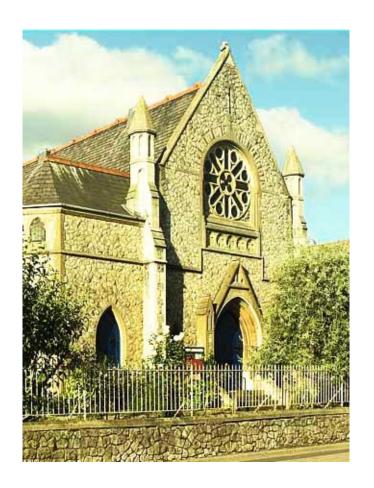
# THE OUTLOOK

# SEPTEMBER -NOVEMBER 2020



Emmanuel Church Sidcup

Methodist and United Reformed

#### **Introducing the Interim Moderator**

Hello,

First of all may I say how privileged I feel to be your Interim Moderator. And I really do mean "privileged" – I am not just saying that. Hopefully it will not be too long before we hold an induction service but that is in the future.

I have just celebrated my Golden Wedding. I was born in Hawick, Scottish Borders, and still retain my Scottish accent. Seventy-eight years old but not wearing too badly! The Borders is an area where few visit which is a great shame as the scenery is lovely, people are very, very friendly and there is no such thing as a traffic jam. Try a holiday there next year.

I could not wait to leave school and got out at the earliest opportunity. No GCSE's. Nothing. I trained for two years to be an accountant. Then I joined a knitwear manufacturer on their management trainee scheme. Took a few exams and became a Chartered Textile Technologist (yes there is such a creature!) At twenty-seven years of age I was sufficiently successful to be appointed Lecturer in Textile Technology at the College for Distributive Trades which was in Leicester Square (where the Capital radio building is now situated). It was evident that lecturing on this subject was not long term so I switched to my other subject of statistics. After a few years I joined the fledging University of the Arts as a Lecturer in Statistics and was there until retirement. Not very ambitious but I really loved my job.

I have two sons. Alastair lives in Stoke-On-Trent and is a member of an Assembly of God church. Each Sunday he batters the life out of the drum kit. Calum lives in Sevenoaks but sadly never passes through a church door. Both boys have two children.

I have always gone to church. My home church is St Marks, Balham. A very small church with twelve members. I have been a member of the United Reformed church for over forty years. I live at Morden. Have been Interim Moderator on four separate occasions and "Interim" Interim Moderator for another two. Each church has its own ideas what it expects from an Int Mod. So I hope that you will tell me at the outset what you would anticipate. Synod wished to have one Int. Mod for all three churches in our group. I used to be a very active lay preacher but take few services nowadays. It is my intention to join you in worship once every three months. In addition I hope to be at most elders meetings. So, hopefully, we shall get to know each other pretty well before the new minister takes up office. At present I am also Int. Mod. for St Marks at Greenwich but we will have a minister "preach with a view" on 27<sup>th</sup> September and all signs for a successful outcome are very positive.

Cannot think of anything else to add but you are free to ask about anything when you see me. I am very laid back and do not take offence at any question.

You have not had a Christian message. I promise you that in the next letter.



#### Thank You All

I wish to thank Alison, all the Elders and all the friends from Emmanuel Church who have shown such kindness during this pandemic. I have received phone calls offering help, shopping if needed, and friendly chats.

I have also been so pleased to receive the Sunday worship leaflets which arrived each week, so that I could follow the service, and pray with you all knowing that we were worshipping together.

Thank you also for the news sheets that I received.

Looking forward to attending church again as the pandemic eases, and worship with you all again.

Love and God Bless you all, you lovely people.

Doreen Still 28-7-20



#### **Emmanuel After Lockdown**

We were all pleased when the church held its first service after lockdown on Sunday 26th of July. We had a congregation of 30 adults and 2 children

We were delighted that Alison took the service even though she had officially left us the previous month. It gave us the opportunity to present her with a leaving gift and a Thank You card.

Things are very different now. As far as possible we use a one-way system for entry and exit at the front of the church, masks must be worn, and hand sanitiser is provided at the entrances. Alternate pews are not used, shown by inverted cushions, and people must keep to social distancing rules. Hymn books and bibles have been removed. The children's corner has been cleared, so children need to bring their own toys or books. The collection plate is available at the entrance. The collection is quarantined for 3 days before being counted/

The biggest changes are that singing is not permitted; hymns are played if possible and people can sing along silently; coffee is no longer being provided after the service. We must all be careful to observe Social Distancing even after the service to keep everybody safe.

Some hall users will be starting to use the hall from Sep 7<sup>th</sup>.

