



# *The* HEATH



**LENT**  
2022



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

50p

*Dear Friends,*

This month sees the start of Lent, the 40-day season of penitence, self-examination and fasting running up to Easter. Jesus began His earthly ministry by fasting in the wilderness for 40 days and taught His disciples to fast: *'when you fast.'* (Matthew 6:17).

The spiritual discipline of fasting involves missing one or two meals during the day, refraining from TV, alcohol or social media, and identifying the things that get in the way of our focus on God. What are the benefits of fasting?

the act of giving something up expresses my desire to put God first in my life.

it shows me the things that I depend on rather than God, so that I can surrender *'my idols'* to Him.

it encourages me to have a deeper hunger and dependency for God. It gives me space to focus on God for His strength, provision, and wisdom resulting in a more intimate relationship with Christ: *'Blessed are those who hunger and thirst for righteousness, for they will be filled.'* (Matthew 5:6).

Fasting enables the Holy Spirit to reveal my true spiritual condition, leading to brokenness and repentance, and a transformed life along with heart that is more attentive and dependent on God.

Lent can also be a time to embrace new spiritual disciplines, eg: joining a study group, *'random acts of kindness'*, giving more time to prayer and Bible study or solitude, and reading a Lent book. Whatever you do, make Lent count this year!

*"Jesus takes it for granted that His disciples will observe the pious custom of fasting. Strict exercise of self-control is an essential feature of the Christian's life. Such customs have only one purpose - to make the disciples more ready and cheerful to accomplish those things which God would have done."* (Dietrich Bonhoeffer).



# Church Diary March

6th March 11:15am	Morning Worship & Holy Communion	Revd Ann Woodhurst
9th March 10am	Elders Meeting	
13th March 11:15am	Morning Worship	Revd Christine Harding
20th March 11:15am	Morning Worship	Tim Banks followed by AGM
27th March 11:15am	Morning Worship Mothering Sunday	The Elders

## Worship Themes March

*The Church will use the themes listed below .*

March 6, 2022	Deuteronomy 26:1-11	Romans 10:8b-13	Luke 4:1-13
March 13, 2022	Genesis 15:1- 12, 17-18	Philippians 3:17-4:1	Luke 13:31-35 <b>or</b> Luke 9:28-36, (37-43a)
March 20, 2022	Isaiah 55:1-9	1 Corinthians 10:1-13	Luke 13:1-9
March 27, 2022	Joshua 5:9-12	2 Corinthians 5:16-21	Luke 15:1-3, 11b-32



# Church Diary April

3rd April 11:15am	Morning Worship & Holy Communion	Cassie Baker followed by Bring & Share Lunch
10th April 11:15am	Morning Worship Palm Sunday	Tim Banks
17th April 11:15am	Easter – Morning Worship & Holy Communion	Revd Ann Woodhurst
24th April 11:15am	Morning Worship	Tim Marshall

## Worship Themes April

*The Church will use the themes listed below .*

April 3, 2022	Isaiah 43:16-21	Philippians 3:4b-14	John 12:1-8
April 10, 2022	Isaiah 50:4-9a	Philippians 2:5-11	Luke 22:14-23:56 <b>or</b> <i>Luke 23:1-49</i>
April 17, 2022 <i>Easter Day</i>	*Acts 10:34-43 <b>or</b> <i>Isaiah 65:17-25</i>	1 Corinthians 15:19-26 <b>or</b> <i>Acts 10:34-43</i>	John 20:1-18 <b>or</b> <i>Luke 24:1-12</i>
April 24, 2022	*Acts 5:27-32	Revelation 1:4-8	John 20:19-31

## Enter my rest

At this time of the year, we are planning our gardens for the Spring and Summer ahead. The book of Genesis opens with a glorious account of God's work of creation, and it also tells us that God rested on the seventh day.

We all need to find that balance of work and rest, of activity and slowing down in our lives. And we are not always good at that because our world seems to be in the fast lane. We rush everywhere, we rush out of habit, and we rush because everyone around us is rushing.



