


THE MESSENGER

The magazine of Petts Wood Methodist Church



HAPPY EASTER

The Hope of Easter

Vol 65. No.3, April-June 2022

The Church in Queensway

Minister: Revd. Duncan MacBean

07432 093 353 | orpchissuper@gmail.com

www.pwmc.org.uk | www.orpchiscircuit.org.uk

THE MESSENGER

Editor:

Distribution:

Quote

We proclaim the resurrection of Christ when his light illuminates the dark moments of our existence.

Pope Francis

OUR MINISTER'S LETTER:

by Revd. Duncan MacBean



Peace in our time?

It is fair to say that almost everyone, bar truly abhorrent people, think that peace between nations is better than war. It is also fair to say that this has been a theme throughout history, including Biblical history. Somehow, though, nation still goes to war with nation, people-group against people-group in bloody and destructive conflict. It would seem that, as long as sin remains in the world, this is an almost inevitable consequence of human interaction.

Through the prophet Isaiah, God declared that:

He shall judge between the nations,

and shall arbitrate for many peoples.

they shall beat their swords into ploughshares,

and their spears into pruning hooks,

nation shall not lift up sword against nation,

neither shall they learn war any more.

Still, over the last few thousand years since Isaiah walked the earth, there have been wars beyond count, millions if not billions of people falling to the sword, the bullet, the bomb, the biological weapon and many other filthy ways to inflict death upon humanity.

What has struck me with the latest episode of war – Russia's invasion of Ukraine – is that there is no clear way of saying that all the blame lies on one side or the other. True, Putin acted unreasonably in invading Ukraine, but there is more to this than meets the eye. I was struck by a recent tweet from Elon Musk about free speech, where he said, “All news sources are partially propaganda, some more than others”. The story we are hearing in the West is about an absolute ‘right’ (us, of course) versus an absolute ‘wrong’ (Putin). The background to this is not as clear-cut as this.

As ever, the to-ing and fro-ing of political deals has left us with a murky story, exemplified best for us in the estimated more than £258.8 billion of Russian investment in the UK (this is the figure quoted by Jacob Rees-Mogg as to the total value of Russian Bank assets currently sanctioned). We are effectively declaring an economic war against a country whose wealthy few we have openly encouraged to invest in our country. This is why there is no clear right or wrong in this war. Although we may not have committed the sin of violence against Ukraine, we have allowed the sin of greed to land us in an untenable position, one which is clearly influencing the decisions of our government.

I believe that the problem with war is sin. It is as simple and as complicated as that. I am not particularly Catholic in my theology, but I think there is some merit in the 7 cardinal sins: pride, anger, lust, envy, gluttony, greed and sloth. These apply not just to us as individuals, but to our governments, our corporations, and to our society as a whole. I am convinced that almost all things can be traced back to a failing in one point or another of these.

It is clear from the Isaiah quote that God's avowed intention is for us to live in peace and harmony, however different we may be. We will simply never reach that point until we come to terms with our individual and corporate sins. Until we become people for whom peace and honesty is not a nicety but a necessity, and this is entrenched in our politics and economic relationships, we will forever be at war. Worse than this, we will not be able to hold up our hands and say, 'We are right, and you are wrong'. For all who are affected by this war, I pray for peace and strength. God save us all.

Shalom,

Duncan



WE GATHER TO OFFER WORSHIP TO THE GLORY & PRAISE OF GOD

For the moment we will still have to observe any regulations regarding social distancing, mask wearing and will provide hand sanitiser.

March

Sunday	20th	10:30 am	D. Spinks/ Family Service/Parade
Sunday	27th	10:30 am	S. Cope

April

Sunday	3 rd	10:30 am	C. Price
Sunday	10th	10:30 am	M. Ayres
Thursday	14 th	8pm	Maundy Thursday communion service
Sunday	17th	10:30 am	Revd. Duncan MacBean - Holy Comm.
Sunday	24th	10:30 am	J. Gardiner

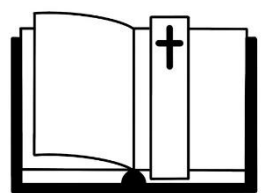
May

Sunday	1st	10:30 am	D. Ball
Sunday	8th	10:30 am	K Kwafo-Akoto
Sunday	15th	10:30 am	Revd.Gillian Walsh/ Family Service/Parade
Sunday	22nd	10:30 am	Revd. Duncan MacBean - Holy Comm.
Sunday	29th	10:30 am	Deacon Maureen Spinks

June

Sunday	5th	10:30 am	TBC
Sunday	12th	10:30 am	TBC
Sunday	19th	10:30 am	TBC
Sunday	26th	10:30 am	TBC

The church is open for private prayer on Saturdays from 10-12 noon.
Please enter through the front glass doors.



