

 *the* NEW
Messenger
SPECIAL EDITION

HOPE
HOPE



Do not let your hearts
be troubled, and do not
let them be afraid.

JOHN 14:27


**Third
Avenue**

CHURCH & COMMUNITY

GILLINGHAM METHODISTS | *Part of the North Kent Circuit*

OUR CHURCHES ARE NOW
**CLOSED FOR WORSHIP,
MEETINGS & EVENTS**
UNTIL FURTHER NOTICE

KEEP IN TOUCH WITH YOUR
CHURCH FAMILY



FOLLOW & LIKE THIRD
AVENUE ON **FACEBOOK**

CHECK OUT OUR WEBSITES
GILLINGHAMMETHODISTS.UK
NKMETHODISTS.ORG.UK

SIGN UP FOR OUR WEEKLY
NEWSLETTER
mark@gillinghammethodists.uk

If you wish to contact Rev Robin Selmes please email
minister@gillinghammethodists.uk

Also for 'Worship from Home' ideas and 'Live-streamed
services' go to: methodist.org.uk/worship-during-coronavirus
and nkmethodists.org.uk

Welcome to this **Special Edition** of the **New Messenger** delivered to you during this unprecedented time for our Country and World. We want our church communities to remain connected, despite the uncertainty, so we are sharing articles that we trust will bring hope, will inspire, as well as keep you entertained and all in the knowledge that **God's love and presence is with you always.**

A message from our Minister Rev Robin Selmes...

Dear All

The global spread of the coronavirus, COVID-19, has become a central topic of discussion and concern for all of us.

The Methodist Church has responded by recommending that all church services and activities are suspended. This is not surprising; the health and well-being of our community and members must be a top priority.

Our prayers are with those who have contracted the coronavirus around the world and whose loved ones have died. We also pray for our hospitals and GP Surgeries and for the doctors and nurses and overcrowded emergency rooms that are all being stretched. We pray for leaders responsible for decisions about fighting this virus. We pray for our economy and for those who are facing financial concerns, worries about their family and having plans ripped away.

For many, the spread of this virus has caused fear and anxiety, I am concerned for their wellbeing; for the elderly especially, those who have no immediate family to support them. I am worried about the mental well being for those who are in social isolation. And for those young people who were due to sit exams in May & June this year. We pray that they will be protected from harm and be comforted in this time of uncertainty.

Since the news, the Leadership team and Circuit staff have been in conversation as to how we can be 'church' in a new way, by

offering worship resources and providing appropriate pastoral care.

Each week there will be an invitation

for a live streaming of a Circuit Service via the Circuit Website. But as we move forward each week the plan is to send out worship resources via email. Each week I will be inviting Hartlip, Third Ave & St Luke's to contribute to this, the hope is that we can support each other and provide a varied amount of material which we will spiritually sustain us during this time. We will also look to get worship material to those not online.

Finally, the Bible tells us, "God has not given us a spirit of fear, but of power and of love and of a sound mind" (2 Timothy 1:7).

In the midst of these difficult circumstances, I pray that you will all sense God's peace
And please keep safe.

Robin

If you are not already on our mailing list and would like to subscribe to receive emails with the worship resources as detailed above, please contact Mark on mark@gillinghammethodists.uk



Loving God

There are people I love today
who will face uncharted
waters.

Be the hand that holds their
vessels strong and safe in the
midst of crashing waves and
howling winds.

Be the light that safely guides
them through this storm. Like
a North Star shining through
the clouds, let the light of Your
love and grace shine through
the clouds that try to hide Your
presence. Pierce the darkness
of despair, the fog of fear and
the haze of hopelessness.
Shine Your light onto the paths
in front of Your peoples' feet -
guiding each step toward Your
path, Your way, Your safety.

Be the breeze that blows
upon Your people today Lord.
A breeze that blows away the
cobwebs of regret and scatters
the drizzle of despair. Let Your
breath whisper to Your people
through the singing of a bird
and the chatter of children.

May they hear words of hope
and strength, words that remind
them of a brighter and clearer
tomorrow. As the storms cease
and the waves subside, be the
quiet lapping at their boat.

Let their vision be clearer.

Let the storm clear the skies to
leave new visions and vistas for
Your people to see.

Let the waves give way to a
fresher, brighter and bigger
horizon than they ever thought
possible.

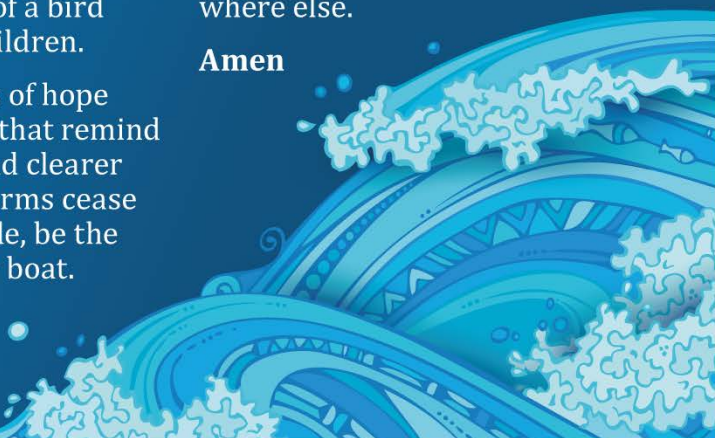
In the quiet after the storm may
Your people see you once again -
in their boat, where You have
always been.

May Your presence and Your
gaze drive away lingering
anxieties and fear and may they
hear you whisper their name -
as only a Father can whisper
the name of their child.

As You whisper their name,
in that one word let them know
that You understand and care
and love them enough to never,
ever walk away.

Remind them that is always
enough that You are there -
and that You will never be any
where else.

Amen



Helping Hands & Voices in Times of Need



In this time of crisis there is a call for Third Avenue Church & Community to go the extra mile.

We recognise this is a difficult time but as a church we would like to encourage us all to provide day to day support, friendship and help to those in our pastoral care.

As a response to this calling, Helen Young has set up the **Third Avenue Helping Hands & Voices** phone number | **07394 288588**

If you need help with shopping or assistance during this time of crisis, or whether you just would like a chat please do not hesitate to phone.

Helen can be reached on that line between the hours of **9am-12noon | Monday to Friday.**





A message from Helen our Youth Pastor

A few weeks ago, God Squad explored the creation story and made these beautiful pictures of their interpretation of creation.



