SUNDAY SERVICES

10.30am Morning worship and Young Church
Biscuit Club for ages 11 +
Cookie Club for ages 3 - 11
Crèche available for babies, or there are red toy bags available at
the back of the church

Refreshments are served in the Hub following the
morning service every Sunday

Alternative style evening services held once a month (see below)

WORSHIP DURING SEPTEMBER

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Time</th>
<th>Preacher</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>10.30am</td>
<td>Mr Jacob Agyapong Adofo</td>
</tr>
<tr>
<td>8th</td>
<td>10.30am</td>
<td>Rev Norman Grigg</td>
</tr>
<tr>
<td></td>
<td>6.30pm</td>
<td>Rev Tony Malcolm</td>
</tr>
<tr>
<td>15th</td>
<td>10.30am</td>
<td>Rev Hilary Cheng</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sacrament of Holy Communion</td>
</tr>
<tr>
<td>22nd</td>
<td>10.30am</td>
<td>Rev Tony Malcolm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Harvest Festival</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Uniformed Organisations Parade</td>
</tr>
<tr>
<td>29th</td>
<td>10.30am</td>
<td>Rev Sue Creighton</td>
</tr>
</tbody>
</table>

‘Therefore I tell you, whatever you ask for in prayer, believe
that you have received it, and it will be yours.’

~Mark 11:24
Dear Friends,

I hope that you have had an enjoyable summer. If you went away, I trust the change of scenery did you good. If you had a holiday at home, I hope it was restful and that you had a pleasant time.

The year 2019/2020 has been designated the Year of Testimonies in the Methodist Church. If you aren’t sure what a testimony is, in terms of the church it is ‘a public recounting of a religious conversion or experience’.

The Bible gives many examples of testimony. One of the most dramatic was the conversion of Paul on the Road the Damascus, when God spoke to him. Only Paul heard God’s voice, those with him did not. Paul had left Jerusalem and was on his way to Damascus to persecute the Christians there. But God had other ideas. You can read the story for yourself in the first eight verses of Acts chapter 9. The experience had a profound effect on Paul, and his life changed forever.

During this year, we will have opportunity to tell our stories, the moment when we made a decision to follow Jesus, or perhaps we can share a story about something that had a real impact on our life. This would be a good time to think about what you might say if you were asked to write an account or testimony of a part of your life that was a major turning point, or had a dramatic effect on you.

The testimony of many people may not be dramatic, and it may have been through something quiet or when you were alone that you heard God speaking to you. Look back over your life, and see if you can recall such a time. God often speaks in the silent moments of our life, when we give him our attention.

God bless,

Hilary
2019 Dates for your diary

All events held here at Winchester Road unless stated otherwise

Sun 22nd September: Harvest Service & Church Parade

Tues 24th September: Church Outreach Committee meeting, 7.30pm

Fri 27th September: Special Coffee Morning to support Macmillan Cancer Support (charity number 261017), 9.30-12noon (see page 20)

Mon 7th October: Church Council Meeting, 7.30pm

Sat 2nd November: London District Forest Circuit Safeguarding Conference on Spiritual Wellbeing, Loughton Methodist Church (pg 21)

Sun 17th November: JMA; Christmas Shoebox Service; Church Parade

Fri 22nd – Sun 24th November: 3 Generate, Pontins, Southport
www.methodist.org.uk/our-work/our-work-in-britain/3generate

Sat 23rd November: Christmas Bazaar

First & Third Wednesday of each month: Open Fellowship, 2.30-4pm (see page 9)

Every Friday during term time: Coffee Morning, 10am-12noon, to support Waltham Forest Dyslexia Association (charity number 802993)

OUR MISSION
We are a church at the heart of Highams Park which seeks to discern and follow God’s direction.
Our aim is to proclaim Jesus Christ as Lord and Saviour through the life of the church and outreach to the community.
We promote worship and fellowship enabling us to grow towards God.
We are an inclusive church where all are welcome.

OUR STEWARDS
Senior Steward: Carole Merriman
Stewards: Janet Evans, Hazel Mathews, Carol & Dumisani Moyo, Pat Ovenden.

