



The HEATH

GALATIANS 5:22-23

Love
Joy
Peace
Patience
Kindness
Goodness
Faithfulness
Gentleness
Self-control

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

50p

March & April 2021

Dear All,



After the recent information from the Government and the roll-out of the vaccine programme, I would like us to start to consider when we resume our Sunday services.

I would like us to look at the possibility of March 28, Palm Sunday, as a date to work towards. I had a chat with Tim this week about re-opening and thought I would ask for your thoughts. By that date, most of our congregation will have had their first, if not second, vaccination and as Easter is such an important time when we celebrate the Lord's resurrection and new life, what better time to get back together to praise our God.

We will have time to complete a "spring clean", i.e. airing the building and checking everything works, etc, and prepare for a time of fellowship together (even if it still has to be socially distanced).

I look forward to hearing your views.

Could you please remember Janice and Steve (Elaine Bailey's sister and brother-in-law) in your prayers. They both have health problems. Janice is in hospital at the moment.

With love in the Lord

Diana Baker

THAMES NORTH SYNOD URC

Welcomes

Revd Alison Davis



On 14th February 2021 we welcomed Revd Alison Davis to the Heath & Havering Group with responsibility for Romford Western Road and Heaton Way United Reformed Churches and to Support and Development Tutor Northern College

The Induction Service went very well on Sunday led by the Moderator, Revd Dr Andrew Prasad.

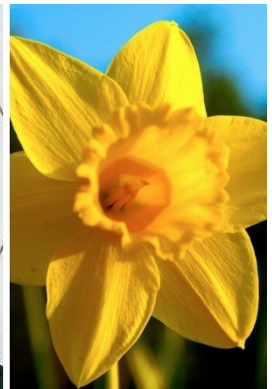
It was well attended by folk from Heath and Havering, the college, from Alison's former churches, friends and family. A truly memorable occasion.

1st March: St David's Day, time for daffodils

1st March is St David's Day, and it's time for the Welsh to wear daffodils or leeks. Shakespeare called this custom 'an honourable tradition begun upon an honourable request' - but nobody knows the reason. Why should anyone have ever 'requested' that the Welsh wear leeks or daffodils to honour their patron saint? It's a mystery!

We do know that David - or Dafydd - of Pembrokeshire was a monk and bishop of the 6th century. In the 12th century he was made patron of Wales, and he has the honour of being the only Welsh saint to be canonised and culted in the Western Church. Tradition has it that he was austere with himself, and generous with others - living on water and vegetables (leeks, perhaps?!) and devoting himself to works of mercy. He was much loved.

In art, St David is usually depicted in Episcopal vestments, standing on a mound with a dove at his shoulder, in memory of his share at an important Synod for the Welsh Church, the Synod of Brevi.



Things I am looking for ward to post Covid — 19

Janet Chetland

Getting back to Church and seeing everyone again for services and our social events.

Getting on a train and going somewhere nice for the day. The last time was July 2019 when Elaine and I went to Colchester. We spent some time in a lovely Art Gallery, there were some beautiful art works but we both resisted temptation. We also spent some time in the Castle park, which was so nice



From your Foreign Correspondent

I shall try to give you a typical day in My Life in Lockdown

Some weeks ago, I watched an episode of "Would I Lie to You". Those familiar with the programme will know that members of one team tell a story, and those of the other have to decide whether or not they are telling the truth. On this particular occasion, one of them produced a woolly hat and said "I can no longer wear this hat because every time I do, it warms my ears up and I fall asleep"

On being questioned he revealed that it was on the train that he had dozed off and on one occasion, missed his stop.

Turns out it was true!

"Well," I said to myself, fired with enthusiasm, "I have woolly hats. I also have insomnia; could it be that the one fact could help the other?" I got out my woolly hat. I got ready for bed. I put the woolly hat on; and ever since then, have slept like a baby.

Thus it is that every day now, I spring from my bed like a young gazelle, refreshed and ready to greet the day.



