



The  
United  
Reformed  
Church

# *The* HEATH



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

50p

*Dear Friends,*

John Rutter, the composer, has written a new choral work in response to the invasion of Ukraine.

Funds raised from 'A Prayer for Ukraine', are going to the Disasters Emergency Committee's Ukraine appeal.

Rutter explained: "How can a composer respond to a global tragedy? I suppose by writing music: like everybody I have been shocked and dismayed by the events of recent days.

"The first thing I wanted to do was write music that would respond in my own way. I went to a late-night service in my old college chapel where they sang a setting of a lovely Ukrainian prayer, so having encountered the Ukrainian text, on Thursday I wrote my own music. I hope the meaning of the text will resonate in people's hearts."

The words of the piece, which are originally in Ukrainian, translate into English as: "Good Lord protect the Ukraine. Give her strength, courage, faith, and hope. Amen."

He added: "I hope it speaks in terms which reach out to the Ukrainian people in their hour of need."

The score is available for free by [submitting this form](#). You are welcome to duplicate the score for the sole use of your own choir. You may like to make a donation to a Ukrainian relief charity, perhaps equivalent to the approximate cost of the copies had you purchased them. If you wish, you are free to make an audio or video recording of the piece without a special licence to do so.

Listen to the new work at:

<https://www.youtube.com/watch?v=2bx4QFxfW2s>



# Church Diary MAY

1st May 11:15am	<b>NO SERVICE AT MILL LANE</b>	
May 10am	Elders Meeting	
8th May 11:15am	Morning Worship	The Elders
15th May 11:15am	Morning Worship	Roger Whipp followed by Bring & Share
22nd May 11:15am	Morning Worship	Diana Baker
29th May 11:15am	Morning Worship	Revd. Martin Wheadon

*The Church will use the themes listed below .*

## Worship Themes May

May 1, 2022	* <u>Acts 9:1-6, (7-20)</u>	<u>Revelation 5:11-14</u>	<u>John 21:1-19</u>
May 8, 2022	* <u>Acts 9:36-43</u>	<u>Revelation 7:9-17</u>	<u>John 10:22-30</u>
May 15, 2022	* <u>Acts 11:1-18</u>	<u>Revelation 21:1-6</u>	<u>John 13:31-35</u>
May 22, 2022	* <u>Acts 16:9-15</u>	<u>Revelation 21:10, 22-22:5</u>	<u>John 14:23-29</u> or <u>John 5:1-9</u>
May 29, 2022 (	* <u>Acts 16:16-34</u>	<u>Revelation 22:12-14, 16-17, 20-21</u>	<u>John 17:20-26</u>

## **Pamela Violet Earl**

**(2<sup>nd</sup> August 1934 – 10<sup>th</sup> February 2022)**

I recently had the privilege of attending a memorial service for Pamela who passed away in February following a period of illness.

Pamela and her husband, Alan, were members of Chadwell Heath URC for many years before moving to Broxbourne and joining Broxbourne URC in the late 1970s.



I have many fond memories of my time in Sunday School when Alan was one of the teachers and then in my teens I was asked to 'help' Pamela with the Beginners Group which were all part of my own journey as a Christian and the start of my subsequent years teaching Sunday School. What I remember most about Pamela is her kindness and genuine caring and particularly her smile. I cannot think of Pamela without seeing that smile.

The memorial service was led by Revd David Bradburn, who some of you will remember from his time at Chadwell Heath before he, coincidentally, moved to Broxbourne URC. The service was a celebration and testimony to a lovely Christian lady who was treasured by her family and remembered fondly by her friends and church family for her many gifts of singing, sewing and service, and most of all her beautiful smile.

One of the readings was a poem, by Spike Milligan, read by her granddaughter, Emily, entitled Smiling is Infectious, which was found among Pamela's keepsakes.

Pamela will be sorely missed but no one will forget that engaging smile.

*Jill Hunt*

**Smiling is infectious: by Spike Milligan**

Smiling is infectious,  
you catch it like the flu,  
When someone smiled at me today,  
I started smiling too.