As well as creation they have also been exploring the story of Esther and Ruth.

Other aspects of the youth ministry are going well. Our new 18-30s group is going really well, with activities such as film nights, quizzes and a bake off filling their programme.

In Bible Study since September and have been looking at the life of Jesus across the gospels and learning that John really did play to his own tune whilst writing his gospel. In March we shall begin exploring the book of Romans, which I believe a few of our youth are particularly interested in.

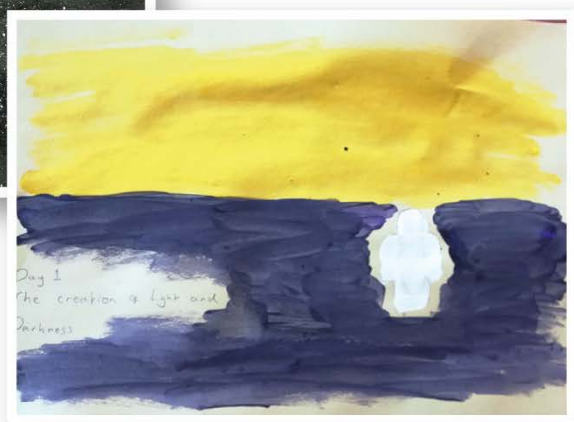
Youth group and youth café are also going well, with a steady number coming each week.

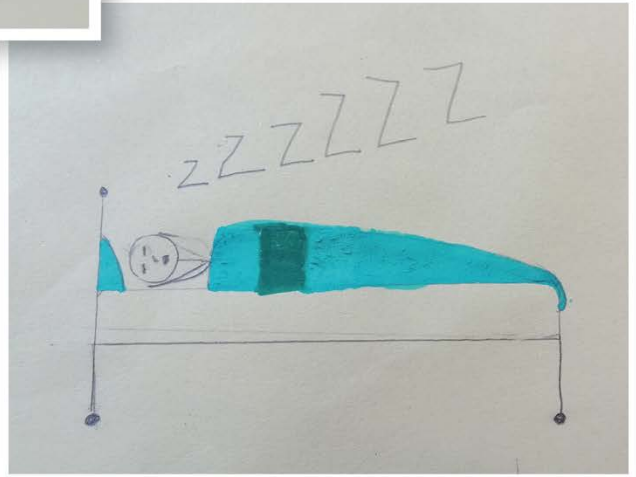
Please continue to pray for our young people and the youth ministry here at Third Avenue.

Youth work in the time of the Coronavirus

So much has changed so dramatically in the last week, it has all been rather overwhelming and a lot for us to get our heads around.

With regards to our youth work, we have had to stop all our groups, but we have moved online. We have set up a facebook group for our young people and a Whatsapp group to continue with our Wednesday night





Bible study. For those young people either not on these social media platforms or too young to be on them - we are sending out emails with activities for them to do.

Please continue praying for our young people, many for whom this time is full of anxiety and worry.

Our God is bigger than all this and holds us all in his love and care

*God Bless
Helen x*

youth@gillinghammethodists.uk



Time for Weeding!

It seems like winter just does not want to go away. Freezing temperatures, storm winds, dismal rainy days all seem to do their best to dampen our spirits as they assert their control.

At this time of the year the garden – often looks unkempt, untidy, uninspiring. In fact as I look at my garden it is hard to tell the difference between a good plant and a weed. Now the problems with Weeds is that they inhibit the growth and beauty of a garden. They can rob important nutrients from the plants that we're trying to grow. They can block the sunlight from reaching the plants, and they can create ugly distractions to the beauty of the garden that we're trying to look after or some cases create. And so, in preparation for the arrival of new growth gardeners are busy pruning and weeding. Removing things that rob the plant of sun and nutrients.

Now I have always believed that the process of growing a garden relates to the life of faith. And if that is the case and using this analogy of weeding, I wonder, what are the things that prevent us from growing in our faith and being fruitful for God?

In the parable of the sower Jesus says that the seeds that fell among the thorns and weeds represent the people who hear God's word, but as they continue through life, they are choked by the cares and riches and pleasures

of life, and their fruit does not mature. God's desire is that we would produce an abundance of fruit for God's kingdom.

Yet as we know the weeds can get in the way of our fruitfulness for God. We can get so focused on the cares of the world, we can pay so much attention to the things that make us fleetingly happy that we just tune God out. We fill up our lives with so much other things that there's no place for God.

So, we need to ask ourselves what are the "weeds" in our own individual lives that take time and energy and resources away from us and prevent us from connecting more deeply with God?

Another thing I've learned is that it's really easy to grow weeds? In fact, it takes absolutely no effort at all – I am an expert at it! I have learnt over time that if you do nothing, your garden will be full of weeds. Again, even if you pull them out weeds come back and so it is a continual process of pulling the weeds up until finally you get rid of them.

The life of faith is much the same way. We need to pay continual attention to our life of faith if we want to prevent the weeds from growing. We need to continually tend to our faith or else the weeds will choke away our experience of God and our ability to connect with God.

So, as we enter Lent, a time for reflection, I leave again this question, what weeds in particular are preventing your growth in faith and your connection with God? What weeds do you need to pull?

I pray we will continue to grow in faith. As we do, God will give us the wisdom and strength to remove the weeds, so that we can bear fruit.

Every Blessing

Robin

At home with the Gallaghers

Are any of you like me? When I wake in the morning, just for a brief moment, I forget that we are in the middle of a global crisis. And then realisation sets in and my heart sinks. But then I think of all the people who are working tirelessly to inform us and to guide us and to keep us safe and I realise just how lucky I am.

One thing is abundantly clear- we will only get through this if we all work together.

In 2007, when Derek was working to promote Cross Channel International Police Cooperation, he organised a Trans-Frontier Conference. He designed a poster with the logo "We work better when we work together". His colleagues printed the poster out when he eventually retired and had it framed for him. It hangs on the wall in his office and I realise now what a special importance that message holds in every walk of life and for people everywhere.

We were really touched earlier this week, just as the government restrictions were implemented, when a message arrived on our doormat from our neighbours, offering help if we should need it during the overwhelming and unprecedented crisis that we are all facing. Our first thought was to wonder why they had singled us out and then we both realised that they must look on us as elderly and vulnerable! A sobering thought because we hadn't, up until then, considered ourselves to be in that category.