OUR SAFEGUARDING OFFICER
Laura Pease
Harvest Service and Church Parade

Our Harvest service and Church Parade will be held on Sunday 22\textsuperscript{nd} September at 10.30am.

There will be an opportunity to donate packets/tins of food during the service. Items will go to the Whitechapel Mission (charity number 227905).

The Whitechapel Mission has been serving the homeless and marginalised since 1876 and offer: hot breakfasts and lunch, showers, clothing, hairdressing, optician, medical care, dentistry, befriending and advice.

Please bring items that can be used for breakfasts:

- Cereals
- Porridge
- Coffee
- Sugar
- Instant Hot Chocolate
- Squash
- Brown Sauce/Ketchup
- Peanut butter/Nutella
- Honey
- Salt/Pepper
- Biscuits
- Plum Tomatoes-not chopped

For more information visit www.whitechapel.org.uk

Thank you

Congratulations

to Pam and Ken Taplin who celebrated their Golden Wedding anniversary this summer.

With love from us all.
Friday Coffee Mornings

Thank you to our wonderful, hardworking Friday Coffee Morning team for raising a huge £633.67 for the charity my AFK. And thank you to everyone who bought the tea, coffee and cakes!

my AFK depends on fundraising like this to support disabled children and young people to be more independent and to live the lives they choose. We provide mobility equipment like wheelchairs and trikes that is not available on the NHS. We also provide training and support to help the young people find paid employment.

To see examples of the difference that donations to my AFK can make, have a look at www.my-afk.org/impact/mobility/harrys-new-powered-wheelchair and www.youtube.com/watch?v=pSGWaC7S7DY

Thank you again for your hard work and generosity.

Graham Duncan
Chief Executive
my AFK
charity number 1068841

Margaret Watson

We are sad to announce the death of Margaret on 9th August. Her funeral will take place at the City of London Crematorium on Monday 9th September at 11am, followed by a Thanksgiving service here at Winchester Road at 12.30pm. Refreshments will be served after the Thanksgiving service.
No flowers please, but if you wish to make a contribution, donations will go to Alzheimer’s Research UK.
Our thoughts and prayers are with David and the family at this time.
Matthew Bird

3 years ago I left Highams Park for Bristol to study for my undergraduate degree in Theology and Religious Studies. I embarked on this course after studying Theology at Sixth Form and sought to explore faith in many different ways.

With the very kind annual support from the Church as well as its network, I have just left this summer with a 2:1 with Honours. I am immensely proud of this result and enjoyed all areas of my course.

An introduction to Theology takes you through all aspects of faith from text to practice. In my time at Bristol I was able to study Biblical Hebrew, including the texts written in it, and then the history of their interpretation. In laymen's terms, I was able to learn the language of the Bible, what the Bible means, and then explore how it has been received throughout history.

A lot of theology is very well known but a lot more of it is unknown and surprising. The sheer beauty of the exploration of faith is something that never failed to inspire me even on the wettest of Bristol mornings.

My course also took me to Sydney, Australia, where I was able to study Judaism under a leading historian, as well as Arabic and New Testament Studies. My time there was unforgettable, I was able to meet so many new people and learn about a different aspect of faith less relevant to the Old World.

Back in Bristol, my dissertation explored the history of the Schism between the Catholic and Orthodox Churches with a deep dive into the terminology of the Nicene Creed and the definition of the "Trinity". It illustrated just how important faith has been to so many people and how stirred they were spiritually in search of the truth of God's power.

Now that I have graduated, I am living in Bradford-on-Avon in Wiltshire and working in Bath as a Suit Specialist in Charles Tyrwhitt, a store I've been working in alongside my studies this year. So now
I'm taking a rest from education before pursuing more studies next year either in Theology, Church History, or Education - I am using this time to choose my path.

I would like to thank Winchester Road Methodist Church greatly for the support provided to me throughout my degree and prior, as well as our brilliant congregation of friends who have prayed, wished me well, and listened; even during my driest of lectures on Trinitarianism.

An addendum from Adèle:
As a family, we do all appreciate the continuing love and support we receive from Winchester Road MC. I want to include here a brief update on Jessica. She is doing one more year at Kingston University this coming academic year and is therefore due to graduate this time next year – so watch this space for an update from her then!