I passed around the corner  
and someone saw my grin.  
When he smiled I realised  
I'd passed it on to him.

I thought about that smile,  
then I realized its worth.  
A single smile, just like mine  
could travel round the earth.

So, if you feel a smile begin,  
don't leave it undetected.  
Let's start an epidemic quick,  
and get the world infected!

## Out and about on the roads?

### Remember the NEW Highway Code



When did you last read the Highway Code? Various ‘fundamental’ changes were recently made which will surely affect you.

For example, there is a new hierarchy of road users, where drivers now have new responsibilities to watch out for people who are walking, cycling, or riding a horse.

Another example is that cyclists are now advised to cycle in the *centre* of lanes in slower-moving traffic.

Finally, do you even know how best to open your car door? According to the Highway Code, you should use your hand on the opposite side to the door you are opening; for example, use your left hand to open a door on your right-hand side. This will make you turn your head to look over your shoulder. You are then more likely to avoid causing injury to cyclists or motorcyclists passing you on the road, or to people on the pavement.

Read all about the new rules at:

<https://www.gov.uk/guidance/the-highway-code>

# Pleshey Quiet Day



On the 4th April Diana and Dianne attended the quiet Day at Pleshey Retreat house. Roger Gayley kindly organised the day and we met with our friends from other churches for the day. The theme was about unclenching our fists, as lots of pointers at the moment seem to be this way and opening our hands towards God by the end of the day. Here are some photos of Pleshey House and gardens, The Chapel (below) where the day was completed with a short service of worship. It was lovely to join with the group and many thanks to Roger for organising a lovely day.

Look forward to next year.



## **War in Ukraine: Appeal for more Bibles**

Bible Society is appealing for funds to send more Bibles to Ukraine. It says that Christians in the UK “can speak hope” into the crisis by providing Ukrainian pastors and churches with more Bibles with which to share “the love and power of God’s Word.”

Oleksandr, who leads the Bible Society team in Ukraine, tells the story: “A few days ago, a pastor visited our office, asking for Bibles. When he heard that we had none left, he pleaded for Bibles that were damaged or even copies with pages missing. He said, ‘These Bibles would be of immense value to my congregation and the community!’ It was heart-breaking.

“God’s Word can help bring comfort, peace, and reconciliation to our nation. We long for more Bibles.”

Details at: <https://www.biblesociety.org.uk/get-involved/donate/>



## Packed lunches are back in style

With food prices soaring, who needs a bought sandwich or salad? They can cost nearly £8 a day from LEON or Pret or other food outlets. Instead, it seems we are investing in plastic food containers (John Lewis reports sales are up 64 per cent on last year) and taking our own lunches to work.

As one cookery blogger explains, “You can’t reduce your council tax, but you can make little savings on everyday meals, which add up to a significant difference.”

“It’s ‘cool’ these days to take a packed lunch to the office,” says Suzanne Mulholland, author of *The Batch Lady: Shop Once. Cook Once. Eat Well All Week*. “Being organised and prepared is seen as a good thing.”

As for coffee, consider this: buying a £3 cappuccino every day adds up to £1,095 a year. Far cheaper to fill a flask at home.





# Bible Bite

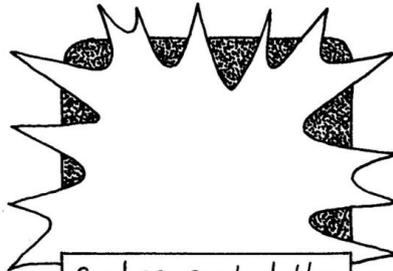
A short story from the Bible

It can be read in the Bible in Genesis chapter 1 to 2 verse 3.

This story is at the start of the Bible, and the start of time...

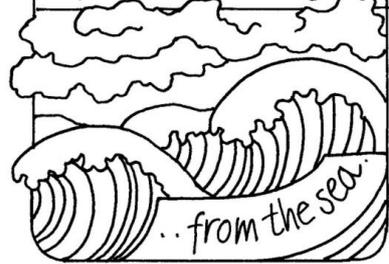
When God first made the universe it was empty and shapeless. God said..

Let there be Light!