Psalm for Easter Morning, by Dr. Ralph F. Wilson

In chill of dawn birds sing clear
After Friday's darkness,
After Saturday's numbness;
Dew on grasses sparkle
As night surrenders to rising sun,
And clear blue reigns above
Without hint of cloud.

Women travel swiftly, silently
On their pathway to the Garden,
Where martyred Messiah lies
slumbering,
Lifeless on cold limestone
In a newly-chiseled tomb.

As they approach,
Guards have vanished;
Remnants of a fire smolder
Among debris of camp
Deserted in haste.

In their place resides a new
Guardian,
Harbinger of a Heavenly Army,
Resplendent in white,
Seated upon the stone of death
Now displaced forever.

The Angel speaks,
women shrink back.
"Why do you seek the living
Among the dead.
He is not here;
He is risen,
Just as he said."

Hallelujah, risen Jesus!
Praise forever, risen Lord!
We greet you at your
Resurrection,
Bow before you now and always

Lives wide open,
Cleansed and healed,
Hands uplifted,
Hearts surrendered.

Forgive our doubts,
O Risen Lord,
Calm our fears,
Renew our faith,
And lead our lives from this day
on.

For we serve You,
Christ our Lord!
And we love You,
Risen King!
In your Army we will follow.
Lead us on!
Lead us on!

Copyright © 2017, Ralph F.
Wilson

FAMILY NEWS:

Condolences to:

- **The Sewell family**

Liz Sewell and family on the passing away of her brother David at the end of November. Our thoughts and prayers are with Liz and the rest of the family.

- **The Thompson family**

Sadly, our friend Pamela Thompson died at the beginning of January at her home in Salisbury where she had been living happily for the past few months. At her funeral her life was celebrated with the family wearing purple and red, her favourite colours. Pamela, together with her husband David had been members at Petts Wood church for very many years having moved to Wood Ride from Eltham. Pamela was a devoted Church member and even in her later years, hardly missed a Sunday morning's worship. She was full of ideas in her capacity as Guild President and always full of enthusiasm for life.

She was extraordinarily proud of her son Christopher and Rosie, her daughter together with her grandsons. She amazed us with the joy she had sharing adventurous holidays taken with Rosie. She had many interests and enjoyed playing bridge and her garden. We thank God for her life and all she contributed to the Church and her friends.

- **The Causton family**

You will be sad to know that Roger Causton died recently. Roger was well known in Petts Wood, working for many years in the pet shop and giving advice and help to many people. His knowledge and love of the natural world, especially fish and insects, was amazing. On his retirement he and his wife Florence organised and participated in many branches of the U3A, showing how wide his interests were, music, gardening, industrial archeology. He was Chairman of the Guild. We send our condolences and love to Florence, their son Ashley, his wife and their grandchildren, and his sister.

Greetings from Joan Ford

Please find below Joan's new address: Joan Ford
Heatherwood Care Home, 47 Foxley Lane, Purley, Surrey, CR8 3EH

THANK YOU:

Thanks from Liz Sewell

I would like to thank everyone for their cards, prayers and support after the sudden of my brother David from Covid at the end of November. The last few months have been difficult and I have really appreciated all your support.

As many of you know, David grew up in our Church, attending Sunday School, and the Scout Group. He was a Cub, Scout and Venture Scout, earning his Chief Scouts Award and Queens Scout Award. He attended the annual Queens Scout parade at Windsor Castle and also was on duty at St. Paul's Cathedral for the Queen's Silver Jubilee.

David was also involved in helping with Sunday School, possibly the Link, and trained to become a Local Preacher.

Once he qualified as a solicitor, he moved to Marden in Kent where he got involved in the local Anglican village church. He then went onto become a Lay Reader for them, having his recognition service in Canterbury Cathedral.

He got married in 2005 and moved to Cambridge where his son was born. They then ended up moving to Durham for a few years, then St. Andrews in Scotland before finally moving down to Oxford in June.

He will be sadly missed by myself, his wife Gabriel, stepson Oliver and son Zachary.

Anger, by Carolyn Lawrence

I wonder if you ever get angry. And if you do, how do you deal with it?

A husband said to his wife, "When I get mad at you, you never fight back. How do you control your anger?"

The wife replied, "I clean the toilet."

"How does that help?" asked the husband.

The wife responded, "I use your toothbrush!"

There seems to be a lot of anger and frustration in our nation right now – much of it has arisen during the past two years as people have been forced to deal with circumstances and changes they could never have envisaged. I have seen this

expressed in many different ways. Some people aim their anger at someone unknown personally to them, often using social media – people having a rant, writing unkind, sarcastic or abusive words; people being critical, nit picking and judgemental of others.

