



ddington
Methodist

Magazine



SLOES IN SELSDON WOOD

AUGUST 2020

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OUR SENIOR STEWARD WRITES...

This is a strange time of uncertainty. The 'lock-down' imposed by the government to contain the coronavirus outbreak is slowly being relaxed. From the severe message of "Stay at home! Only go out for vital supplies.", we are now allowed to move out freely: to the supermarket; to the hairdresser; to the Croydon shops (but not by London Transport unless essential!); to a restaurant; even go abroad. But still take great care to limit our exposure to other people by wearing a mask and frequently washing/sanitising our hands.

We can even start to re-open our church for 'normal' services - except that there are strict conditions before we can do so. We have already met some of these by paying to have our premises 'deep-cleaned', and the water supply certified free from Legionella. But the current conditions (from the UK Government and Methodist Church) mean that services cannot be like we were used to. Maximum number is 30. All worshippers must be met outside the door and shown to a seat in the church by a steward. Although families may sit together, other people must be 1-2 metres away. Chatting is forbidden. Hymn Singing is not allowed. Services must not last longer than 45 minutes then everyone must then be shown out of the building by stewards. No refreshments can be offered. Worshippers should not hang around and chat - even outside the church.

*So is it worth having services under these conditions, or would it be better to wait until some of them are relaxed? **WE NEED YOUR VIEWS.***

The virus has not gone away yet. We are all vulnerable - particularly those over 75, BAME, diabetic, asthmatic, recovering from serious illness, etc.

SEND YOUR VIEWS TO BENNIE, CHOI or DAVID

David Fanshawe



I am part of the Hospital Chaplaincy team at East Surrey Hospital run by Surrey and Sussex Healthcare NHS Trust (SASH), where, as a Lay Chaplain I have ministered for the past four years to both patients, staff and their families. Sometimes, we are there to hold the space, and sometimes simply to dissolve into the background...

Chaplaincy is a very distinct Ministry; by its nature we are called to walk with people of faith, different faiths, some faith, and no faith at all. It is a ministry of presence, where we are called to meet people as they are and, in their need - being alongside people who are often in stress, in difficult and challenging situations and asking the question, "how can I help you?" In a way, to bring the hands, the voice and face of Christ into our stricken communities, even when sometimes one is constrained from speaking His name.

It is a ministry to be a presence of hope, whatever the situation or outcome may be. It is a ministry of holding and of letting go; of conversation and silence; of memories of the past and what may lie ahead. Most significantly, a ministry of being in the moment for those around and in need. Sometimes connections drill down deep and are built over a long period of time. Sometimes they are transitory in nature and powerfully intense.

The arrival of the coronavirus and the response to it in the hospital setting has been a challenge for us in hospital chaplaincy with circumstances that we would have found unimaginable only a few weeks before.

The Trust provided support for the chaplaincy team to ensure that we would be comfortable with seeing patients with Covid-19. For us, spiritual care could still be offered, even from behind masks, goggles or visors, and cold blue rubber gloves. To avoid the use of books or paper, I needed to learn more scripture and liturgy off by heart than usual. The 23rd 121, 139 Psalms, the Nunc Dimittis, the Prayer to the Ephesian's, the Lord's Prayer became my refrain.

In line with Government advice visitor restrictions were put in place at the hospital, which meant that friends and relatives could not always see their loved ones. This was heart wrenching for us, that in some cases patients could not be reassured by their physical presence, and their loved ones could not be reassured by being with them.

In cases, where possible, the hospital let immediate family members in to visit their loved one at the end of their life. They had to follow guidelines and wear PPE, yet even so, these moments together, where they could touch, hold, see and say goodbye were very precious. After leaving the ward sometimes the only support I could offer was to let them cry, and yes, sometimes to cry with them.

Many of our elderly patients were confused and fearful..... Protective equipment turned familiar faces into strange ones, so trying to create, a safe and comforting place was a challenge. We became practised at smiling with eyes only, while trying to make raised voices to the hard of hearing seem gentle and reassuring.

