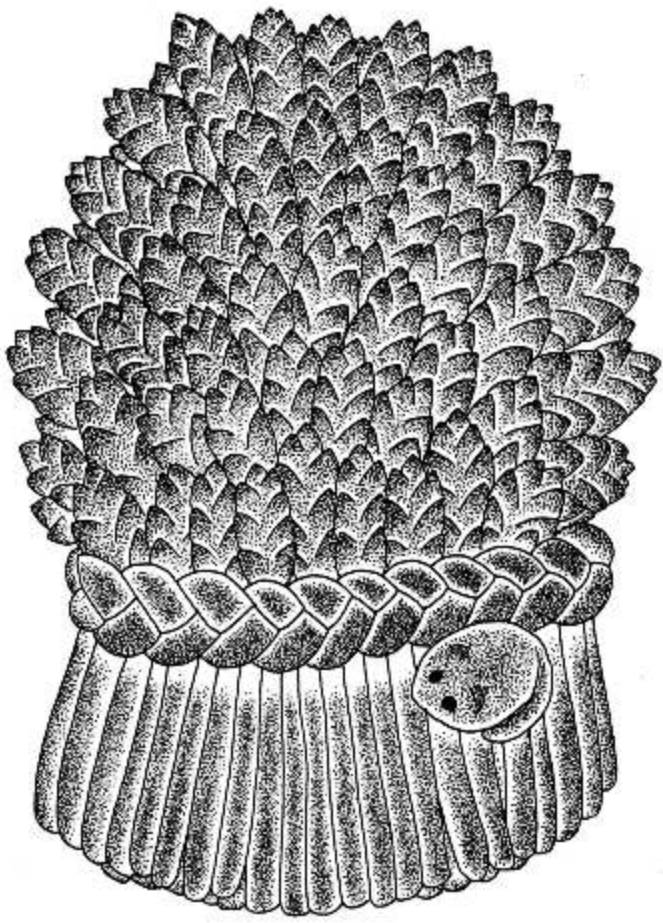




St Andrew's News



The magazine of
St Andrew's Methodist Church - Bushey Heath



October 2018

St Andrew's Methodist Church

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Missed a Service?



If you miss a Sunday morning service most are now available to borrow on CD. Please look in the foyer for those which are available.

Contributions

If you have any items of news or articles for inclusion in the magazine please pass them on to me or e-mail them to **newsletter@samcbh.org.uk** The closing date for inclusion in the next edition is 21st October

Thank you.
Ken Green (Editor)

Opinions expressed in this magazine do not necessarily reflect the stance or opinion of St Andrew's Methodist Church



FROM THE MANSE

All is safely gathered in

It is that time of the year. As I write this letter there is a hint of Autumn in the air, Summer is trying her best with a last flush of colour. It can only mean that Harvest is coming...

Israel had five Harvest festivals (any excuse to party): Passover, First Fruits, the Feast of Weeks (Pentecost), the Feast of Trumpets (Day of Atonement) and the Feast of Booths (Tabernacles or ingathering). It reminded Israel of their God who had provided in the past, and in the present season. Thanks are given to a God for the richness of his creation.

I hope to bring to the Harvest table some of my Peppers, I have taken great delight in watching my peppers through their seasons. It started with a dry dead seed, the fruit of a season past. I lovingly placed that dead life in compost, covered with polythene and hoped for germination. Life did spring forth and the fragile shoots of life were pricked out. Great care was taken not to over water. I was excited as weekly the seedlings grew stronger. More leaves appeared and it wasn't long before they cried out for bigger pots.

I treat them almost like children, putting them out for their first taste of life outdoors, but protecting them from frosts. Transplanting into much bigger pots. Delighting in those first flowers. Then constant watering and feeding. The first pepper, and I couldn't contain my excitement. It's been a summer of watching the peppers grow, fruit turning from green to a wonderful red. I have given Peppers and plants away – it is so good to give. And my first fruits moment...

I am sure you are thinking get a life! – but this is my Harvest moment, my offering to the Harvest table. I don't need to explain away the story of my pepper but it is woven through with God and our gospel message.

All this from a tiny, tiny lifeless seed. Our God is good.

Richard

October



Sun 7th - Breakfast Church/Harvest Festival 9.00am-10.30am

Sat 13th - Coffee On The Heath 10.30am-Noon

Fri 19th - Film On The Heath 7.45pm

Sat 27th - Coffee On The Heath 10.30am-Noon

Don't bottle it up – it's okay to grieve

I grieve for you, Jonathan my brother; you were very dear to me. Your love for me was wonderful, more wonderful than that of women. How the mighty have fallen!
2 Samuel 1:26

A lament is a passionate expression of grief, a heartfelt cry of sadness. Here David, who composed some of the most memorable and uplifting songs of praise, allows himself the opportunity to pour out his heart to God because of his deep sorrow.

Christians are sometimes confused about how to express grief. Some contemporary teaching has emphasised the power of praise, and of praising God in all circumstances, so they feel guilty about the pain inside them and do not know how to release it. Whilst Paul does say we are not to grieve 'like the rest of mankind' (1Thessalonians 4:13), he means we should not grieve in the hysterical way that characterises those who have no hope in God. He does not mean that we should not grieve at all, or that we should suppress our true feelings. That would be cruel, unnatural and unhealthy. Grief is best acknowledged and expressed, and in a way that is consistent with our belief in heaven.