Others are expressing their anger at people known to them – perhaps being irritable with family and friends or having more arguments. At the other extreme we have seen an increase in domestic violence and abuse in the home, particularly during the lockdowns of the past two years.

Some express their anger in the way they drive, by slamming doors or in activities that harm themselves. Others express their anger at God by turning away from their faith or the church. Still others are not expressing their anger outwardly but are keeping it inside leading to growing resentment, bitterness and depression.

So is it right to be angry? Ephesians 4:26 says 'In your anger do not sin.' We all get angry and anger itself is not a sin but it is what we DO with the anger that can lead us into sinful words and actions.

There is a difference between righteous anger and unhealthy anger. The anger we experience when we see injustice or people being treated badly is a righteous anger and we know that Jesus expressed anger when he saw the money changers in the temple. Righteous anger can lead people to take action to right wrongs.

We *should* feel angry when we hear about people being trafficked, people starving in a world where there is plenty of food, Christians persecuted for their beliefs, people who are bullied, downtrodden and abused. If those things don't make us angry then we perhaps need to ask God for a heart of compassion for those who suffer and a desire to do something about it.

But what about the more unhealthy anger? How do we deal with our feelings of anger when perhaps things haven't gone our way, we have had our pride hurt, when we feel frustrated, helpless or stressed?

Here are a few suggestions with some Bible verses.

1. Recognise your feelings and express them.

Psalm 62:8 *Pour out your hearts to God for he is our refuge.*

As we read the Psalms we see the writers expressing all manner of emotions to God and reading these Psalms can be a real help to us in times of difficulty. I believe we have to be real with God and he is big enough to take our rants and our distress as we pour out our hearts to him.

We can also express our feelings to a trusted friend, loved one or counsellor. Often just expressing how we feel and being listened to is enough to calm us and get things in perspective.

- Once we've expressed it, let it go.

Ephesians 4:26 *Do not let the sun go down on your anger.*

If we allow our anger to fester it can begin to manifest itself in the ways, I have mentioned. That is why we need to deal with it as quickly as we can.

- We need to exercise self-control

Galatians 5:22 *The fruit of the Spirit is...self-control.*

James 1: 19 *Everyone should be quick to listen, slow to speak and slow to become angry.*

We don't have to say everything that is on our mind! Whether it is using our tongue or our keyboards we need to stop and think before we express our words. And stop before we act or react. Wait before replying to that email that annoyed you. Walk away from the person who is winding you up. Whatever you need to do to give yourself time to think, pray and reflect before acting or speaking.

- Take care of our own well-being

1 Corinthians 6:20 *Honour God with your body.*

Find ways to relieve our stress in a healthy way by living a healthy lifestyle with exercise, good food and times to rest and unwind.

- Deal with unresolved relationship issues

Romans 12:18 *If it is possible, as far as it depends on you, live at peace with everyone.*

1 Corinthians 13: 5 *Love...is not easily angered.*

Deal with any grudges, unforgiveness, bitterness that may be adding to your stress. Express your feelings to each other in a safe way while you are calm.

- Walk closely with God.

Romans 12: 1-2 *Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ² Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.* As we remain close to Jesus and develop our relationship with him we trust that God will day by day be transforming our minds, our hearts and our wills to make us more like Jesus. And as our lives become more hidden in the love of God, the things that irritate us, annoy us and upset us will become less important to us compared to knowing Jesus and being obedient to his will for our lives. As a result, our lives will become more and more a reflection of his love and as our hearts are changed and transformed, that which overflows from our hearts through our words and actions will become sweeter and more Christ-like.

Source: <https://theologyeverywhere.org>



FOR THE YOUNG AT HEART:

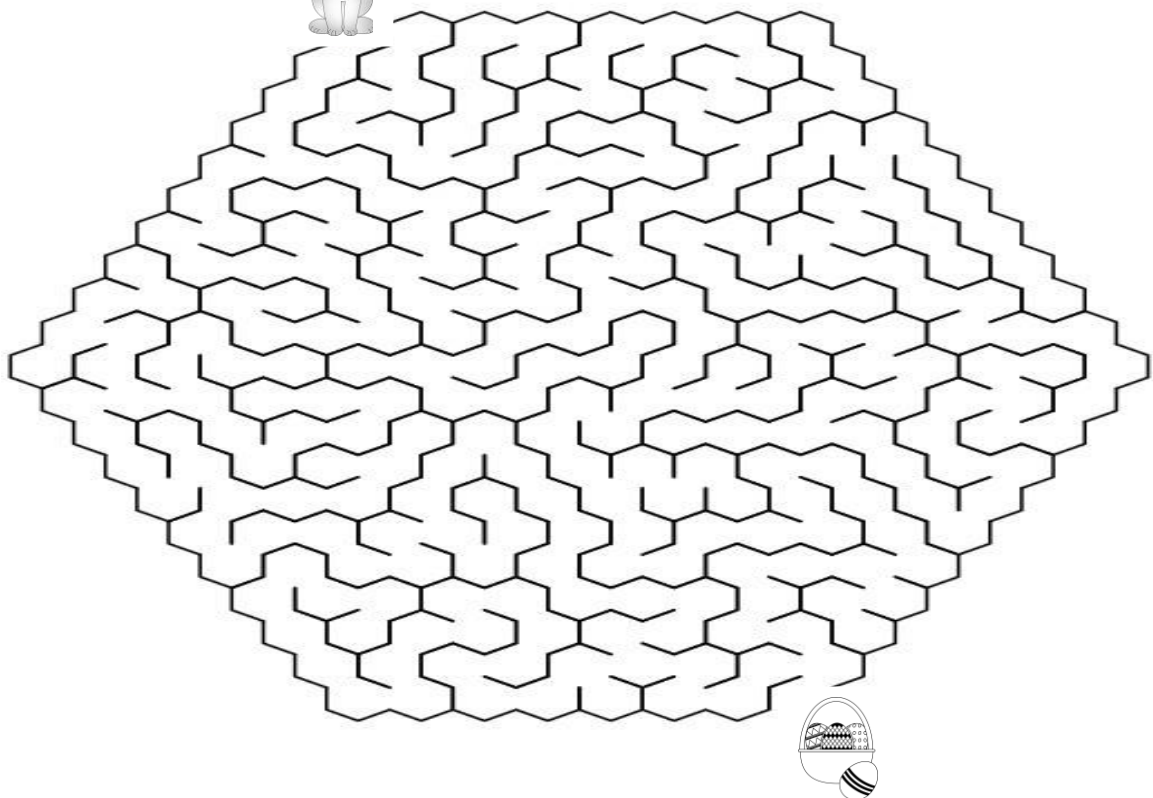
Fishes Christmas party



Fishes helping with washing up communion glasses



Can you get the Easter Bunny across the maze to his Easter Eggs?



The Uniformed Organisations:

General Liaison: Liz Sewell 020 8467 2568

Rainbow Guides, 5-7 Years	Tues 4.30pm	Laura Kibble 07904842192
6th PW Brownies, 7-10 Years	Fri 6pm	Vicki Kennedy 874723
1st PW Brownies, 7-10 Years	Fri 5.30pm	Karen Jordan 829067

5th Petts Wood (Methodist) Scout Group- Group Scout Leader (GSL) – Liz Sewell
Assistant GSL – Sue Steadman

Beavers, 6-8 Years	Tues 6.15pm	Sue Steadman 860446
Cub Scouts, 8-10 1/2 Years	Tues 6.30pm	Ben Steadman 07941345504
Scouts, 10.5 -14 Years	Fri 7pm	Andy Steadman 860446
Explorer Scouts, 14-18 Years	Thurs 7.45pm	Jim Roffey 896193

Coffee, Biscuits and Cake Mornings

Saturdays 10 am -12pm, for more information contact Liz Sewell:

Tel: 020 8467 2568/ 07881 954 090
Email: lizsewell56@btinternet.com

Drop in any time before or after shopping etc. and meet your friends and those hosting the day.

March

19th March: Liz Sewell
26th March: Volunteers

April

2nd April #: Volunteers
9th April: Karen Jordan
16th April: Volunteers
23rd April: Volunteers
30th April #: BRIN - Mark Gill

May

7th May: Karen Jordan - Christian Aid
14th May: 6th Petts Wood West Brownies
21st May: Rosemary Hughes
28th May: Volunteers

June

4th June: Platinum Jubilee weekend - No Coffee Morning
11th June: The Gloin's - Action for Children
18th June: The Gloin's - Action for Children
25th June: The Gloin's - Action for Children

#Traidcraft goods on sale. For more information, please contact Mark Gill on 020 8467 1260



TOGETHER FOR THE
COMMON GOOD

**CHURCHES TOGETHER
LENT STUDY GROUP**

Every Wednesday
9 March - 6 April
8-9.30pm
Christ Church URC Lounge

To book contact Fr Stephen Niechcial
RevdStephenN@outlook.com or 01689 829971

Let's talk about mental health, part two *

4] Eat a Brain-Healthy Diet to Support Strong Mental Health

- Unless you've tried to change your diet in the past, you may not be aware how much of what you eat—and don't eat—affects the way you think and feel.
- An unhealthy diet can take a toll on your brain and mood, disrupt your sleep, sap your energy, and weaken your immune system.
- Conversely, switching to a [wholesome diet](#), low in sugar and rich in healthy fats, can give you more energy, improve your sleep and mood, and help you to look and feel your best.