I trained to be a singer and I never thought this would become part of my hospital ministry, but in these last weeks I found myself singing with and to patients hymns, modern worship songs, monastic chants, popular songs from the thirties and forties- even singing 'smile, though your heart is breaking' with the nursing

staff on one of the wards late one night. On one occasion I was singing Amazing Grace to one patient in a ward when two of the other patients joined in and as our voices softly filled the air, so it seemed the still peaceful presence of The Holy Spirit filled the ward...

I have so many memories from the last intense weeks. Holding the phone to a patient's ear, while their loved one said goodbye, or so their Minister could pray with them. Quietly reading Compline to a priest who was reaching the end of his life. Offering prayers, as life support ended or just sitting quietly holding a patient's hand.

COVID-19 is such a cruel disease. It deprives us of contact and touch with those we love, limiting how we say goodbye at funerals, leaving us standing in the loneliness of our loss. Our team have been contacting families whose loved one sadly died at the hospital from coronavirus and other illnesses to offer pastoral care and support, inviting them, when we are able to gather again, to a 'Time to Remember Service'. Their stories are often heart breaking. One bereaved husband, sitting in self isolation at home, grieving the loss of his beloved wife, from whom he had never been apart for 55 years, simply said "I just want someone to hold me."

As I spoke with nursing staff it was evident that they were facing situations they had never experienced. Nursing teams drafted in from different areas of the hospital, found themselves learning to adapt to the different needs and circumstances in the face of this pandemic. The dedication of the medical staff continued to shine through despite this unprecedented situation. As a chaplaincy team we do a lot of work in the background and are called not just to be alongside patients and families but also to care for and support staff. Walking the wards in the evening, and called upon to be that listening ear, I heard the staff's stories. Some

who have families who are far away in other countries. Some staff moved out of their family homes into hotels, so they could protect their families, patients. One paramedic recently confided to me that he had not been able to hold his children for two months. I saw staff anxious, often emotionally and physically exhausted, but still resiliently continuing to put their own fears, concerns, and comfort to one side, to care for others.

In fact, it was humbling to continually witness the tenderness and care that medical staff gave to patients. One of my most privileged moments was at the height of the crisis, in a ward where tragically many had died that day. I was sitting and praying at one bedside, and hearing the voice of a nurse speaking softly, sitting with another patient nearby... "Don't worry ... you are safe... Keep drinking in the oxygen. Do not be afraid." Then there was tragic loss of much-loved colleagues and friends among the staff. The Chapel became a haven for remembrance with condolence books to write in, candles to light, little knitted mementoes, and other tokens to place on the altar or to take away. It became a space to seek peace, and a safe place for tears to be shed.

Yet, amid all this, there were also moments of grace...where the chaplaincy team sensed the ever-present movement of the Spirit across the hospital. Receiving requests for prayer from matrons and nurses at shift handovers, setting up a spirituality resource table where we found that the free bibles, Quran's, rosaries, prayer cards constantly needed replenishing throughout the day. And there were moments of joy, giving thanks in prayer with one of our cleaners, for the birth of a grandchild - remembering the gift of life, in the midst of mortality.

Jacqueline Dean

Bank and On Call Chaplain

August Worship

During the Coronavirus crisis churches need to cancel public worship to minimise the risk of spreading the disease, so most of us will be worshipping privately at home. There will be services broadcast on radio & TV, also Internet services such as Zoom and YouTube where our Superintendent (Rev Stephen Day) will preach each Sunday at 10.30am. Details on www.croydonmeth.org

Addington & Shirley have started using Zoom for a joint weekly Sunday service at 12 noon. If you would like to join in, just send an email to amcsmcmeth@gmail.com

If you would like to 'Do It Yourself' at home, here are the Bible readings for each week from the Methodist Lectionary and a hymn which you can find on YouTube to sing along to...