On the day I am thinking of, I have my breakfast and then set off for my walk. Peter set me a task early on in lockdown, to march as briskly as possible in one direction, on the pavement, for fifteen minutes and then march briskly home. I have cunningly chosen pavements which lead to a farm and I spend the middle ten minutes catching up with whatever animals happen to be about: ducks or geese on the pond; fancy chickens; assorted cows; sheep and a horse. Never all at once; they take it in turns

Once home, I start Ringing Round. 90% of our people from the chapel are not online, our church has been closed for most of the pandemic, so the only church contact that they get week by week is by my ringing them. There have been "Conversation Starters" put out by the Circuit, which some folk are happy to join in with but even without those, most folks will chat happily for half an hour or so, so I do feel I am achieving something. I am the sole Pastoral Visitor for the church, and this way I can 'see' everyone each week.

Four days out of seven, Peter goes out into Barnsley town centre in the evening to provide food for the Rough Sleepers. He has teams of folk to help him and very occasionally I am amongst those present, but that is his calling. Mine is to Keep in Touch with the congregation

Things are looking up though. Most of our people have had at least one vaccination and we are looking forward to the days when we can see our grandchildren; get a haircut; and most of all, get back to chapel

Love to you all

Christine Mulrooney

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.



Thoughts on Lockdown by Lidia Catlin, aged 7

Before lockdown

At my Grandma and Pop Pop's house

I enjoyed hot sunny days in my rainbow pool.

I ate delicious meals outside.

I built Lego with my Auntie Cassie.

I laughed at Shadow the dog bouncing around.

My slide singing in the sun.

After lockdown

I stay away from Grandma and Pop Pop's house.

I see an empty lonely rainbow pool upset.

I stand in the cold garden unhappy

I cry because we can't hug each other now.

I build Lego on my own.

I smile at Shadow the dog on Facetime.

I see my singing slide sulking with no one to play with.

Worship Themes March & April

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

<u>Third Sunday in Lent</u> March 7, 2021	<u>Exodus 20:1-17</u>	<u>1 Corinthians 1:18-25</u>	<u>John 2:13-22</u>
<u>Fourth Sunday in Lent</u> March 14, 2021	<u>Numbers 21:4-9</u>	<u>Ephesians 2:1-10</u>	<u>John 3:14-21</u>
<u>Fifth Sunday in Lent</u> March 21, 2021	<u>Jeremiah 31:31-34</u>	<u>Hebrews 5:5-10</u>	<u>John 12:20-33</u>
<u>Liturgy of the Passion</u> March 28, 2021 <i>Sixth Sunday in Lent</i>	<u>Isaiah 50:4-9a</u>	<u>Philippians 2:5-11</u>	<u>Mark 14:1-15:47</u> or <u>Mark 15:1-39, (40-47)</u>
<u>Resurrection of the Lord</u> April 4, 2021 <i>Easter Day</i>	<u>*Acts 10:34-43</u> or <u>Isaiah 25:6-9</u>	<u>1 Corinthians 15:1-11</u> or <u>Acts 10:34-43</u>	<u>John 20:1-18</u> or <u>Mark 16:1-8</u>
<u>Second Sunday of Easter</u> April 11, 2021	<u>*Acts 4:32-35</u>	<u>1 John 1:1-2:2</u>	<u>John 20:19-31</u>
<u>Third Sunday of Easter</u> April 18, 2021	<u>*Acts 3:12-19</u>	<u>1 John 3:1-7</u>	<u>Luke 24:36b-48</u>
<u>Fourth Sunday of Easter</u> April 25, 2021	<u>*Acts 4:5-12</u>	<u>1 John 3:16-24</u>	<u>John 10:11-18</u>

The Upper Room

They meet together in the upper room
Gathering together in one accord,
He fetches a towel and washes their feet
And Judas slips out to betray His Lord.

The bread and wine are there on the table,
He takes up the bread and breaks it in two,
The cup is passed round, each drinking from it,
'These symbols,' He says, 'are given for you'.