David's own heart feels most keenly the loss of his dearest friend, Jonathan. Those who have known the loss of a 'soul mate' will understand the depth of his feeling and the pain in his heart. His lament enables him to get in touch with his grief, to express it, and so begin the slow process of healing and recovery.

If you are grieving yourself today, may I encourage you to pour out your heart to God? You could pray aloud, or write your prayer down. You may find a song that helps, or a piece of music. You might talk with a trusted friend. You may just want a good cry. Whatever you do, remember that it's OK to grieve.

Crime in the Countryside

Following the publication of the NFU Mutual Rural Crime Report 2018, the Bishop of St Albans, Alan Smith, the Church of England's lead bishop on rural affairs, said: 'This is no surprise for those of us who are in touch with rural areas and highlights the scale of crime in the countryside. One important aspect is the increasing incidence of fly tipping, which is a problem I hear raised repeatedly in my diocese.'

"The Government claims that it has given councils sufficient powers to deal with the problem. Yet Defra's own figures reveal that 51 per cent of local authorities have yet to have a single prosecution and there have been no fines imposed by 44 per cent of local authorities. If local authorities are not prepared to act, then surely central Government needs to take more drastic action to tackle this crime?"



*God has both an all-seeing
eye and all-forgiving heart.*

Hello all!

It's the start of the Methodist New Year which means I have now been in my role for one year – time has flown! It has been a busy, but encouraging year with current and new relationships being made and developed with the children, families and schools in Bushey. I look forward to seeing what the coming year has in store.

Since the last time of writing, we have had an exciting summer. A group of us including young people from St Andrew's and Bushey and Oxhey, joined with the young people from Bushey Baptist Church to attend the Soul Survivor Week B festival. Alongside the other 8000 young people that attended, we had the opportunity to worship together, hear teaching during the main meetings and in seminars, plus pray for one another. There was also a lot of fun that was had, including a silent disco (although if you took the headphones off, it wasn't so silent!), a giant bonfire and a movie sing-along. It was so encouraging seeing young people from all over the country gather together from many denominations, being united and encouraged in their faith.

During the summer, we also had our first "Kids Come Bake Bread" session. It was a fantastic morning, with approximately 25 children plus adults joining us to make, shape and bake bread. There was a great buzz in the atmosphere as the bread was being made, which continued as we played group games themed around different types of bread. Everyone's hard work paid off, as once the bread was baked (which smelt divine!) we enjoyed sharing and eating the tasty bread. The feedback from those that attended was very positive and we look forward to running similar sessions in the future.

I was also involved in the co-running of an 'Ancora' holiday club held at St Mary's Church in Watford town centre. Based on the resources by Scripture Union, the children were set on adventures to find lost treasures which, once found, correlated to bible stories. Many crafts were made, games were played and the children were encouraged to think about how the bible stories related to themselves today. I then joined them for their Sunday service, where the children shared what they had learnt throughout the week with the congregation.

Since September, we have had our first Messy Church of the year where we thought about what it means to follow Jesus. It was great to see existing families return, plus new faces join us as we decorated feet-shaped biscuits, got messy with paint footprints and made prayer booklets to name just a few activities. As always, we enjoyed a delicious meal to finish. We will next meet on the 14th October where we will be exploring the parable of the lost sheep.

I'd also like to take this opportunity to highlight a group that started in September called 'First Thursday', led by Mary Rees. This group is for parents, grandparents

or other carers to meet together to socialise, but also hear from guest speakers on a range of topics. Held, as the name implies, on the first Thursday of the month between 7 – 9pm, in September we heard from a local Head Teacher about how best to support children in school. It was a brilliant, informative evening so please spread the word for the next session on 4th October, where the focus is First Aid for families.

I hope that quick rundown has filled you in on what has been going on over the last few months. Just to highlight for the diary, we are planning activities for October half-term between the 29th Oct – 1st Nov. As soon as details are finalised, I will ensure these are shared in church so please keep listening and let us know if you can volunteer. Also, please be praying as we continue the adventure of finding out what God has got planned for the children and families in Bushey; prayer support is invaluable!

Blessings,
Nicola

Why Christians are like pumpkins

A woman had recently become a Christian and been baptised. Curious, one of her colleagues at work asked her what it was like to be a Christian.

The woman was caught off guard and didn't know how to answer. Then she saw the office 'jack-o'-lantern' on a nearby desk and blurted: 'Well, it's like being a pumpkin.'

Her colleague asked her to explain that one. And so she said: "Well, God finds you and picks you up from the patch and brings you in and washes off all the dirt on the outside that you got from being around all the other pumpkins.

"Then He carefully cuts off the top and takes all the yucky stuff out from inside you. He removes all those seeds of doubt, hate, greed, etc. Then He gives you a new smiling face and puts His light inside of you, to shine for all to see.

'It is our choice to either stay outside and rot on the vine, or come inside and be something new and bright. We can each of us smile today, and shine with His light!'

THE WAY I SEE IT – Whatever happened to ties?

I've recently been sorting through some family photographs. What struck me was how easy it was to date them by what people were wearing. My grandmother always wore black, with a crinoline blouse, and had her hair in a bun. I picked up a photo of her in 1945. She looked, to a modern eye, distinctly elderly. Actually, she was in her sixties. But even pictures from more recent times – the sixties and seventies – display how fashions change. The men all wear ties. The women are almost all in skirts (even if mini-skirts!).