	<u>Bible Reading</u>	<u>Suggested Hymn</u>
2 Aug Ordinary 18	Gen 32: 22-31	O love that wilt not let me go
9 Aug Ordinary 19	Gen 37: 1-28	For the healing of the nations
16 Aug Ordinary 20	Gen 45: 1-15	Let us build a house
23 Aug Ordinary 21	Ex 1:8 - 2:10	He's got the whole world in his hands
30 Aug Ordinary 22	Ex 3:1-15	Praise to the Living God!

Prayer List

Week beginning:

- August
- 2 Our Scouts
 - 9 Council service workers
 - 16 Public transport workers
 - 23 Al Anon
 - 30 Ministers moving on



READY TO RE-START?

Thanks to Bennie, Janet, Linda, Caryl and Jen (the A-Team) our church has been prepared for re-opening. They have carefully checked all the regulations from the Government and the Methodist Church, and purchased the necessary supplies. So the building is ready.

But, as we used to sing, "The church is not a building. I am the church! You are the church! We are the church together!"; So are YOU ready?

We can worship God anywhere - He will join us any time we are ready. But a church is a particularly helpful place to worship - free from the distractions of our home. We can immerse ourselves in the peace and tranquillity, meet with our fellow-Christians, and be guided by the preacher in a way that enriches our worship.

But the traditional Methodist worship we long for is not possible at present. The risk of infection is so great that many of our traditions are currently banned. We cannot offer the hand of welcome (in case it carries the virus); we cannot sing hymns or pray aloud (in case our breath carries the virus); we cannot even chat to our friends in church, or comfort the bereaved (because our breath may be infected).

The basic problem is that ANY person entering our premises may be a 'carrier' of the virus, and by touching ANYTHING may spread it and infect others - even days later. Did you wonder why your Senior Steward is not a member of the A-Team? I'm afraid it is because I'm afraid! I'm over 75, so I'm classified as 'vulnerable'. Unfortunately most Members of AMC's Leadership Team are 'vulnerable'.

So I ask: Are **YOU** happy to re-start Sunday Services. Please email Bennie, Choi or myself with your views:

1. I'm happy to re-start in September 2020 with the present conditions.
2. I'll wait for the situation to improve.
3. I'd like to make a donation to AMC via direct transfer from my bank account to AMC's account: **20-24-61, 6014 8008**

Perhaps a vaccine will come to our rescue in a few months. Perhaps Covid-19 will then be no worse than 'flu, something to give you a few days off work, but nothing to kill you. Then we could then return to our traditional church worship - with singing; with communion; with coffee and a chat afterwards.

Meanwhile please join our weekly ZOOM service. You will need either a laptop, a tablet or a smartphone with an Internet connection. The software is free.. Details on p.6.

BENNIE'S BLOG**"How well are you functioning during Lockdown?"**

For interest's sake, I Googled (did an Internet search) the question above and was quite surprised at the answers that came up. There were articles on maintaining your mental health during Lockdown, as well as during the changes and the anticipated day when it will no longer be necessary. There was also an article on 'parents arguing' during Lockdown plus a whole host of other things to read, do and even act on.

I can imagine in many years to come, my great-grandchildren (should I be so blessed as to have any or even live that long) might ask, "So grandpa, what did YOU do during that thing called Lockdown?" Much like we ask our grandparents and others what they did during the war (or both wars in some cases).

What really prompted me to think about this was the pond my wife and I installed in our garden during this time. I've documented it well and if you're interested I'll even send you the YouTube link. When we were discussing the pros and cons of the pond it never entered my head that the ground would be so difficult to dig up so that I could put the pond into the hole. We ordered a plastic one from Amazon and if the truth were told, it really isn't very big, when it comes to digging holes it was BIG ENOUGH! Anyway, both Jen and I were so enthusiastic about our pond that we both ordered a solar-powered fountain for it. Only when they both arrived within hours of each other did we realise what we'd done. And quite frankly the hassles of trying to send one back was too much. Added to that, you can never have too many fountains in your pond even if it isn't any bigger than a teacup.

