

# *The* HEATH



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



December 2018/ January 2019

50p



The  
United  
Reformed  
Church



Dear Friends,

With the image of the Walking the Way foot in my mind, let me bring you my greetings for Advent, Christmas and the New Year.

At the Synod Ministers' Residential this autumn, we were refreshed in our ways of following the footsteps of Christ. The URC's "Walking the Way" initiative is beginning to grow in local churches and communities. Now every Synod has been invited to take a giant foot on its way round the Synod, reminding us that we are all connected as we walk Christ's ways locally.

The Heath & Havering Local Area Group will be the starting point of the foot's journey across our Synod. Each church will reflect on how we walk the way of Christ in our church and in our community. We will then send the foot on with our prayers and greetings to the next church.

Advent seems an appropriate time to send this foot off on its journey. During Advent, we journey again towards Christmas, reflecting on the familiar stories in the Bible and also reflecting on our own lives. We may take stock, evaluate the year that is ending and look ahead to the year to come. We may prepare ourselves for the practicalities of Christmas, as well as for the turn of yet another year.

The journey of Mary and Joseph towards Bethlehem was unexpected, it was inconvenient and it was also rather insignificant to most people at the time, as they set off. Mary and Joseph certainly didn't know that their journey would be the catalyst of so many other journeys: the shepherd's journey to the manger, the magi's arrival at their destination, and Herod's men's rather unpleasant journeys afterwards.

Amid the tinsel and candles, the gift-wrap and cards, let us not strive for the perfect Christmas our world seems to dream of - which we so often fail to deliver or achieve. Instead, let us remember again the mess, the commotion and the upheaval into which Christ was born. His journey on earth would continue to be unexpected and at times difficult, but he would share God's Peace in the most unlikely situations and with the most undeserving of people.

This Advent, Christmas and this coming new Year, may you feel the blessing of God's Peace in your life. May you be reminded of God's abundant love for the World and all its people.

May you walk into the new year assured of the Christian hope that God is with us - Emmanuel.

With love and blessings,

Your Minister

Dorothee



Heath & Havering URC  
United in Christ

# A Different kind of Advent Calendar

November 1<sup>st</sup> arrives and apparently it's the Christmas season. Along with decorations, gift ideas and fancy food, advent calendars appear on shop shelves, in bright colours and assorted themes. Some contain chocolates, some have quotes, and some have little surprises hidden behind each door. They vary in price but one thing is for sure, they are a great way for children and adults alike to count down the days until the 25<sup>th</sup> December.



But what if you've been struggling to make ends meet? What if you haven't got enough money to cover your family's normal food bills, let alone the presents for your children, parents, siblings, uncles, aunts and your third cousin once removed who you only see at Christmas but they always get you a gift so you HAVE to reciprocate? That is the position of a lot of families over Christmas, and more and more are turning to a Food Bank to help keep them going until their next pay day.

But there is a way we can help. Supermarkets are always full of offers. 3 for 2, buy 1 get 1 free, half price and so on. Next time you go shopping, look at what non-perishable items you are buying and see if there is an offer that allows you to get more for the same price. If there is, get the extra item, and then every time you open a door on your advent calendar, add that extra packet of pasta, tinned food or whatever it happens to be to a pile. As your calendar get less by the day, your Food Bank pile will grow and grow, and by the time it is Christmas Day, you will have a lovely large donation which will help several families to have a better Christmas season.

And don't forget, people need the help of Food Bank all year round, so whenever you find there is a BOGOF but you only wanted the one, donate the second to Food Bank.

Cassie Baker

- Do we have any currently certificated First Aiders in the congregation? Please let an Elder know if you are or if you would be willing to attend a course to become one.
- Children 's Activity Area at the back of the church. We have some new toys, puzzles and activities but are still collecting any small quiet toys ( e.g. jigsaw puzzles, board games etc ) that we can keep here for varying ages. We have two offers of help to lead the young people 's time together with God PTL! This will enable us to keep the children amused whilst teaching them to respect the church and learn the Bible stories in an interesting way. Anyone who is interested in leading or helping with this for the young people please let us know. Thank you.
- Foodbank: A renewed plea for more donations! We thank you for your continued support but unfortunately more food donation help is still badly needed. Currently we are in need of meat products, rice puddings, custard, fruit – tinned and juice – and personal/ female/toiletries/baby hygiene items.
- Flower Rota: *Would you like to sponsor flowers for a Sunday special to you or do your own arrangement?* The 2018 calendar is on the entrance table. Please see Angela Sagers for further help.
- Please note that the Communion wine is alcohol free and gluten free wafers are available. Just let an Elder know.