'This bread is my body I freely give
This cup is my blood which soon will be shed',
They eat and they drink not really knowing
Or understanding of what lies ahead.

A new covenant that night has been made
Where God Himself gives His life for us all,
The Life divine in exchange is given
To free mankind from the curse of the fall.

Two thousand years on we come to partake
Of His life poured out to cover our sin
We eat and we drink the bread and the wine
With thankful hearts in remembrance of Him.

By Megan Carter

*Easter is a promise
that God gave to you,
a promise of eternal life,
a season of renewal.
As the scent of roses
fills the air,
and blue jays sweetly sing,
remember that God is with you
and guiding you this spring.
For he vowed that he will
always be there,
to wrap you in his arms
when you need his care.
He has faith in you,
and his heart shall ever be true,
no matter what you say or do.
Even should you stumble or fall,
God will lend you a hand
to help you stand tall.*



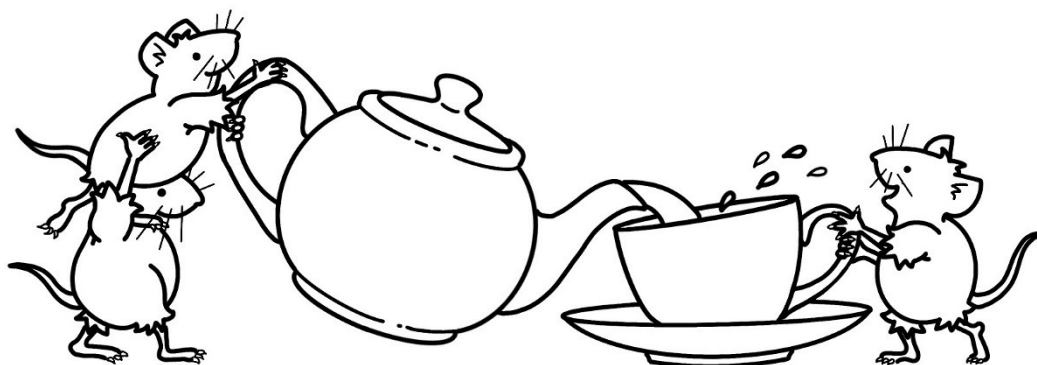
Stay trimmed and balanced

'Do not let this Book ...depart from your mouth; meditate on it day and night ... be careful to do everything written in it. Then you will be ... successful.' (Joshua 1.8)

Any flying instructor will tell you that aeroplanes need to be 'trimmed' or 'balanced in flight' on a regular basis. After flying through storms and hitting air pockets, they get knocked out of line. That's true of our path through life. The bad storms of sickness, redundancy, divorce and disappointment, can knock us off our balance, too.

In other words, our attitude needs to be constantly checked and adjusted. Have you checked yours lately? What are you encountering at the moment that is putting pressure on you to veer off course? So long as we live, we will always need to look to God, to stay 'trimmed and balanced'. Lent is an excellent time to do this.

The best way to stay balanced is to read God's Word. It gives us a true map of the world around us, and it shows us where we are on that map. Here's an idea you can try for Lent: every week, for the next few weeks, choose a Bible verse and write it down on a small card. Carry it with you wherever you go and memorise it. In one year, you'll know 52 new scriptures, and more importantly, your attitudes will be more naturally in line with God's Word, your faith will be strengthened, and your life will be moving in the right direction.



What will March bring? Mental health ideas for uncertain times

We may all have rather mixed feelings on reaching March this year. On the one hand, it is lovely to see the onset of Spring, and vaccinations and better weather may make handling the pandemic a little easier. On the other hand, marking a year from the start of the first UK lockdown will be painful for some, especially as many of us are likely to be experiencing restrictions or ongoing hardships for quite some time. We may need to find new ways to keep going, so here are some suggestions that draw on both science and Christian theology.