So, the last few days I've been carefully watching these fountains. The one works wonderfully (I think it was the one I

ordered) and the other one is temperamental. Sometimes it works, sometimes it doesn't. So, like a good DIY person, I took it apart, cleaned out all the working parts, put it back together again (without having parts over) and thought - 'that should do the trick' - and put it back. But it still wouldn't work. So, I just left it. Then a day or two later, it worked. Wonderful! I was full of joy at the fruits of my labours. And this afternoon after lunch, I took a photograph of both fountains working wonderfully well. Only to go back outside a short while later, to find it NOT working again. There's nothing wrong with the power (well, if the sun's behind a cloud it does struggle a little) but the power is there. The motor is fine, and everything is clean, no dirt clogging it up anywhere. But still it won't work.

Perhaps Lockdown is just too much for it! Now that's a ridiculous thing to say. But what about you? "How well are you functioning during Lockdown?"

Are you becoming a little anxious about being at home all the time? Or perhaps, a little anxious about the prospect of having to go out into public again. Will people around me keep their distance? Will they be wearing a mask? What about the busses or the trains? I can't walk everywhere and I'm certainly not buying a bicycle that I'll only use for a short while. Knowing my sort of luck, I'll buy a bike and the next day all the restrictions will be removed, and it will all have been for nothing!

Do you find yourself managing well one day (just like the pump in the pond) and not managing well the next? Do you find it easy to keep going and life doesn't get you down or is life becoming tedious and trying and you're finding it difficult to keep yourself going? Can I suggest some-

thing - DO NOT TAKE LIFE APART AND TRY TO FIX IT OR KEEP IT GOING - do yourself a favour and be gentle with yourself. Take some time just for you - even if it's just sitting down and looking out the window at nothing. I don't know why that silly pump won't work all the time! Maybe it doesn't want to - maybe it doesn't need to - whatever the reason it's not going to help me to keep pulling it out of the water and seeing if I can get it going again.

So, I'm going to give it a break. I'll enjoy watching the other one work. And for myself, I'll also listen to 'me' and if I have to stop and just do nothing, I will. Perhaps I'll even take the time to just jiggle my fingers in the water and enjoy it. Or sit on the bench and watch the birds trying to eat the food in those little balls that you hang up. I'm going to try and find the less stressful way to manage. Who knows, I may just succeed.

Look after yourselves. Stay safe and well. God bless.

Bennie



CONCERNS



THE TURN UP OF A BOOK

by Ken Dudley

I am so glad that my daughters have inherited some of my late wife's characteristics; in particular both are keen book readers. I have never been much of a one for reading books. When I was a boy I was mad on comics: "Film Fun" and "Comic Cuts" and American comics had my attention. When I got into my teens I was often seen rushing up the road to the newsagents on the corner to collect the "Eagle" comic. The first page was "the first citizen in space": Dan Dare commanded the whole page. In contrast the back page was devoted to "Real Life Heroes. I can remember reading about St. Patrick and St. Paul.

Yesterday was the 29th day of voluntary isolation (lock-in) and I was sitting in my bedroom. I didn't fancy doing any gardening, nor having a clear up to see if I could throw anything away, when I noticed on the bookshelf a couple of paperback books alongside old Methodist hymn books and various versions of the Bible. I thought to myself "I don't remember seeing those". One was called 'Tracing the Rainbow', the other: 'Finding Hope'. On the back covers of the books both had very good reviews from various

church organisations. Both books had been given to me after my wife had died and were an in-depth look at the subject of bereavement.