#### **Appointing a New URC Minister**

I suppose each Interim Moderator has his/her way of approaching the task but the process follows similar lines. My first item is to clarify the scoping for each church. When a minister moves, the Area Pastoral Committee may set up a Scoping Committee to review the present structure. Church membership is very important but the committee will examine the present activities of the church, its profile etc before coming to a decision. As of yet I have no idea whether or not the present scoping will alter but it will be clear in the not too distant future. The scoping has financial implications for the church and the minister. Should a church be scoped at 25% (the present figure for Sidcup) then it will be assumed that the cleric will devote that percentage of his/her time to that church. In practice it does not always work out quite like that.

I always like to review the position of the manse at the start of the vacancy. It is an important issue which is often overlooked. But I have personally had real problems with manses on three occasions hence the desire to "sort it out" pretty quickly.

Once the scoping has been determined we then move on to the preparation of the LMMR (Local Mission and Ministry Review). Some people may take offence at my description but basically we are trying to sell the church to a potential minister. It is vital to state where the church stands, its aspirations and plans for the future, its mission statement and what will be expected from the minister.

The LMMR needs to be scrutinised by the Moderator and Area Pastoral Committee. I have traded a few emails with Bridget and she seems to be a very reasonable person with whom to work. Hilary, who is chair of the APC is also a very sensible, amiable person and she will provide quality advice. So hopefully once we have completed our LMMR it will receive quick approval.

Each month all URC ministers in the UK receive a list of churches which are in vacancy together with their stipend slip. (Interesting question here – which do they scrutinise first!!!!) Ministers who are interested in moving to another pastorate can ask to view any LMMR but may find it is not suitable for them. If a minister feels a call to a pastorate he/she will express an interest. At that point no other minister can be involved. The Minister will send a Personal Profile Summary (PPS) which provides information on Pastorate Preferences, Priorities in Ministry, Geographical Constraints, Relevant or Recent CME, Skills and Experience Offered and Other Comments. That is fairly short but the Personal Profile which adds detail to the PPS usually stretches to a few pages. Churches may not express interest in a particular minister so the process begins again.

The Moderators play a very important role. They meet regularly and discuss ministerial movements. Moderators know the churches within their Synod and can advise if a minister would be suitable for a particular church or grouping. In fact Moderators may advise a minister who has not considered moving, to show interest in a particular vacancy.

But if an interested minister seems suitable for that pastorateship it is normal to appoint a Vacancy Committee which will meet him/her. Should the committee be impressed with the minister and vice-versa (because it works two ways) then that minister will be invited to "preach with a view". It is up to the three churches what structure is in place when a minister preaches with a view. It could be at three, two or one churches but generally ministers prefer to preach in all relevant churches to "get a feel " for the atmosphere.

After the service the custom is to have a "bun fight" where the congregation enjoys a buffet whilst the minister works his/her way round the tables. But Covid has put that in cold storage for the present.

Members will then have the opportunity to vote on whether to invite the minister to accept the post. Each minister advises, in advance, what percentage of the vote he/she requires. If the percentage exceeds this figure then the minister will be invited to take charge of the pastorate. Should the minister accept we then proceed to complete the necessary details.

Colin Watson Interim Moderator

## Women's Hour Comeback

When I got the news that our church was able to open in a restricted way I was so pleased. After attending the church services for a few weeks it became plain that our 'distancing' does work - just strange. So when I got the call that the Women's Hour Fellowship could meet again I rang-round my lovely ladies and got their agreement to restart on the  $14^{th}$  September.

It will be different I know, but it will be wonderful to meet up with our friends after 6 months apart. Luckily during this time none of our ladies have fallen foul of Covid 19.

This I thank God for and pray for all those who have been ill. I know we have no idea how long this pandemic will last, but as long as we have friends and family to assist us with shopping etc. we can get through this.

So here's looking forward to the next year. God bless all.

Marion

#### **The Osprey Has Landed in Keswick**





There is a viewing point on Dodd Fell near Bassenthwaite Lake where Ospreys can normally be viewed through telescopes provided by The Osprey Watch project. Due to Coronavirus this is currently not possible.

The two birds flying in the area since the end of March finally settled down to lay a clutch of Eggs. They were not sure if there were two or three laid. Two healthy chicks were seen a few weeks later in the nest. These have now fledged, and are practising flying and fishing with their parents over the Lake.

While we were in Keswick during July we witnessed this Osprey being created over three days from a dead tree in Fitz Park.

Tony

## **Lucy's Drawing**

Lucy, aged 6, had drawn a picture of Joseph and Mary with baby Jesus riding on a donkey out of Bethlehem. On the back of the donkey was a huge hairy creature with a big grinning face.

"What's that?" asked the teacher.

"The flea" replied Mary.

The child had added a completely new meaning to the phrase "Take your wife and flee to Egypt".

from Elsie Goodman

#### **New President of the Methodist Conference**

The Revd Richard Teal was inducted as President at the Methodist Conference (conducted online) on Saturday 27 June 2020.