Getting outside

Time outdoors in a natural environment is very good for you – and you can't argue with the happy hormones produced by exercise. Attending to the details of nature can also inspire awe, which has been linked to positive mood, and increased life satisfaction. Enjoying creation can also help us connect with God.

Looking outside

If you are truly stuck indoors, try putting bird feeders outside your window so creation comes to you. This is also an act of kindness (see below)!

Lament and praise

The Psalms are a rich resource to help us express both our grief and our thanks to God. Try reading one or two each day.

Journaling

Keep a journal of thoughts, experiences or practices you have engaged with during the day. Constructing a personal narrative or story is now recognised as a very powerful psychological and spiritual tool for building resilience. It is also a vital learning tool that we can go back to when tough times return in the future.

Acts of kindness

Helping or encouraging someone else is obviously a good thing to do in itself, but it also has a very positive effect on the giver - spiritually, mentally, emotionally, and even physically. Whichever way you look at it, finding new ways to show kindness to others can be a very effective way to help ourselves feel better too.

Gratitude

Gratitude is another natural drug – in a sense – that can help us feel better. Try keeping a grateful diary, adding a few things each day.

Laugh, sing, make music, dance

All of these activities are deeply rooted in our physical and mental makeup. You may have forgotten how great they feel, especially in times of sadness, but we can learn from children who do them very naturally.

I hope these ideas may help bring us closer to God, each other, and His creation.

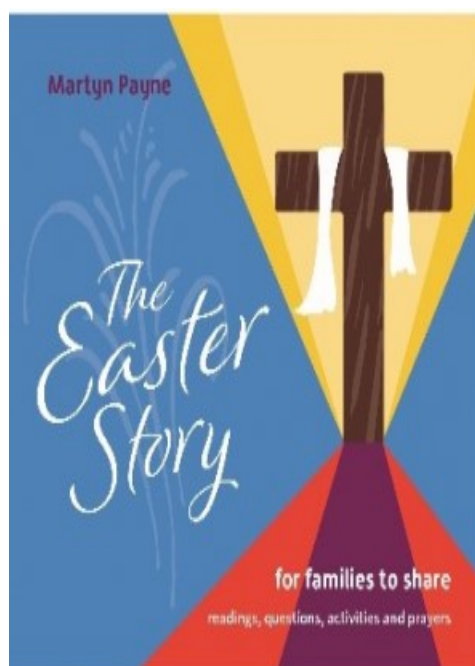
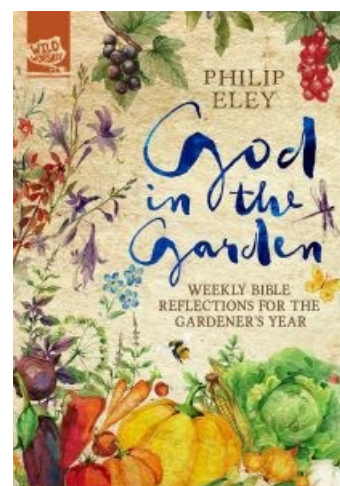
by Dr Ruth M Bancewicz



BOOK REVIEWS

God in the Garden **By Philip Eley, Kevin Mayhew, £12.99**

This book offers you a year of weekly Bible reflections that follow the seasons and changes of the gardener's year. That may make it a good gift for gardener's, organic food growers, families with allotments and fans of our Wild Worship series. The devotions help to encourage consistent devotional time – outside with God and deepening a spiritual relationship.



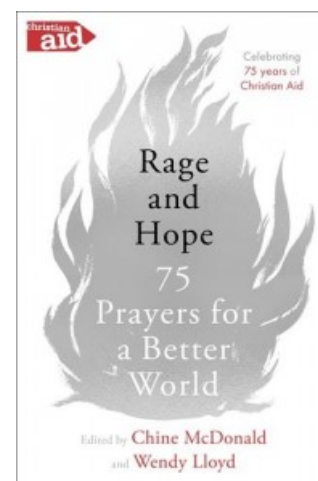
The Easter Story – for families to share

By Martyn Payne, BRF, £2.50

The Easter Story is written for parents, grandparents and carers to engage with their children through a fun and stimulating family Bible and prayer time. Each section provides a brief comment on the passage, questions to discuss, a visual aid to encourage engagement with the story, an activity idea, a prayer idea, a key verse and an Old or New Testament story link.