As I pondered, I wondered when I first saw someone read a lesson in church wearing jeans and a tee-shirt – let alone the shorts that became universal during our recent hot August. And whatever happened to ties? Even male cabinet ministers don't wear them. On television only, the news readers always wear a tie, perhaps in tribute to Lord Reith's instruction back in the 1920s that those who read the news bulletins on the dinner jackets (even though no-one would see them). As for women wearing hats in church, I noticed that even our prime minister was not wearing one at the service of commemoration of the Battle of Amiens in the cathedral.



Even male cabinet ministers On television only, the news a tie, perhaps in tribute to instruction back in the 1920s the news bulletins on the dinner jackets (even though them). As for women church, I noticed that even

It doesn't matter, of course. Fashions have always changed, and it's quite possible that the next change will be towards dignity and formality. Meanwhile we can all cherish our own prejudices. My personal bête noire is flip-flops underneath cassocks. I wonder if St Paul had such things in mind when he pleaded for all things to be done 'decently and in order'?

+++++

How do you read your Bible?

89% of American people reading a Bible use a print version. However, over half (57%) search for content on the internet, and a third (35%) listen to teaching on a podcast. Does that tie in with how you do it?



Thinking Lunch

**12.30pm to 1.30pm on
Thursday 4th October 2018**

**At Marlborough Road Methodist
Church, St Albans AL1 3XG**

The Revd Ermal Kirby,

Superintendent, Barking, Dagenham and Ilford Circuit
Research Officer / Associate,
Susanna Wesley Foundation, University of Roehampton

One World: Transforming Communities

Tea / Coffee / Squash provided, but bring your own
sandwiches.

Half an hour talk and then discussion.

*Donations to cover expenses and any profits will be given to
Parkwood Methodist Church, Cape Town – Feeding Scheme*



The term 'disc jockey'
was first used in 1937

Grow an attitude of gratitude

Harvest is a time of thanksgiving to God for all His provision for us. It is good to cultivate a grateful heart, and studies have shown that people who practise thankfulness tend to have a more positive outlook on life, be more optimistic about the future, and are generally healthier than those who do a lot of grumbling and complaining.

On one occasion Jesus met a group of ten lepers (Luke 17:11-19). They called out to Him in a loud voice, asking for Him to have pity of them, which He did. He sent them to the priest, and on the way they were healed. However, only one of them returned to give thanks to Jesus, and he was a Samaritan. He threw himself at the feet of Jesus and thanked Him, giving praise to God in a loud voice.

It occurs to me that most of us make a loud noise when we are in need of help, but we are much quieter about giving thanks. We are not inhibited when making our needs known to God, but how many of us make a point of giving Him thanks when we have received His help? Do we sing His praises loudly? Do we give clear testimony to what the Lord has done?

Why not try and cultivate the discipline of gratitude in your life? Make it a rule to thank anyone who helps you in some way, or who encourages you. Let them know you appreciate them. Review each day before you sleep, reminding yourself of every good thing that happened, and offering your thoughts to God as a prayer. Introduce a short time of giving thanks in your church service. In your home group have a time of praying short, sentence prayers of gratitude to God. Keep a gratitude diary.

Rather than focus of what you don't have, or what has gone wrong, train your mind to focus on what you do have, and what has gone right. You will be surprised at the difference it can make.



Please note that the clock will move backwards one hour due to the end of UK Daylight Saving Time on Sunday 28th October 2012 at 02:00 BST (01:00 GMT)

Celebrating Paddington Bear's 60th anniversary

Paddington Bear made his first appearance 60 years ago, on 13th Oct 1958, when the book *A Bear Called Paddington*, by Michael Bond, was published.

Paddington is of course a fictional, anthropomorphised bear who has featured in more than 20 books that have been translated into 30 languages and have sold more than 30 million copies. He has also starred in two major films and has been described as a worthy successor to Winnie the Pooh.

Though he comes from darkest Peru, and not heaven, he possesses many of the characteristics of Jesus, though falling short in some areas: he has a tendency, for instance, to get the wrong end of the stick. Nevertheless, he is always polite, kind-hearted, hospitable, generous and loving. One can even imagine Jesus giving some people the Paddington “hard stare”, though it does not appear to be mentioned in the New Testament.

Paddington Brown – to give him the name of his adopted family – also has the gift of transforming other people's lives through his own goodness.

A Paddington Bear soft toy was the first item passed through the Channel Tunnel by British tunnellers to their French counterparts when the link was made in 1994.



Numbers of bags plummet

Congratulations! You are using many fewer plastic bags. On average, you now use about 19 a year – as opposed to 140 a year.

The number of disposable carrier bags issued by the seven biggest supermarket chains has declined by 86 per cent since the charge was introduced in 2015, according to statistics from the Department for Environment, Food and Rural Affairs.

Michal Gove, the Environment Secretary, has said it is vital to reverse the ‘rising tide of plastic waste finding its ways into our rivers, seas and oceans, and the catastrophic impact this is having on our marine environment.’

Poppy Field at St.Albans Cathedral

"The image of a poppy has virtually become synonymous with remembrance and the commemoration of those who lost their lives in the two world wars and subsequent conflicts. To mark the centenary of the end of the First World War later this year, the nave of the Cathedral will be filled with a stunning projection of poppies reminiscent of the fields described in McCrae's popular war poem.