Foods that adversely affect mood

- Caffeine.
- Alcohol.
- Trans fats or anything with “partially hydrogenated” oil.
- Foods with high levels of chemical preservatives or hormones.
- Sugary snacks.
- Refined carbs (such as white rice or white flour).
- Fried food

Foods that boost mood

- Fatty fish rich in Omega-3s such as salmon, herring, mackerel, anchovies, sardines, tuna.
- Nuts such as walnuts, almonds, cashews, peanuts.
- Avocados.
- Flaxseed.
- Beans.
- Leafy greens such as spinach, kale, Brussel's sprouts.
- Fresh fruit such as blueberries.

5] Don't Skimp on Sleep—It Matters More Than You Think

If you lead a busy life, cutting back on sleep may seem like a smart move.

But when it comes to your mental health, getting enough sleep is a necessity, not a luxury.

Skipping even a few hours here and there can take a toll on your mood, energy, mental sharpness, and ability to handle stress.

And over the long-term, chronic sleep loss can wreak havoc on your health and outlook.

While adults should aim for seven to nine hours of [quality sleep](#) each night, it's often unrealistic to expect sleep to come the moment you lay down and close your eyes. Your brain needs time to unwind at the end of the day. That means taking a break from the stimulation of screens—TV, phone, tablet, computer—in the two hours before bedtime, putting aside work, and postponing arguments, worrying, or brainstorming until the next day.

* Part one was published in the December 2021 – March 2022 edition of the Messenger

Tips for getting better sleep

- If anxiety or chronic worrying dominates your thoughts at night, there are steps you can take to learn [how to stop worrying](#).
- To wind down, calm the mind, and prepare for sleep, try taking a warm bath, reading by a soft light, listening to soothing music, or [practicing a relaxation technique](#) before bed.
- To help set your body's internal clock and optimize the quality of your sleep, stick to a regular sleep-wake schedule, even on weekends.
- Make sure your bedroom is dark, cool, and quiet. Curtains and fans can help.

How to stop worrying – tip

- Create a “worry period.” Choose a set time and place for worrying. It should be the same every day (e.g. in the living room from 5:00 to 5:20 p.m.) and early enough that it won't make you anxious right before bedtime. During your worry period, you're allowed to worry about whatever's on your mind. The rest of the day, however, is a worry-free zone.
- Write down your worries. If an anxious thought or worry comes into your head during the day, make a brief note of it and then continue about your day. Remind yourself that you'll have time to think about it later, so there's no need to worry about it right now. Also, writing down your thoughts—on a pad or on your phone or computer—is much harder work than simply thinking them, so your worries are more likely to lose their power.
- Go over your “worry list” during the worry period. If the thoughts you wrote down are still bothering you, allow yourself to worry about them, but only for the amount of time you've specified for your worry period. As you examine your worries in this way, you'll often find it easier to develop a more balanced perspective. And if your worries don't seem important any more, simply cut your worry period short and enjoy the rest of your day.

6] Find Purpose and Meaning in Life

In biological terms, finding meaning and purpose is essential to brain health as it can help generate new cells and create new neural pathways in the brain. It can also strengthen your immune system, alleviate pain, relieve stress, and keep you motivated to pursue the other steps to improve mental and emotional health.

However you derive meaning and purpose in life, it's important to do it every day.

Everyone derives meaning and purpose in different ways that involve benefitting others, as well as yourself.

You may think of it as a way to feel needed, feel good about yourself, a purpose that drives you on, or simply a reason to get out of bed in the morning.

What gives you meaning and purpose?

1] Engaging work that provides meaning to yourself and others

- Partake in activities that challenge your creativity and make you feel productive, whether or not you get paid for them. Some ideas are gardening, drawing, writing, playing an instrument, or building something in your workshop.

2] Relationships

- Spending quality time where you give of yourself to people who matter to you, whether they're friends, grandkids, or elderly relatives, can support both your health and theirs, while also providing a sense of purpose.

3] Volunteering

- Just as we're hard-wired to be social, we're also hard-wired to give to others.
- The meaning and purpose derived from helping others or the community can enrich and expand your life—and make you happier.
- Schools, churches, nonprofits, and charitable organizations of all sorts depend on volunteers for their survival.

4] Caregiving

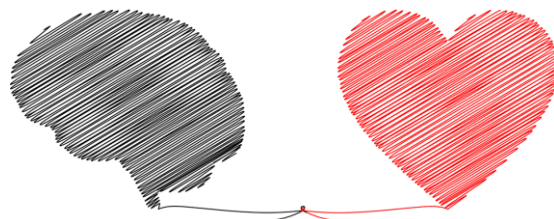
- Taking care of an aging parent, a handicapped spouse, or a child with a physical or mental illness is an act of kindness, love, and loyalty—and can be as rewarding and meaningful as it is challenging.