I have been much heartened since then by the many generous gestures and kindnesses I have been made aware of in our local community.

We have been speaking every day on the phone to our friends, Brian and Joan Davies in

Sittingbourne. Brian told us earlier this week that he opened his front door to find eggs and milk on his doormat, left there, he assumed by his neighbour. Actually, since then, he has discovered that the neighbour had not been responsible for the gift so that particular kindness remains a mystery.

In fact we only have to turn on the television or listen to the radio to realise that there are many small acts of kindness being played out in every community at this time. With all the distressing news that we are hearing on a daily



basis around this dreadful pandemic, we certainly need to remember that not everyone is acting selfishly by bulk buying toilet paper or greedily stripping the shelves of the basic essentials or carrying on as if they have some special immunity.

Derek announced this morning that we need to have a meeting together. Apparently he will be Chairman and I will take the Minutes! "Can't we just talk to each other?", I asked.

"No", he said, " We need to make a plan so that we can structure our day and use our time sensibly and productively. This will help us reduce our stress levels in the coming weeks

and months”.

Actually, I saw Joan Bakewell on television early this week and she was talking about her plans while in isolation. She mentioned that she intended doing a lot of baking and that actually sparked my interest. Now, I am not widely known for my culinary skills but, believe it or not, I often used to bake when the children were young. Since then, I've rather let myself down. So, spurred on by Joan, I decided there and then to bake a Welsh Tea Loaf. A few weeks ago, I welcomed a group to the Retreat Centre and a lady brought in a buttered Tea Loaf to share. It was delicious and she gave me the recipe. Now I've accepted a lot of recipes in the past but have rarely been inspired to make anything.

Derek was really thrilled when I began to assemble all the ingredients.

I had a bit of a hold up when I realised that my Self Raising flour had passed its use by date early in 2018! I had to be satisfied with soaking the fruit whilst waiting for someone to bring me the flour the following day. The next biggest problem to overcome was the fact that I couldn't find a loaf tin. After pulling all the kitchen cupboards out, I eventually managed to locate one at the very back of the pantry. It was quite dusty, but looked brand new- purchased, no doubt in a flurry of good intentions several years before and consigned to storage when the kitchen was refurbished two years ago.

You'll be pleased to learn that I did, in fact, make the loaf and, although I say it myself, it was a triumph! While it was cooking, Derek commented that the house smelt like a proper home!! Cheeky! I'm not sure when I'll be baking again as I'm told that Self Raising flour is in short supply. Pity.

It's been suggested that I could become the new recipe queen for The New Messenger - 'The Self- isolating Cook Book'; from 'can cook but can't be bothered to cook, to cooking in a crisis.' Who knows?

But I digress.

I was telling you about our meeting. Derek's main concern for me is that I'm not keen on exercise. Some of you will know that he bought me a Fitbit for my birthday last year and it's been a bone of contention ever since. I call it my 'Guilbbit' as it records all my steps and wants me to aim for at least 10,000 a day. Apparently, when that happens, you feel celebratory vibrations of excitement on your

wrist. Needless to say, I haven't had any of those yet! However, I have discovered that if I play the piano or conduct the Praise Choir for a sustained amount of time, the Fitbit interprets my hand movements as steps and my total goes up dramatically, without moving my feet at all! Derek tells me that's cheating and I have to concede he's

probably right. So I've decided that now is the time to take exercise more seriously. The world has changed and I must change with it.

I was watching BBC Breakfast earlier this week and saw Diana Moran, who was the original 80s Keep Fit queen, known as 'The Green Goddess'. She is now 80 and has no business looking like a woman of 50 with a body my 20 year old self would have been proud of! She is self-isolating but broadcasting three times a week from home to show us how easy it is to keep fit indoors. She's still wearing her green lycra body suit, breathing normally and smiling broadly as she takes us through her exercises.

I decided to give it a go and looked for something suitable to wear to get myself in

New recipe queen for the Messenger - 'The Self-isolating Cook Book'; from 'can cook but can't be bothered to cook', to 'cooking in a crisis.'

the mood for what was to follow. I eventually found the leotard and tights that I had worn for Yoga classes thirty years ago. Sadly, there seems to be rather more of me than there once was and after several minutes of writhing, squeezing and breathing in, I realised I was in imminent danger of cutting off my circulation. I gave up, but felt that the energy I had used might, in fact, count as exercise anyway.



Derek enjoys walking in the countryside and does his 10,000 steps every day quite easily. I, on the other hand, have never fully understood or appreciated the concept of 'going for a walk'. In the past, Derek has occasionally managed to lure me out with the promise of a cup of tea and a piece of cake when we've reached our destination. That is clearly no longer an option so he is researching treadmills on line with a view to buying one and helping us with our fitness regime! I don't know whether that will be for me, but we'll see.

Just before I sign off, I want to talk about hairdressers. I've already mentioned that we are in regular contact with Brian and Joan Davies and Joan asked me this week what I was going to do about having my hair cut. She usually goes to her local salon once a week for a shampoo and set. We both agreed that self-isolation means self-isolation and that we'll have to let our hair grow. Brian agreed and said, quite firmly, that Joan should wash her hair and he would "shove in a few curlers"!

Now Brian is an inspirational preacher, a wise friend and an excellent treasurer but a hairstylist he is not!! He has a reputation amongst his nearest and dearest for being technically clueless.

One of my favourite stories is when he took his wristwatch into the jewellers to have a new battery fitted. He expressed his disappointment that the battery hadn't lasted long. The jeweller gently explained that he couldn't fit a new battery because it was, in fact, a wind-up model!

So Brian is now learning a new skill and he assures Joan that whatever the result, it won't matter what she looks like, as no one will see her anyway! I've told him that I would pay good money to watch him putting those curlers in and even more to see the finished result!!

I'd better close here as Derek has decided that we are going to learn to dance the Argentinian Tango. He's already playing his favourite Tango CD and assures me that we will be alright if we synchronise our leg kicks so that we don't do each other an injury!

I ask you!

So, my friends, we are trying to keep active and busy but we are not too busy to be thinking of you all as you begin to settle into this new way of life. Look after yourselves, keep well and take great care.

