

ddington
Methodist

Magazine



SUMMER 2021

SAINFOIN IN SELSDON WOOD



ddington
Methodist

Magazine

SUMMER 2021

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OUR PASTOR WRITES...

"So, Grandpa, what did you do during the great Lockdown of 2020-21?"

Just like we could ask our grandparents and great grandparents what they did during the two World Wars, so our grandchildren and great grandchildren are going to be able to ask - So, Grandpa, what did you do during the great Lockdown of 2020 and 2021? Were you obedient and stayed indoors or at home when you were told to, or were you disobedient and drove past castles and other things? Did you wear a mask and not sing in church? Or were you something of a rebel?

Hopefully, when you read this article your lockdown ordeal will be a thing of the past. You, and others around you, will be trying to formulate what 'normal' will become as the days unfold but it will be wonderful! Of course, I'm writing this 'with the future in mind' hoping and praying that we will be living the dream of no more lockdown etc.

Continuing with the future in mind, I'm reminded of a verse from Romans chapter 12, where Paul writes - "Do not conform any longer to the pattern of this world but be transformed by the renewing of your mind..." (Romans 12:2) I would like to encourage you to do three things as you begin to unravel what the 'new normal' will become. They are - "Reframe, Rethink and Re-story".

Reframe. *Many different things happened to us during lockdown. Our movements were restricted as was our social interaction. For some it wasn't a 'big deal'. For others it was life changing. So, in looking back on it all - both the good and the bad - perhaps now would be a real life-changing moment as we 'reframe'. Take everything that happened; how it affected you or impacted your life and possibly the lives of your family and try to get*

another perspective on it all. Like putting a new frame on an old picture. As you begin to re-frame your thoughts and perceptions of what this 'new normal' will be like, give God a free hand in helping you to see it through His eyes. Allow yourself the freedom of seeing / understanding who you are and can be in Him and how He can continue to make this happen.

This will give you the opportunity to 'Rethink' - to see the transformation that has taken place in your life allowing you to set fresh goals, taking hold of new opportunities and trying to see how He, the Holy Spirit, will help you to achieve this. In Romans 12 verse 2, Paul speaks of being transformed by the renewing of your mind. JB Phillips translates that verse as 'don't let the world squeeze you into its mould'. Give yourself that freedom to allow God to set you free from the way the world, or others, would expect you to be. An opportunity to be that 'new creation in Him' that comes from believing and trusting in Jesus Christ.

This leads us to the Re-story process. Constructing new meaning from old narratives, to write the story of our lives differently from now on. Not always an easy thing to do, but better than remaining stuck in the old ways. In 2010, several things happened in my life that changed me and set me on a new path. I suffered a breakdown which ultimately led to a breakthrough for me. I tried to take my own life and ended up in a clinic for 6 weeks. Hours of counselling and lectures on a whole range of topics helped me to gradually understand what brought me to that place and how I was to re-story my life. Bad perceptions that were 'learned' in the first place had to be 're-learned' as I went through the process, allowing me to "Reframe, Rethink and Re-Story" my life, bringing about an experiential transformation of thinking, perception and living.

Being in the clinic was like being in 'lockdown'. The euphoria of being 'released' (as it were) soon changed as the reality of my situation sunk in. The pain and hurt for my family, the loss of job, career and living (not only for me but for my wife too as she stood by my side) was devastating and it threatened to overwhelm and destroy me. But we had some very close friends who 'stuck closer than a brother / sister' and who helped us through those times.

On Christmas Day, 2010, we landed at Heathrow Airport in freezing conditions without much to our names, but God is faithful, He will not let you be tried, tempted, or tested, beyond what you can endure and will give you the strength to stand up under it. (1 Cor 10:13) The 'Reframing, Rethinking and Re-storying' process was still in its infant stages. Today,

thanks be to God, we are witnesses that this transformation can take place by the renewing of our minds.