When To Seek Professional Help

If you've made consistent efforts to improve your mental and emotional health and still aren't functioning optimally at home, work, or in your relationships, it may be time to seek professional help.

Input from a caring professional can often help motivate us to take better care of ourselves. Thank You.

Dr Emma Maddy PhD
Practitioner of Mental Health
Retired; Author



“You have nothing to do but save souls”: John Wesley on Evangelism and the Pursuit of Justice, by David N. Field

John Wesley’s instruction to his preachers that they had “nothing to do but save souls”ⁱ is an odd place to begin a discussion on Wesley’s understanding of the pursuit of justice.

It seems to support the view that the mission of the Church is primarily to proclaim the gospel of personal salvation. Methodists who emphasise social engagement and the pursuit of justice tend to start with Wesley’s commitment to the wellbeing of the poor, his opposition to the slave tradeⁱⁱ, and his advocacy of economic justice. However, the genius of John Wesley’s theology is that it offers an alternative in which the proclamation of personal salvation and the pursuit of justice are dynamically and inseparably related to each other. It is Wesley’s concept of “saving souls” rightly understood that provides the context in which they are related to each other.

Salvation in Wesleyan Perspective

The starting point for understanding a Wesleyan perspective on salvation is that God, who is love, created human beings in God’s own moral image of love. When Wesley wished to describe love for our fellow human beings, he referred to the Golden Rule of “doing unto others as you would have them do to yourself”, which is expressed in the triad of “justice, mercy and truth”.

God’s intention for humanity, he said, was devastated by sin; instead of loving God and their fellow human beings, human beings turned away from God and centred their lives on themselves, resulting in the abuse, misuse, exploitation, and even destruction, of other human beings. Salvation is the process by which God restores the image of God in human beings by drawing them into a relationship with God by the Spirit, enabling and empowering them to live lives characterised by justice, mercy and truth. It begins before we are even conscious of it through what Wesley referred to as “preventing grace”.

Wesley was using the word “preventing” in the eighteenth-century sense of “that which goes before”. His phrase is now more commonly referred to as “prevenient grace”. For Wesley, prevenient grace is active in all people so that we find in all people a moral mixture of that which reflects God’s intention and that which is contrary to it. Prevenient grace is the beginning of the process of salvation and is directed toward drawing people to repentance and new birth. Yet this is only one stage in the process of salvation. Salvation is the restoration of the image of God in

the human person. Souls that are saved are ones that are transformed into the moral image of God – that is, they are permeated by divine love. A Life Permeated by Divine Love

Divine love ought to shape all dimensions of Christian lives so that they are centred on God and passionately directed toward the comprehensive wellbeing of others – concretely through a lifestyle characterised by justice, mercy and truth.

Justice is treating people as creatures with dignity and value because they are “made in the image of God, bought by his Son, and designed for his kingdom”.ⁱⁱⁱ Mercy goes beyond justice and responds to human beings in their need and misery out of a deep empathy, and seeks to relieve their needs and transform their situation. Truth rejects all forms of deception and is expressed in honesty, reliability and faithfulness.

Justice, mercy and truth should characterise our personal relationships, our business practices and our social engagement. The pursuit of justice, mercy and truth for the poor, the suffering, the sick and the imprisoned was a characteristic of early Methodism. An important example is Wesley’s involvement in the struggle against the slave trade.^{iv}

Evangelism and the Pursuit of Justice – Putting it Together

We can summarise the dynamic relationship between evangelism and social justice in relation to two interrelated themes.

Firstly, a person who has experienced a new birth and is being transformed by the Holy Spirit will live a life characterised by justice, mercy and truth. However, active engagement in the pursuit of justice, mercy and truth is a means of grace, a way through which God transforms us into the divine image.

Second, evangelism leads to the pursuit of justice, mercy and truth – for this is the fruit of conversion. Evangelism that does not lead to this is defective for it is not nurturing people in transformation. The greatest hindrance to evangelism is that the personal and communal life of Christians is not characterised by justice, mercy and truth; this undermines the truth claims of the gospel. Where the lives of Christians demonstrate justice, mercy and truth they verify the truth claims of the gospel and this becomes a means of evangelism.

Evangelism and the pursuit justice, mercy and truth are integrally related to each other. It is this integral relationship that is the genius of a Methodist approach to evangelism and social transformation.

David N. Field is the Ecumenical staff officer for Faith and Order and Theological Dialogue for the Council of Bishops of the United Methodist Church, and an Academic Associate of the Research Institute for Theology and Religion, University of South Africa. A fuller exploration of the themes above can be read in David's article '[Holiness, social justice and the mission of the Church: John Wesley's insights in contemporary context](#)', published in *Holiness: The Journal of Wesley House Cambridge*, Volume I (2015) Issue 2 (Holiness & Mission): pp. 177– 198. It is reproduced here with permission of the author and of the *Singing the Faith Plus* website on which it originally appeared.

