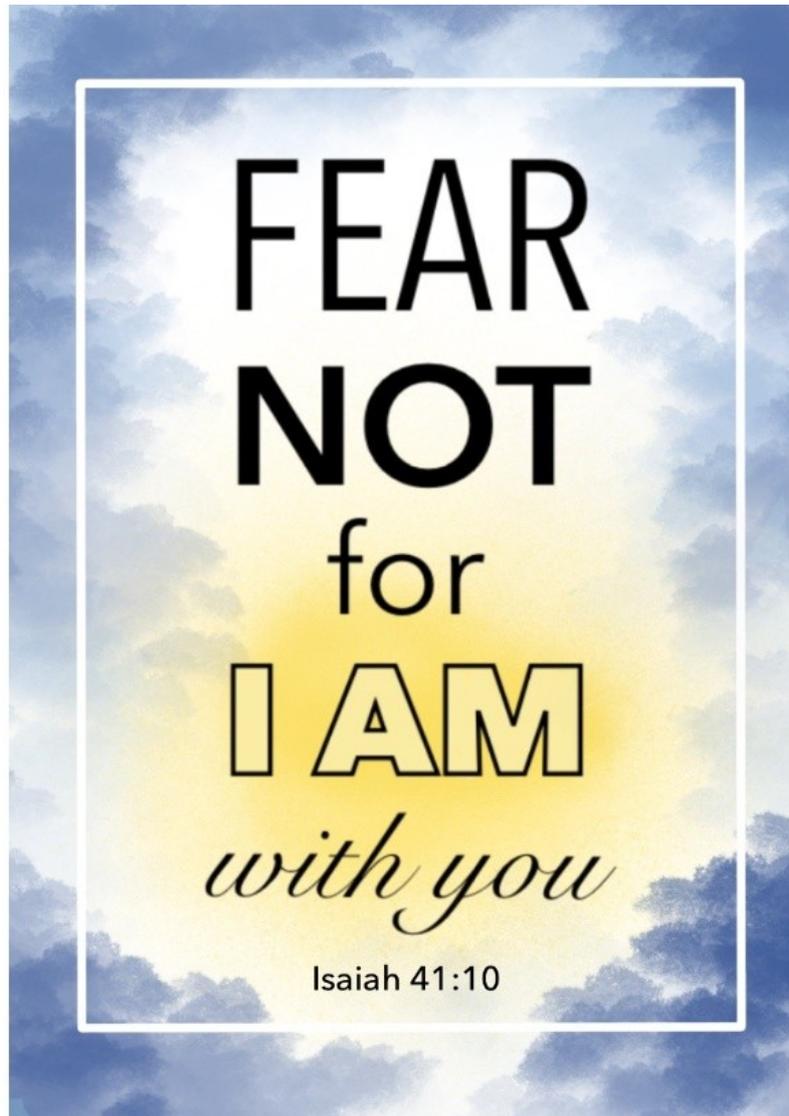




The HEATH



News, views & comment from the
United Reformed Church, Chadwell Heath

May 2020

50p

From the Minister

Dear Friends,

‘Jesus got up, rebuked the wind and said to the waves, ‘Quiet! Be still!’ Then the wind died down and it was completely calm.’ (Mark 4:39).

What started out for the disciples as a routine trip across the Sea of Galilee, ended up with a storm threatening to overwhelm their boat! Jesus was asleep in the boat, so little wonder they feared for their lives: *‘Teacher, don’t you care if we drown?’* (38). Who would have thought two months ago that the world would be overwhelmed by the Corona virus pandemic and our lives turned upside down! Self-isolating and self-distancing are now part of our daily vocabulary, as we live in an uncertain world. What does this story say to us in our circumstances?

Firstly, we read that Jesus calmed the storm: *‘He got up, rebuked the wind and said to the waves, ‘Quiet! Be still!’*” (39). He is the Lord of the storm and holds our circumstances in His hands. We are called to trust, not fear, being assured that He is with us to protect us. *‘Why are you so afraid? Do you still have no faith?’* (40). Nothing is outside of His control.

Secondly, despite the calm, the disciples were still terrified: *‘They were terrified and asked each other, ‘Who is this? Even the wind and the waves obey Him!’*” (41). Like us, the disciples were asking why Jesus, who loved them, had allowed the storm to happen! Our circumstances provide us with an opportunity to understand more deeply who Jesus is. We can’t control Him and we don’t always understand His bigger plans for us and His world. We are called to overcome fear and insecurity, by living lives of peace, faith and hope. How contagious can we be for Jesus in a stormy world?