# **WHEN YOU THOUGHT I WASN'T LOOKING**

*(A message every adult should read because children are watching you and doing as you do, not as you say.)*

**When you thought I wasn't looking I saw you hang my first painting on the refrigerator, and I immediately wanted to paint another one. When you thought I wasn't looking I saw you feed a stray cat and I learned that it was good to be kind to animals.**

**When you thought I wasn't looking I saw you make my favourite cake for me and I learned that the little things can be the special things in life.**

**When you thought I wasn't looking I heard you say a prayer and I knew that there is a God I could always talk to and I learned to trust in Him.**

**When you thought I wasn't looking I saw you make a meal and take it to a friend who was sick and I learned that we all have to help take care of each other.**

**When you thought I wasn't looking I saw you take care of our house and everyone in it and I learned we have to take care of what we are given.**

**When you thought I wasn't looking I saw how you handled your responsibilities - even when you didn't feel good - and I learned that I would have to be responsible when I grow up.**

**When you thought I wasn't looking I saw tears come from your eyes and I learned that sometimes things hurt, but it's all right to cry.**

**When you thought I wasn't looking I saw that you cared and I wanted to be everything that I could be.**

**When you thought I wasn't looking I learned most of life's lessons that I need to know to be a good and productive person when I grow up. When you thought I wasn't looking I looked at you and wanted to say: "Thanks for all the things I saw when you thought I wasn't looking"**

## **The History of the words of the Carol “The Twelve Days of Christmas”**

“The Twelve Days of Christmas” is a traditional English Christmas carol.

From 1558 until 1829 Roman Catholics in England were not permitted to practice their faith openly. Someone during that era wrote this carol as a catechism song for young Catholics. It has two levels of meaning: the surface meaning plus a hidden meaning known only to members of the Church. Each element in the carol has a code word for a religious reality which the children could remember. To fit the number scheme, when you reach number 9, representing the Fruits of the Holy Ghost, the originator combined 6 plus 3, taking the 6 fruits that were similar: the fruit in each parenthesis is the one that was not named separately. There are actually Twelve Fruits of the Holy Ghost.

The “True Love” one hears in the song is not a smitten boy or girlfriend but Jesus Christ, because truly Love was born on Christmas Day. The partridge in the pear tree also represents Him because that bird is willing to sacrifice its life if necessary to protect its young by feigning injury to draw away predators.

According to Ann Ball in her book ‘Handbook of Catholic Sacraments’:

The **True Love** of the first day refers to God;

The **two turtle doves** were the Old and New Testaments;

The **three French hens** stood for faith, hope and love;

The **four calling birds** were the four gospels of Matthew, Mark, Luke and John;

The **five gold rings** represented the first five books of the Old Testament, which describe man’s fall into sin and the great love of God in sending a Saviour.

The **six geese a-laying** stood for the six days of creation;

**Seven swans a-swimming** represented the sevenfold gifts of the Holy Spirit – Prophecy, Serving, Teaching, Exhortation, Contribution, Leadership and Mercy.

The **eight maids a-milking** were the eight beatitudes;

**Nine ladies dancing** were the nine Fruits of the Holy Spirit – Charity, Joy, Peace, Patience (forbearance), Goodness (kindness), Mildness, Fidelity, Modesty, Continency (chastity).

The **ten lords a-leaping** were the Ten Commandments;

The **eleven pipers piping** stood for the eleven faithful Apostles;

The **twelve drummers drumming** symbolised the twelve points of belief in The Apostles’ Creed.

# Harvest at Chadwell Heath 2018

Harvest Festival used to be celebrated at the beginning of the Harvest season on 1 August and was called Lammass, meaning 'loaf Mass'. Farmers made loaves of bread from the new wheat crop and gave them to their local church. They were then used as the Communion bread during a special mass thanking God for the harvest. Harvest festival is traditionally held on the Sunday near or of the Harvest Moon. Thank you for all the donations this year, Beryl had a very successful home grown crop to add to the Harvest display.



A 10 year old little girl was asked by another classmate, "what is it like to be a Christian?" The 10 year old little girl replied, "it's like being a pumpkin. God picks you from the patch, brings you in, and washes all the dirt off of you. Then he cuts open the top and scoops out all of the yucky stuff. He removes the seeds of doubt, hate, greed, etc., and then He carves you a new smiling face and puts His light inside of you to shine for all the world to see.