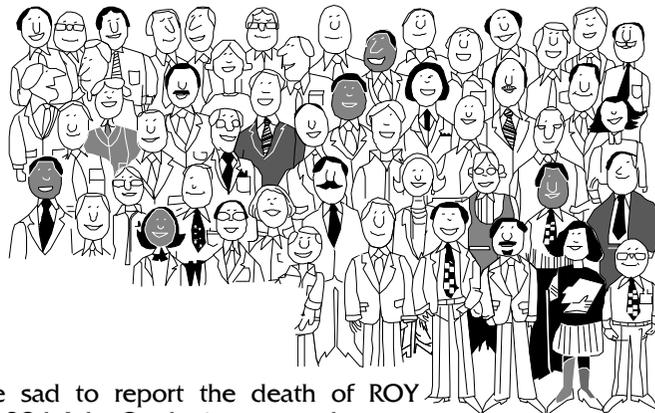
I felt quite ashamed because I do not remember receiving the books, let alone reading them! But I noticed some pencil marks in "Tracing the Rainbow" so I have started reading it, and what an excellent book it is turning out to be. It is split up into 6 chapters including:

- How can we help
- When loss is very painful
- Divorce
- Comfort for the present
- Hope for the future

I must conclude that if anyone would like to read the book please have a word with me.



Our Church Matters



We are sad to report the death of ROY NORTH on 28th July. Our loving sympathy goes out to his widow, SHIRLEY, daughter HEIDI & family.

LAYWORKER'S LIST

Face to face meetings are currently suspended due to the global pandemic situation. However some events will be taking place online and other activities we ask that you pray for blessings on our community as we live in a different way.

Prayers please:

on **Monday** for Children and those who are vulnerable

on **Tuesday** for Families and carers.

on **Wednesday** for Guides and Scouts

on **Thursday** for Girls' & Boys' Brigade

on **Friday** for Young People, Schools & Futures

on **Saturday** for Special Occasions and Celebrations.

on **Sunday** for All Ages and Community.

Future events:

Café Worship - Sunday 16th August TBC, 5pm, contact Wendy Thompson, Christ Church, for online details

.Details:

www.croydonmeth.org



'OWLERS

Jokes and Puzzles from Hoot & Screech

Hi! Summer is well under way. Lots of sunny days, and only the very odd shower, not enough to make the woods muddy. The brambles in the woods have had lots of flowers, and the blackberries are now growing. But they need some rain to get bigger.

We have a small fox which visits our garden frequently, often bringing a present for us, such as a ball, and recently a pair of gardening gloves! We don't know where they come from!

Hoot & Screech

The Beautiful Game

'I wouldn't be surprised if this game went right to the finish' IAN ST JOHN

"I watched the United v Reading game with my jaw literally hitting the floor"
IAN WRIGHT

"I don't want Rooney to leave these shores but if he does, I think he'll go abroad"
IAN WRIGHT

'If in winning we only draw we would be fine.'
JACK CHARLTON

'It was a game we should have won. We lost because we thought we were going to win. But then again, I thought there was no way we were going to get a result there.'
JACK CHARLTON

JOKES



TANGENT ?

Man who has been out in the sun !

TRUNK CALL?

Telephone an elephant !

THREE LEGGED RACE ?

What a monster wins on his own !

TOADSTOOLS ?

What a toad mends his car with !

TUCK SHOP ?

Where Robin Hood first met Friar Tuck !

SPOT 7 differences



CHRISTIAN AID APPEAL

Last year, over 45 million people were forced from their homes by conflict and violence. Families who have suffered so much need your help now more than ever to face the deadly threat of coronavirus. Millions of lives are at stake.

Coronavirus is the latest threat to their safety. Families who have fled conflict and hunger are now living in crowded camps where social distancing is impossible. In these places there is limited access to medical care, clean water or enough food, making people extremely vulnerable to coronavirus. Here, the virus is likely to be even more deadly than it has been in the UK. Deaths are already mounting.

We're already responding to the Covid-19 outbreak by delivering life-saving information and hygiene support, personal protective equipment and food packages to communities in need. You can read more about our response here. Your donation can help us to:

- ✂ provide families with clean water, soap and information on keeping themselves safe
- ✂ give frontline medical and aid workers the equipment and supplies they need to care for the vulnerable and sick
- ✂ ensure families get enough food to prevent malnutrition, particularly amongst children

Help families who have lost everything as they face this deadly threat. Please donate now: 020 7620 4444

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THE NEXT MAGAZINE ...

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