What will you do? Can these three things, "Reframe, Rethink and Restore", help you to create a new normal? I pray that it will..

God bless you.

Bennie

Addington Methodist Church Meeting For Lunch Club (Thursday)

Date: Thursday 23rd July 2021 at 12 noon

Place : Addington Methodist Church Hall

Following the Lockdown we are happy to announce the re-opening of Lunch Club. There is to be a meeting at Midday for all former members, helpers, drivers and anyone who would like to find out more about joining this weekly event.

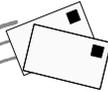
In the past a hot meal, dessert and cup of tea/coffee has been provided for the cost of £5. Unfortunately, we are not sure the company that provided the hot meal is still in business. On this occasion there will be soup, roll, cake and a cup of tea / coffee provided at a cost of £3 to be paid on the day.

You may well know Pam Sutton was planning to retire from this voluntary post and Jenny Harms had planned to take over in April 2020. But the Pandemic took over and there was the Government Lockdown. If you would like to attend please telephone Jenny Harms (07798 814556) or Pam Sutton (020 8657 1821).

Our Church Matters



LETTERS



Many thanks for the beautiful flowers that Jane gave us today. They brighten up the room. We are so pleased to be able to join in Worship at the Church now, but thanks to all those who have made it possible for zooming the services during the long months of lockdown and continue to do so, for those unable to attend.

Let us hope we shall soon be able to open the Church fully for all to worship together.

Pam & Dean

After church on 13th June J was given a lovely bunch of flowers - addressed to me and Bernard! We have both enjoyed these flowers as they brighten the room. Thank you all very much.

Love

Caryl - and Bernard

Thank you so much Sonia and Jane for the beautiful flowers which were given to us after the service today. They included a lovely sprig of rosemary (thank you Linda) as a symbol of remembrance, as 30th May is the anniversary of our dear Dad's death in 2012.

Jenny and Kathryn

Here we are still in lock-down after hoping that the restrictions were going to be reduced. At least we are able to meet at church now, and I am so pleased to be able to join you. Hopefully things will get better in the weeks to come.

Joyce Fanshawe

It was a lovely surprise at the end of the service recently to be presented by Cathy with some beautiful pink and white flowers. As a special Thank You for all the work I had done for the Church in recent months.

I felt somewhat guilty as I did not work alone but with my friends from Addington Methodist Leadership Team and Church Council Everyone has contributed something whether it be making a suggestion or proof reading a letter or email. I can assure you there have been plenty of those.

So when later that evening I saw the BAFTA awards on television, I realised how the winners felt. No wonder they give a long list of names of people they want to thank. They may be the star in front of the camera but are in fact a member of a team.

Caryl Rapps wrote a page in the Church Magazine listing some of the jobs we have been doing recently to open the church for worship. We want you to feel safe and to renew 'face to face' contact and fellowship (even though behind a mask) something I know many of us have missed this last year. We have had our faith challenged in so many ways and there is the light at the end of the tunnel. Thankfully God has guided us through.

Blessings. Janet Godfrey

I would like to take this opportunity to thank Joyce and David for all their work over the past year in producing the Church Magazine. The Covid-19 Lockdowns have been difficult for us all in so many ways. But like clockwork the copy of the Addington Methodist Church Magazine has appeared by email. Or once again for those able to visit church - in paper form.

The content particularly in early days had lists of Bible Readings to enable study and prayer at home. Before the discovery of 'Zoom' services.

It has been a pleasure to enjoy the 'fruit' of their local walks with amazing photographs of nature spotted on the walks that decorate the front page. We can appreciate the joy of living on the borders of town life (Croydon) and the countryside so close to us. We have so much to thank God for.

Janet Godfrey

GENERAL CHURCH MEETING

We didn't get one last year, due to Coronavirus - but we will get one this year: on Sunday 18 July at 10.30.

Everybody is welcome, but only Church members are allowed to vote

If you'd like to become a Church Member, just contact Choi or Bennie.