On Friday 26 and Saturday 27 October, the Cathedral will open after dark to anyone wishing to contemplate and reflect on the history of the First World War. Entry will be free and will provide people with an opportunity to remember those who have served, both in this and any other conflict.

Created by Peter Walker, Artistic Director at Lichfield Cathedral, the installation will feature projections specially tailored to St Albans Cathedral. There will be a projection of names of those who have served in the armed forces submitted by members of the local and cathedral communities and falling rose petals which will be projected over the Shrine of Alban, Britain's first Saint. All this will be accompanied by a beautiful sound artwork composed by David Harper, including four readings of First World War poems by Eddie Redmayne, the Oscar-winning actor.

Peter Walker said: 'Art in its many forms has always been a mechanism through which we remember conflict and allows us to experience and share emotive moments, both individually and collectively. One hundred years from the end of the First World War, Poppy Field is an opportunity to become immersed in sound and light and truly reflect and focus our thoughts. We are delighted to bring this installation to St Albans Cathedral, and look forward to welcoming everyone to experience the Cathedral seen in a new way.'

The Dean said: 'The Cathedral is an appropriate place to remember, and like Alban's red rose, the poppies recall both the beauty and the blood of martyrdom. At the centenary of the close of the Great War, it is a powerful way to offer sorrow and thanks for the past and continuing self-sacrifice of so many for the sake of their fellow human beings.'

Poppy Field will be on display on Friday 26 and Saturday 27 October from 7.30pm until 11pm. Entry is free. A full series of Remembrance events and services are taking place at the Cathedral in October and November - for details visit www.stalbanscathedral.org

Now it is GOOD to pet your scared dog

As all dog owners know, this is the month that many fireworks begin. What do you do if your dog begins to panic? Well you should pet and comfort your dog, according to the latest advice from the Dogs Trust. Help it to feel secure and reassure it when it turns to you.

For years owners have been animal 'experts' who told distress. But Dogs Trust this only makes the problem us, and when we do not help anxiety grows.



given the opposite advice by them to ignore their dog's says that research has found worse. Dogs are dependent on them in time of trouble, their

So, this autumn, walk your dog before dark, then close the curtains, play soothing music, and keep pets away from the windows if local fireworks begin. Comfort your dog and speak kindly to it. Help it know it is safe with you, and that you care about it. After all, if you don't want to give it attention, why have a dog at all?



数独

sū doku

"The aim of Sudoku is to complete the entire grid using the numbers 1-9. Each number can only be used once in each row, once in each column, and once in each of the 3x3 boxes. Visit www.sudokuoftheday.com for further tips and help about how to play - and good luck!"

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

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Solution on page 31

The Front Pew

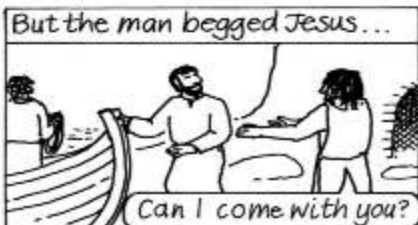
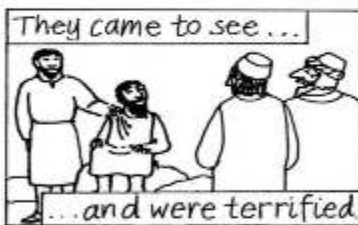
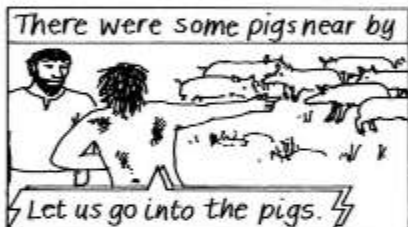
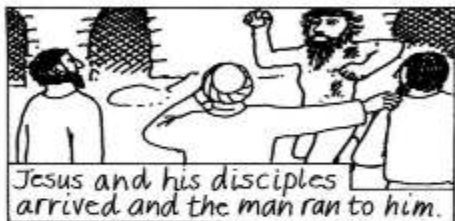
For the younger members of our church family

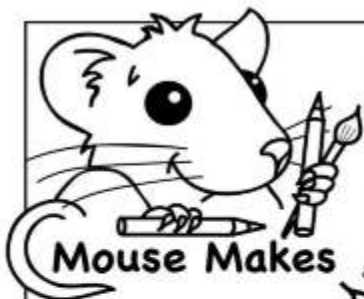
Bible Bite

A short story from the Bible

It can be read in the Bible in
Mk 5:1-17, Lk 8:26-39, Mt 8:28-34

In Gerasa was a man filled with demons
He tore off any clothes or chains put
on him, and he lived in the graveyard.





Mouse Makes

READ the whole story
in 1 Kings 18:16-40

God's prophet **Elijah** built a big bonfire and had the prophets of the god **Baal** build one too.

Elijah said "Call on Baal to light the fire and burn the sacrifice" ... but Baal did not answer because he was just an idol made of stone.

Elijah had his bonfire drenched in water then he called on the Lord God. The fire of the Lord fell and burned up the sacrifice, the wood, the stones and the water around it. All the people saw

this and cried:

"The Lord -
He is God!"



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

How many stones did Elijah use to build the altar?

How many jars of water were poured on the altar?