[See photos on page 28]
Holiday Club is over for another year. Although we had less children this year (32) they seemed to enjoy themselves and were a pleasure to work with. They enthusiastically joined in all the activities during the week. Thanks go to Laura Pease for organising and leading the Club.

It was great that 19 children and their families were able to join us for the service on Sunday. The congregation always enjoy hearing about the week’s activities. Congratulations to all those who did readings or prayers, and everyone for joining in with the singing. Two of the younger members of the church were encouraged to come along next year, when they will be old enough.

We must also say a big 'thank you' to the Young Helpers, all of whom had attended Holiday Club previously, who willingly supported both the leaders and the children.

The cake sale on Friday raised £88.50, which will go to the local Foodbank to provide much needed food, and other items, for local families in need.

We must also thank parents for the generous donation and card, which were presented to Laura during the service. The money will be used to help with a project in the church during the coming year. Last year the money, donated by parents, was used to purchase paediatric pads for the defibrillator which has been mounted on the wall of the church. We hope it will not be needed, but are glad that it is available 24/7 for the community to use and is also now equipped for use on children.

Jan Dent
My Holiday Club Report, by Pouran

Holiday Club 2019 was just as great as the one every year. We were involved in baking, games, art & crafts and much more.
So, on Monday, I became Team Leader of Blue Team (FINALLY!) and we were sorted into groups. I remember being pretty happy with my group. And the busy week began.

Arts & Crafts was one of the activities that I particularly enjoyed. We could make crosses and decorate them with drawing on flowers and making them look nice, fruit baskets that we could decorate (I sort of intervened in the assembling of it) and of course, put fruit in, and drawing self-portraits of the person opposite us. I spent most of that session rubbing out, to be honest. Making musical instruments was another one. There were separate tables where we could make flag thingy's, plastic bottles with rice in them, or in other words, maracas or on the last table, we could go freestyle and make whatever we wished with bottles and tissue boxes and multi-coloured rubber bands. I remember many people making small guitars that I quite liked, but decided to be original and fill a tissue box with rice and close the hole with felt stickers with different colours. The best I could say about it was that I was original but I think Jan quite liked it.

Cooking was another one that I thoroughly enjoyed. Janice's genius ideas were as fresh as last year and we made Pigs in the Mud (chocolate frosting over a plastic base and then pink fondant for the pigs) cookies in different shapes using cookie cutters such as birds and bunnies and eggs, sandwiches for the picnic (that I will mention a bit later) cakes for the bake sale (that raised quite a lot of money, if you don't mind me saying) and cakes covered with fondant to represent a winter scene. To be honest, I was not here for the making of the "winter cakes" because I was out and during the Holiday Club Service on the Sunday of the club, I recall me and my brother whispering about the unfairness of not being able to make one of them.

Then, we had Games with Hazel. We had obstacle courses (which I think needed a bit more cheering), we tried to chase the "pigs" into the pen, we ran around a circle whenever our name was called (in simpler words, we were labelled either chick, egg, rabbit or lamb and if we were called, we had to run around the circle), a sock fight of course, memory games that included
shopping items, a RACE that included shopping items that we performed in the Holiday Club Service on Sunday and a banana race (which I found extremely difficult!).

The annual Holiday Club picnic was as ever this year. We had prepared sandwiches (cheese, jam, ham or chocolate) and cakes for our lunch at Highams Park. It was a short walk to the park and we went in pairs (you can guess who I went with) It was drizzling a bit so we found a nice place under a tree to stay before the sun came out and we could eat. After the rain stopped, we put out blankets to sit on and we ate sandwiches and cakes and fruit and crisps and cucumber or carrot sticks. I had never enjoyed a ham sandwich more. After that, we played a short parachute games and we were free to roam wherever we wanted, as long as it was not beyond the small playground. I don't remember eating dinner that night, I was so full.

So, I think Holiday Club was a huge success this year and that's a good thing, seeing as next year, I'll be a helper. At Holiday Club, I don't think you can ever get bored!