This month's painting, 'The Potato Planters' by Jean-Francois Millet, a 19<sup>th</sup> century French artist, portrays two peasants at work. They don't seem to be rushing, but Millet has certainly portrayed the hard toil of their work, digging in the earth from sunrise to sunset to eke out a living. Millet was the son of a farm labourer and many of his paintings convey the severe realism of peasant life. We can sympathise with the couple working on the land, and our eyes focus on them as they dominate the canvas.

But in the corner under the shade of a tree there is a donkey and a sleeping child. The donkey knows only too well the reality of toil and work, but here he is resting, enjoying the peace and the shade. Andy Merrifield, an American philosopher, has just published an account of his travels with a donkey, Gribouille. As they journey together, the donkey teaches him the value of patience, the importance of going slowly through the world, and the preciousness of tender friendship between humans and animals. They are all caught up in the little donkey in this painting.

The man and woman in the foreground may reflect our own lives with the duties, the expectations and the demands called of us at work. Take time to focus on the donkey, enjoying his rest. Take time this Spring and Summer to find relaxation and recreation. The world may carry on spinning around us, but we can stand apart, and enter into the rest that God enjoyed after His work of creation.

## All in the month of March

It was:

500 years ago, from 9<sup>th</sup> to 17<sup>th</sup> March 1522 that Martin Luther preached his *Invocavit* Sermons. He urged citizens to adhere to the core Christian values and trust in God, rather than using violence to bring about change.

175 years ago, on 3<sup>rd</sup> March 1847 that Alexander Graham Bell, Scottish-born American engineer, and scientist, was born. Credited with inventing the first practical telephone.

150 years ago, on 16<sup>th</sup> March 1872 that the first FA Cup Final was held at the Oval in Kennington, London. Wanderers beat the Royal Engineers 1-0.

100 years ago, on 10<sup>th</sup> March 1922 that Indian independence leader Mahatma Gandhi was arrested and charged with sedition for his campaign of non-cooperation against the British Indian government. He was sentenced to six years in prison but released after two years as he needed surgery.

80 years ago, on 8<sup>th</sup> March 1942 that the bombing of Essen, Germany, took place. It was the first attack on a German city by the British RAF following the Area Bombing Directive of 14<sup>th</sup> February, which authorised the bombing of civilian areas.

Also 80 years ago, on 25<sup>th</sup> March 1942 that Aretha Franklin, the Queen of Soul, was born. The American soul/R&B/pop/gospel singer was known for her many hit songs including *Respect* and *I Say a Little Prayer*. (Died 2018)

75 years ago, on 1<sup>st</sup> March 1947 that the International Monetary Fund began operating.

## All in the month of March

70 years ago, on 11<sup>th</sup> March 1952 that Douglas Adams, British comedy writer and dramatist was born. Best known for *The Hitchhiker's Guide to the Galaxy* series. (Died 2001)

65 years ago, on 25<sup>th</sup> March 1957 that the Treaty of Rome was signed, creating the European Economic Community (EEC) which came into force on 1<sup>st</sup> January 1958. It was renamed the European Community in 1993 and dissolved in 2009, having been replaced by the European Union.

60 years ago, on 19<sup>th</sup> March 1962 that the American folk-rock singer Bob Dylan released his debut album *Bob Dylan*.

50 years ago, on 24<sup>th</sup> March 1972 that the government of Northern Ireland resigned, and on 30<sup>th</sup> March 1972 that the British government introduced direct rule of Northern Ireland from Westminster (until 1999).

40 years ago, on 3<sup>rd</sup> March 1982 that the Barbican Centre in London was opened. It is the largest arts and conference venue in Europe.

30 years ago, on 19<sup>th</sup> March 1992 that Buckingham Palace announced the separation of the Duke and Duchess of York (Prince Andrew and Sarah Ferguson.)

25 years ago, on 6<sup>th</sup> March 1997 that Queen Elizabeth launched the official Royal website: [www.royal.gov.uk](http://www.royal.gov.uk)

Also 25 years ago, on 21<sup>st</sup> March 1997 that the Rev W V Awdry, British clergyman and children's writer, died. Best known as the creator of *Thomas the Tank Engine*.