*listen live: [joyfm.org](http://joyfm.org)*

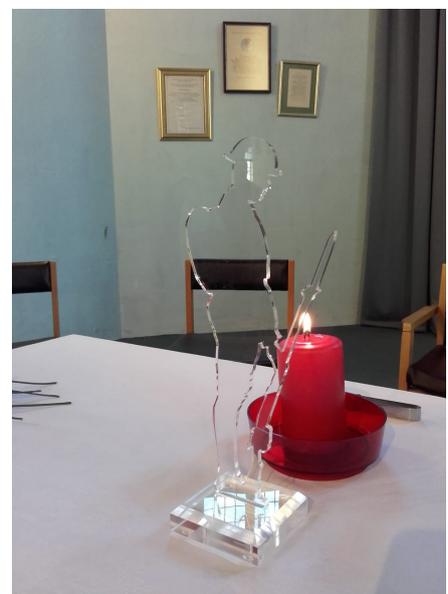


Pumpkin Carving a cross with a heart opposite

## 100 Years of Remembrance 1918-2018

This year we marked the centenary of the end of World War 1 on Remembrance Sunday 11 November 2018 the Elders of Chadwell Heath led a poignant service that reflected on the lives that were changed irrevocably, and those that were lost. Both known locally and further afield.

The display at the Altar told a story of the battlefields. The Tommy 'There But Not There' remember those who died and the further 18,355 British & Commonwealth troops that died between 12th November and 31st December 1918. These 'Tommies' have been made by veterans at the Royal British Legion Industries, profits from this commemorative WW1 Tommy figure go to six military charities.



## A Clare Benediction

May the Lord show his mercy upon you; May the light of His presence be your guide:

May He guard you and uphold you, May His spirit be ever by your side.

When you sleep, may His angels watch over you; When you wake, may He fill you with His grace.

May you love Him and serve Him all your days, Then in heaven may you see His face.

May the Lord's loving kindness surround you; Keep you safe as you journey on your way:

May He lead you and inspire you, As He grants you the gift of each new day.

May He bless all your loved ones and cherish them; Every friend, every stranger at your door:

In the name of His Son, our Saviour Christ, May God bless you, now and evermore.

By John Rutter - From his CD "Blessing" with Catrin Finch

## Happy Birthdays in December

6th Karen Bailey, 8th Margaret Rose, 10th TJ Mayo, 11th Ray  
Weiner, 16th Ron Smith, 19th Terry Mayo,  
21st Samantha Bailey, 25th Emily Catlin.



## Happy Birthdays in January

1st Benjamin Campbell, 9th Pauline Clarkson.



# January / New Year Thoughts

## It's a Wonderful World

In spite of the fact we complain and lament  
And view this old world with much discontent,  
Deploring conditions and grumbling because  
There's so much injustice and so many flaws,  
It's a wonderful world, and it's people like you  
Who make it that way by the things that they do..  
For a warm, ready smile or a kind, thoughtful deed,  
Or a hand outstretched in an hour of need  
Can change our whole outlook and make the world bright  
Where a minute before just nothing seemed right...  
It's a *Wonderful World* and it always will be  
If we keep our eyes open and focussed to see  
The *Wonderful Things* man is capable of  
When he opens his heart to *God and His Love*.

By Helen Steiner Rice



Fear not, do not be afraid, when all around is darkness and destruction.  
The enemy seeks to destroy my children. His aim is to shatter their  
trust and security in their Heavenly Father.

Draw near to me at such times. There is no other God. I am your only  
protection from storm and tempest, from buffeting and shaking. Be  
still – feel the peace that only I can give. For darkness has never  
overcome the light, and *I am the Light of the World* – your world.

Feel my arms wrapped around you. Do not struggle, but relax. The fear  
that grips at such times is also the plan of the enemy. He enjoys to  
see you frightened and unable to move, gripped by the darkness and  
closed in on every side.

I am closer than the darkness. Nearer than your shadow. I dwell in you  
– can I get closer than that? My Spirit fills you and you will stand.  
Many are the wiles of the evil one, but my power is unmatched.  
Rest then in my ability to save to the uttermost. Walk through your  
fear – you and I. You in me and I in you.