Can you find these words from the story in the word search?
ELIJAH • ISRAEL • PROPHETS • BAAL • CARMEL • GOD
BULL • WOOD • LORD • TEST • ALTAR • SHOUT • STONES
WATER • POUR • FILL • FIRE • SKY • CONSUMED • DIRT

The tale of the Mustard Seed & the tale of the Yeast

JESUS OFTEN TOLD
STORIES WITH
HIDDEN MEANINGS



SOME OF HIS STORIES WERE
VERY SHORT, BUT THEY MEANT
A GREAT DEAL



ONCE JESUS EXPLAINED HOW
THE KINGDOM OF HEAVEN
WAS LIKE A MUSTARD SEED

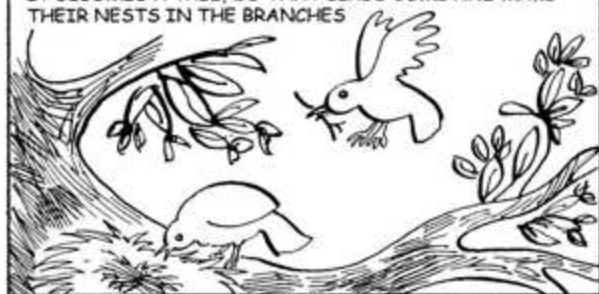


IT IS ONE OF THE SMALLEST
OF SEEDS....



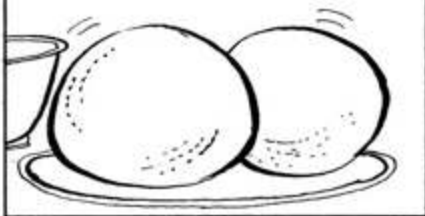
BUT WHEN IT GROWS UP IT IS
THE BIGGEST OF ALL PLANTS

IT BECOMES A TREE, SO THAT BIRDS COME AND MAKE
THEIR NESTS IN THE BRANCHES

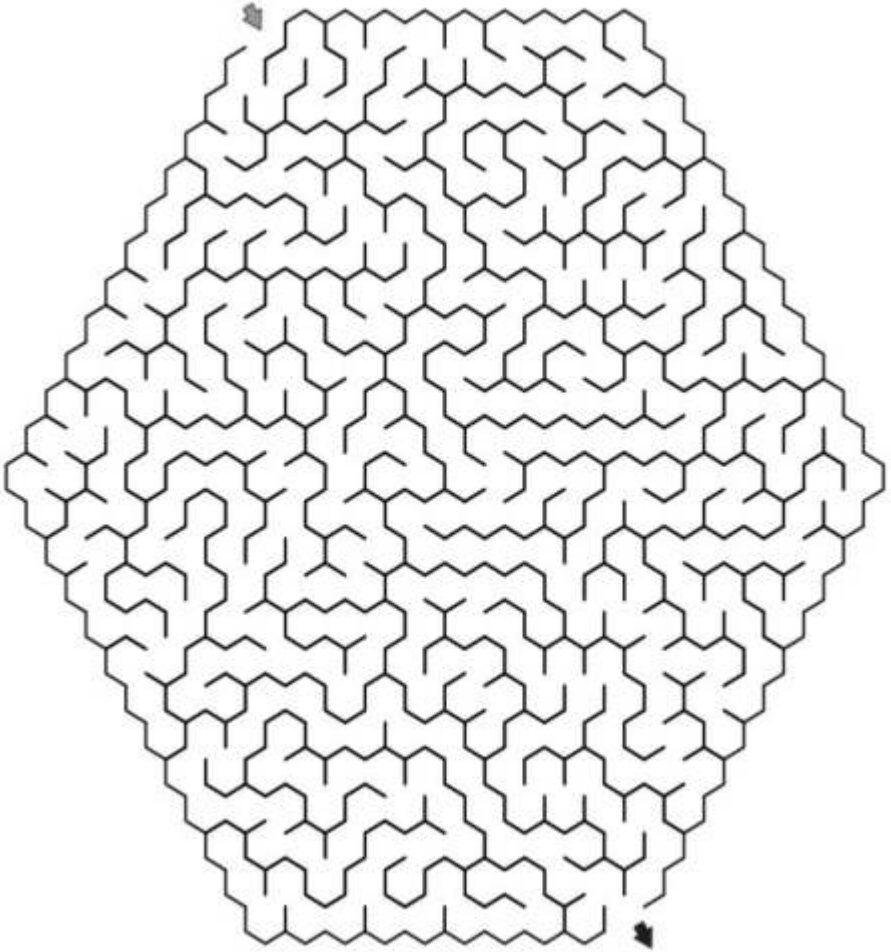


JESUS ALSO EXPLAINED THAT THE
KINGDOM OF HEAVEN IS LIKE YEAST.

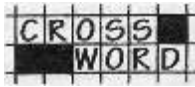
EVEN THOUGH IT'S A TINY INGREDIENT,
WHEN IT'S MIXED WITH THE FLOUR,
THE WHOLE BATCH OF DOUGH RISES



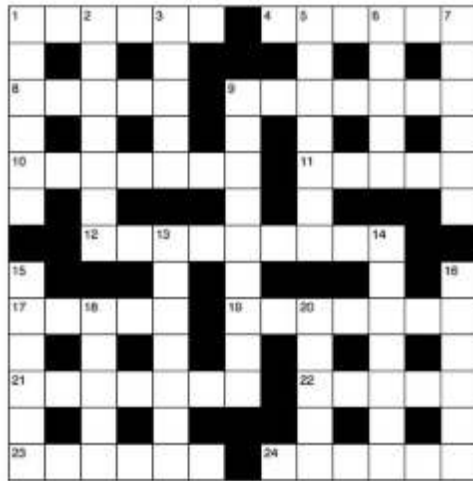
THIS WAS JESUS' WAY OF SAYING THAT EVEN IF WE
HAVE A SMALL AMOUNT OF FAITH... IT CAN MAKE A
HUGE DIFFERENCE TO OUR LIVES, AND TO THE LIVES
OF OTHERS.