Richard is a Methodist presbyter and was brought up in a small Yorkshire Dales village, where his father was a farmer.

After leaving school, Richard worked in textile management and during that time he candidated for the Methodist ministry. He attended Wesley College, Bristol, and left a year early due to the shortage of presbyters at that time.

His first circuit was Blaydon in the Newcastle-upon-Tyne District and he was then sent as Superintendent to what in those days was a priority appointment in Berwick-upon-Tweed on the English-Scottish border.

Nine years later, Richard returned to East Yorkshire and served as Superintendent of the Beverley Circuit. In each of these appointments there was significant church growth. After circuit ministry, Richard served for 11 years as Chair of the Cumbria Methodist District and his experience of rural ministry came to the fore.

His understanding and appreciation of rural issues helped considerably when Cumbria was devastated by two county-wide floods. In 2010 a gunman killed 12 people on the west coast of Cumbria and Richard had a significant role in leadership and pastoral responsibility.

In his time in Cumbria, Richard had at least two other very significant roles: first in enabling the region to become the first ecumenical county in Great Britain.

Second, he formed a strong agricultural chaplaincy team to bring pastoral support to the agricultural community and beyond. Richard greatly values rural communities and encourages rural churches to take risks and do new and exciting faith activities.

For Richard, a small rural chapel is not a failed large church. Small communities are important and significant in building the kingdom of God. Richard was also contributor to 'A Discipling Presence', a workbook that promotes an effective Christian presence in rural communities (Methodist Publishing, 2017). Richard is married to Susan, and they have two children and two grandchildren.

From the Methodist website

Judith and I met Richard in 2018 when he re-dedicated Keswick Methodist Church after a major refurbishment.

Richard was presented with a shepherd's crook by the Cumbria Agricultural Chaplains when he became President, and his circuit gave him a Preaching Scarf which has a Herdwick sheep on it, made from the same Herdwick wool that was used on the hangings in Keswick Methodist Church.

Ed

There wasn't room in the last edition of Outlook to share what the Rainbows and Brownies had been doing during lockdown. They had been missing their meetings but as you can tell from what their leaders say here, they have been busy.

#### 6th Sidcup Rainbows in Lockdown

We have been using the 'WhatsApp' group to stay in touch with the girls and we've been sharing fun activities for the girls to do at home, such as puzzles and colouring in, along with sharing the songs that another leader has been videoing.

And over the course of a few days, while walking my dog, I delivered 25 beautiful goody bags that Ros had put together (including last term's badges, an Easter badge and some chocolate eggs) to the girls. I even got to see a few of the girls and obviously several of the parents on my travels. It was so nice to see them and have a quick catch up in person - from a safe distance of course!

I also run another unit as Leader, the 8<sup>th</sup> Sidcup Rainbows at St Lawrence's Church, so I decided to combine the two units for a special opt-in badge to run over whatsapp over the course of 4 weeks. The badge was called Spy Adventures and each week I handed out 3 secret missions for the girls, so 12 missions in total. Missions included making a disguise, and an ID badge, taking fingerprints, creating and using a stealth obstacle course, decoding, improving night vision with a carrot based recipe of their choosing, making binoculars out of toilet rolls and many more. I asked the girls to do as much as they could manage with no pressure to do all or any, and to share photos/videos if they felt comfortable. I've attached a few that the parents have kindly given permission for you to use in your newsletter.

This badge was so much fun, it was fantastic seeing the girls' efforts and



their happy faces so I am about to start another badge, this one Robot themed to cover STEM topics.



We also celebrated VE Day with Guiding's Sleepover at Home: girls were encouraged to sleep somewhere other than their bedroom, so in a sibling's room, in the front room or even in the garden.

Many girls joined in with siblings, parents and teddies...

Naomi / Magpie

## 6th Sidcup Brownies

Earlier in lockdown we had 24 girls who opted on VE day to sleep somewhere not their own bed. 8 girls also gained St Georges Day Badges.

We also had our first outdoor meeting recently which the girls really enjoyed, having fun together.

Sadly the Hurst Division 60<sup>th</sup> birthday weekend, Camping at Chessington, and a District camp were all postponed due to lockdown.

The Brownie new assistant leader is Issy Richardson who was a guide here with the 4<sup>th</sup> Sidcup.

Alison – Brown Owl

## 4th Sidcup Guides

We had 6 girls who participated in the VE Day sleep out (somewhere not in your own bed). There was an opportunity to have a virtual picnic the 4/5 July which also gave the girls a badge.

We have been having virtual meetings via Zoom on a Friday for 40 minutes. Between 8 and 13 people attend. Heron met several Guides outdoors last week at Kemnals for an hour and we are going to Cudham Guide Camp for a day out on Wednesday 26<sup>th</sup> August with 8 girls.