SUMMER IS HERE (NEARLY)

We were all looking forward to the unlocking of the lock-down on 21 June. But Boris has declared a 'pause' for "perhaps 4 weeks". So all our plans continue to be 'up in the air'.

We traditionally bring out a 'Summer' issue to cover July & August, and had hoped to announce details of exciting summer events. But as I write (at the end of June) I don't know when (or if) we will be able to have a celebratory summer lunch in the car park, and resume the social activities that our church has been hosting for 70 years.

So this year's 'Summer Issue' is a bit 'thin' on exciting announcements. If Boris decides to 'release the hand-brake' soon we can always bring out an 'August' issue.

GOD OF LAUGHTER

On one particular Sunday afternoon in June, the glorious summer sunshine brought people outside into their gardens. Soon, the tempting aromas from barbecues began to waft across hedges and sounds of laughter filled the air.

I was on my own, but listening to others laughing brought a smile to my face and warmth to my heart. It reminded me of something I had recently read in some Bible notes a friend had forwarded to me - which I quote (from a sermon by Rev. Dr. Peter Marshall, erstwhile Chaplain to the US Senate).

"God is a God of laughter as well as of prayer. God is at home in the play of his children. He loves to hear us laugh."

I found this thought very comforting, so wanted to share it with others.

Jane Colvert

LONDON DISTRICT OF THE METHODIST CHURCH

INVITES YOU TO

Woven Weekend

A Gathering of the London District to hear and share God's Story, Your Story and Every Story

Keynote Session • Workshops • Sunday Services

Saturday 24th and Sunday 25th July 2021

ONLINE | METHODIST CENTRAL HALL WESTMINSTER

For more information and to register:
methodistlondon.org.uk/wovenweekend
 020 4526 3857

KEYNOTE SPEAKERS

- PROF. ANTHONY REDDIE
- PHOEBE PARKIN
- REVD DR. ELAINE HEATH

WORKSHOP FACILITATORS

- Revd Tony Malcolm: Exploring vocation in the context of multicultural society and the church.
- Deacon Eunice Attwood: Church as the Centre in a Global Pandemic.
- Mark Williamson: Deep Church with Shereen, Stephen & Elizabeth.
- All Johnson: A Hard Church: Being Church in the changing times.
- Jasmine Yeboah: Being going about sharing God's story and your story.
- Matthew Forsyth: What on your next steps?

f @LondonMethodist **Woven**
 God's Story. My Story. Our Story.

DEVOURED BY DONKEYS

Sainfoin, which grows in the meadows of Selsdon Wood, is a member of the pea family. It has the botanical name of 'Onobrychis' and is shown on the cover of this issue.

It is a member of the pea family, and has useful veterinary properties - hence its Latin name, which means "devoured by donkeys".

Sainfoin provides a superb forage for grazing animals and voluntary intake of Sainfoin by cattle and sheep is 20% higher than for grass. Unlike many other legumes, it is non-bloating and is known to have anthelmintic properties, so reducing the problems associated with livestock worms. Sainfoin contains condensed tannins, and it is these that protect animals

against bloat. Sainfoin has also been shown to increase protein absorption. This, combined with its other health benefits, mean that animals grazing Sainfoin have very rapid live-weight gains, so young stock can be finished sooner and with very good carcass grades. Sainfoin is therefore extremely useful to low input and organic farmers.

The name 'Sainfoin' derives from Old French, and means 'healthy hay'. The plants growing in Selsdon Wood were probably sown by the farmer who used to own the field so that his hay would be enriched to benefit his horses. The land now belongs to the National Trust, so there are no farm animals to enjoy the Sainfoin, but there are deer in Selsdon Woods, so perhaps they enjoy it.

