
Hope, faith, in swift succession came,
Each claiming there a part;
Each mingling in the tears that flowed,
The words that breathed – 'My Lord! My God!'"

In Memory of Iris Patrick

For those of you that remember Iris, we received the sad news this week that Iris has passed away.

Iris was a familiar face at Chadwell Heath URC for many years before she moved to worship at the local Baptist Church in Chadwell Heath.

Iris always liked to walk and for many years was always seen out and about with her dear husband Jim around Chadwell Heath.

Our sincere condolences go to
her family at this sad time.



The new absolutely-must-have item for your kitchen

Here is a curious winner in the coronavirus crisis: the humble egg cup. It has been flying off the shelves in recent months, as more of us find solace in a cooked breakfast.

At one point, John Lewis had sold out of most of its egg cups, with even the most expensive lines selling out. (Such as Le Creuset's set of six egg cups for £45, or Emma Bridgewater's set of six for £27.95.)

As Nicola Hattersley, tableware buyer for John Lewis, explained: "One positive from being at home more is taking the time to make mealtimes more of an occasion.

"The humble egg cup – something many of us haven't used since childhood – is gracing tables once again and hopefully we'll see a new generation becoming familiar with 'soldiers' and debating the best way to smash open a boiled egg."



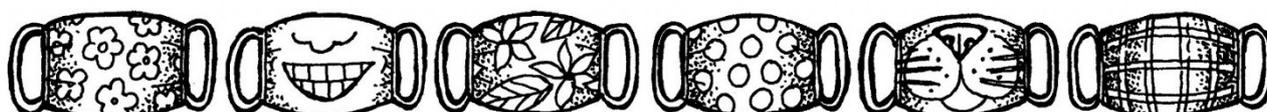
Good tips to help you avoid the virus

If you receive a package in the post, it is a good idea to leave it alone for 72 hours before opening it, in order to reduce the risk of infection.



That is just one of a number of tips which the website www.germdefence.org is offering to anyone who wants to reduce their risk of infection transmission.

Germdefence.org is run by researchers from the universities of Bath, Bristol and Southampton, who are working closely with Public Health England.



Gardening Against the Odds?

The Conservation Foundation has relaunched *Gardening Against the Odds* as a virtual network and is getting some excellent interest.

As a result, it may be making a radio series soon, featuring some of the projects it has discovered over the years which show how people combat 'odds' – mental, physical and environmental – by gardening, even when they have no garden.

These people plant seeds which they watch grow, eventually producing growth leading to flowers and fruit. Sometimes they work alone, sometimes there is an opportunity to share, producing a sense of community. All this is nothing new, but many people are discovering the benefits of gardening as a result of lockdown – discovering how gardening can help combat loneliness and depression with a sense of caring and wellbeing sometimes with life changing results.

This is a very topical issue and so if you have discovered the benefits of gardening recently – or know someone who has – the Conservation Foundation would love to hear from you as soon as possible.

Please contact :

davidshreeve@conservationfoundation.co.uk.

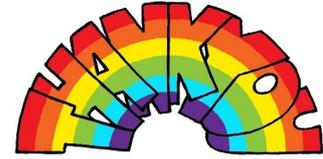
Facebook @gardeningagainsttheodds website <https://conservationfoundation.co.uk/projects/gardening-against-the-odds/>



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.



Smile — What it Says on the sign

At a towing company: “We don’t charge an arm and a leg. We want your tows instead.”

On a maternity room door: “Push. Push. Push.”

At an optometrist’s office: “If you don’t see what you’re looking for, you’ve come to the right place.”

In a podiatrist’s office: “Time wounds all heels.”

On a house’s fence:

“Salespeople welcome! Dog food is expensive.”

At a car dealership: “The best way to get back on your feet – miss a car payment.”

In a veterinarian’s waiting room: “Be back in five minutes. Sit! Stay!”

At the electric company: “We would be de-lighted if you pay your bill. However, if you don’t, you will be.”

In a restaurant window: “Don’t stand there and be hungry. Come on in and get fed up.”