God separated the light and dark.

On the next day, God separated the sky...

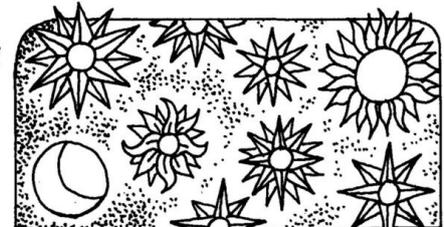


.. from the sea.

On the third day God separated the sea ...

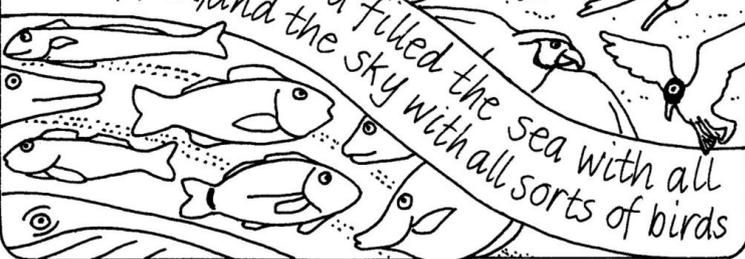


.. from the dry land. Then He made plants of all kinds grow on the land.

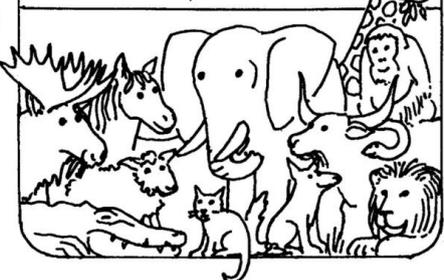


On the fourth day God made lights shine in the sky for day and night.

On the fifth day God filled the sea with all sorts of fish, and the sky with all sorts of birds



On the sixth day God made all kinds of animals ..



and then He made people, men and women.



God told the people ....

Take care of all I have made.



God saw that everything He had made was very good.

On the seventh day God rested...



and so did everyone else!

## Not expecting this

The young minister took his wife to the Maternity Hospital and was told it would be a long labour. So, he agreed to ring at lunchtime for news. But when he phoned, he dialled the wrong number and got the County Cricket Ground. He said: "I brought my wife to your place early this morning. Is there any news?"

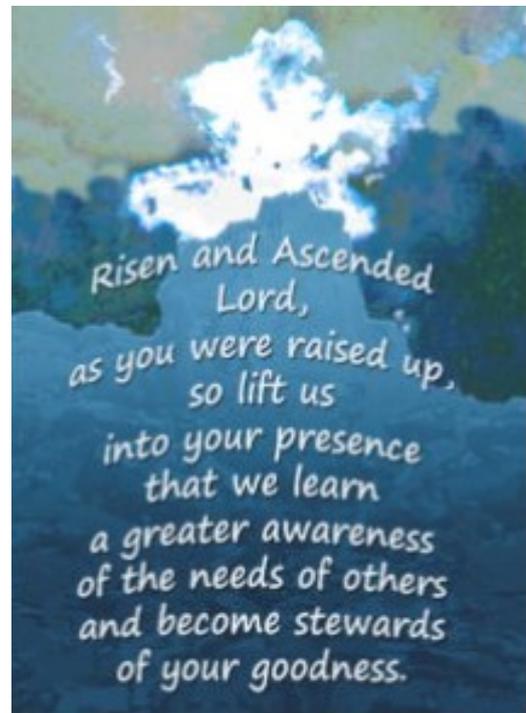
He was surprised to be told: "Yes, there are seven out and the last two were ducks."

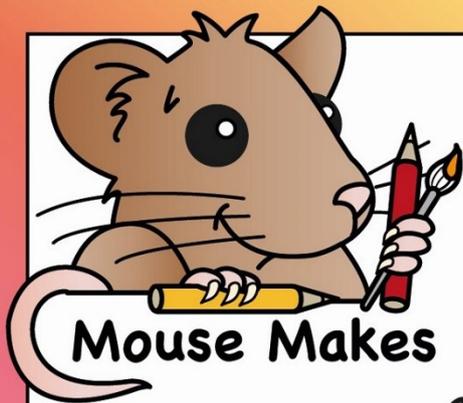
## Parking space

Angus was driving down the street worried because he had an important meeting and couldn't find a parking place. So, looking up toward heaven, he said "Lord, take pity on me. If you find me a parking place I will go to church every Sunday for the rest of my life and give up whisky." A moment later, miraculously, a parking place appeared. Angus looked up again and said, "Never mind. I found one."