2020: WHO's Year of the Nurse



When the WHO (World Health Organisation) decided to make 2020 the Year of the Nurse and Midwife, they based it on the 200th anniversary of Florence Nightingale's birth on 12th May 1820.

But with the arrival of the corona virus, it is a remarkably apt year to celebrate all that nurses do for us.

As the ICN (International Council of Nurses) says: "All around the world, nurses are working tirelessly to provide the care and attention people need, whenever and wherever they need it. Nurses are central to the delivery of health care; nurses are making an invaluable contribution to the health of people globally."

Nursing as a vocation goes back to the Early Church. When plague struck the Roman world in the third century, it was Christians who tended the sick and dying, often at great personal cost. Their self-sacrifice made a huge impression on Roman society. Centuries later, in medieval Europe, it was the monastic orders that provided health care.

Still centuries later, during the Crimean War (1853-56) Florence Nightingale saved thousands of lives when she transformed the field hospitals, hugely improving the standards of care for wounded and dying soldiers.

In fact, Florence Nightingale deserves the credit for establishing the modern profession of nursing and its structures of training. Although of course medical science has advanced since her time, the basic ethos of nursing care remains today close to Nightingale's vision.

Nursing is frequently described as a vocation, and it is one to which many Christians are called. Nightingale wrote of being 'called' by God, after having had a vivid religious conversion as a teenager. Writing in February 1837, she stated: "God has spoken to me and called me to His Service."

Four years before going to Crimea, she studied at a Lutheran religious community in Germany which trained deaconesses in medical skills, nursing, and theology. Many of the ideas that Nightingale adopted for her nurses came from that religious community.

Thus, Nightingale's training programme was not solely devoted to secular medical sciences. Her student nurses were required to attend chapel, and her nurses read prayers on the wards.

Nightingale wrote many letters of spiritual encouragement to her students. To one, she wrote that Christ considered it an "honour to serve the poorest and the meanest... He will not give His crown except to those who have borne His cross... Enduring hardship is what He encourages and rewards."

The Bishop of London, the Rt Revd Sarah Mullally trained and worked as a nurse before being appointed to senior positions in the Health Service. She was Chief Nursing Officer for England between 1999 to 2004.

She says: "I became a Christian as a teenager and wanted to follow Christ with my whole life. Rather than having two careers, I have had one vocation: to follow Jesus Christ, to know Him, and to make Him known."

Certainly, of all the professions, nursing has one of the strongest claims to being rooted in the Gospel. Christian nurses implicitly witness to Christ in caring for others.



Prayers

Time of distress



Keep us, good Lord,
under the shadow of your mercy
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord.
Amen.

Be our hope

God of compassion,
be close to those who are ill, afraid or in isolation.
In their loneliness, be their consolation;
in their anxiety, be their hope;
in their darkness, be their light;
through Him who suffered alone on the cross,
but reigns with you in glory,
Jesus Christ our Lord.
Amen.



Elaine Bailey

Janice (Elaine's sister) is much better now and has been sorting out arrangements for Elaine's funeral which is to be held on Thursday 30th April at 2.30pm. They will be having a video made of the service which we can view later, if we let her know. Family flowers only but donations can be made to either AgeUK (any branch) or Chadwell Heath URC c/o David Saggars. When we are able to meet up again, a celebration of Elaine's life will be arranged and details will follow. Janice and Steve, Wendy and John (both Elaine's sisters) send their thanks for all the love and support that has been sent to the family at this terribly sad and difficult time.

The Church Garden.....



.....Coping all on it's own

Beryl

40 Days

Lockdown began from March 25th at midnight... And now extended till 3rd may..

It's exactly 40 days from 25th March to 3rd may...

Something is strangely biblical...

QUARANTINE

The Latin root of the word "quarantine" is "forty".

So what does the Bible say about 40?

The flood lasted 40 days.

40 years Moses fled Egypt.

40 days Moses stayed on Mount Sinai to receive the Commandments.

Exodus lasted 40 years.

Jesus fasted for 40 days.

Lent is 40 days.

40 days for a woman to rest after giving birth.

A group of theologians thinks the number 40 represents "change". It is the time of preparing a person, or people, to make a fundamental change.

Something will happen after these 40 days. Just believe and pray. Remember, whenever the number 40 appears in the Bible, there is a "change".

Please know that during this "quarantine" rivers are cleaning up, vegetation is growing, the air is becoming cleaner because of less pollution, there is less theft and murder, healing is happening, and most importantly, people are turning to Christ. The Earth is at rest for the first time in many years and hearts are truly transforming.