Pouran

Pouran is one of our Young Church members.
Music Group

One of the suggestions from the Tea Party in May was that the children who play instruments are encouraged to play during worship.
If anyone would be able to coordinate this suggestion I would be grateful if you would contact me

Many thanks,
Hilary

Crisp packets
Please keep, do not throw away!

The 2\textsuperscript{nd} Highams Park Guides are collecting crisp packets to raise funds to buy items to fill some of the Christmas shoeboxes.

- Collect crisp packets (any brand, and includes crisp multipack outers).
- Ensure the bags are empty.
- Do not fold into triangles.
- Put them in the box in the Hub (clearly labelled for crisp packets).
- I save them up and send them off to Terracycle, the recycling centre.
- At the centre the packets are sorted into different plastic types and then cleaned and formed into pellets to be used to produce new items.
- For each 2kg of packets collected £2 will be donated to our Guide Unit which we plan to use towards the cost of funding the shoeboxes that we send each Christmas.

So please do collect your crisp packets and encourage your friends and family to do the same and put them in the box in the Hub.

Thank you,
Debbie Crawford
Care Highams Park – Sunday lunches

For about 25 years, Care has provided Sunday lunches on 10 Sundays per year (not January or August) for up to 50 guests, mainly elderly people who live in Waltham Forest and who live alone (we have occasionally had couples attending but have none at the moment). We also provide lunch for any of the helpers who would like it.

All the cooks are members of Winchester Road, some have been involved with lunches from the beginning; have “only” been involved for the last 20 years or so as a cook; a few of the helpers have also been helping for several years and one has been helping for 20+ years and has indicated she would like to stand down. Obviously we are all ageing and some of us, myself included, are finding it more tiring nowadays. Although we usually have a good team of volunteers to help with serving lunch and clearing up on the Sunday morning, including quite a few from the Baptist Church, we do still need help – on the Saturday morning, when most of the preparation is done, and also on the Sunday morning to help set everything up, and to help deal with the heavy saucepans and baking trays. Volunteers to help with washing up plates and cooking pans for up to 60 people are always welcome. New cooks to join our small team would also be much appreciated.

If you were able to help even once a year, this would be very helpful. If you would like more information, do please contact me – my e-mail address is maryrose.french@btinternet.com and my mobile number is 07808 121347.

In the meantime, many thanks to all those who have helped in the past and who are continuing to help us now. Without their support, we would not have been able to provide this service which our clients tell us they much appreciate, and which we very much hope to be able to continue to provide with the help of new volunteers.

Mary Rose French
A big THANK YOU from Olives school in Kenya

As you know Winchester Road supports Olives primary school in Kenya following William’s time there some years ago. We collect 20p’s to support their feeding programme so that the pupils are guaranteed one square meal a day.

Recently, Michael and Steven (the school’s business manager and Head) wrote to tell us that they were wanting to build proper toilet facilities for their pupils which would cost KSh8000. That seemed to be such a lot of money but when it was converted it became £450. Therefore we put forward an appeal to see if we could go some way towards raising the money.

Thanks to generous donations, cake sales and coffee mornings we were able to send Michael and Steven THE WHOLE AMOUNT a week ago. They are utterly delighted and humbled by the response and have asked me to thank you all for your kindness and generosity.

Building work began as soon as the money was received and they have sent pictures of stage 1 of the process so you can see that your money has already been put to good use. They will make sure we see more as the project progresses.

So from all the kids at Olives, from Michael and Steven, from William and the Duncan family an enormous thank you for supporting this project so generously and for constantly digging into your pockets to pop 20p pieces into the wooden bowl in the hub all year round.
Christmas Shoeboxes

Time is going by so quickly and in late September I will be starting to fill the shoeboxes. I am not sure what or how many items I have as I have not yet been able to check them and get them in specific groups, i.e. cuddly toys or pencils. (This is due to my present situation which I hope will soon improve and maybe with my daughter Janet's help, as she is breaking up from school in a couple of weeks, I will be able to get organised.)

Items suggested to go into Children’s shoeboxes are: toothbrush and toothpaste, hair accessories, comb, brush, soap and flannel, exercise books, pens, pencils, coloured pencils, crayons, felt pens, rubbers, pencil sharpeners, hat, scarf and gloves, new socks and underwear, jewellery etc.

