Winchester Road Methodist Church
Winchester Road, Highams Park
London, E4 9JP
Minister: Rev Hilary Cheng
hilary@chengs.org.uk
Tel Church 020 8531 8663
Tel Home 020 8524 3649
www.winchesterroadchurch.org.uk
@winroadmeth
Group: Winchester Road Methodist Church
My hobby is Ikebana – the art of Japanese flower arranging. I once watched my mother-in-law take three flower stems, a bit of foliage from the garden, arrange them in a container and put it on the table in the family home in Taiwan. The arrangement looked as if it should be in a hotel lobby. I have been studying this art form for 12 years now and find it very relaxing.

Several months ago, the Ikebana study group was invited to put on an exhibition at the Gardener’s World Exhibition, at the National Exhibition Centre near Birmingham. I volunteered to help set up the arrangements which we were due to do in mid-June.

Like so many plans, the Gardener’s World event has now been cancelled. It was disappointing news, but under the current climate, not unexpected. Maybe we will be invited to participate next year.

Have you had to cancel events during lockdown? It must be very difficult for those who have had to postpone a wedding or other celebration where money, time and effort have been invested to make an occasion or event special.

It would be easy to become downhearted about this, and with good reason. I would imagine that most of us have had several dates postponed or cancelled through no fault of our own. Whilst this is difficult to accept, I want to encourage you to take heart and to stay positive. We don’t know how long we shall be in our present circumstances but things will ease eventually. Already, some restrictions have been lifted with the promise of more to come as we get on top of the coronavirus.

June 11th is St Barnabas Day. Barnabas appears in the Acts of the Apostles, as a travelling companion and encourager of Paul on Paul’s first missionary journey. He was a teacher who knew the love of God and wanted to share it with others like Paul, whose name was changed from Saul. Barnabas was originally called Joseph but in Acts chapter 4, the apostles changed his name
to Barnabas. He is the patron saint of Cyprus, the place where he was born, and where it was believed he was martyred in AD 61. He is remembered as someone who encouraged those around him.

It is easy during lockdown to become discouraged because we are not free to live our lives in the way that we would choose. Remember Barnabas, and see if there is someone, or a family that you could contact and be an encourager to them in June. Perhaps you could pray for that person or family, send a card, or phone them.

Stay blessed, and continue to be an encourager.  

Hilary

We have all been finding many ways of worshipping at home and over the past few weeks Hilary and Leo have videoed services from their garden, which provides a great backdrop. (See front cover) These get better every week and more are planned for June (See dates) Many thanks to all those who take part and to Pat, David, Laura and Richard who edit and upload each service. These can be accessed on the Winchester Road Methodist Website. (www.winchesterroadchurch.org.uk)

Other ways to share worship:
Radio 4 Daily Service and Sunday morning following 8am news.
Radio 2 Daily Prayer (for early risers)
Radio 3 Choral Evensong Wed. afternoon (repeat Sun. Afternoon)
BBC Songs of Praise Sunday – early afternoon
Church of England phone line -0800 804 8044

Online Resources:
https://www.wesleyschapel.org.uk/livestreaming Sunday services at 9.45 and 11.00 as well as morning prayer Mon-Sat at 10am with Keith Riglin and Jen Smith
2020 Dates for your diary

All services will be videoed for the church website.

**Wed 3 June:** Church Council Meeting, - cancelled

**Sun 7 – Trinity Sunday** - led by Peter Dawe

**Sun 14 June: Young Church Anniversary** - All Age Worship

**Sun 21 June: Father’s Day/ Refugee Sunday** – led by Hilary

**Sun 28 June** – led by Gillian Farnfield

**Mon 27 – Fri 31 July:** Holiday Club – cancelled (See below)

**Thurs 8 October:** Church Council Meeting, 7.30pm

**Saturday 28th November:** Church Bazaar

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**Holiday Club**

Unfortunately this has been cancelled for this year. With the church premises still currently closed it was decided that it would not be feasible to plan an event for the end of July. Let’s look forward to an extra special club next year. For those in year 6, this may have been your last year but you will be able to volunteer as Young Helpers in 2021!

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Lord Jesus, all around the world

your followers are facing difficult times.