So, during this time, enjoy it with your loved ones and return to the family altar together. Family prayer is a great blessing. Through prayer you will see the changes God can work in you and in your home. Christ promises us that everything works together for the good for those who love God: Romans 8:28!

Remember we are in the year 2020, and $20 + 20 = 40$.

Also, 2020 is the year of the United States Census. Jesus Christ, the savior of the world, was born during a census.

Lastly, 2020 is perfect vision. May our sight focus on the Lord and living according to His perfect vision for us knowing He holds us in the palm of His hand.

May these days of "quarantine" bring spiritual liberation to our souls, our nation, and our world.

The best is yet to come.

Trust in the Father, Son, and Holy Spirit!

Heath and Havering United Reformed Churches



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/ toilet-ries including soap, toothbrushes & toothpaste/toilet rolls & baby nappies, sizes 5/6.

Five Tips for Tackling Loneliness and Isolation

Pray. Light a candle, if safe, and pray for hope, faith and strength to keep loving and caring for each other during this time of struggle.

Talk about how you feel. This may be difficult if you are self-isolating, but do use the telephone, internet, and social media. If you need to contact a counsellor this can be arranged by your GP, or via local agencies, or privately. Samaritans are there 24 hours a day, every day, and it's free to call them on 116 123.

Focus on the things that you can change, not on the things you can't.

Look after yourself - physically, emotionally, spiritually. Plan in things that you enjoy at regular intervals during the day – a TV programme, a phone call, a book, a favourite dish, a game.

Look after others. Even if only in small ways, but do what you can: a smile, a kind word, writing a letter or an email.

dailydevotions@urc.org.uk

We hope that many friends will find this a useful resource. The short act of worship is available in audio and can be downloaded as a podcast. It is accompanied by a text version. On Sundays, at 10.00 am the URC offers a complete Service of Morning Worship, including a sermon.

I have a link sent to me by Revd James at the High Road Baptist Church to be able to access their service and there is often, at least, a sermon on the Heath & Havering Facebook page each week. Folk might like to access either of these as a way of keeping in touch and not just relying on the TV. If you get in touch with me, I can forward the links.