Rage and Hope – 75 prayers for a better world **SPCK, £9.99**

This book has been produced as part of celebrating 75 years of Christian Aid.

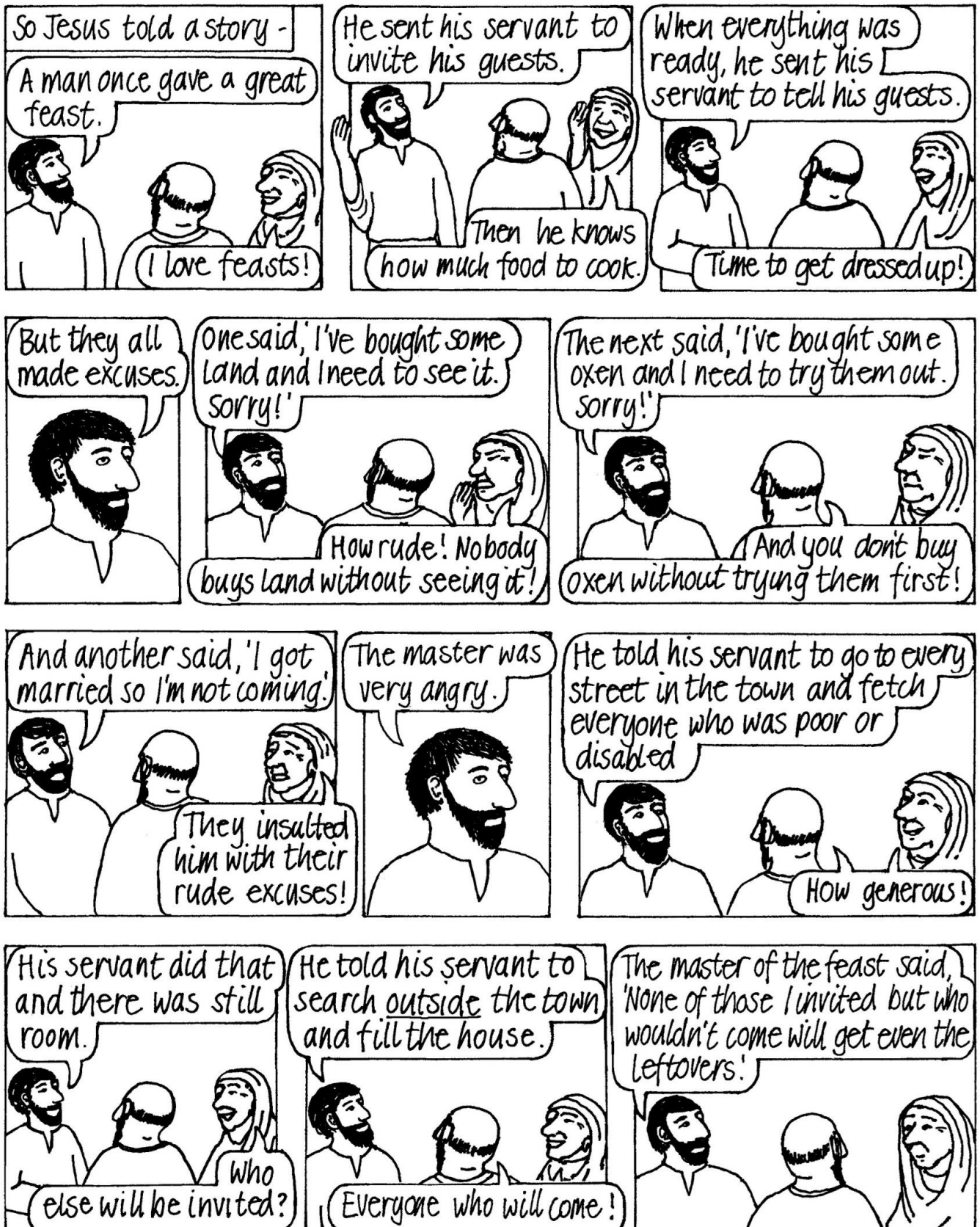


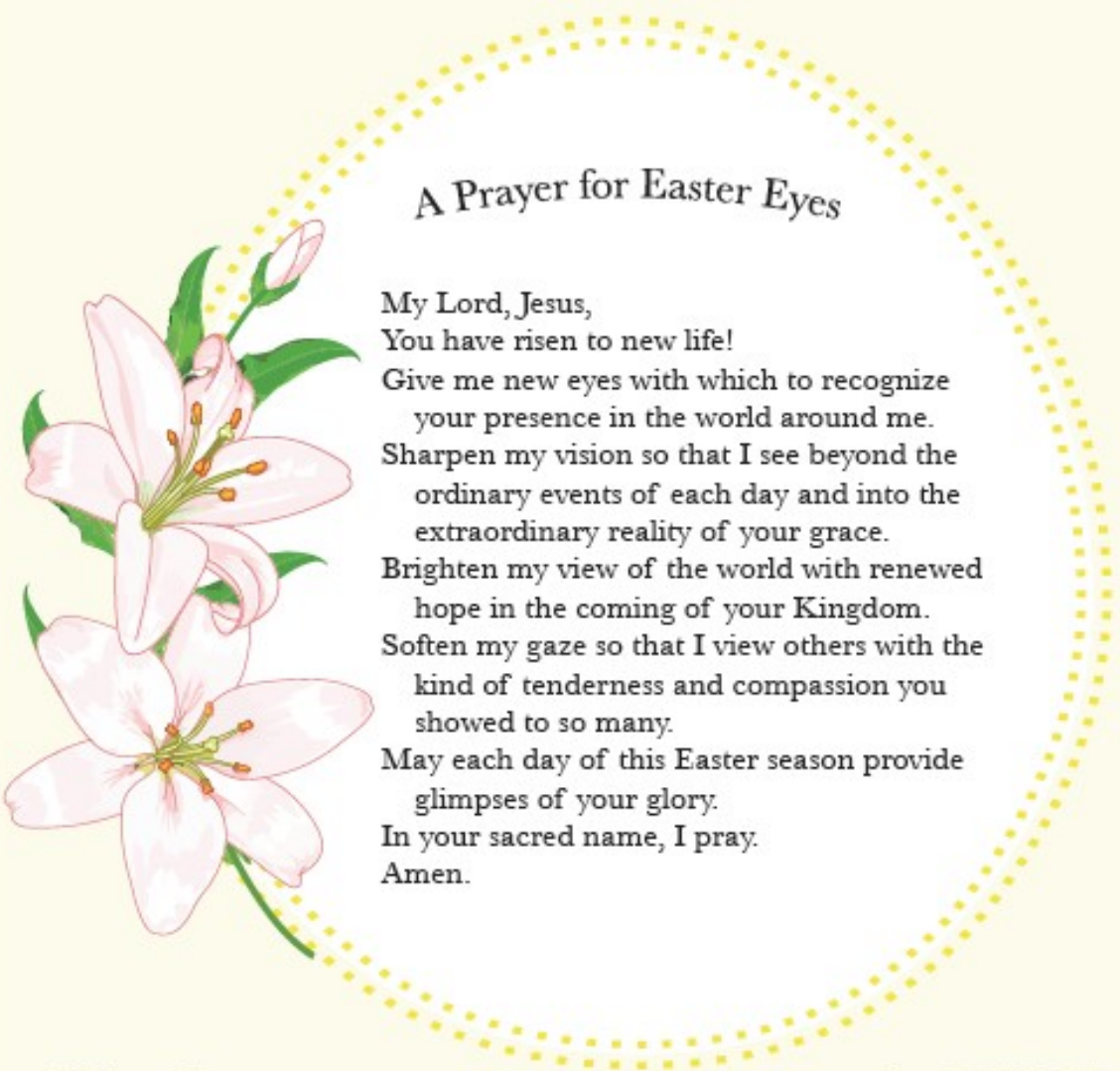
Bible Bite

A short story from the Bible

It can be read in the Bible in
Luke chapter 14 verses 15-24

Jesus was at a dinner when one guest said
how good it would be to be at God's feast
for His people at the end of time.



A decorative yellow dotted circle frames the text. To the left of the circle is a cluster of pink lilies with green leaves and a bud.

A Prayer for Easter Eyes

My Lord, Jesus,
You have risen to new life!
Give me new eyes with which to recognize
your presence in the world around me.
Sharpen my vision so that I see beyond the
ordinary events of each day and into the
extraordinary reality of your grace.
Brighten my view of the world with renewed
hope in the coming of your Kingdom.
Soften my gaze so that I view others with the
kind of tenderness and compassion you
showed to so many.