Please protect them from harm

and help them build their faith in you.

Amen.
Due to Government guidance on social distancing around the Coronavirus outbreak and the uncertainty about when large face to face gatherings can restart, it will not be possible for us to hold the 3Generate Children and Youth Assembly at the NEC in 2020. It’s been a really difficult decision for us to make, but our primary concern, as always, is for 3Generate to be a safe and enjoyable event. With everything so uncertain at the moment we can’t make any promises about what an event would look like, so it’s with very heavy hearts that we have made this decision. We are still planning for the 2021 event to take place at the NEC next year.

Although we won’t be able to meet in person this year, we have exciting plans for 3Generate 365 which will launch in September 2020. Children and young people from across the Connexion will have the opportunity to gather virtually to explore this year’s theme of 2020 Vision and listen to what God is saying to them. 3Generate 365 will provide opportunities for children and young people to pray, listen, notice, discuss and explore how God may want them to be active as disciples in the world.

As lockdown eases, we will explore ways that districts and regions can come together that will form a part of the Children and Youth Assembly process. There will be opportunities for local groups to be a part of the planning for 3Generate 2021 and we want to engage in different ways with groups, group leaders and 3Generate volunteers building and developing relationships across the Connexion so the voice of 3Generate 365 is heard at the 2021 Conference and also to prepare for 3Generate 2021.

We have registered for updates of events as they are planned.

Did you know 12% of one group, when asked, thought Joan of Arc was Noah's wife?
**METHODIST INSURANCE VOLUNTEER AWARDS.**

As has already been announced in church, Roger Pettit was chosen by Methodist Insurance as the London Region Award Winner. Now comes the voting for the overall winner! There are 11 Regional winners but this time the voting is by public vote and Roger has some stiff competition. It would be wonderful if Roger won, he does so much for our Church.

All the details can be found on [www.methodistinsurance.co.uk/volunteerawards](http://www.methodistinsurance.co.uk/volunteerawards) where you can also cast your vote.

If you have access to the internet PLEASE VOTE FOR ROGER he can only win if you vote for him.

Voting closes on 15th July. Thank you.

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**Message from the Church Treasurer**

The Church anniversary and annual gift day was scheduled for 17th May and so far, £9,770.00 has been raised and transferred to the Memorial Fund. If you still want to make a donation please contact me.

I have also had a couple of inquiries from members of the Church asking about continuing to make their weekly donation.

The easiest way to do this is to set up regular payment from your bank account to the Church bank account.

If you have online banking you can set this up yourself, or you can send a completed Standing Order Request form to your Bank who will set this up for you.

If you would like to do this please contact Jean Norton by email tootsnorton@btopenworld.com or phone 07813 659906.

We appreciate that for some it may be difficult to consider extra financial commitments at this time.

Jean Norton
Act of God?

I recently renewed my insurance and glanced through the policy to see what it covered. It mentions fire, explosion, lightning, earthquake, etc but the old phrase *Act of God* seems no longer to be in common use. That took my train of thought off in another direction.

The night of 8th July 1984 was hot and sultry and in the early hours of 9th July the fire brigade was called out to York Minster. A catastrophic fire was gaining hold in the south transept and a lightning strike was blamed as being the likely cause. There was speculation in some quarters that it was a sign from God in response to the consecration at the Minister three days earlier of the Bishop of Durham, who had made controversial news for saying that he did not believe in the physical resurrection of Christ. Once again, my mind then wandered off on yet another tack.

Some years ago, I came across this story doing the rounds of the Internet under the heading ‘Texas beer joint sues church’. I cannot, though, vouch for its veracity.

In a small Texas town, (Mt. Vernon) Drummond’s bar began construction on a new building to increase their business. The local Baptist church started a campaign to block the bar from opening, with petitions and prayers. Work progressed right up till the week before opening when lightning struck the bar and it burned to the ground. The church folks were rather smug in their outlook after that, until the bar owner sued the church on the grounds that the church was ultimately responsible for the demise of his building, either through direct or indirect actions or means. In its reply to the court, the church vehemently denied all responsibility or any connection to the building’s demise.