## Pillar

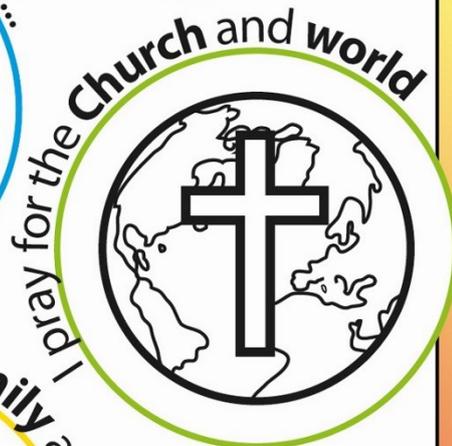
After a certain Dean retired, a number of years ago, from his cathedral, he began writing for the press. Soon a rival paper declared that he was no longer a pillar of the Church of England, but now only two columns in the Evening Standard.





**Mouse Makes**

*"Give thanks to the Lord for He is good, His love endures forever"*  
Psalm 136:1



Jesus said,  
*"This, then, is how you should pray:*

Our

\_\_\_\_\_ in \_\_\_\_\_ hallowed be your

\_\_\_\_\_ your

\_\_\_\_\_ come, your \_\_\_\_\_ be done, on

\_\_\_\_\_ as it is in \_\_\_\_\_.

Give us this day our daily \_\_\_\_\_.  
And

\_\_\_\_\_ us our \_\_\_\_\_, as we also have forgiven our debtors.

And \_\_\_\_\_ us not into temptation, but

\_\_\_\_\_ us from the \_\_\_\_\_ one."

**Read Matthew 6:9-13**  
to fill in the words.

*"Never stop praying."*  
1 Thessalonians 5:17

*"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."*  
Philippians 4:6

*Nigel Beeton writes: 'Now our thoughts are overshadowed by the terrible situation in the Ukraine. I looked at the masses of people on the station platforms, and I thought, "only a couple of months ago, each one of those people had a life, a home, a shop to buy food, perhaps somewhere to grow daffodils, maybe a church to worship God, and their own hopes and dreams for the future. Now they are just part of a mass of people shuffling towards a westbound train.'*

## **The Refugee**

All that I was, I no longer am  
All that I have, I hold in my hand  
My home, my love, my world are all gone  
One among thousands, I shuffle along.

Only last week I knew who I was  
All that has gone, and only because  
Someone in a land a long way away  
Turned life into hell one terrible day.

He started a war, his heart icy cold  
He rained down his hell on the young and the old  
I ran for my life for I had no choice  
And nobody heard the fear in my voice.

Everything's gone, and all that is 'me'  
Summed up in a word – the word 'refugee'.  
I have no control, no say in my fate  
Just one in a crowd, I stand and I wait.

Waiting for what? The future's unclear,  
For armed men have taken all that I held dear  
Along with my hopes, and all I had planned  
All swept away by the tanks in my land.

One thing alone puts a smile on my face  
A far nicer stranger has come to this place;  
A bed for the night? A cup of hot tea?  
And – best of all – someone who sees me as me.

*By Nigel Beeton*



## 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 May**

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

Diana Baker 5th,  
Elisabeth Thorburn 12th,  
Martin Grubb 12th,  
Jean Quilty 20th.



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8		1	5				9	

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WEEKDAY ACTIVITIES  
 Foodbank, Tuesday &  
 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



The  
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<https://www.parishpump.co.uk/resource/picture-parable-widow-judge-may22-td-5>

Inclusive  
 Church

Sudoku solution

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

**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 24th May for the June issue. *Thank you***