Other items than could also be included - puzzles, colouring books, small musical instruments, cars, toys like Spiderman, farm animals, spinning tops, sweets (use by date June 2020), and maybe a photo of yourself.

We also send a few Homecare shoeboxes to elderly ladies. Items for these can include candles, plastic containers, t-towels, hairbrush, plastic utensils ie bowls & cups, small Christmas decoration, small decorative item, maybe a bit of jewellery suitable for an elderly person, chocolate, clothes pegs, soap, washing up clothes, headscarves.

Please do not include - Food, medicines, war related items, glass, ceramics, aerosols, sharp items or books with words.

Please put them into the tub which is situated at the back of the church on the right hand side as you come in.

Many thanks,
Sylvia Dixon.
Calling all those skilled with knitting needles and crochet hooks – take action to fight food poverty!

Over the Week of Action 2019, people on the frontline of food poverty from all around the UK will be meeting their MPs, either in their local areas, or down in Parliament for the Day of Action on Wednesday 16th October. We will be raising awareness of End Hunger UK’s goal – a government commitment to halving household food insecurity by 2025 – and asking MPs to take action on our behalf.

To make sure they remember us, we want to leave each MP with a little gift – a knitted (or crocheted) foodstuff!

Not everyone has the skills to make their own unfortunately, so we need the yarn-talented among you to make as many carrots and Cornish pasties and anything else you can think of as soon as possible and send them to us. We will send them on to campaigners who need them.

Please could you leave a strand of wool so that we can tie on a label or attach it to a ribbon to make bunting.

You can find lots of free patterns online: www.endhungeruk.org/weekofaction2019/knitfood

Please send your woolly fruit and veg by Friday 27th September to Annie at:

End Hunger UK
c/o Church Action on Poverty
28 Sandpiper Court
Water’s Edge Business Park
Modwen Road
Salford
M5 3EZ

Please email us (info@endhungeruk.org) to let us know if you are going to get busy with those needles, so we can get an idea of how many will be coming our way! It would be fantastic if we got lots extra so that we could make some bunting to take with us when we go to Westminster on the 16th of October.
The Foundling Hospital: Part 1

Sorting through a pile of books donated to Winchester Road's book stall, I came across a non-fiction paperback, *The Last Foundling* by Tom H. Mackenzie. It reminded me of a trip with my 'walking group' to the Foundling Hospital Museum in Brunswick Square Bloomsbury and, if you have not been and feel able to brave travelling by underground, I would suggest you visit it. Before telling you about the book I will outline the history of the Hospital, its founder Thomas Coram and the Coram Foundation Charity.

At the age of 11 Thomas Coram, who was born in Dorset in 1668, was sent to sea by his father and eventually became a successful shipbuilder in New England, America. Throughout his life he took an active interest in charities and when he returned to England he was appalled to see sick and impoverished children on the streets and resolved to do something about it. He had a reputation as a down to earth man who lacked social graces and so his early attempts to raise money were unsuccessful until he devised an appealing 'petition' aimed at raising money from well to do women. This money, plus the help and support of his petitioners attracted the interest of King George II and led to a Royal Charter establishing the Foundling Hospital which opened in 1741. The word hospital was used in the sense of providing hospitality and help rather than its modern medical meaning.

Poverty, homelessness and society's attitude to illegitimacy were the main reasons why young women seeking help brought their babies to the Foundling Hospital which was established initially at a temporary location in Hatton Garden. Faced with the large number of babies that arrived, estimated at thousands a year, the Foundation's trustees did not want to turn babies away but were reluctant to make decisions that could lead to accusations of favouritism. Babies were selected by chance, mothers reached into a bag containing three different coloured balls, if she pulled out a white ball the baby was admitted, a red ball meant being placed on a reserve list which depended on a medical examination, but if it was a black ball the child was rejected. (The origin of the saying about being blackballed from a group.) On admission a written description of the baby was made and the mother was asked to leave a token such as a trinket, a ribbon, a fabric, a card, or handwritten verses. These tokens were used to identify the child if the mother later sought to reclaim her child. The museum displays examples of these items. Initially the baby was baptised, given a new name and sent to the country to be 'fostered.' Aged...
around five years’ old the child was brought to the hospital to be trained until the age of 15, the girls usually for domestic service and the boys usually for the army.