There are no Sunday School birthdays this month



(solution on page 31)



Across

- 1 Tertullus, who presented the high priest's case against Paul in his trial before Felix, was one (Acts 24:1) (6)
- 4 As balm (anag.) (6)
- 8 Having explored Canaan, he and Joshua urged the Israelites to take possession of it (Numbers 13:30) (5)
- 9 On becoming king of Judah, he had all six of his brothers killed (2 Chronicles 21:4) (7)
- 10 'Even the — has found a home, and the swallow a nest for herself' (Psalm 84:3) (7)
- 11 Banishment(Jeremiah29:1)(5)
- 12 'And now I will show you the most — way'(1Corinthians12:31) (9)
- 17 'Titus did not exploit you, did he? Did we not — the same spirit and follow the same course?' (2 Corinthians 12:18) (3,2)
- 19 Mice den(anag.)(7)
- 21 How Egypt is often described in the Old Testament: 'the land of — ' (Exodus 13:3) (7)
- 22 One of the first Levites to resettle in Jerusalem after the exile in Babylon (1 Chronicles 9:15) (5)
- 23 'As a sheep before her shearers is —,so he did not open his mouth' (Isaiah 53:7) (6)
- 24 Paul's birthplace(Acts22:3)(6)

Down

- 1 Ravenous insect inflicted on Egypt in vast numbers as the eighth plague (Exodus 10:14) (6)
- 2 Well-being (Philippians 2:20) (7)
- 3 Small piece of live coal or wood in a dying fire (Psalm 102:3) (5)
- 5 Sportsman or woman (2 Timothy 2:5) (7)
- 6 The original name of Abraham's wife (Genesis 17:15) (5)
- 7 'So in Christ we who are many form one body, and each — belongs to all the others' (Romans 12:5) (6)
- 9 According to Peter, a wife's beauty should not come from wearing this (1 Peter 3:3) (9)
- 13 'For God did not send his Son into the world to — the world' (John 3:17) (7)
- 14 'The Lord of heaven and earth...does not live in — built by hands' (Acts 17:24) (7)
- 15 'If your hand — you to sin,cut it off'(Mark9:43)(6)
- 16 Something like these fell from Saul's eyes as soon as Ananias placed his hands on him (Acts 9:18) (6)
- 18 Track(Job41:30)(5)
- 20 Religious doctrine(5)

WORDSEARCH

(solution on page 31)

The Poor Man's Earl

Think of Piccadilly Circus, and that small statue of the angel poised with bow and arrow. Most people think it stands for Eros. It is in fact a memorial to the greatest Christian Victorian philanthropist, politician and social reformer of his generation – Lord Shaftesbury.

Anthony Ashley Cooper, the 7th Earl of Shaftesbury (1801 – 1885) was a devout Christian Member of Parliament who spent his life fighting to help ease the miserable conditions in lunatic asylums, to stop the practise of forcing young children to be chimney sweeps, to stop children working in factories below the age of 10, to stop women and children going in the mines at all, to stop opium addiction, and to provide Ragged Schools for children without any means of education. On the day of his funeral at Westminster Abbey, tens of thousands of poor Londoners thronged the streets to see his coffin go by. He was much loved as The Poor Man's Earl.

Piccadilly
Circus
Statue
Angel
Memorial

Victorian
Philanthropist
Politician
Social
Reformer

Lunatics
Chimney
Sweeps
Shaftesbury
Earl

Poor
Man
Factories
Ragged
Schools

Coffin
London
Streets
loved





MOVIE MOMENTS

Nick and Carol Pollard from EthosMedia.org share thought-provoking reflections on the latest films.

Which best interest?

The Children Act takes its name from the 1989 law governing family courts, the first provision of which states 'the child's welfare shall be the court's paramount consideration'. Each day Judge Fiona Maye (Emma Thompson) must apply that basic legal principle to complex practical situations. Should she separate a child from a parent who might be emotionally damaging? Should she separate a conjoined twin from its other half who might be physically destructive? Each day she must try to act with dispassionate diligence as she makes decisions about other people's lives and relationships.



Now she is required to rule on the case of 17-year-old Adam Henry (Fionn Whitehead) who, together with his Jehovah's Witness parents, is declining a life-saving blood transfusion. What decision is in the best interest of this child, who would rather die than deny his faith? And what impact will this have on his life?



Judge Fiona takes the unusual step of visiting his bedside, and becomes emotionally involved. So, this powerful, multi-layered, film draws us in to consider the nature of life, love, faith and relationships. Fiona says that she presides over a 'court of law not of morals', but can these actually be separated? Is it possible for anyone in this world to know what is in someone's best interests? Indeed, can we ourselves even know what is in our own best interests?

As Fiona sits by Adam's bedside she sings for him a poem by W. B. Yeats, which evokes the sadness of a man looking back on a lost love, and ends with profound and thought-provoking lyrics relevant to all of us as we consider decisions that we must make in our own lives: 'She bid me take life easy, as the grass grows on the weirs; but I was young and foolish, and now am full of tears.'