David Fanshawe



Summer Worship

10:30am MORNING SERVICES

JULY	Preacher	Steward	Organ	Reader
4	Mr Bennie Harms	Sonia	David	L White
11	Mr Paul Parkinson	David	Jenny	A Short
18	Rev SC Choi GCM †	Jenny	David	J Harms
25	Mrs Pauline Little	Sonia	Jenny	C Short
AUGUST				
1	Ms Avis Blair	Jenny	David	S Smith
8	Mr Bennie Harms	David	Jenny	D Sutton
15	Rev Soon Cheol Choi †	Sonia	David	K Dudley
22	“Songs of Praise”	Sonia	Jenny	C Rapps
29	Rev Jennifer Potter	Olu	David	P Sutton

NB: General Church Meeting (with Holy Communion) on 18 July

Tell Sonia your favourite hymns for ‘Songs of Praise’ on 22 August

Many people have found ZOOM services helpful - allowing you to stay safe at home, but still join in with the service (and sing as loudly as you like).

Therefore we will continue to ZOOM our live services. Send an email to Addmethzoom@gmail.com to get the Zoom link.

Junior Church & AM:PM meetings are suspended during the Covid crisis.

Young people are very welcome to join the 10:30 services with their family.

NOT QUITE BACK TO NORMAL YET

We must continue to follow Government and Methodist Church rules to ensure safety:

1. We must all wear FACE COVERINGS.
2. We must sign in and give our phone number or email (for track & trace), or use the NHS app on your mobile phone, then wait to be seated by a steward.
3. We must keep a safe distance apart (at least 1 empty seat). Only those who live together may sit together.
4. Avoid personal contact with anyone outside your family.
5. Don't sing (or pray) loudly. Just mutter quietly into your mask.
6. Place offerings in the plate at the back of the church. Preferably set up a Standing Order with your bank to pay into the church account: **20-24-61, 6014 8008**.
7. Do not chat to friends till you are outside again.

NO NEED TO BOOK SEATS NOW

Coffees & teas will be served in the hall after the service

Prayer List

Week beginning:

- | | | |
|--------|----|---------------------------------|
| July | 4 | St Christopher's Hospice |
| | 11 | Our Junior Church |
| | 18 | Our Communion Stewards |
| | 25 | Volunteers who clean our Church |
| August | 1 | Our Scouts |
| | 8 | Council service workers |
| | 15 | Public transport workers |
| | 22 | Al Anon |
| | 29 | Ministers moving on |



CONCERNS



Keeping the Pace

by Ken Dudley

For many years now each Christmas my sister in Law, Jill, has sent me as a Christmas present a year's supply of "Life every day" written by Jeff Lucas, it's a Bible study that applies the Bible to life.

Over recent years I have never ceased to be amazed where the reading is something related to my life. Yesterday [9th April] the reading was an example, it was entitled "Keep up" and Jeff opened saying, when we invited a neighbour and friend to join us for a long walk in the country the neighbour politely declined saying that he liked to walk very briskly and that he would be worried that we would not be able to keep up with him. He is probably right thought Jeff.

With lock down, isolation etc over the past year my local authority organised "Health walks" have considerably reduced

in number. and although I have done a considerable amount of walking around the local streets, on my recent health walks I am clearly not keeping up with the other walkers.

Up and down the country churches have closed down because of the pandemic. When they finally start up again, how easily will lifelong church members be able to get back? How many will be like me and my walking example, and be unable to keep up? Are people going to be confident to leave the relative safety of the house they live in? Have they lost mobility? Can they still drive or walk far enough? Have they been out of the habit so long that they will find it difficult to get back into it - like me and my walking?

What do you think, I wonder.



Addington Methodist Church
Supports 'The Vine' Food Bank in New Addington
Run by The Salvation Army.

There is a greater need for help due to the ongoing pandemic.
To help us help others there will be a collection point at the church on
First Saturday each month
10:30 – 12:30pm

TINNED & DRY FOOD and TOILETRIES, please

MESSY CHURCH RESUMES



AM:PM

Our next meeting
Tuesday 20th July at 3.30pm
Our theme will be

Don't bury your talents

What is your talent?