In the front yard of a funeral home: “Drive carefully. We’re happy to wait.”



Eric took social distancing while bell ringing very seriously.

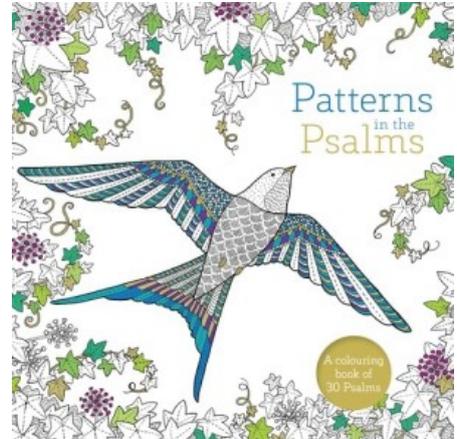
Book Reviews

Patterns in the Psalms

– a colouring book

SPCK, £9.99

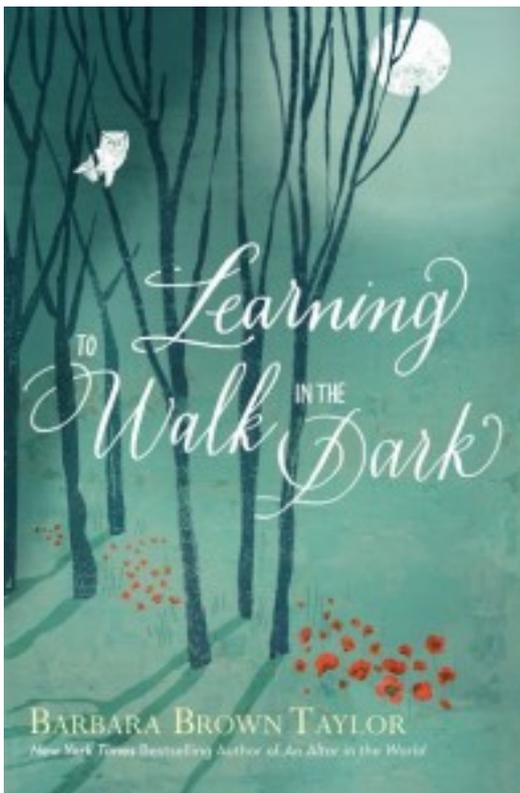
This summer, if you have time on your hands, why not colour your way through the beautiful imagery of the Psalms?



This book contains 30 illustrations with a corresponding verse, all designed to appeal to an adult market. The designs include animals, flowers, leaves, waves, stars and other patterns. Readers can enjoy the creativity and freedom of adding colour to these intricate designs, whilst scripture provides inspiration and reflection for each page.

Learning to Walk in the Dark – because God often shows up at night

By Barbara Brown Taylor, Canterbury Press, £12.99



Barbara Brown Taylor explores ‘the treasures of darkness’ that the Bible speaks about. What can we learn about the ways of God when we cannot see the way ahead, are lost, alone, frightened, not in control or when the world around us seems to have descended into darkness?

Contemporary culture throws many brightly lit distractions at us to divert our attention away from the dark, but Barbara Brown Taylor combines her great grace, sensitivity and insight as a writer and priest with the deep wisdom of the biblical and Christian traditions to discover how God is more present to our vulnerable, open night-time selves than to our pre-occupied daylight selves.



Happy Birthdays in July / August



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

Derek Levett 4th August, Josie Wheatley 11th, Holly-Anne Saville 12th, Gary Catlin 13th, Christopher Wadsworth 13th, Martin Wheadon 14th, Brian Buxton 17th, Harry Skipp 20th

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

© 2011 KrazyDad.com





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



Web site: <http://www.heathandhaveringurc.co.uk/chadwellheath.html>
Chadwell Heath URC is part of the Heath and Havering Group

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

Sudoku solution July/Aug



Inclusive
Church



The
United
Reformed
Church



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

Email Dianne.crisp@ntlworld.com The deadline is
Monday 24 August 2020 for the September issue.

Thank you