Diana Baker

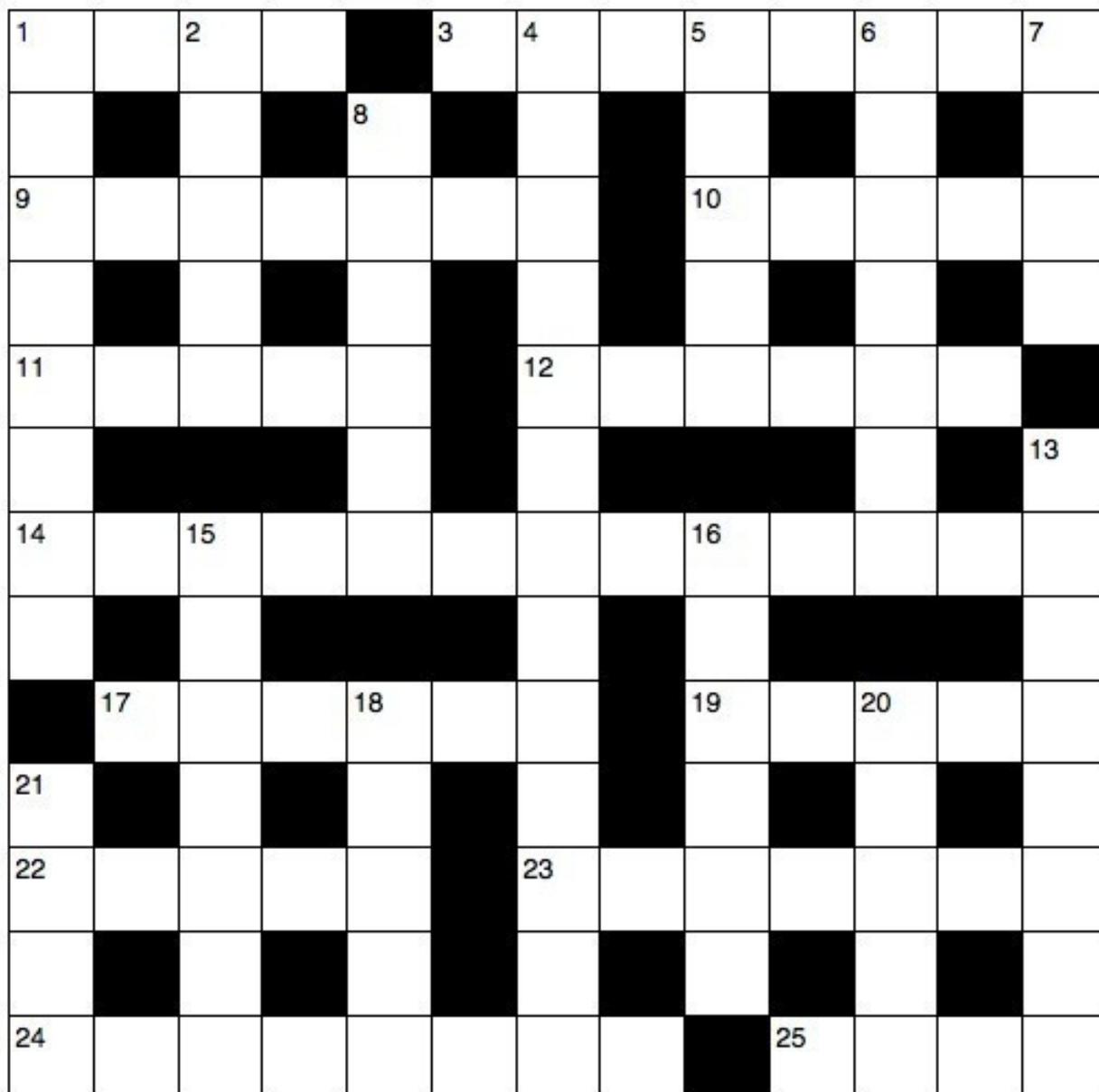
Crosswords Clues

Across

- 1 'Therefore let us — passing judgment on one another' (Romans 14:13) (4)
- 3 'I — — these persons here present' (Marriage service) (4,4)
- 9 According to a prearranged timetable (Numbers 28:3) (7)
- 10 Group of eight (5)
- 11 The cell into which the Philippian jailer put Paul and Silas (Acts 16:24) (5)
- 12 — Taylor, pioneer missionary to China (6)
- 14 Otherwise known as the Eucharist, Breaking of Bread, the Lord's Table (4,9)
- 17 'So that after I have preached to others, I — will not be disqualified for the prize' (1 Corinthians 9:27) (6)
- 19 Attend to (3,2)
- 22 Approximately (Acts 4:4) (5)
- 23 Tea rite (anag.) (7)
- 24 Rule of sovereign (8)
- 25 Test (anag.) (4)

Down

- 1 The name of the street where Judas lived in Damascus and where Saul of Tarsus stayed (Acts 9:11) (8)
- 2 'The playing of the merry — , sweet singing in the choir' (5)
- 4 'We have been saying that — — was credited to him as righteous' (Romans 4:9) (8,5)
- 5 Dr Martyn — Jones, famous for his ministry at Westminster Chapel (5)
- 6 Port at which Paul landed on his way to Rome (Acts 28:13) (7)
- 7 Observe (Ruth 3:4) (4)
- 8 Minister of religion (6)
- 13 'I am — of this man's blood. It is your responsibility' (Matthew 27:24) (8)
- 15 'Greater love has no one than this, that he — — his life for his friends' (John 15:13) (3,4)
- 16 Archbishop who calculated that the world began in 4004BC (6)
- 18 'No one can — the kingdom of God unless he is born of water and the Spirit' (John 3:5) (5)
- 20 Establish by law (5)
- 21 Product of Gilead noted for its healing properties (Jeremiah 46:11) (4)



Happy Birthdays in May

Jeremiah Būrma 1st, Diana Baker 5th,
 Elisabeth Thorburn 12th, Martin Grubb 12th,
 Neville Sullivan 14th, Nevicia Sullivan 20th,
 Jean Quilty 20th.





WEEKDAY ACTIVITIES
Elders Meeting second
Monday in the month
10:00am



Foodbank, 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



**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 22 May 2020 for the June issue.

Crosswords Answers

ACROSS: 1, Stop. 3, Call upon. 9, Regular. 10, Octet. 11, Inner.
12, Hudson. 14, Holy Communion. 17, Myself. 19, See to. 22, About.
23, Iterate. 24, Monarchy. 25, Stet.

DOWN: 1, Straight. 2, Organ. 4, Abraham's faith. 5, Lloyd. 6, Puteoli. 7,
Note. 8, Cleric. 13, Innocent. 15, Lay down. 16, Ussher. 18, Enter. 20,
Enact. 21, Balm.