As the case made its way into court, the judge looked over the paperwork. At the hearing he commented, ‘I don’t know how I’m going to decide this but, as it appears from the paperwork, we have a bar owner who believes in the power of prayer, and an entire church congregation that does not.’

David Watson
Message from Pat Mackean in New Zealand.

“Thanks for the Newsletter, from here in New Zealand it’s nice to see what is going on back in Winchester Road Church. Despite the current world crisis, you are all are trying to keep the regular things going as much as possible. It’s the same over here. No Church services but we can read them on line each week which is a comfort to us all here. It’s hard not being able to meet together. Please can you send the newsletter to me on line each month. I would appreciate it. God Bless you all.” Pat Mackean.

Victoria Hale (Laurie Hale’s daughter) got married recently. Congratulations to them.

Laurie was minister at Winchester just over 20 years ago. Victoria and her brother Riley were both in the Sunday School.
While our movements are still restricted, we have been sharing our activities online. These include gardening, baking and walking.

Many of us have been introduced to new walks in the forest as well as some strange trees!

The ‘Googly Eye Tree’ by Forest Road and the North Circular leads you to an underground reservoir.

And the ‘Pulpit Tree’ in Knighton Woods, is believed to be at least 400 years old!

Although unable to join us on our walks Ron Taylor has enjoyed seeing the pictures, and looks for them in a book by Ken Hoy. It is good to know that he and Joan are now able to spend more time together.

**Keeping in touch!**

Pastoral Visitors will be contacting you regularly to see if you need anything and to pass on information., It has been good to be able to join with others, online, in the ‘Zoom’ meetings that Hilary has organised. Please ask your Pastoral Visitor for information. or if you want to join our Church WhatsApp let us know and we can pass your mobile number on to Sarah Hayward.

I have heard from Bob Borrow, our printer. He and the family are all well and he, and I, are looking forward to a time when we may want the newsletter printed again.
Heat or Eat!

Pat Ovenden continues to collect donations for our local foodbank, on a Monday, and a neighbour takes everything down to the Foodbank, which is run from Chingford Congregational Church. Julia, has been running this for nearly seven years and many others were volunteering every Monday. In the current situation the number of referrals has more than doubled to 60 or more per week. It has been necessary to reduce the number of volunteers, many of whom were vulnerable anyway. The Foodbank now distributes pre packed bags of food to clients on two mornings, Monday and Tuesday. They can also have some fresh fruit and vegetables, thanks to Debbie, who gets this each week. It has been a huge task for those who run it. Many Thanks must go to Julia, Debbie, Pat and the other volunteers.

They are no longer accepting donations on Saturdays but you can take donations on Mondays and Tuesdays 10.30 – 12.30. Debbie is posting a list of particular items required on our Church facebook page.

Bags at Pat’s ready to be collected.

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*Spirit of fire, warm us with your everlasting love.*
*Spirit of wind, blow away hurtful words that damage relationships.*
*Spirit of earthquake, carry away our fears.*
*Spirit of breeze, restore our peace with your calming breath.*
*Spirit of the living God, speak to us in words we can understand.* Amen.
This year we were not able to do our usual coffee morning, street collections, collection in Tescos and envelopes in church. However we were able to donate in an online ‘envelope’.

To date, Pat reports that £420 has been donated, to which gift Aid will be added. A further £60 was donated through the church account. Many thanks to everyone for their support.

SOAP AND WATER. (SUNG TO THE TUNE OF ‘TO BE A PILGRIM’)
They who would valiant be, 'gainst COVID Nineteen
Let them in constancy, stay day and night in.
No friends may pass the door.
For they could spread it more.
Stay safe and wash your hands with soap and water.

They who roam round in large groups, cause much vexation.
Their carefree attitude, could wreck this nation.
They only spread false hope.
Our NHS won't cope.
We hope they wash their hands with soap and water.

Those who live right on the streets have life much harder.
No passing trade for them, no stocked-up larder.
Self-isolation, how?
They need assistance now.
They can’t just wash their hand with soap and water.

House bound are many more, with no provision.
To ease their loneliness, they watch television.
Contact them, make that call.
Check they've the wherewithal
To eat and wash their hands with soap and water.