***With Lent in mind, we offer quotes that focus on contemplation, prayer, and self-assessment.***

The need of the world is to listen to God. - *Albert Einstein*

A religion that does not begin with repentance is certain to end there – perhaps too late. - *Anon*

Time spent on the knees in prayer will do more to remedy heart strain and nerve worry than anything else. - *G D Stewart*

If Christians praised God more, the world would doubt Him less. - *C E Jefferson*

The Bible has a great deal to say about suffering and most of it is encouraging. - *A W Tozer*

Some people treat God as they do a lawyer; they go to him only when they are in trouble. - *Anon*

The self-sufficient do not pray, the self-satisfied will not pray, the self-righteous cannot pray. - *L Ravenhill*

We talk about heaven being so far away. It is within speaking distance to those who belong there. - *D L Moody*

Our prayers must mean something to us if they are to mean anything to God. - *M D Babcock*

God made man to be somebody – not just to have things. - *Anon*

The peace of the soul consists in an absolute resignation to the will of God. - *Francois Fenelon*

Christ's sheep are marked in the ear and the foot; they hear His voice, and they follow Him. - *Anon*

How is it that nobody has dreamed up any moral advances since Christ's teaching? What was there in His heredity and His environment to account for this unique teacher, and the remarkable fact that no greater has ever looked like emerging? - *Michael Green*

All history is incomprehensible without Christ. - *Ernest Renan*

The yearning of man's heart is homesickness for God. - *Anon*

Seek Christ, and you will find him, and with him everything else thrown in. - *CS Lewis*

The Hornchurch Passion Play 2020 is now to be enacted on the **15th, 16th and 17th April 2022** by Hornchurch Churches Together alongside the Queens Theatre.

The epic play has taken place every five years since its inception in 1993.

**15th, 16th and 17th April 2022 @ 7.30pm**

## We Need You!

### We still need:

Characters with 1 line each -

- 1 disciple
- 1 wife of a disciple
- women for the way to the cross (Luke 23:28)

Crowd control / marching -

- Roman Soldiers - Male or Female  
late teens - 20's

Musicians and Choir

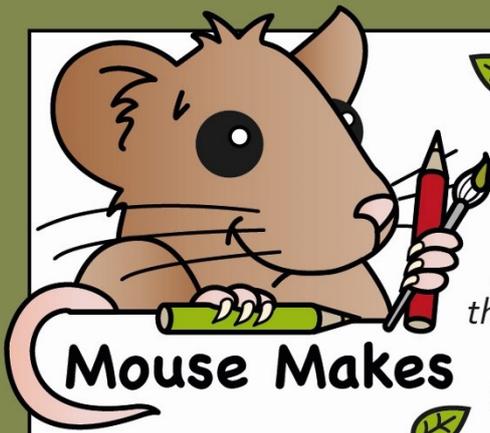
Prayer



Email Simon  
[director@hornchurchpp.co.uk](mailto:director@hornchurchpp.co.uk)

The Passion Play 2020 - Easter 2022

**15th, 16th and 17th April 2022 @ 7.30pm**



## Mouse Makes

### GOOD FRUIT OR BAD FRUIT?

Jesus said:

*"No good tree does not produce bad fruit, nor does a bad tree produce good fruit. Each tree is known by its own fruit..."*

*...Good people bring good things out of the good they stored in their hearts. But evil people bring evil things out of the evil they stored in their hearts. People speak the things that are in their hearts."*

- Luke 6: 43-45

During LENT ask God to help you through His Holy Spirit to turn your hate to **love**, your impatience to **patience** and your unkindness to **kindness**, so we can be like a good tree that grows good fruit.



READ  
Luke  
6: 27-45

How did Jesus say we should treat others?

Look up  
Luke 6:31

S P E A K A E S D  
B R O F R U I T E  
L A F G I V E O H  
E Y O O H E A R T  
S P R O D U C E R  
S A G D A B H D E  
B R I N G O W N E  
A E V I L O V E V  
D R E P E N T E K

Do

\_\_\_\_\_ to everyone who asks you  
Luke 6:30

\_\_\_\_\_ to those that hate you  
Luke 6:27

\_\_\_\_\_ for those who are cruel to you  
Luke 6:28

\_\_\_\_\_ those who curse you  
Luke 6:28

\_\_\_\_\_ and you will be forgiven  
Luke 6:37

Find these words from **Luke 6** in the word search above.