ⁱ "Minutes of Several Conversations between the Reverend Mr. John and Charles Wesley and Others." In *Works of Wesley* vol.10:854

ⁱⁱ James Montgomery, a younger contemporary of Wesley, was another campaigner against slavery. His views are reflected in the hymn [Hail to the Lord's anointed](#) (StF 228).

ⁱⁱⁱ *Explanatory Notes on the New Testament* 1 Peter 2:17

^{iv} John Wesley's *Thoughts Upon Slavery* is available in various printed forms and online e.g. <https://docsouth.unc.edu/church/wesley/wesley.html>. Also see David N. Field '[John Wesley as a public theologian: the case of *Thoughts Upon Slavery*](#)', *Scriptura* vol.114; and David N. Field '[Imaging the God of Justice and Mercy: theological allusions in John Wesley's *Thoughts upon Slavery*](#)', *Studia Historiae Ecclesiasticae* vol.47 no 1 (2021)

Source: <https://theologyeverywhere.org>

GOD'S BLESSINGS

I asked God to take away my habit.

GOD SAID NO.

It is not for me to take away, but for you to give up.

I asked God to make my handicapped child whole.

GOD SAID NO

His spirit is whole; his body is only temporary.

I asked God to grant me patience.

GOD SAID NO

Patience is a by-product of tribulations. It isn't granted, it is learned.

I asked God to give me happiness.

GOD SAID NO

I give you blessings. Happiness is up to you.

I asked God to spare me pain.

GOD SAID NO

Suffering draws you apart from worldly cares and brings you closer to me.

I asked God to make my spirit grow.

GOD SAID NO

You must grow on your own! But I will prune you to make you fruitful.

I asked God to give me all things that I might enjoy life.

GOD SAID NO

I will give you life, so that you may enjoy all things.

I asked God to help me LOVE others, as much as He loves me

GOD SAID.....

Ahhh, finally you have the idea.

Anon

Easter Prayer

*This Easter I pray
That the love of God
Is resurrected
Reborn, renewed
Inside your heart*

God Bless You!



Events & Activities:

Zoom Lent Course

Everyone is invited to join a Zoom Lent Course led by Deacon Maureen Spinks.

5 Sessions from Wednesday night 7.30pm from 16th March 2022.
Taken from the book 'River through the Desert' by Richard Sewell.

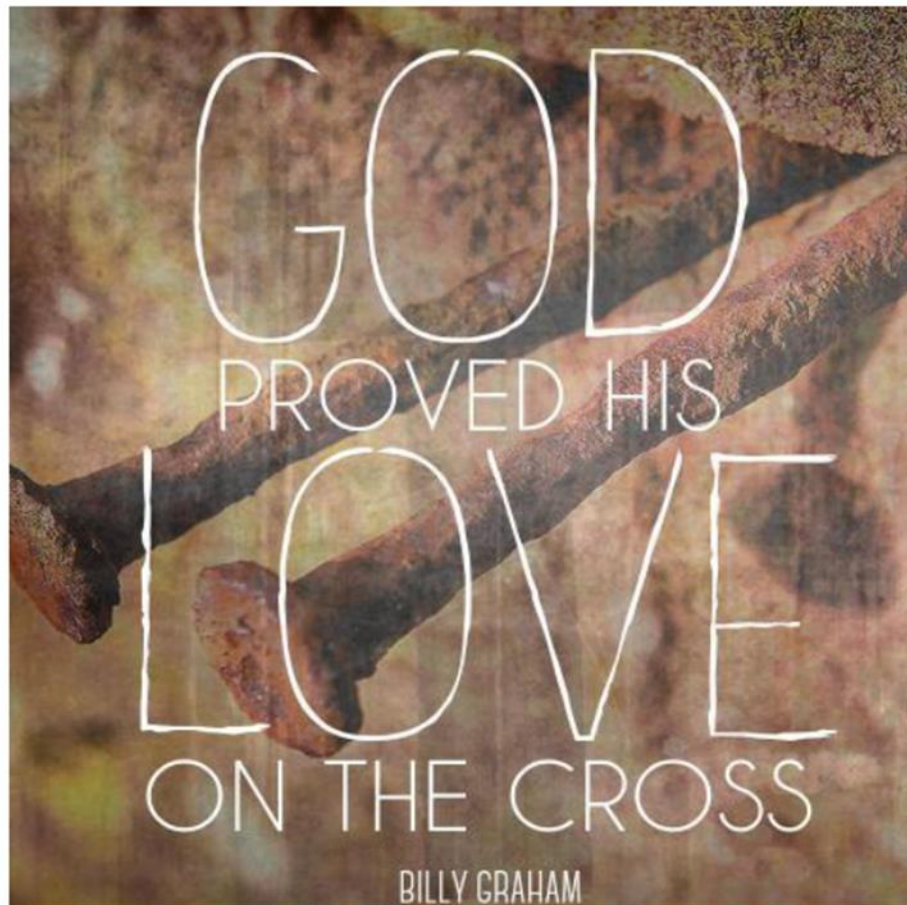
It includes video clips from the Holy Land. This book is available through Amazon but the book is not necessary to engage with the course.