May each day of this Easter season provide
glimpses of your glory.
In your sacred name, I pray.
Amen.



About the Real Easter Egg

Out of the 80 million chocolate Easter eggs sold each year in the UK, The Real Easter Egg is the first and only Fairtrade chocolate Easter egg to share the Easter story. The Real Easter Egg has been on sale since 2010 and involves thousands of churches, schools and groups. It crosses all denominations and offers individuals a simple way to share the Easter Story while supporting Fairtrade and charitable projects.

The Real Easter Egg continues to be the UK's top mail order Egg in terms of volume. To date more than a million eggs have been sold and more than £300,000 has been donated to charitable causes.

The Real Easter Egg is a way to support Fairtrade. You can order direct from www.realeasteregg.co.uk

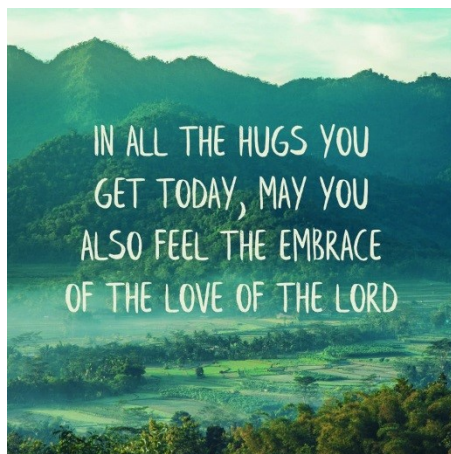


Happy Birthday's in March & April

March, Len Clarkson, Jill Hunt 2nd, Ethel Baddoo 6th, Emily Skuse 7th, Cleo Sullivan 25th,

April

Dianne Crisp 3rd, Henry Clifford 5th, Evie Catlin 9th, Emelia Williams 9th, Lidia Catlin 12th, Christina Buxton 22nd, Sebastian Skuse 27th.



Wordsearch clues & (answers are on the last page

Life is full of ups and downs: after blessings, hard times often follow. They are not meant to destroy us but to help us grow spiritually by deepening our faith and dependence on God. The Holy Spirit led Jesus into the wilderness to be tempted by the devil – to give Him the opportunity to stand fast against the enemy. The devil's temptations were based on half-truths, which Jesus rejected by standing firm on the whole truth of Scripture. The truth sets us free!

Holy
Spirit
Jordan
Wilderness
Tempted

Devil
Fasted
Hungry
If
Bread

Alone
Kingdom
World
Authority
Glory

Worship
Me
Serve
Jerusalem
Pinnacle

Temple
Stone
Foot
Angels
Bear

Strike
Test
temptation





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**



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

**Email Dianne.crisp@ntlworld.com The deadline is
Friday 23rd April for the May 2021 Issue.**

Thank you