**ETHOS
MEDIA**.org

EthosMedia.org provides free resources to help people explore spiritual, moral, social and cultural issues through the latest feature films.



Prayers and Poems



Rock
Matthew 7:25

In the changing seasons,
in the terrifying, changing world
where landscapes are no longer recognisable,
where things spin so quickly out of control,
You are the one still point.
You are unchanging,
always faithful,
always present.

In a world of shifting sands
You are the rock on which I stand,
I am secure in You alone.
You are the rock on which I stand,
Jesus,
My Saviour.

By Daphne Kitching

Prayer for changing seasons

Faithful Father,
As the leaves change colour and fall we are reminded of life's changing seasons.
We become aware that time passes more quickly than we expect or plan for.
Help us to make the most of each day You give us – and to be thankful. Thank
you that through all the changing seasons You are unchanging. Your love goes
on reaching out. Thank you for sending Jesus who died to make it possible for us
to know You and come to You when our days on earth are completed. Help us to
trust Him, to receive Him and to live in the power of His Spirit, now and forever.
In Jesus' name,
Amen.

By Daphne Kitching

The Pianists and Musicians

A long row of black and white keys
You'd think you could master with ease!
But blood, sweat, and tears
And practice for years
Are needed before one can please!

Yes, singers must be in no doubt
Musicians don't simply come out
To support all we singers
With those skilful fingers –
If they did, you know you'd soon shout!

I'm afraid that there's only one way
That these people can skilfully play
In order to wow us
They practice for hours
They practice by night and by day!

Next Sunday, when they have played well
Their music entranced, like a spell
Set aside what you've planned
And go – shake their hand!
They won't know you're glad 'less you tell!

By Nigel Beeton

The Guarding of the God of Life

The God of life with guarding hold you,
The loving Christ with guarding fold you,
The Holy Spirit, guarding, mould you,
Each night of life to aid, enfold you
Each day and night of life uphold you.

From Poems of the Western Highlanders



Laughter Lines



A different kind of diet

Each day I aim to eat something from each of the four food groups: the bonbon group, the salty-snack group, the caffeine group, and the ‘whatever-the-thing-in-the-tinfoil-in-the-back-of-the-fridge-is’ group.

All free!

The nursery teacher decided to tell her class about democracy. ‘We live in a great country,’ she began. ‘One of the things we should be happy is that, in this country, we are all free.’

One little boy stood up and looked indignant. ‘I’m not free,’ he protested. ‘I’m four.’

Do it yourself

Keep your nose to the grindstone and your shoulder to the wheel – it’s cheaper than plastic surgery.

Say again?

Three elderly church ministers, all hard of hearing, were playing golf one sunny spring morning. The Methodist minister observed, ‘Windy, isn’t it?’ ‘No,’ the Baptist pastor said, ‘it’s Thursday.’ The Anglican vicar agreed: ‘So am I! Let’s go get a pint.’

Way to go!

My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, 62. My grandson was quiet for a moment, and then he ventured: ‘Did you start at 1?’

Apples

The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. A nun had posted a note on the apple tray, 'Take only ONE. God is watching.'

At the other end of the table was a large pile of chocolate chip cakes, next to which, in a child's handwriting, was a sign, 'Take all you want. God is watching the apples.'

Of mice and men

A minister went into his local pet shop to ask for some help. 'I need at least 50 mice, 2,000 ants and as many of those little silverfish that you can get.'

The pet shop owner was startled. 'We can probably do that, but it might take some time. Mind if I ask why you are placing such an unusual order?'

The minister shrugged. 'It's simple. I've accepted a call to another church, and the church council told me to leave the parsonage the way I found it.'

Whose fault is it, anyway?

In a small town a businessman put in planning permission to build a nightclub complete with dancing girls. The local church started a vigorous campaign to block it from opening. The church launched a petition and held prayers in public. Work progressed, however, right up until the week before opening. Then one night a bolt of lightning strike hit the nightclub and it burned to the ground.

The church members were rather smug after that, until the nightclub owner sued them all -on the grounds that they were responsible for the fire. Loudly protesting their total non-involvement and innocence, the church members were all taken to court.

As the case began, the judge looked over the paperwork and observed: 'I don't know how I'm going to decide this. It appears that we have a nightclub owner who believes in the power of prayer, and an entire church congregation that doesn't!'



Pasta had not been invented. It was macaroni or spaghetti.

Curry was a surname

Olive oil was kept in the medicine cabinet

Condiments consisted of Salt, Pepper and Vinegar (and Brown Sauce if we were lucky)

Soft drinks were called pop

Coke was something we mixed with coal to make it last longer

We didn't eat croissants because we couldn't pronounce or spell them and didn't know what they were.

Rice was a pudding, never part of your main meal.

Brown bread was something only poor people ate.

A take-away was a mathematical problem

Pizza? Sounds like a leaning tower somewhere

Bananas and oranges only appeared at Christmas time

All crisps were plain

Oil was for lubricating, fat was for cooking

Tea was made in a teapot using tea leaves and never green

Coffee was only drunk when we had no tea and was camp and came in a bottle.

Cubed sugar was regarded as posh

Bread and Jam was a treat.

Figs and Dates appeared every Christmas (but nobody ate them)

Coconuts only appeared when the funfair was in town.