God Bless. **Heather**



Peace

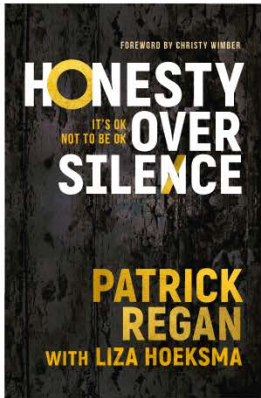
Making peace, feeling peace, knowing peace
A peace that is beyond our understanding
Peace that He leaves with us
His peace given unto us
Don't let your hearts be troubled
Do not be afraid
His peace is not as this world
His peace is beyond this world
A peace from knowing Him
and His forgiveness and love
A cleansing, eternal, life giving peace
A peace that only comes from knowing Him
... Our Father God



Anne Boultwood

*Peace I leave with you, my peace I give to you.
I do not give to you as the world gives. Do not
let your hearts be troubled and do not be afraid.
John 14: 27*

Book reviews... *from Eden.co.uk*



Honesty Over Silence - It's OK Not To Be OK | Patrick Regan with Liza Hoeksma | £8.50 | Eden.co.uk

Honestly Over Silence seeks to open up conversations around topics that many find difficult such as trusting in God through life's ups and downs, dealing with anxiety and depression, the challenges of parenting a child with special needs, living in community, learning to look after ourselves, developing our character, and living with thankful hearts even in tough seasons.

It will examine the strength in letting go of our need to be in control as well as looking at how we can stop comparing ourselves to others and instead live authentically and honestly as we grow into the people God has created us to be.

Lessons are often learned through hard times and mistakes made;

Honestly Over Silence seeks to share some of the things I have learnt being a husband, dad and a leader as I try to live out my faith with integrity.

Unshakable Hope - Building Our Lives on the Promises of God Max Lucado | £10.53 | Eden.co.uk

What gets a boat out of the storm isn't the sail, but the anchor. When trouble strikes, do you try and find an escape, or do you anchor yourself to what is steadfast?

Following on from *Anxious for Nothing*, where the inner storms of anxiety and worry find their match in God's peace, Max Lucado looks at how it's God's promises that help us weather life's outer storms. *Unshakable Hope* offers practical and spiritual practices to help you make it out of difficult circumstances with a sense of peace and hope for the future.

Of all the deficits we feel as a society, the most pressing one is a deficit of hope. Through constant entertainment and distractions, we try to drown out our fears. The news articulates our worst anxieties like never before. Across the world, suicide is a growing problem which rivals epidemics and cancer. People need help. People need hope. Coming from a history of spiritual encouragement and counselling, Max Lucado is more than aware of the storms we face. He has also seen what gets people out of those storms.

Filled with hard earned and highly-practical wisdom collected over forty years, *Unshakable Hope* gives you the tools not only to weather where you are now, but to be ready for any future turmoil

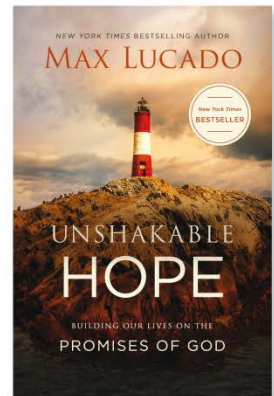
that are currently beyond the horizon.

Each chapter of *Unshakable Hope* examines a different promise from God - a promise that helps you see beyond today's problems.

Where are you anchored today? And will it hold? Join with Max Lucado as he shows how the key to lasting hope can be found in God's promises.

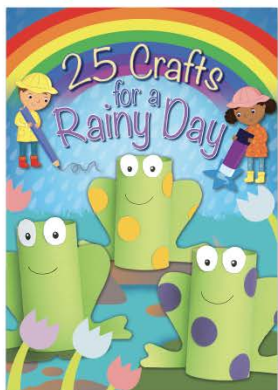
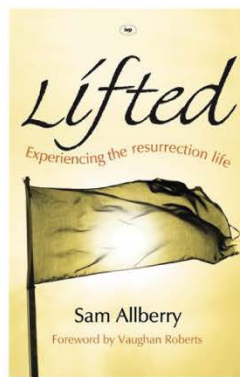
When the storm comes, don't reach for the sails to escape. Instead, anchor yourself to a God who has outlasted every storm since the beginning of time.

Anchor yourself to an *Unshakable Hope*.



Lifted – Experiencing the Resurrection Life
Sam Allberry | IVP | £7.99

For many the resurrection is a nice thing to believe, the 'happy' ending to the gospel. But 'Lifted' shows that the resurrection has overwhelmingly positive implications for our daily lives. Through it we can have real assurance of forgiveness and salvation. We are raised and empowered to live new, transformed lives. We have hope after death for our bodies and this physical world. We see the urgency of reaching all nations with the message of the risen Jesus. Life is now different: we have been lifted. The resurrection of Jesus Christ is not just for Easter. It's for all of life.



25 Crafts for a Rainy Day | Christina Goodings
£5.91 | Eden.co.uk

What do you do when it's raining cats and dogs outside and your kids are bored? Well, you make stuff!

25 Crafts for a Rainy day is filled with colourful, fun, and exciting ideas for crafts that take everyday objects that are lying around the house and gathering dust. All of these craft are based around the story of Noah's Ark and teach children all about what happened as they make, do, and play.

Got some coloured pencils, lollipop sticks, paper and scissors? Then you can make walking animal puppets and put on a puppet show! Found some old glass jars and bottles lying around? Transform them into colourful vases to brighten up your home!

With so many things to be made from junk lying around the house, your family will look forward to when the clouds burst and they get to make things again!

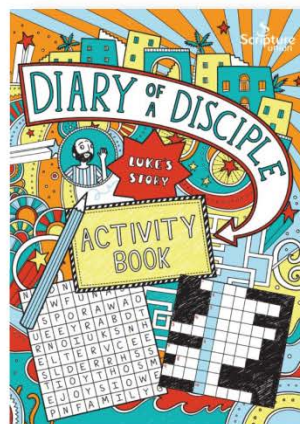
Diary of a Disciple Activity Book | Gemma Willis
£3.92 | Eden.co.uk

Luke's story, like you've never seen before!

Get stuck into the brilliant story of Luke - a Doctor who sees amazing miracles, a disciple who follows Jesus wherever he goes, and a doodler whose tale is like no other. Filled with puzzling puzzles and miraculous miracles, Luke's story is made to amaze!

From heaving storms to seething Pharisees, Luke follows Jesus through it all, and discovers some amazing things along the way.

And guess what? They're all here, waiting for you to colour, solve, and learn from!