GOOD • BAD • FRUIT • TREE • HEART • EVIL • EACH • OWN • STORED  
PRODUCE • BRING • SPEAK • REPENT • FORGIVE • LOVE • BLESS • PRAY • GIVE



## Christian Basics No 3: Why the Cross?

*The cross is a picture of violence, yet the key to peace;  
a picture of suffering, yet the key to healing;  
a picture of death, yet the key to life;  
a picture of utter weakness, yet the key to power;  
a picture of capital punishment, yet the key to mercy and forgiveness;  
a picture of vicious hatred, yet the key to love;  
a picture of supreme shame, yet the Christian's supreme boast.*

The cross really is the key to everything! Although a horrifying instrument of torture and death, it is also a symbol of love and peace. On the cross Jesus died to deal with the problem of our sin and defeat the powers of death and evil. He identified with our sufferings and set us an example of self-sacrificial love.

As Peter writes, *'He Himself bore our sins in His body on the tree, so that we might die to sins and live for righteousness; by His wounds you have been healed ... Christ died for sins once for all, the righteous for the unrighteous, to bring you to God'* (1 Peter 2:24, 3:18). Jesus died in our place on the cross and took away our guilt, to pay the full penalty for our sin. Access to God's presence is now open to all, symbolised by the Temple curtain being torn in two from top to bottom. The barrier between us and God was torn down in order *'to bring us to God'*.

Jesus is the bridge providing access between us and God. *'If Jesus Christ is to be our Saviour then He must be able to place a hand upon a pardoning God and another hand on a penitent sinner and draw them together in an act of reconciliation'*

(Bishop Handley Moule).

**When the angel told  
Mary she would give  
birth to God's Son**  
(Annunciation, 25 March)

Almighty, loving Father,  
Thank you for the month  
of March, the month of  
Spring, the month when  
hopes are high and new  
things seem possible,  
when even coming  
through the pandemic  
seems possible.

This month we remember  
the day that the angel  
told Mary that she would  
bear your Son – how  
could that have seemed  
possible to her?

Help us to trust you as  
she did. Whatever we  
may face, help us to  
have peace and  
confidence, knowing, as  
she did, that nothing is  
impossible with you.

In Jesus' name.

Amen

*By Daphne Kitching*



## **Easter Prayer**

Dear generous, loving Father,

How can we thank you for the  
precious gift of your Son  
Jesus, for His life of  
obedience and servanthood,  
for His choosing to die that  
agonising death on a cruel  
cross, so that we can be  
forgiven, and most of all for  
His death-defeating  
resurrection on the first  
Easter morning and the gift of  
His Spirit to those who put  
their trust in Him?

We can't possibly thank you  
adequately Lord, but we want  
to try! Thank you, thank you  
Father, that Jesus, our  
Servant-King is alive, Lord of  
heaven and earth – and yet  
still serving us, so that we too  
can live and serve.

Help us to be your Easter  
people and live lives of faithful  
witness to the living Lord,  
empowered by your Holy  
Spirit, building in all that we  
think, say or do for your  
kingdom to come.  
Hallelujah! Amen.

*By Daphne Kitching*

# The Big Bash!



JESUS OFTEN TOLD STORIES WITH HIDDEN MEANINGS

ONE STORY WAS ABOUT A RICH MAN WHO DECIDED TO HAVE A PARTY

HE SENT OUT LOTS OF INVITATIONS

OH! NO!!

BUT PEOPLE STARTED MAKING EXCUSES

ONE MAN SAID HE HAD BOUGHT A FIELD, BUT NEEDED TO MEASURE IT

ANOTHER MAN SAID HE NEEDED TO TEST DRIVE THE OXEN HE HAS JUST PAID FOR

ANOTHER MAN SAID HE HAD JUST GOT MARRIED - AND HIS WIFE WOULDN'T LET HIM OUT!

SO THE RICH MAN INVITED ALL THE POOR AND NEEDY INSTEAD.

THE PARABLE MEANS WE SHOULDN'T MAKE EXCUSES FOR NOT FOLLOWING JESUS.