We all have something that we are good at doing. So come prepared to share your talent either by showing us or telling us about it.

BENNIE'S BLOG**Father's Days past**

We've just celebrated Father's Day in many places around the world. I think that this is mainly an American celebration. Well, so I thought - until I went to 'Wikipedia' and read what had been written there about Father's Day. It is celebrated in 111+ countries worldwide; honours fathers and fatherhood; varies by country as to when it is held; overall it is held annually and is related to 'Children's Day, Siblings Day, Mother's Day, Parent's Day and finally Grandparents Day.' Apparently, celebrating Fatherhood, has been a part of the tradition of Catholic countries in Europe since at least 1508 by being celebrated on March 19th as Saint Joseph's Day. In addition to Father's Day, International Men's Day is celebrated in many countries on November 19 in honour of both men and boys. If you're interested in the origins of Father's Day, then go this website link and read all about it on Wikipedia. (https://en.wikipedia.org/wiki/Father%27_s_Day)

In the recent Father's Day service at Addington Methodist Church, I remarked on the men that I've known in the church since I first started working there with Rev Jane Cassidy in September 2013. Some have passed onto be with their Heavenly Father and we are blessed to have known them. Unfortunately for me, I only got to know them in the 'evening of their lives' and not in their heydays! From all that I've heard, they really used to be involved in the church. My mind started to go through all the men that I've known in my life who have influenced me - especially those who have since passed onto their eternal reward. I thought of my own father, and his involvement in the church. He was a disciplinarian of note. At about 10 or 11 years of age, he and his four

brothers were placed in a Boys' Home where life was extremely hard. When I was growing up, he used to work nights as well as during the day to provide for us. He started as a storeman in a steel manufacturer and finished as the Branch Accountant - studying in his spare time to qualify for his job. My father's hands were never 'idle' for he believed 'the devil makes work for idle hands!' He and the other men from their church in Harare, Zimbabwe, built all the new pews in the church themselves. They designed the pews, bought the timber and other materials, and just got on with the job. Had he lived (and not been killed in a motor accident at the age of 62) he would have been 100 years old this year.

It is said that your image of God, as Father, is influenced by your image and / or experience of your earthly father. Years ago, I read a quote from the theologian and author A. W. Tozer that had a profound influence on my life. He wrote, "What comes into our minds when we think about God is the most important thing about us".

Why? Because how we see God determines how we relate to God, and how we relate to God determines everything else about us. I saw God as a strict, hard-working person who expected the same of me and try as hard as I could, I never quite matched up to what I thought his expectations of me would be. However, when I became a father and learned how to love and care for my children, my relationship with God changed. When I experienced extreme difficulties, my image of God changed even more. I learned and experienced him as a loving, caring, forgiving, never-condemning Father, someone who saw and accepted

me as I was. As the images changed so did my relationship change. I began to understand what 'grace and love' meant and how my life could be filled with 'grace and love' for others too. Now I'm not perfect as He is, but that's all right, because he doesn't want perfect, he just wants me - warts and all!

One thing is for certain, I know that not everybody who will read this article will be a father. That's a physical impossibility. You and I may differ on our individual understanding of the term 'father'. For some, it's not an endearing or loving term and has a lot of negative emotions attached. For others it simply builds anger, hurt and disappointment in their hearts. There's one thing we can agree on and that's the 'love and grace' of God. Do yourself a favour and think about that 'love and grace'. See it for what it can do and accomplish in your life. Think of how much God loves you and how God's grace can bring about a real change within your life. Then let God do it for you.

God bless you,.

Bennie

COMMUNITY LUNCH - ASAP

We were hoping to have a celebratory lunch in the car park on 3rd July 2021. It was intended to express our thanks to all who have supported us during the last 18+ months. Unfortunately we will not be able to go ahead on 3 July.