In 1750 a new grand building comprising a boys wing and girls wing separated by a chapel was opened in Bloomsbury, from then on the work was supported by government money as well as private donations. During the 1920’s the Hospital moved to healthier locations first in Redhill and then to Berkhamstead and the Bloomsbury building was demolished. That site is now occupied by playing fields known as Coram’s Fields and houses the Foundling Museum, a children's centre and the Headquarters of the Coram Foundation.

By the mid-20th century adoption and fostering had replaced institutionalism as the best way to bring up orphans or children who came into care and the Coram Hospital was closed in 1954. The Coram Foundation today handles adoption, gives help to parents with problems, is active in health and drug education and maintains a legal centre to support disadvantaged children needing help.

Art and music have always played a part in the charity's life, the composer George Frederick Handel gave fund raising concerts including annual performances of the Messiah. Handel left a score and parts for the work, which is now on show at the museum, enabling annual performances to be given after his death. He also composed the Foundling Hospital Anthem based on Psalm 41 (KJV) recycling tunes from his compositions, including the Hallelujah Chorus. It begins

\[
\begin{align*}
\text{Blessed are they that considereth the poor and needy} \\
\text{the Lord will deliver them in time of trouble,} \\
\text{the Lord preserve them and comfort them.} \\
\text{They deliver the poor that crieth, the fatherless} \\
\text{and him that hath none to help him.} \\
\text{The Lord will comfort them.}
\end{align*}
\]

The noted painter William Hogarth and his wife Jane who had no children were also active supporters of Thomas Coram and established one of the first public art galleries in Britain at the foundation. At the Foundling Museum you can view his magnificent portrait of Thomas Coram as well as pictures by Reynolds and Gainsborough which he persuaded the artists to donate. (The Museum is open every day except Monday; 10am-5pm; Admission £13.20; Over 65 £9.90; Under 21 Free.)

I will tell you about the life of Tom Mackenzie, one of the last children to experience the Berkhamsted Foundling Hospital in next month’s edition of Winchester News.

\[\text{Allen Steel}\]

\[\text{September 2019}\]
Come along to our special coffee morning on Friday 27 September in aid of Macmillan Cancer Support. There will be cakes and a raffle. Winchester Road Methodist Church 9.30am-12noon Please come along and support the event.

Offers of home-made cakes, raffle prizes and help on the day will be much appreciated. Thank you

Pat Ovenden

Prayer

God of grace, when we have lost hope in your word, transform our despair.
When we have lost faith in your love, transform our doubt.
When we have lost our way, transform our confusion.
When we have lost your peace, transform our conflict.
God of grace, may we know your love and experience your healing and forgiveness.
In the name of Jesus Christ.
Amen.

Michaela Youngson, President, British Methodist Conference, 2018/19.
From The Methodist Church Prayer Handbook 2018/19.
London District (Forest Circuit) presents

Promoting Spiritual Wellbeing
By Understanding Spiritual Abuse

Saturday 2nd November, 11am – 3.30pm (registration from 10.30am)
Loughton Methodist Church
Keynote Speaker: Dr Lisa Oakley.

Register through Eventbrite:
www.forestcircuitlisaoakley2ndnov.eventbrite.co.uk
or ask your Minister, Steward or Safeguarding Officer to register for you.

For more information, visit:
www.forestcircuit.vpweb.co.uk/Circuit-News-and-Events.html

With NHS hospitals no longer accepting the return of appliances e.g. crutches, walking frames etc, I am pleased to tell you that the Red Cross will have a van at Whipps Cross Hospital in Car Park 1 on Tuesdays and Thursdays. They will be grateful for any donations of appliances no longer required.

Barbara Chapman

A Traditional Blessing of Hope

May there always be work for your hands to do.
May your purse always hold a coin or two.
May the sun always shine upon your window pane.
May a rainbow be certain to follow each rain.
May the hand of a friend always be near to you and
May God fill your heart with gladness to cheer you.
**Friday Coffee Mornings**

10am – 12 noon (term-time only)

Coffee or Tea and a biscuit 60p
Juice and a biscuit 40p

All money raised is donated to charity.