## 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.



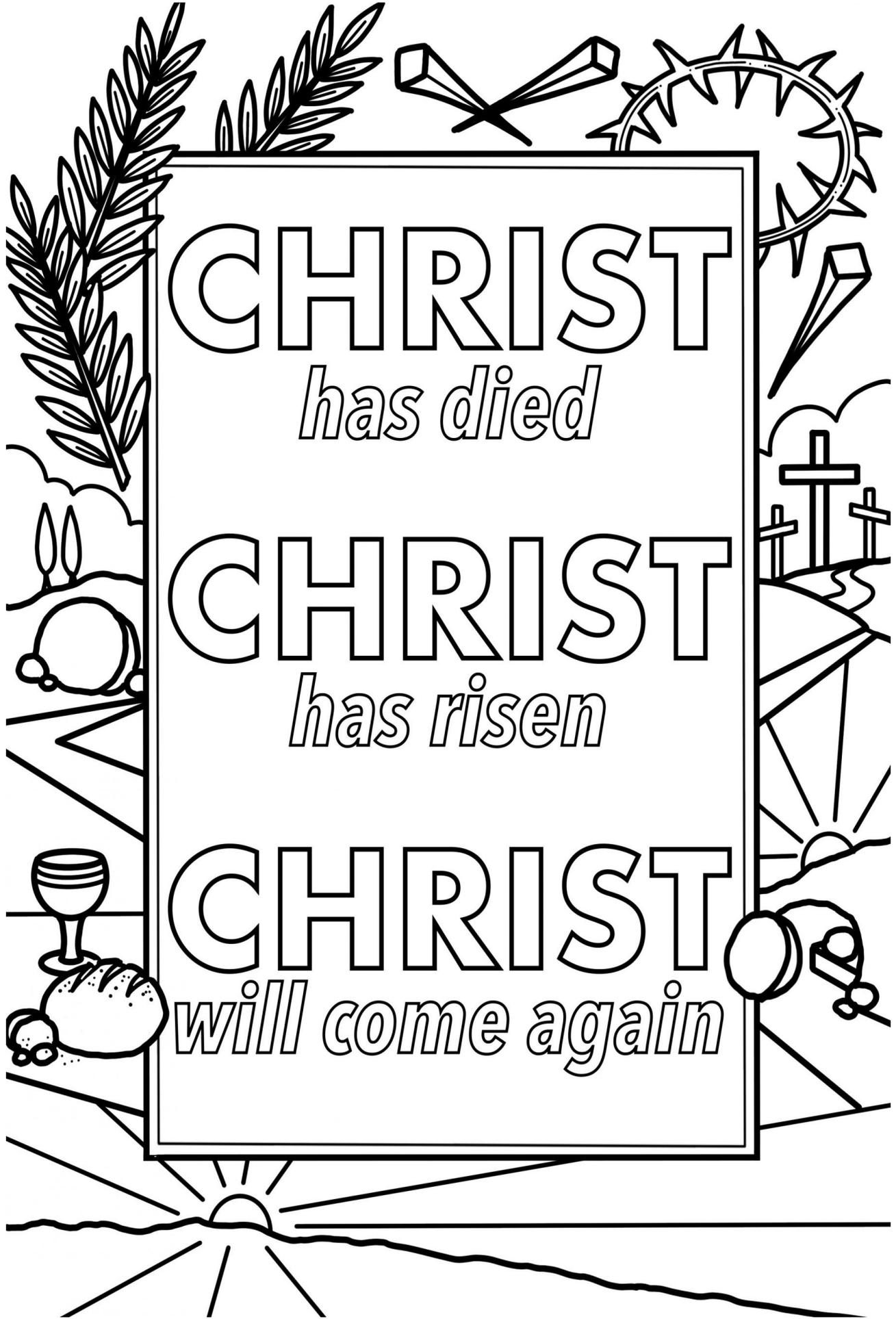
## **Happy Birthday's in March & April**

Today I ask God  
to bless you with  
every kind of joy  
on your birthday  
and always.  
Happy Birthday!

Len Clarkson,  
Ethel Baddoo 6th,  
April

Dianne Crisp 3rd, Evie  
Catlin, Emelia Williams 9th,  
Lidia Catlin 12th, Christina  
Buxton 22nd.





CHRIST

*has died*

CHRIST

*has risen*

CHRIST

*will come again*



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



**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 25th April for the MAY issue. *Thank you***