The perfect present for rainy days and Sunday School games, the Diary of a Disciple Activity book builds on the series that is fast becoming one of the most popular Bible Story collections to date. Perfect for ages 6-12, this activity books speaks in a fresh, new way, and is sure to spark the imaginations and interests of children.

So break out those thinking caps, and sharpen those colouring pencils, because it's time,

Music reviews...



Music For Healing Gareth Malone

Gareth Malone OBE is an English choirmaster and broadcaster, best known for his television appearances in

programmes that introduce singing and choral music to people with little or no previous experience. He has seen firsthand the unifying effect that music can have when communities are faced with hardships and is convinced that it has a special power to soothe and heal.

For Gareth, 2018 was a particularly challenging year as his grandfather died and his wife was expecting their third child.

However, during this time he realised that music making had taken on a therapeutic quality for him. He also felt that he had been neglecting his music writing and the idea for this album was born

It comprises 15 short tracks, lasting 37 minutes in all. Twelve are inspired by the months of the year, in order, January to December. The title track, entitled Music for Healing Part 1, sets the scene and Music for Healing Part 2 is introduced between June and July. The first track returns as a reprise at the

end. It strikes me that there is a strong feeling of order, balance and symmetry about the way in which the tracks have been arranged, which could, for some, be therapy in itself.

Gareth says "Music for Healing is a personal journey through the year and is inspired by my own feelings about each month.....this music helped me to heal". He hopes that his music will bring peace and calm to others as they face their own particular challenges.

The album is not quite what I was expecting. It is almost improvisatory in style with shades of Einaudi and mostly played on the piano by Gareth himself. Some of the pieces include beautiful choral sounds that have an uplifting, ethereal effect while a string quartet occasionally contributes some rich harmonies. January and December are my particular favourites.

There is no doubt that the music is calm and meditative but I confess I began to find it rather bland in parts as I listened to it in its entirety. The distinctive characteristics of each month were not entirely obvious to me but perhaps they do not need to be. It is, in effect, a very personal album, reflecting Gareth's own feelings and experiences.

However, it is definitely music from the heart, played with deep feeling and sensitivity and could appeal to many to aid relaxation and retreat.

Heather Gallagher

Courage | Stuart Townend | Eden.co.uk

Throughout pain and changes in life, one thing we all need is courage. Written after his own times of personal upheaval, that includes the death of his brother, Stuart Townend pours a lifetime of wisdom and honesty into this, his latest album.

So why is it called Courage?' he writes, 'Recent events & situations (including the death of my brother) have had a big impact on me personally, and on my writing. And the word that has kept coming back to me is COURAGE: courage to face my own pain, to share my pain, and to sit with the pain of others.'

Congregational and moving, the songs of Courage are made to help churches express their own journeys, struggles and pains to God. With a beautifully folk-influenced sound and melodies that run deep, Courage speaks to faith and life in a real way.



He gave us eyes to see them: Murillo's 'St John the Baptist with the Lamb'

Godⁱⁿ the Arts

*The Rev Michael Burgess begins a series on animals and birds
as seen in art and scripture...*

The nursery rhymes we learnt as children often focused on lambs: Mary had a little lamb, Baa baa black sheep, Little Bo-Peep and Little Boy Blue. They come to mind in springtime when we see lambs in the field jumping for joy or bleating as they run to the ewes for warmth and safety.

Murillo, a 17th century artist from Seville, had that world of childhood in mind when he painted 'St John the Baptist with the Lamb.' He looks back to the little child of Isaiah 11 leading the animals, but also we are called to think of the adult John the Baptist, who sees Jesus walking by and exclaims, "Look, here is the Lamb of God." In the painting, St John is a child with his arms around the lamb. He stands on rocky ground with a reed cross at his feet that has the words 'Behold the Lamb of God' on the ribbon.



The painting hangs in the National Gallery, and it certainly lacks the strength and brilliance of other Spanish artists. But Murillo is telling us how the drama of salvation is played out by children and lambs. He is inviting us to look from that world of childhood to another part of Isaiah's prophecy, where he talks of the Messiah led like a lamb to the slaughter. We enter that drama of salvation in Holy Week this month. On Good Friday Jesus was led to His crucifixion, just as the lambs were being killed for the Passover.

We think of the world of Old Testament sacrifice, where the high priest on the day of Atonement would enter the Holy of Holies and sacrifice a ram. And we focus on Jesus who is for us both priest and sacrifice, and realise that there is a divine chemistry at work that leads us from Good Friday to Easter Day.

The writer of Hebrews meditates on this theme and proclaims that in Jesus we have a high priest of the good things that have come - eternal redemption. We are invited to appropriate that great gift for ourselves in this Holy Week of our salvation. So, we journey from the childhood days of Murillo's painting to Calvary and the Easter garden. And we can also journey beyond to the heavenly city, where Revelation tells us that all the nations walk by the light of that Lamb - the Lamb of God.

Brownies*

4th St Neats
(Love's Farm) Brownies

Guides*

1st Love's Farm Guides

Make someone smile on your street

Decorate your window with arts and crafts to make your neighbours smile whilst they are out for a walk (and social distancing).

Make sure to post your pictures on Social Media using the hashtag #WindowWellness

14th Gillingham

World Thinking Day 2020

Many many thanks to all who supported and attended our Girlguiding Thinking Day service in February. The service was such a fabulous success and we received so much positive feedback from family and friends of Girlguiding who attended the service. Thank you also for the contributions made to the retiring collection. A total of **£80.36** was raised and has been shared between our two Thinking Day charities of **Sign2sing** and **World Association of Girlguiding Thinking Day fund**. More information can be found about these charities using the links: sign2sing.org.uk/donate/ waggs.org/en/what-we-do/world-thinking-day/world-thinking-day-fund/

All Girlguiding meetings in the UK have been suspended until further notice.

However our Brownie leaders at 3rd Avenue are putting together challenges and badge ideas for our Brownies to work on at home and all over the world Girlguiding units seem to be doing the same. For example Girlguiding Malta have started a Quarantine Challenge, posting a new challenge every 2 days and attracting interest for Girlguiding members worldwide. We will keep you posted with the outcome of our own Brownies challenges in the next magazine.