“Does anyone know if we can have showers now or should we continue to just wash our hands, with soap and water?”
Thoughts from a Lockdown

The Covid 19 Lockdown has prevented us coming together for worship, we have not shared the joy of decorating the cross on Easter Sunday morning, nor the excitement of the coming of the Holy Spirit at Pentecost. We have been unable to share the Peace with each other at a communion service or join together to sing the hymns loved by Methodists.

In the sixth century BC the prophet Zechariah spoke to refugee people who had just returned from captivity in Babylon and were faced with the task of rebuilding both the Temple in Jerusalem and their faith. From his words I was drawn to a simple optimistic promise of the future which he made to his people translated by the Good News Bible as;

‘Once again old men and women, so old that they use a stick when they walk, will be sitting in the city squares. And the streets will again be full of boys and girls playing.’ Zechariah 8 v 4 & 5.

Faced with Lockdown we have found ways to compensate for these losses, our minister, Hilary Cheng, and her husband Leo recorded worship, usually from their garden, which we could join with on our computers. Some of you have tapped into Sunday worship without congregations on line from Wesley's Chapel in London or the Anglican TV services from Cathedrals on BBC One.

People have come together through the computer wonders of Face Time or the group link called Zoom, though these cannot make up for the physical contact of a good hug! Anniversaries have not been neglected we remembered to commemorate the 75th anniversary of VE Day which was splendidly and movingly covered on television. Many joined in a distancing street party from the safety of their gardens and have put out flags and bunting to mark the occasion. My wife recalled going to London with her grandmother who worked in a draper’s store (Nicholson’s) near St Paul's Cathedral on the day of one of the victory parades.
Family Birthdays and Anniversaries have been celebrated alone or just by the household, the party and celebration will have to wait until we are released from Lockdown. This year thanks to the calendar Sunday May 24 was both Wesley Day and Aldersgate Sunday. At Winchester Road a service marking this event was planned by our Worship Leaders. and in its absence, I will outline the events of this day.

In May 1738 John and Charles Wesley had recently returned from America where John had gone to be the chaplain to the settler community in Georgia and Charles to act as secretary to the Governor. They also both hoped to play a part in the conversion of the indigenous Americans to Christianity. For several reasons the mission failed and they returned to England depressed by their experience. Unsure about his future, weighing up the options, which were to return to teaching at Oxford or seek a parish like his father. As a Fellow of an Oxford College he was invited to preach in several London churches but his evangelical preaching proved unpopular with the churchwardens. 'I preached in the morning at St. Anne’s Aldersgate..., free salvation by faith in the blood of Christ, I was quickly apprised that at St Anne’s I am to preach no more' (Wesley’s Journal 14 May 1738). The entry in his Journal for 24th May he writes of his habit of opening the Bible at random and seeing what leaped out from the page, on this occasion 'Thou art not far from the Kingdom of God' (Mark 12 v 34). In the afternoon he went to Evensong at St Paul' Cathedral and
writes 'In the evening I went very unwillingly to a society in Aldersgate where one was reading Luther's preface to the Epistle to the Romans. About a quarter before nine, while he was describing the change which God works in the heart through faith in Christ, I felt my heart strangely warmed. I felt I did trust in Christ, Christ alone for salvation;

This has been described as the pivotal event in Wesley's life leading to him becoming a preacher, travelling through Britain leaving in his wake Methodist Societies which became the Methodist Church.

Beside the entrance to the Museum of London, close to where it happened, is the Flame Memorial inscribed with Wesley's description taken from the Journal of the Aldersgate experience.
Fritillaria, better known as snake’s head

Why does its flower head hang? According to legend, all flowers bowed to Jesus when he was on his way to Calvary in the garden of Gethsemane. They did this out of respect. One flower stood upright arrogantly. An angel came down and had a word with the flower. The fritillaria blushed with shame and put his head down. While his head was hanging, he cried… and cried. The tears continued to flow as shiny drops of nectar.

Dial a Prayer with the Methodist Church in Britain

For all who may not have access to the internet and wish to listen to news and prayers from the Methodist Church, please refer to the free phone line from the Methodist Church. Content is updated every Thursday. Do pass the numbers on to anyone who may benefit.