Tayah's international trip to Poland was postponed but she hopes to be able to go next year.

There is no news yet about when the Guide Association will allow us to meet indoors but we are endeavouring to keep contact with everyone.

Magpie (Maggie) and Heron (Liz)

#### **Church Finances**

The effects of the Covid19 pandemic since lockdown., with no Church services and no hirers in the hall, mean that the Church finances have considerably reduced. A very kind donation in recognition of all the love and fellowship received by a member was welcomed. Thankfully now, services have restarted and the hall bookings will be commencing from 7<sup>th</sup> September.

I think it may be a good idea to explain to people the ways in which giving can be made more efficient in the church.

Gift Aid Anybody who pays Income or Capital Gains Tax can fill out a Gift Aid form which will permit the Church to recover an additional 25% of any donation from HMRC.

It is therefore important that the giver can be identified. One way is to use the Envelope Scheme.

The gifts can be of any amount and made in any form: Cash, Cheque, Standing Order, Bank Transfer etc. The only restriction is that the donor must pay more tax than all their Gift Aid donations.

**Envelope Scheme** The envelope scheme can be used by anyone, whether they are registered for Gift Aid or not. The gifts can be of any amount and can be Cash or Cheque (but see GASDS below).

It is designed to make giving more anonymous while retaining traceability, and to encourage regular giving.

People are given a set of dated envelopes (one for each week of the year). The donor is identified on the envelopes by a unique number, known only to the Accountant. When the envelopes are opened their contents are recorded in a book against that unique number. Any cash in the collection not in envelopes (anonymous) is also recorded as a lump sum.

Annually, the book goes to the Accountant who identifies those gifts for which Gift Aid can be claimed and claims it.

Gift Aid Small Donations Scheme (GASDS)

This scheme was introduced in 2013 by HMRC to allow Gift Aid to be claimed on all those anonymous donations mentioned above, and envelope donations from people who can not be registered for Gift Aid.

Donations must be in Cash, so Cheques, Bank Transfers and Standing Orders are not included.

The maximum that can be claimed for is 10 times the total of Gift Aided donations, so it is still important that those who can register, do so.

Although I am the named Treasurer and deal with the everyday finances, Sam, our accountant, deals with the church accounts and acts as the Gift Aid secretary.

If anyone would like to join the Envelope Scheme or have a Gift Aid form, please see me.

Judith (Treasurer)







Subject to change due to Covid-19

#### **Services for September**

6	10.30am	Own Arrangements
13	10.30am	Mrs Val Loader
20	10.30am	Mr John Twidale
27	10.30am	Mrs Sue Cope

## **Services for October**

4	10.30am	Mr David Ball	
11	10.30am	Den Maureen Spinks	Harvest Festival
18	10.30am	Own Arrangements	
25	10.30am	Mr Martin Leonard	Communion

#### **Services for November**

1	10.30am	Own Arrangements	
8	10.30am	Mr Peter Thornton	Remembrance Service.
15	10.30am	Mr Paul Ayliffe	
22	10.30am	Mr John Twidale	
29	10.30am	Mr Martin Leonard	Communion