Contact the Joanne Cummins (Circuit Administrator) or Deacon Maureen Spinks for the Zoom link.

Reflection for Easter

God proved His love on the Cross. When Christ hung, and bled, and died, it was God saying to the world, 'I love you.'

Billy Graham



MISCELLANEOUS:

How can we help Ukraine?

All We Can and the Methodist Church in Britain have launched an emergency appeal in response to events unfolding in Ukraine.

You can donate on the link: www.allwecan.org.uk/donate/ukraine

How you can support people displaced by the invasion of Ukraine

Over two million Ukrainians have fled their country since the invasion began. These individuals and families need urgent support, and there are a number of ways we can help.

Write to your MP and ask them to urgently make changes to the Nationality & Borders Bill and to widen safe routes by which refugees can come to the UK

The UK has announced temporary visa concessions to allow the immediate family members of British nationals who usually live in Ukraine, and of Ukrainians settled in the UK, to apply for a free family visa to come to the UK. The only other current route is for people to apply to work, visit or study in the UK, if they are able to reach a neighbouring country to apply.

The Home Secretary also announced a new 'humanitarian sponsorship pathway', which will allow Ukrainians without family in the UK to be matched with individuals, charities, community groups and businesses to be sponsored to live in the UK. This appears to be similar to current community sponsorship schemes, however the details on this are still being worked out and more information is due to be released.

At the same time, the government are pushing through the Nationalities & Borders Bill, which will severely impact Ukrainian refugees who are unable to access a 'safe route' to the UK.

Write to your MP, to ask them to urgently make changes to the Nationality & Borders Bill and to widen safe routes by which refugees can come to the UK, in order to enable us to respond to the need of over one million people who have already fled Ukraine.

Sign the petition calling for safe routes for refugees

Hundreds of thousands of people are calling on Boris Johnson to open up safe routes for Ukrainian refugees to come to the UK. This petition by Freedom From

Torture urges the government to make urgent changes to enable the UK to welcome Ukrainian refugees.

Consider Community sponsorship for Ukrainian refugees

If you're interested in being involved with the sponsorship scheme for Ukrainian Refugees once it is established, you can register your interest with the Sanctuary Foundation. Currently, the government has said there will be no cap on places through this scheme. The Sanctuary Foundation are gathering interested groups to demonstrate the willingness and interest in hosting before the scheme launches.

You can register your support on the link below:

www.sanctuaryfoundation.org.uk.co.uk



Church Flowers

I would like to give my thanks to all our flowers arrangers, who give their time to do such beautiful arrangements in Church week by week. Their skill is amazing and really appreciated by the congregation and the people who receive them later. My thanks to the team of distributors too who take the flowers to people after Sunday.

There is a flower fund to cover the cost of flowers and if you would like to contribute, or have flowers in Church for a special occasion please let me know.

Thanks,
Ann Lockwood

Cudham and Downe Scout campsite

Some of you may be aware that 2 of our local Guide and Scout campsites have been threatened with closure due to the lockdowns and restrictions over the last couple of years. The Shaws, Cudham, the Guide site, has been rescued by Bexley Scout District, and they are hoping to have it up and running again from this Spring. They are holding an open weekend on 9th and 10th April from 10am-5pm, for people to find out what will be on offer and to receive any suggestions for future improvements.

Downe Scout campsite is being sold by the Scout Association, but a local team have got together to raise the required money (2 million site cost, plus operating costs) to keep this site for young people. The Scout Association have agreed to sell it to them, while they raise the money. If anyone feels they would like to donate to this cause, please visit their website: downeactivitycentre.org.uk where you can make a donation or sponsor a square of the site using "what 3 words".

Many thanks

Liz

DIARY DATES SELECTION:

March

Wednesday	9th	8pm	Churches Together Lent course at Christ Church URC Lounge
Wednesday	16th	7.30pm	PWMC Zoom Lent course

April

Thursday	14th	8pm	Maundy Thursday communion service
----------	------	-----	-----------------------------------

May

TBA

June

Thursday	2nd	Deadline for contributions for Jul - Aug Messenger
----------	-----	--

TAILPIECE

Our Lord has written the promise of resurrection, not
in books alone, but in every leaf in springtime.

Martin Luther

Happy Easter !