- Listen to a prayer: 0808 281 2514
- Listen to news: 0808 281 2478

‘I still have many things to say to you, but you cannot bear them now’ (John 16.12).

Jesus knows just how much we can bear, and looks ahead to the Spirit coming to help us.

Think about things in your life that you are finding it difficult to cope with, and ask God – Father, Son and Holy Spirit – to be with you as you journey onward.
OTHER ORGANISATIONS AND CONTACTS

Highams Park Food Aid Team (May 4th)
As we enter our 4th full week of delivery, we wanted to provide an update of what’s been happening and say some well-deserved thank you’s. The headline is we’ve exceeded the 1,000 mark this weekend. We have actually delivered over 1,200 pre-prepared meals and this figure doesn’t include the additional food provided to make other meals - so a huge thank you to everyone who has donated either food or money.

We would like to say a particular thank you to our ever-growing army of volunteers who collect and wash down food, make deliveries, shop for us, cook and bake, administer the scheme at home, make funding applications and do a thousand extra jobs for us. You have been truly amazing!

We’d also like to say a huge thank you to McRae’s Estate Agents and Providus Financial Service who have both made substantial donations. And Morrisons, who have been truly amazing supporters, with a special shout out to Kirsten at Chingford Morrisons as without her we wouldn’t have been able to do what we do, and to everyone else who has donated what they can, particularly our regular donors.
Finally, a thank you to Toni at Humphry’s Café who readily handed us a set of keys so we can use all their fridge and freezer space

We do still need your help though. Every week we get more referrals, some with really desperate stories to tell, and it just shows us there are still more people out there we need to reach and help. Just last week within a 24-hour period we had 33 new referrals. Please keep spreading the word - it’s not too late to sign up, just fill in the form, we’ll phone you to confirm what you need and food will start arriving.
For further information contact HighamsParkCovid19@gmail.com

And please keep praying for us too!!

Stay well and safe,
Peter, on behalf of the Highams Park Food Aid Team

(Highams Park Food Aid was set up in April and is a joint venture involving All Saints, Scouts and Horbeam in Walthamstow)
Dear All Hope this still finds you well and managing in lockdown. We have still been very busy at Age UK WF but have settled into a routine now. Despite some of lockdown being eased we aren’t opening up the building for activities yet but staff are still working from the hub in small groups. At Age UK Waltham Forest we are continuing to support older people in the community with shopping, emergency packs, telephone befriending and Information/Advice/Form Filling. If you need our help please do get in touch.

Free activities: In case you haven’t heard we are holding some of our activities online – below is the schedule and we are working on more of the computer classes as well. They are all free to attend during lockdown and you can sign up by emailing info@ageukwalthamforest.org.uk – we will be using a programme called Zoom we will send you a link. You click the link at the appointed time and follow the on screen instructions until you see us. You can do this on any desktop computer, laptop, or tablet that has a microphone and camera. For a desktop you might need to plug in a web cam (includes a microphone).

- Monday 5.30pm Bollywood Dance with Vanessa Downie
- Wednesday 3.00pm Seated Yoga with Katriye Ibrahim
- Thursday 10.00am Computer Class: 4th June Internet Security
- Thursday 11th June at 2pm Book Club - The Curious Incident of The Dog In The Night Time by Mark Haddon
- Every Thursday 2.00pm Tai Chi with John Poon Every Friday 10.00am Tai Chi with Ko Poon

For those that aren’t online we are also putting together some exercise DVDs - again using our instructors - if you would like a copy when they are ready do let me know by telephone 0208 558 5512 and we will get them posted out to you.

Take Care and best wishes
Emma and the team at Age UK Waltham Forest
News from Barts Trust
The Physician Response Unit (PRU) is a collaboration between London’s Air Ambulance, the London Ambulance Service and Barts Health NHS Trust. It is staffed by a senior emergency medicine doctor and an ambulance clinician, and carries advanced medication, equipment and treatments usually only found in hospital. The service responds to 999 calls, treating patients in their homes who would otherwise have often required an ambulance transfer to hospital. The PRU service is now operating with two cars and its operational hours have been extended to run seven days a week.