#### **Revised Common Lectionary**

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•	alendar ate	First Reading	Psalm	Second Reading	Gospel Reading
14th Sun after Pentecos	t Sep 6	Exodus 12:1-14, Psalm 149	Ezekiel 33:7-11, Psalm 119:33-40	Romans 13:8-14	Matthew 18:15-20
15th Sun after Pentecos	t Sep 13	Exodus 14:19-31, Psalm 114 or Exodus 15:1b-11, 20-21	Genesis 50:15-21, Psalm 103:(1-7), 8-13	Romans 14:1-12	Matthew 18:21-35
16th Sun after Pentecos	t Sep 20	Exodus 16:2-15, Psalm 105:1-6, 37-45	Jonah 3:10-4:11, Psalm 145:1-8	Philippians 1:21-30	Matthew 20:1-16
17th Sun after Pentecos	t Sep 27	Exodus 17:1-7, Psalm 78:1-4, 12-16	Ezekiel 18:1-4, 25-32, Psalm 25:1-9	Philippians 2:1-13	Matthew 21:23-32
18th Sun after Pentecos	t Oct 4	Exodus 20:1-4, 7-9, 12-20, Psalm 19	Isaiah 5:1-7, Psalm 80:7-15	Philippians 3:4b-14	Matthew 21:33-46
19th Sun after Pentecos	t Oct 11	Exodus 32:1-14, Psalm 106:1-6, 19-23	Isaiah 25:1-9, Psalm 23	Philippians 4:1-9	Matthew 22:1-14
20th Sun after Pentecos	t Oct 18	Exodus 33:12-23, Psalm 99	Isaiah 45:1-7, Psalm 96:1-9, (10-13)	1 Thessalonians 1:1-10	Matthew 22:15-22
21st Sun after Pentecos	t Oct 25	Deuteronomy 34:1-12, Psalm 90:1-6, 13-17	Leviticus 19:1-2, 15-18, Psalm 1	1 Thessalonians 2:1-8	Matthew 22:34-46
22nd Sun after Penteco	st Nov 1	Joshua 3:7-17, Psalm 107:1-7, 33-37	Micah 3:5-12, Psalm 43	1 Thessalonians 2:9-13	Matthew 23:1-12
23rd Sun after Pentecos	t Nov 8	Joshua 24:1-3a, 14-25, Psalm 78:1-7	Wisdom of Solomon 6:12-16 or Amos 5:18-24, Wisdom of Solomon 6:17-20 or Psalm 70	1 Thessalonians 4:13-18	Matthew 25:1-13
24th Sun after Pentecos	t Nov 15	Judges 4:1-7, Psalm 123	Zephaniah 1:7, 12-18, Psalm 90:1-8, (9-11), 12	1 Thessalonians 5:1-11	Matthew 25:14-30
25th Sun after Pentecos	t Nov 22	Ezekiel 34:11-16, 20-24, Psalm 100	Ezekiel 34:11-16, 20-24, Psalm 95:1-7a	Ephesians 1:15-23	Matthew 25:31-46
1st Sun of Advent	Nov 29	Isaiah 64:1-9	Psalm 80:1-7, 17-19	1 Corinthians 1:3-9	Mark 13:24-37

https://lectionary.library.vanderbilt.edu/lections.php?year=B&season=Lent
Make sure you get the correct year

# **Please Note**

The closing date for copy for the **Dec / Jan / Feb** Outlook will be Thursday 19<sup>th</sup> Nov

Earlier contributions will be welcomed.

Tony Howard Emmanuel.church.outlook@gmail.com

# **Cradle Roll**

Isabella Joyce Mary Clement will be 3 on Nov 10<sup>th</sup>

Happy birthday Isabella!

The full Lectionary can be accessed on line at



#### **More Thoughts From Lockdown**

It is 3 months since I last wrote about how we were dealing with lockdown and yet here we are still more or less the same. It is true that some things have eased but we are very wary of doing anything, so really very little has changed for us. I do have a weekly outing now. I go to the supermarket once a week at 6am, armed with mask and gloves and looking like a bank robber (although with a walking stick I feel it is unlikely that the Security people will think I will be making a quick getaway!) There are only a handful of people there so social distancing is no problem in such a big space. I whip round and am home before 7am. Then I have the whole of the following week to look forward to the next time.

Amazing how lockdown makes you see things differently. We have had a couple of friends in for coffee in the garden and that was lovely, to chat face to face is so much nicer than on the phone. We are still quizzing with our family once a week. They are so clever on the computer we have had such good fun although our record for coming last every week still stands, (they will insist on asking questions about people we have never heard of and their music questions concern nothing recorded before 2015!). I am still reading books from my shelves and am currently on no. 27. They are not major works but have kept me entertained.

We are pleased that Church has reopened and it is good to see everyone. I am really sad that we are not allowed to sing. I love singing hymns, but perhaps the rest of the congregation are relieved not to have to hear our very untuneful voices. I find keeping a Mask on for quite a time a bit of a trial but needs must and we look forward to better times. Like most people I have been very relieved to have a haircut and was impressed with the arrangements my hairdresser had made to keep us all safe. Not sure we will have the courage to go out for a meal yet. We have an outing booked for September so hoping things will be a bit better then.

We seem to have slowed down as the weeks (months) have passed. Enthusiasm for keeping busy seems to have waned somewhat (my friends tell me the same) so we are not doing a great deal, mostly reading, and something more constructive with the occasional burst of energy when it becomes necessary. We have continued our battle with the washing machine a couple of times when it refuses to give up the washing, but we eventually win. We waged war on an army of ants. This only lasted a couple of weeks. They seem to give up overnight, mostly not because we were mighty opponents but probably because they couldn't find much of interest in our house.

Like most people the heat wave has proved very trying and made us even lazier. With already having lost 5 months of our normal lives and with longer to come it seems, the question arises that at our age can we afford to lose this time? Perhaps we should be more courageous but careful and think about going out more. But it is what it is and none of us knows what the future holds so we must all do what we can. We continue to be thankful for all we have and being so fortunate.

Jenni Thornton

#### **Pastoral News**

Ruth Dunster spent another few days in hospital but is feeling much better. She is staying safe at home and is very grateful for the support of her family and is keeping in touch with her son in New Zealand by phone.