But we WILL do it as soon as possible. A 'Thank You BBQ Lunch' will be held ASAP and we will be inviting any and every one to come and share with us in a 'thank you meal'.

If you want any more information then please send an email to bennieharms@croydonmeth.org and we will get back to you as soon as possible.





'OWLERS

Jokes and Puzzles from Hoot & Screech

Hi! We have had some lovely weather recently, but now the rain has stopped our walks in the woods for a few days. We hope the weather will soon get better again so that your summer holidays will be good.

Hoot & Screech

The Beautiful Game

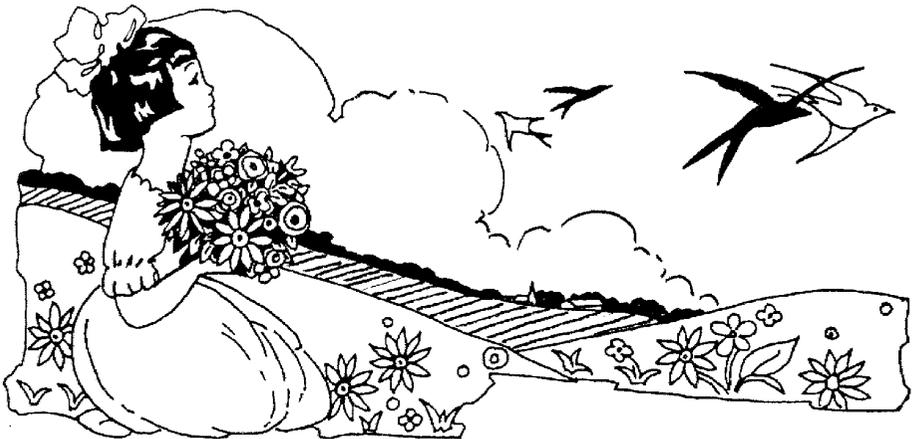
'As I've said before and I've said in the past...'	KENNY DALGLISH
At this level, if five or six players don't turn up, you'll get beat	KEVIN KEEGAN
He was using his strength. And that is his strength, his strength.	KEVIN KEEGAN
That was a tremendous strike which hit the defender full on the arm - and it nearly came off.	KEVIN KEEGAN
Argentina won't be at Euro 2000 because they're from South America.	KEVIN KEEGAN
Danny Tiatto is not going to make a mistake on purpose.	KEVIN KEEGAN

JOKES



What is easy to get into but hard to get out of ?	<i>Trouble</i>
Which bird can lift the heaviest weight ?	<i>A crane</i>
What country is useful at mealtimes ?	<i>China</i>
Why is the letter E like London ?	<i>It's the capital in England</i>
What can be right but never wrong ?	<i>An angle</i>

SPOT 7 differences



CAN YOU HELP ?

We are slowly (carefully) getting back to normal:

Door Stewards welcoming worshippers and showing them to their seats.

Flowers on the communion table.

Tea & Coffee served after the service.

We now need faithful volunteers to make this a regular thing:

FLOWER donors, arrangers and distributors. PLEASE OFFER

DOOR STEWARDS: don't just leave it to Ken. PLEASE OFFER

TEA / COFFEE MAKERS: don't just leave it to Sonia & Linda PLEASE OFFER

COLLECTION COUNTERS, BIBLE READERS, etc etc PLEASE OFFER

If you can help, please contact Bennie, Sonia or one of the other Stewards

We'd also like to re-start other things:

JUNIOR CHURCH

MESSY CHURCH

AFTERNOON FELLOWSHIP

SATURDAY COFFEE MORNING

PRAYER BREAKFAST

LUNCH CLUB FOR THE ELDERLY

HAND-BELL GROUP

DRAMA GROUP

etc. etc

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... will be published on the last Sunday in August. Contributions to the Editor, Joyce Fanshawe, two weeks earlier please.

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www.croydonmeth.org