Opposite is an excerpt from the World Association of Girlguiding webpage which sums up the united resourcefulness of our members during this difficult time:

"It is in these times that we see the very best of Girl Guiding and Girl Scouting. Over the past few weeks, we have been inspired by the young people mobilising efforts in their communities and worldwide to share important messages and offer solutions to potential isolation in many countries. We have seen worldwide stay-at-home challenges, virtual camp fires, new badges and an outpouring of support and kindness from Girl Guides and Girl Scouts everywhere."



Activities for children from Girlguiding and the Scout Association



"With schools closing, we know parents and carers are under a lot of pressure. We're working hard to help you through this and can't wait to share our ideas from Monday Girlguiding will be posting an activity each day"

or checkout **Scoutings website** for their Great Indoors ideas scouts.org.uk/the-great-indoors/

Snowy Owl | Helen Garland

Girlguiding @Girlguiding on Twitter



WORLD THINKING DAY LEADERSHIP 2019



102 countries took part in World Thinking Day celebrations, including three Prospect Member Organisations

Top words describing the pack:

FLEXIBLE

EDUCATIONAL

HELPFUL

CREATIVE

RESOURCEFUL

ENTERTAINING

THE WTD FUND
2018 raised

£128,000

sustaining the
HIGHEST income
levels raised in 2017



OVER **94,000**

WTD 2019 badges
and OVER

2,000

pins were sold on
the shop this year



OVER **44,500** people
liked our **Happy World Thinking
Day** message on Facebook.

From **January to
March 2019**,
our website
received **over
111,000
visits.**

Several high profile individuals participated in World Thinking Day celebrations including The First Lady of Kenya, Margaret Kenyetta (a patron of Kenya Girl Guides Association) and Permaisuri Agong, Queen of Malaysia.

The 2019 World Thinking Day Activity Pack
was translated in **11 LANGUAGES.**

Why am I a Methodist?

Initially this seemed to be a question that could be easily asked, but turned out to be quite the opposite. For myself, it was a question that I had not really given much thought to. Why am I a Methodist? The more I thought about it, the more I realised I would have to give this some serious time and effort. The first question that came to mind was why did I choose a Methodist church to join, instead of an Anglican, Catholic, Pentecostal or any of the many different denominations of the Christian faith that are out there? I think the answer is that I didn't really choose. I feel that somehow I was guided. Guided to the church I now belong to, which just happened to be a Methodist church.

I do now know, however, why I chose to stay a Methodist. The more I learned about the beginning of the church, about John and Charles Wesley and their contemporaries, the more I began to feel a connection to them and this thing called Methodism. When John Wesley spoke of "his heart being warmed", this immediately made me think of the Holy Spirit, of how the spirit dwells within us, is at one with us and how I had always felt a

connection to God's Holy Spirit. I myself felt warmed to Methodism. John Wesley also stated that "All can be saved", which is something that I personally believe. The fact that he believed this, added to his great encouragement

to the people he preached to, his inclusivity, his desire to reach and help others, not just stand in a pulpit and preach the dictates of the Anglican church, is something that I felt a great deal of admiration for.

I was also encouraged by the story of the storm at sea and his account of the faith of the Moravians standing firm in their faith during a mighty storm and how this challenged him to think about his own faith in God. Wesley was a man who stepped back and looked at this afresh. Opened himself up to Jesus, felt the connection with the Spirit and took this forward into not only his life, but the life of others too.

But it wasn't just John who had been moved to change. There were others too and together they started the Methodist church. They all believed in helping others. Not just looking inward, but also outward. Being true disciples of Christ. Charles Wesley was one of these. Shortly after his conversion to what was to become Methodism, he wrote the following words in the form of a hymn:

*Where shall my wondering soul begin
How shall I all to heaven aspire?
A slave redeemed from death and sin,
A brand plucked from eternal fire,
How shall I equal triumphs raise,
Or sing my great Deliverer's praise?*

To me these words speak of a soul renewed and set on fire for God. A man who was so filled with the desire to seek God, acknowledging that through Him we are saved, and wanting to praise his great Deliverer.

He too had stepped out of the constraints of the perception of how Christians were and the way we worship, to form a one to one relationship with God. A personal relationship, where all can be saved.



Where all can have that one to one with God. Where by acknowledging the Holy Spirit, we can grow stronger as disciples, by following the stirrings of the Spirit. The Wesleys became the founders of the Methodist Church, a church I am happy to be a member of, as today we still hold onto those



Charles Wesley | Bristol

principles that were the foundations of the church we belong to.

I asked a few people the same question. Why are you a Methodist? Initially they, like myself, struggled to come up with a definitive answer straight away. In fact, it took them around a week to get back to me. It seemed that I was not the only one who had not really given this much thought, or at least not for a while. Here are a couple of quotes from two of the people I spoke to.

“The style of worship suits me and I love being part of a Christian community and all the opportunities for outreach that being part of a church brings. I am happy that my husband and I have finally settled into a place of worship where we value the love and support of friends and where we can worship and reach out to our community.”

This quote was from Helen Garland. She started her journey with the church at around the age of 6, at a small chapel in the West Midlands. As she got older she moved to a larger, town centre Methodist church, where she felt comfortable and accepted and spent the next few years making several friends in the junior church. She joined the

Methodist youth choir and has many fond memories of various events. She loved the newer style of worship and became of full member at the age of seventeen. She went on to be married at her church, but after moving to Kent, had struggled for a while to find the right place to worship. Eventually, her and Paul found Third Avenue, which they have been attending for several years. Now, in their 50's, she and her husband are both members of the worship team, sharing their gifts of singing and playing instruments.

“I have been a member of the Methodist church since about 1950. It has helped to keep me rooted in the world of love and respect for all created things. Over the years I have experienced various styles of worship, from formal “cold”, traditional services to the kind of service I have become used to today. A more relaxed, friendly, all-inclusive and participative way of service, which has led me to experience more than just Sunday Morning Worship”

This gentleman was confirmed whilst on National Service (1947-1949) in Trieste by the Bishop of Gibraltar. When he returned home, he became a member of his local Methodist church. He had got to know this church as a young man, where he attended the Scouts and the Youth Club, so felt comfortable returning to a church where he had already had some involvement. It is wonderful to know that he, and his wife, had been at this same church for all those years, often offering some very sound words of wisdom.

This gentleman was the late Cyril Berry.

We must all have our reasons for being part of the Methodist church. It would be great to hear some more stories, if any of you would like to share them with the magazine, please get in touch.