We keep in our thoughts Maureen and Syd Howlett. Syd is making gradual progress supported well by regular carers. Maureen is very grateful for the Circuit online services because she does not want to leave Syd yet to attend Church. Please continue to pray for both of them. It has been a very difficult time for them.

Maddie Lake has had another fall and has broken her hip. She has had an operation to provide a new hip and seems to be making a gradual recovery. We were delighted to see her back in church on the 23<sup>rd</sup>.

Katherine Wyatt has been unwell, having to return early from holiday.

Whilst on holiday with her family Pat Brace had a fall and fractured her leg. We wish her too a good recovery.

Freda Skinner is well in St. Margaret's and always cheerful when I see her through her window. She keeps very busy with knitting and craft activities.

Lorna New is also in St. Margaret's. I hope she is well but I cannot visit her until the home allows visitors.

Remember Iris Wood who is supported at home by carers and her son, but finds it difficult to understand why she doesn't have other visitors.

#### Be Glad

Be glad that your life has been full and complete.

Be glad that you've tasted the bitter and sweet.

Be glad that you've walked in the sunshine and rain.

Be glad that you've felt both pleasure and pain.

Be glad that you've had such a full happy life.

Be glad for your joy as well as your strife.

Be glad that you've walked with courage each day.

Be glad that you've strength each step of the way

Be glad for the comfort that you've found in prayer.

Be glad for God's blessings, His love and His care.

Elsie Goodman

#### **Coming out of Lockdown**

All through lockdown, much as we love our home, we were looking forward to getting away from our four walls, so when it was announced that people could travel safely, off we went northwards. What will it be like in Cumbria? I asked myself. Will. it be a different world? Will things have changed?

The journey on the A1/M was quite steady except for a 40 minute hold-up as the result of an accident and a couple of breaks to exercise Jacob. As we passed Penrith on the A66 we hoped the welcoming friendly Cumbrian mountains would be coming in to view very soon. They did not disappoint us! The mountains looked just as beautiful as they did when we saw them in February. It was at that point that we reminded ourselves how seeing the mountains again, is the very reason for undertaking a long journey so often.

Once at our destination and the car unpacked, it wasn't long before we had our boots on to walk through the woods and by the lake. Thankfully, other walkers were very well aware of the need to distance themselves socially when passing and to share their delight at being in the fresh air and amazing scenery. The water on the lake looked so peaceful and calm, The mountain Cat Bells looked as splendid and welcoming as always. How lovely to be back here in our beloved Cumbria! It was just as wonderful as ever.

We certainly weren't the only people escaping after the lockdown. On the following day we passed through the market place in the centre of the town. It was market day and it was more crowded than I have ever seen it, with little evidence of any social distancing and very scary. There was a big influx of visitors needing a holiday and a host of market traders trying to earn a living. Understandably it must have been a concern to the local people but thankfully I understand that a new set of regulations has now been brought into place to improve social distancing.

Needless to say during our stay most outings avoided the town and took us amongst the mountains and the fells which Tony and I have grown to love.

To me the mountains and fells have always been a joy to behold. The crags and gullies, the zig zagging footpaths, the mountain streams and waterfalls, the russet coloured bracken, the lichen covered stone walls as well as the well defined, rugged skyline are always sights of which I, for one, can never tire. The mountains are eternal. They are only changing in their moods. They seem to disappear when the clouds are low but they look magical in the sunshine. They seem to be extending an invitation to explore and climb. Accepting that invitation can be, and has been for me, a very satisfying and moving, spiritual experience.

On this holiday we limited our walks to the lower fells and wherever we went we were rewarded with amazing views and a sense of peace. From Castlerigg stone circle and the summit of Latrigg we had superb 360 degree

panoramas of the surrounding fells Sometimes it looks as though the mountains go on as far as the eye can see. I have climbed most of the Lake District fells over the years and cherish memories of those times in the hills and the friends with whom I shared those days.

After having had to stay at home during the enforced lockdown it was lovely to be away in the hills and to breathe the clear mountain air. How true it is that the hills "have a power to soothe and heal!" We returned home feeling totally refreshed, ready to continue the new routine which covid19 has inflicted on our everyday lives in order to stay safe. The world hadn't changed but the way we live must be different until hopefully a vaccine is found to beat this unprecedented pandemic.



Cat Bells beyond Derwentwater

Judith

"The fleeting hour of life of those who love the hills is quickly spent, but the hills are eternal. Always there will be the lonely ridge, the dancing beck, the silent forest; always there will be the exhilaration of the summits. These are for the seeking, and those who seek and find while there is still time will be blessed both in mind and body."

Alfred Wainwright, The Western Fells

#### Love in a Box

Mustard Seed intend to send 'Love in a Box' boxes to children in Eastern Europe again this Christmas.