This year (Sept 2018-July 2019) we raised £633.67 for:

my AFK
working with disability

(charity number 1068841)

Many Thanks for all your support during the year.

Our charity for the upcoming year (Sept 2019-July 2020) will be:

Waltham Forest Dyslexia Association
Opening doors for dyslexics since 1989

(charity number 802993)

They provide help and support for children in local schools, including regular individual and group sessions.

As well as raising funds for various charities, these coffee mornings provide an excellent form of Outreach which is appreciated by parents bringing children to the Gym Club as well as the Yoga group who meet upstairs.

Many thanks to all those who have helped during the year.

If you are able to help on a Friday morning, even if only once during the autumn term, please speak to Hazel Mathews.
A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest. After a moment or two, the vet shook his head and sadly said, "I'm very sorry Miss Drake, but I'm afraid Waddles has passed away."

The distressed woman wailed, "Are you sure?"
"Yes, I am sure. Your duck is dead," replied the vet.
"How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, turned around and left the room. He returned a few minutes later with a black Labrador Retriever. As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head. The vet patted the dog on the head and took it out of the room.

A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the duck from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I'm sorry, but as I said this is most definitely, 100% certifiably, a dead duck."
He turned to his computer terminal, hit a few keys and produced a bill, and handed it to the woman.

The duck's owner, still in shock, took the bill. "£1,500!" she cried, "£1,500 just to tell me my duck is dead!"
The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been £20, but with the Lab Report and the Cat Scan, it's now £1,500."
18-30s?

**Considering ministry?**

**Could it be Ordained Ministry?**

18-30s Ordination Exploration Day
Saturday 5 October 2019
Methodist Church House, London NW1 5JR

Have you ever felt God nudge you to serve the Church?
Has anyone ever suggested that you would make a good minister?

This event is free, but booking is required.
For more information and to book your place on Saturday 5 October go to
[www.methodist.org.uk/ordination-exploration-days](http://www.methodist.org.uk/ordination-exploration-days)

**Come and find out more**

- What life is like as an ordained person.
- How to candidate for ordained ministry.
- What training is available for you.
- What a minister gets 'paid'.

Not sure if this day is for you?
Talk with a friend, your minister or superintendent minister.
Remember: attending this exploration day does not oblige you to become a Methodist minister!
Once there was a man who went out to sow corn. As he scattered the seed in the field some of it fell along the path where it was stepped on and eaten by the birds. Some of it fell on rocky ground, when the plants sprouted they dried up because the soil was dry. Some of the seed fell among thorns which grew up with the plants and choked them, and some seed fell in the good soil; the plants grew and produced corn - a hundred grains each!
Once the Israelites had moved into their promised land, they obeyed God, but not for long, so God let other countries invade.

The Midianites invaded every year, and stole all the food the Israelites had grown.

The Israelites had to hide in the hills.

After 7 years, the Israelites called out to God for help.

Gideon was secretly threshing wheat when an angel arrived.

The Lord is helping you, mighty warrior.

God said, I will give you the power.

But my clan is the weakest in our tribe and I'm the weakest in my family.

I'll be helping you. Start by pulling down the altar built for Baal and build one for Me.

Gideon did as he was told (but he waited and did it at night).

In the morning, people came to complain to Gideon's father.

If Baal is upset, he can take his own revenge, can't he?

Gideon sent out messages to call men to fight the Midianites... and 32,000 came.
Holiday Club
HALL & ROOM HIRE
If you would like to hire one of our halls or rooms, please contact our caretaker, Oliver Shykles on admin@winchesterroadchurch.org.uk or 020 8531 8663

CONTRIBUTIONS FOR OCTOBER’S NEWSLETTER
If you would like to submit an article, joke, photo, poem, prayer or item of interest, please contact Alex Fletcher on wrmc.newsletter@btinternet.com or 020 8531 5047
Deadline to submit items: Tuesday 24 September

This newsletter is available to download as a PDF from our website.