Anne Boulwood

GP or not GP ~ The human spirit flowing through Coronavirus



What comes to mind when you think about Coronavirus? At the moment, hoarding toilet rolls, unpaid leave, social isolation are all top of the list. In the GP surgery I work at, there have been some eye opening incidents which puts this all into perspective and can both make you question humanity but also completely restore your faith in it.

The doctors are exhausted, yes. The nurses are overrun, yes. The office staff are so at the front line, they are standing at the front door of the building in full protection, looking like something from a star wars film. And on a mostly minimum wage they are making decisions, based on the guidelines, about whether people can see a clinician or not. They are brave, they are understanding and they are compassionate and most of all they are retaining a sense of humour. Surprisingly, we actually laugh with patients and have uplifting chats about how we get through this together. This normally includes laughing at the masks, accidentally squirting hand sanitizer everywhere and jokingly advising people not to breathe in the building.

So what are we dealing with?

We are dealing with older people, who should be isolating, who need to see a familiar face, who can't use online technology and who don't understand why the queues are longer and why their medication is not ready yet. Some of these people do not have other family members to help them.

We are dealing with new mums who need to get their babies vaccinated but are in isolation and are worried sick about how what is going to happen – is Coronavirus worse than Mumps and Measles?

We are dealing with people with long term conditions, who need to have their blood pressure monitored, their sugar levels monitored, their medication taken routinely and are facing some delays in this.

We are dealing with people with mental health issues who are incredibly distressed at the front door, who know that help and support is scarce at the best of times. These people need comfort and hugs at a time when we are told not to touch them.

We are dealing with people with disabilities who have to travel round different pharmacies because we just do not have all the medication in stock.

We are reluctantly having to check people who are coming in for urgent appointments, and hoping with all our heart that the two week cancer referral timeframes haven't slipped.

People are ill, confused and very, very frightened. People are angry and frustrated. People want medication for months and we simply can't give it. People want answers, of course they do.

And in all of this turmoil, the staff work very hard and most patients are understanding. A kind word, a simple phone call, a little joke and a bit of cheeriness can lift a situation out

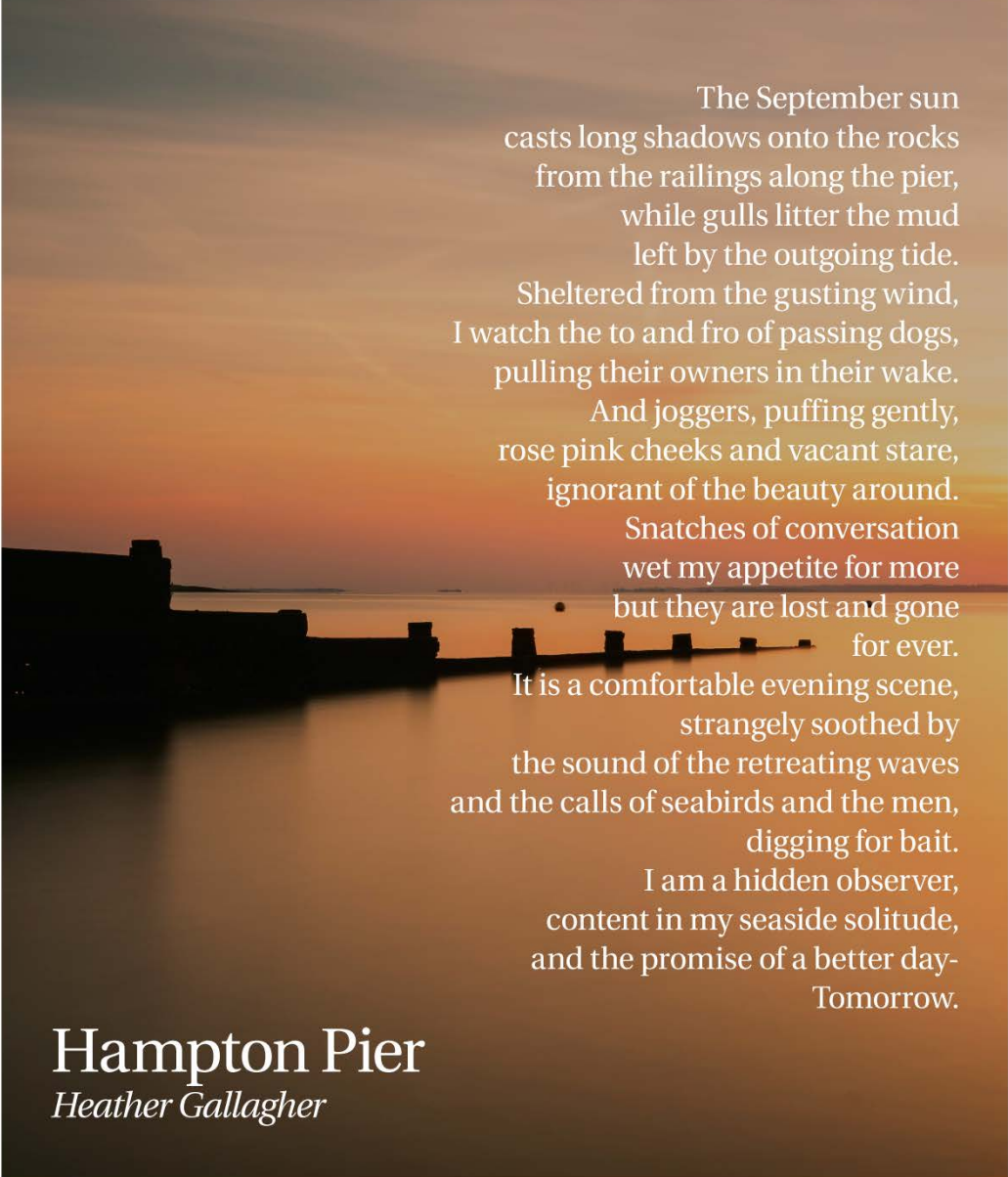
of panic to an assurance that we won't abandon people, and actually they are not alone. It's not rocket science. It's humanity and a kindness and this makes the biggest difference.

And it work both ways. Yes, we have had complaints and raised voices. But we have also had incredibly kind words. And home

made cheese scones. And home made cake. And boxes of chocolates. And Chocolate bars. And biscuits.

Despite all the challenges, the human spirit, powered by the holy spirit is winning here. We are all in this together and our love for each other will see us through.