## John 1: verses 4-5

*In Him was life, and the life was the light of men.  
The light shines in the darkness, and the darkness has not overcome it.*

By Patricia Garratt

# CHURCH DIARY DECEMBER

Saturday 1st	10:30am	Christmas Coffee Morning
Sunday 2nd	11:15am	Holy Communion — Revd. Dorothee Bäärma Communion Table - Angela
Thursday 6th	10.00am	Foodbank, Coffee & Conversation, Church Library time
Sunday 9th	4:30pm	Revd. Dorothee Bäärma & Emily Catlin Nativity followed by Refreshments
Thursday 13th	10.00am	Foodbank, Coffee & Conversation, Church Library time
Sunday 16th	11:15am	Bereavement/Memorial Service. Led by Cassie and Diana Baker
	4:30pm	Carols by Candlelight led by Diana and Cassie Baker
Thursday 20th	10.00am	Foodbank, Coffee & Conversation, Church Library time
Sunday 23rd	11:15am	Christingle Service led by Cassie and Diana Baker
Monday 24th	23:30	Midnight Service—Led by Revd. Dorothee Bäärma
Tuesday 25th	10:00am	TBA
Thursday 27th	10:00am	Foodbank, Coffee & Conversation, Church Library time
Sunday 30th	11:15am	Favourite Hymns and Readings – led by the Elders

# CHURCH DIARY JANUARY

Thursday 3rd	10.00am	Foodbank, Coffee & Conversation, Church Library time
Sunday 6th	11:15am	Holy Communion & Rededication — Revd. Dorothee Bűrma Communion Table - Christina
Thursday 10th	10.00am	Foodbank, Coffee & Conversation, Church Library time
Friday 11th	7:15pm	Elders Meeting
Sunday 13th	11:15am	Rev Christine Harding
	6:30pm	Heath & Havering Holy Communion at Chadwell Heath
Thursday 17th	10.00am	Foodbank, Coffee & Conversation, Church Library time
Sunday 20th	11:15am	Angel Tiebas Refreshments Janet & Elaine
Thursday 24th	10.00am	Foodbank, Coffee & Conversation, Church Library time
Sunday 27th	11:15am	Revd. Martin Wheadon
Thursday 31st	10.00am	Foodbank, Coffee & Conversation, Church Library time

# Worship Themes December & January

*The Junior Church are using different teaching guides for each age group and the themes listed below are based on the Lectionary and will possibly be used by those leading our worship.*

December 2, 2018	<u>Jeremiah 33:14-16</u>	<u>1 Thessalonia- nians 3:9-13</u>	<u>Luke 21:25-36</u>
December 9, 2018	<u>Baruch 5:1-9</u> or <u>Malachi 3:1-4</u>	<u>Philippians 1:3-11</u>	<u>Luke 3:1-6</u>
December 16, 2018	<u>Zephaniah 3:14-20</u>	<u>Philippians 4:4-7</u>	<u>Luke 3:7-18</u>
December 23, 2018	<u>Micah 5:2-5a</u>	<u>Hebrews 10:5-10</u>	<u>Luke 1:39-45, (46-55)</u>
January 6, 2019	<u>Isaiah 60:1-6</u>	<u>Ephesians 3:1-12</u>	<u>Matthew 2:1-12</u>
January 13, 2019	<u>Isaiah 43:1-7</u>	<u>Acts 8:14-17</u>	<u>Luke 3:15-17, 21-22</u>
January 20, 2019	<u>Isaiah 62:1-5</u>	<u>1 Corin- thians 12:1-11</u>	<u>John 2:1-11</u>
January 27, 2019	<u>Nehemiah 8:1-3, 5-6, 8-10</u>	<u>1 Corin- thians 12:12-31a</u>	<u>Luke 4:14-21</u>

## **Do you require Prayer?**

Should a quiet time for **private prayers** be requested before any service, please speak to an Elder who will accompany you or ensure your privacy in the Quiet Room.





## **SUNDAY SERVICES**

10.30am Prayer Time  
11.15am Morning Worship  
Family All Age Worship 2nd  
Sunday  
Holy Communion 1st Sunday



Heath & Havering Group Holy Communion  
2nd Sunday in the month at 6.30pm  
(at alternate Churches)

### **WEEKDAY ACTIVITIES**

Elders Meeting second Friday in the month 7.15pm  
Foodbank, Coffee & Conversation, Church Library  
time, Thursday 9:30am

### **Minister**

**Revd Dorothee Bührma**

RevdDorothee@t-online.de Tel:01708228489

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  
Thursday 24th January 2019 for the February issue.