Frozen food was called Ice-Cream

Nothing ever went off in the fridge (you never had one)

Cheese only came in hard lumps.

Garlic was used to ward off Vampires, never to flavour bread.

Cornflakes had just arrived from America, but it was obvious that they would never catch on.

Chickens didn't have nuggets in those days

None of us had ever heard of yogurt

Cooking outside was called camping

Eating out was called a picnic

Seaweed was not a recognised food

'Kebab' wasn't even a word, never mind a food

Sugar enjoyed a good press in those days, and was regarded as being white gold

Prunes were medicinal

Surprisingly muesli was readily available. It was called cattle feed

Pineapples can in chunks in a tin; we had only ever seen a picture of a real one.

Water can out of the tap. If someone had suggested bottling it and charging more than petrol for it, they would have become a laughing stock.

The only things we never ever had on/at our table in the fifties... was elbows, hats and mobile phones.



The Children's centres run by Action for Children can be a lifeline for some families. It is a safe, warm and friendly environment where families and support workers can come together and build a network of support. When visiting the centres, it is clear how special they are - and without them, life could be very different for many families.

Julie is a midwife who uses the Children's centres for her antenatal and postnatal classes. Julie explains:

“For parents that are struggling and may not know where to go for help, Children's centres are always there to listen. Being a parent can be quite lonely. Not everyone has much family around them and they might not know where to get help if they need it. Children's centres are here for everyone. You can just drop in for a cup of coffee and have a chat with someone. Children's centres are a safe space to go which is so important to a lot of people. Parents can meet other parents and children can interact with other children. They provide the place for them to meet and build friendships, and then they can carry on that friendship out in the community.”

Lucy is one of many parents who has been going to the Children's centre for several years. Lucy explains:

“Children's centres are welcoming places that are accepting of everyone. Help is always on hand when it is needed. It's really nice to chat to other parents and know that it's not just you, there's other people that are in the same boat. If Children's centres closed down, it would be a massive hit to us. It means that we would lose that safety net of somewhere to go where our children can play, where we can get advice and other supportive things. It would make a really big difference.”

I expect the Christmas mailing will soon be received but until then please continue to give me the following recycling items – old British & foreign coins, ink cartridges and mobile phones. Used postage stamps can either be given to me or handed in at the Hospice shop.

Thank you for your continued support,

Janice Stephens

What is happening to our attention span?

Social media and video games are harming our young people's minds. They are being so bombarded with instant gratification that, like young children, they need to have 'something every moment to distract them.'

So says Baroness Greenfield, a senior research fellow at Oxford University. She refers to studies at Harvard and Princeton which found that students even preferred to give themselves electric shocks rather than face 10 minutes sitting quietly on their own. 'People are no longer able to go into their own mind, think laterally and have their own thoughts.'

She predicts that in future, many people will end up emotionally stunted. 'They are going to be like three-year olds: emotional, risk-taking, with poor social skills, weak self-identity and short attention spans.' They will become 'more narcissistic, with lower self-esteem and higher depression rates'. Hospitals are certainly treating almost twice as many girls for self-harm as they did 20 years ago.

Lady Greenfield urges parents to read with their children, play sport with them, or do gardening together: 'all activities with a beginning, a middle and an end, which cannot be rushed'.



Film on the Heath

7.30 p.m. for 7.45 p.m.

**Come along on the third Friday of the month to
watch a specially selected film on the big screen**

No admission charge.

email filmontheheath@samcbh.org.uk for details



Date and Walnut Bread

12oz / 350 g self-raising flour
Half teaspoon salt
Half teaspoon mixed spice
3oz / 75 g caster sugar
3oz / 75 g finely chopped walnuts
3oz / 75 g chopped dates
2 eggs, beaten
10fl oz / 300ml milk
2oz / 50 g melted butter

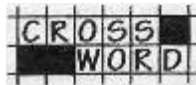
Preheat oven to 180C / 350 F / gas 4
Grease & line a 2lb / 1 kg loaf tin
Sift the flour, salt & mixed spice into bowl
Stir in sugar, walnuts & dates
Mix eggs & milk together & add to ingredients
Stir in butter & beat well for 2 mins
Turn mixture into loaf tin and level
Bake for about 90 mins.
Leave to cool in tin for 5 mins
Turn out onto wire rack & remove lining

Puzzle Solutions

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

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WORDSEARCH



ACROSS: 1, Lawyer. 4, Balsam. 8, Caleb. 9, Jehoram. 10, Sparrow. 11, Exile. 12, Excellent. 17, Act in. 19, Endemic. 21, Slavery. 22, Galal. 23, Silent. 24, Tarsus.

DOWN: 1, Locust. 2, Welfare. 3, Ember. 5, Athlete. 6, Sarai. 7, Member. 9, Jewellery. 13, Condemn. 14, Temples. 15, Causes. 16, Scales. 18, Trail. 20, Dogma.



Services - October
All services 9:30 a.m. unless stated



7th - Revd. Richard Lowson
(Breakfast Church/Parade/Harvest 9.00am)

14th - Mrs Anne Peat

21st - Revd. Richard Lowson
(Holy Communion)

28th - United Service @ Bushy & Oxhey MC (11.00am)

Coffee on the Heath

**2nd and 4th Saturday of the month
10.30 a.m. - 12.00 noon**

**Everyone is welcome to come and meet old friends
and new over a cup of coffee or tea and home
made cakes.**