Boxes are usually collected at the end of October. We hope to have leaflets in church soon.



Harold Frederic Wilson	1985
Ada Jessie Nathanielsz	1986
Beryl Braidwood	1986
Eileen Dorothy Lyon	1987
Ada Charlotte Hughes	1992
Winston Radcliffe Wood	1994
Ronald Edwin Parker	1997
Stephen Watkins	2002
Ida Wiles	2008

Ida Elizabeth Vaughan	1963
Eileen Frances Carter	1976
Marjorie Constance Liddle	1979
William John Cole	1981
Thomas Reginald Clifford Huett	1984
Gladys Ethel Bell	1985
Elsie Annie Reader	1986
Bessie Grimes	1991
Frederick James Newman	1998
Reginald Grubb	1999
Dallas Lewis	2011

<b>A</b> OUF	R BOOK OF
REM.	EMBRANCE
	SEPTEMBER
Harold Frederic Wilson	1985
Ada Jessie Nathanielsz	1985
Beryl Braidwood	1986
Eileen Dorothy Lyon	1987
Ada Charlotte Hughes	1992
Winston Radcliffe Wood	
Ronald Edwin Parker	1997
Stephen Watkins	2002
Ida Wiles	2008
OC	TOBER
Ida Elizabeth Vaughan	1963
Eileen Frances Carter	1976
Marjorie Constance Lide	dle 1979
William John Cole	1981
Thomas Reginald Cliffo	
Gladys Ethel Bell	1985
Elsie Annie Reader	1986
Bessie Grimes	1991
Frederick James Newma	
Reginald Grubb	1999
Dallas Lewis	2011
NOV	/EMBER
John Robert Brunskill	1977
Audrey Alice Brunskill	1985
Ivy Annetta Langham	1984
Winifred Louisa Hodby	1986
Edith May Gaffney	1987
Margaret Rand	1984
William Rand	1984
Alice Mary Wood	1969
Margaret Wood	1987
Edith Mary Norman	1992
winifred Huett	1997
Cyrii Skinner	1987 1984 1984 1984 1969 1987 1992 1997 2006 2009
Sergie Dziejko	2009

#### **Medical Detection Dogs - Update**

Our COVID-19 detection dogs project team is now asking people in the North West of England for help with the trial.

We are aiming to recruit thousands of people in the North West of England, a region which has experienced a recent rise in coronavirus cases, who have mild COVID-19 symptoms and are due to have a swab test, or have had a swab test conducted in the previous 24 hours.

The volunteers will provide samples of breath and body odour by wearing a mask for three hours, and nylon socks and a T-shirt for twelve hours.

The team needs to collect around 325 positive and 675 negative samples – in order to confidently determine if our dogs can accurately detect the disease.

Once the samples have been collected, they will be taken to the London School of Hygiene & Tropical Medicine for analysis to identify compounds in odour that show someone is infected with COVID-19.

The samples will then be sent to our training centre in Milton Keynes where a group of Bio Detection Dogs that have been doing pre-training will transfer their skills to detecting the odour of the virus from the samples.

Samples from volunteer NHS staff and members of their households who are due to be tested for COVID-19, are also being collected.

Claire Guest, CEO and Co-Founder of Medical Detection Dogs, said: "It is vital that we train our dogs to detect the odour of COVID-19 as soon as possible so we can help ensure people move about freely and safely. The latest travel disruptions further highlight the difference the dogs could make. Public support is essential in making this possible. Anyone who assists us by providing samples will be playing a part in creating a fast, effective and non-invasive diagnosis for the virus and safer spaces for us all."

Should the trial be successful, these dogs could be deployed to airports in the UK within six months to assist with the rapid screening of people travelling from abroad – with the potential of screening of up to 250 people per hour.



## Emmanuel Church Messy Church!!

There are no plans yet to resume Messy Church

rogerlatch@btinternet.com 020 8300 5758"

#### **Harvest Festival**

Come, ye thankful people come, Raise the song of harvest-home! All is safely gathered in, Ere the winter storms begin;

God, our maker doeth provide For our wants to be supplied; Come to God's own temple, come, Raise the song of harvest-home!



When Judith and I went for a walk above Eynsford a few weeks ago, all the wheat fields that we had watched growing over the summer, had been harvested and were covered in big bales of straw to be stored for winter.

Our Harvest Festival service will be on October 11<sup>th</sup> when we will again be supporting the Manna Society.

Tony

#### **Manna Centre's Harvest Festival List**

I would like to say a sincere "thanks" for your help in the past and to ask for your help again.

Due to the restrictions placed on us due to the Coronavirus outbreak, we have had to limit our normal services.

From 14<sup>th</sup> April to 30<sup>th</sup> June, in conjunction with Southwark Council, we provided hot meals to those in need. We cooked the dinners and Southwark delivered them. On an average week we provided around 500 dinners.