Enabling early discharge. - Patients in the Royal London, Whipps Cross and Newham hospitals may be discharged and visited at home rather than referred for inpatient care

Saving vulnerable/ at risk patients a trip to hospital – PRU teams can visit patients that are ‘high risk’ who would otherwise need to come to hospital for assessment.

Clinical Lead for the Physician Response Unit Dr Tony Joy said:
“The Physician Response Unit is proud to be expanding our service and stepping up at this critical time. By taking the Emergency Department to the patient in their home we can ensure they get the right care fast, while also reducing risk and keeping hospital beds free for those who really need them.
“The launch of a second car is a huge step forward for the PRU, allowing us to cover more hours of the day, delivering safe and effective emergency care in the community at this extremely challenging time. “This is another way in which the NHS is ensuring it is still open for business and there for everyone during this pandemic, and while Londoners are responding to advice on staying at home, they should still seek NHS medical help when they need it.”
London Borough of Waltham Forest. – (walthamforest.gov.uk)

❖ : Book waste collections
❖ : Check out traders
❖ : wheelie bin cleaning and more.
❖ : Changes to parking to make streets safer for pedestrians
❖ ConnectingCommunities@walthamforest.gov.uk linking voluntary groups and volunteers, funding for groups etc
❖ Citizens Advice, Migrant Support,

They have launched a fantastic Learning Together Project called Chit-Chat Pitter-Pat, where fun activities will be made available for you to try at home, suitable for 0-5 year olds.

These sessions will include:

**Top Tips Tuesday** - where we share a ‘Starting School Together Challenge’ to support you in making sure your child is ‘school ready’ for reception in September.

**Thumbs Up Thursday** – where families share their examples of learning at home.

**Share Day Saturday** – A chance to celebrate learning together and share further ideas with each other.
Breathe on me, Spirit of the Living God
as you breathed on the disciples your Spirit of truth
Touch me with your fire
and set me ablaze with your love

Renew your Church, Spirit of the Living God
beginning with me if you wish.

Renew all peoples of the earth, Spirit of the Living God
so all will know your love, justice and mercy

Renew our lives, Spirit of the Living God
so we will be bound more deeply together as sisters
and brothers in Jesus Christ Our Lord.

Come, Holy Spirit of God
Breathe on me, Breath of God
Fill me with life new

Amen  - by Revd Nigel Cowgill

Katherine, a member of Kensal Rise Methodist Church works in the events security industry. With no events happening at the moment, she has been placed on furlough, the government’s Coronavirus Retention Scheme. The lockdown has however, given her the opportunity to do a bit more praying, meditation, studying and speaking to people.

#WovenIntoGod  #WovenIntoOthers  #Lockdown

What’s your story of faith during the lockdown? Get in touch with Fola, our Project Coordinator at fola@methodistlondon.org.uk to discuss how to share it with the rest of the London District as part of Woven.

Visit www.methodistlondon.org.uk/woven for more information on the Woven Project and the many ways in which you can share your story.
The Best Seat

Jesus often told stories with hidden meanings.

On one occasion Jesus told the story about some party invitations.

He explained that when you are invited to a meal...

Don't rush to sit in the best seat...

It's much better to take the lower seat...

...and then find you are asked to move up.

Jesus explained that we shouldn't keep pushing ourselves to the front.

As Christians we should always try to put other people first. Read Luke 11:7-11.
An Action Prayer

When life is difficult,
I believe in me (hand on heart),
because I believe in you (point upwards),
and you believe in me
(hands across chest, as in a hug).

When I am faced with a challenge,
I believe in me (hand on heart),
because I believe in you (point upwards),
and you believe in me
(hands across chest, as in a hug).

When I struggle to do the right thing,
I believe in me (hand on heart),
because I believe in you (point upwards),
and you believe in me
(hands across chest, as in a hug).

When I feel down,
I believe in me (hand on heart),
because I believe in you (point upwards),
and you believe in me
(hands across chest, as in a hug).

Amen
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

CONTRIBUTIONS FOR JULY’S NEWSLETTER
If you would like to submit an article, joke, photo, poem, prayer or item of interest, please contact Jan Dent on jdent7@gmail.com or 07751603883
Deadline to submit items: Wednesday 24th June

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