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From 2<sup>nd</sup> July we began offering takeaway meals. We are now providing 130 meals per day (7 days a week). These are takeaway meals with no clients coming into the centre itself. As our meals are takeaway only, for the time being we have reduced the number of items on our Harvest Festival list – please see attached. We do not need old familiar items such as tea, coffee and cereals for example.

That said, Harvest Festival donations are still of critical importance to us. They provide us with approx. 70% of our foodstuffs for the year. The food that we receive will be stored and used throughout the year.

Hoping you can support us again this year.

Paddy Boyle

Manna Society Administrator

PS: We continue to offer housing & welfare advice both via a telephone helpline and via appointments in the centre itself. More information about these services can be found on our website - <a href="https://www.mannasociety.org.uk/2020/04/13/services-during-this-period/">www.mannasociety.org.uk/2020/04/13/services-during-this-period/</a>

#### **Harvest Festival list 2020**

Needs in order of priority (Most important items on left)

#### **FOOD**

Tomatoes (Tinned) Vegetables (Tinned) Pasta Sauces

**Rice** 

**Meat (Tinned)** 

**TOILETRIES** 

**Disposable razors** 

**Toilet rolls** 

Kitchen rolls

**CLOTHING** 

(Men & Women's)

Trainers

Jeans

**Underwear** 

Shoes

Socks

#### **Tinned Food**

Fish

**Baked Beans** 

**Hot Dogs** 

**Corned beef** 

**Chopped ham** 

**Luncheon meats** 

Stewed steak

#### **Non-Tinned Food**

**Curry Sauces** 

Pasta

Spaghetti

Cooking oil

**Biscuits** 

**Cradle Roll Birthdays None Mar-May** 

4 on

#### The District has requested that we publicise this Pilgrimage







# A Pilgrimage To The Holy Land

#### With the Chairs of the London District

Tuesday 16<sup>th</sup> – Tuesday 23<sup>rd</sup> March 2021 8 Days Based in Jerusalem & Galilee Cost: £1,795 (shared) and £2,220 (single). Cost includes return flights, full board and en suite accommodation except travel insurance

You are invited to join the London District as part of Woven, its theme for 2019 – 2021 to discover for yourselves the setting of some of the most important events in the life and ministry of our Lord, Jesus Christ: in Jerusalem, the surrounding area and further north in Galilee.

To make a reservation, visit methodistlondon.org.uk/pilgrimage or contact Fola Oyeleye on 020 7654 3845.

In the event of cancellation due to Foreign Office advice, our group will be offered an alternative date to travel or the opportunity for a full refund.



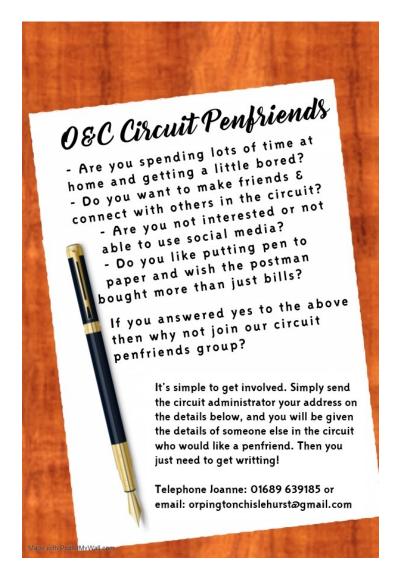
Here are some more of God's creatures by Cathy Hollingum.

For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies

- 1. The Japanese eat very little fat and suffer fewer heart attacks than Brits.
- 2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Brits.
- 3. The Chinese drink very little red wine and suffer fewer heart attacks than Brits.
- 4. The Italians drink a lot of red wine and suffer fewer heart attacks than Brits.
- 5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Brits.

CONCLUSION: Eat and drink what you like.

Speaking English is what kills you.



A little boy opened the big family Bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed in between the pages.

- "Mum, look what I found," the boy called out.
- "What have you got there, dear?"
- With astonishment in the young boy's voice, he answered, "I think it's Adam's underwear!"

### **Weekday Activities**

#### Before Covid-19

2. 00pm Woman's Hour (except Bank Hols) Monday 5. 45pm 3<sup>rd</sup> Sidcup Beavers 3<sup>rd</sup> Sideup Cub Scouts 6. 30pm 7. 30pm 3<sup>rd</sup> Sidcup Scouts 10. 00am Ladies Morning Club Thursday Friday 10. 30am—noon Coffee Morning Parents & Toddlers Club 1. 30pm 4. 45pm 6<sup>th</sup> Sidcup Rainbows 6. 00pm 6<sup>th</sup> Sidcup Brownies 4<sup>th</sup> Sidcup Guides 7. 30pm



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