Steph Brown (Smkth!)



The September sun
casts long shadows onto the rocks
from the railings along the pier,
while gulls litter the mud
left by the outgoing tide.
Sheltered from the gusting wind,
I watch the to and fro of passing dogs,
pulling their owners in their wake.
And joggers, puffing gently,
rose pink cheeks and vacant stare,
ignorant of the beauty around.
Snatches of conversation
wet my appetite for more
but they are lost and gone
for ever.
It is a comfortable evening scene,
strangely soothed by
the sound of the retreating waves
and the calls of seabirds and the men,
digging for bait.
I am a hidden observer,
content in my seaside solitude,
and the promise of a better day-
Tomorrow.

Hampton Pier
Heather Gallagher

Gentle exercising

In this time of self-isolation, when our normal routines have changed, it's good to keep up our general level of fitness. Not all of us will have dogs to walk, or we may be less mobile in general, so these gentle exercises will just help keep our bodies moving. And remember when we can socialise again, why not join **Chrysalis** on a Friday for a **Chair Exercise Group**, some relaxation and a coffee and cake!

Head movements

- ▶ Stand up tall and look ahead
- ▶ Slowly turn your head as far as you can to the right
- ▶ Slowly turn your head as far as you can to the left
- ▶ Repeat 5 times to each side



Neck movements

- ▶ Stand up tall and look ahead
- ▶ Place one hand on your chin
- ▶ Guide your head straight back
- ▶ Repeat 5 times

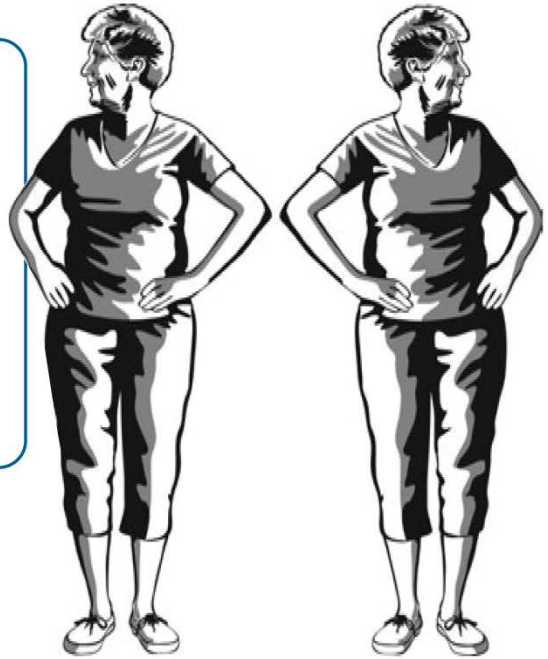


Back extension

- ▶ Stand up tall with your feet shoulder-width apart
- ▶ Place your hands on the small of your back
- ▶ Gently arch your back
- ▶ Repeat 5 times

Trunk movements

- Stand up tall and place your hands on your hips
- Do not move your hips
- Turn as far as you can to the right, comfortably
- Turn as far as you can to the left, comfortably
- Repeat 5 times to each side



Ankle movements

- Either sit or stand
- Point the foot down then pull the foot back towards you
- Repeat 10 times for each foot

Closed for the first time in 200 years?

What strange times we live in! Here we are about to celebrate the 200th Anniversary of the founding of Hartlip Church and due to the Pandemic Crisis our dear church is closed — services suspended. I doubt that in the history of our church that it has ever closed its doors for such a purpose. Even during the course of the Spanish Flu Pandemic in 1919, through two World Wars I suspect the church remained open. I have no evidence to the contrary.

In the build up to the gathering storm of the Corona Virus taking a grip of the nation we acted quite early on in relation to suspending services at Hartlip. This was because of the defining of a specific category of a vulnerable section of society, namely the over 70s. For Hartlip, that category is relevant to a good number of our members. Therefore, on Sunday 15 March after consultation and in relation to the guidance on the Methodist Church website, we were given authority to suspend our services. I think folk were genuinely pleased that we had made the decision for them.

However, I worried all that day and the next morning as to whether we had ‘pushed the button’ too early. That was the situation until later on that Monday (16/3) all the main denominations announced that all their churches would be closed for the foreseeable future. We had clearly made the right decision at the right time.

As Pastoral Secretaries, Heather and I, and with the help of Brian Davies, set about making sure all of our congregation were alright and to establish if they were in a position to support themselves or have the necessary support in the coming weeks,

given the limitations that were bound to appear in the form of a potential national ‘lock-down’. It was important that we stayed together, at least spiritually, as much as possible. One way to achieve this was through adopting the service set out for worship for the following Sunday (22/3) using the facilities provided by the Methodist website. Thus I circulated the service details and other links to all those with email facilities. I printed out my message and a message from Rev Robin Selmes together with the service notes and delivered or posted them to those without the internet.

To draw closer together in spirit I wrote the following, ‘My suggestion for this coming Sunday is this, that we all, if we are able, follow this service at 6.30pm — the exact time we would normally be meeting at Hartlip. This way, we will have the knowledge that we are worshipping together still as a family community. When you have completed the service can I suggest an additional action that we all take. I think at this time it would be really nice for each one of us to sit quietly and visualise our usual scene in Hartlip Church when we say The Grace to each other or say The Peace. Therefore, in your mind’s

Hartlip 200

Methodist Church
& Retreat Centre



A BEACON OF LIGHT SINCE 1820

eye rise from the place where you normally sit in church and look around you. Look at the large cross at the front of the church and then look around to all your fellow friends where there normally sit. Then, as you say the Grace and look at each friend, see them saying 'The Grace back to you.'

Something else we have decided to do between us, if we are able, is to stop at 12 midday every day and pray the Lord's Prayer and recite the Grace to each other. Meanwhile, I am indebted to Robin, who is now coordinating a service for all three churches that he is responsible for that can be circulated to members until this crisis leaves us.

Last Saturday, Heather and I had the unenviable task on closing down all the facilities at Hartlip. This was a sad time. Heather signed the Retreat Centre Visitors' Book to record the actual day Hartlip was closed. We sat for a few moments in the Retreat Centre and then spent time sitting in the church thinking of all our members and

all the lovely Saints who had passed through Hartlip over the past 200 years. As we sat there we realised just how much we loved this special place of God's calm, love, and peace.

As we sadly said farewell and closed the door I said out loud 'Don't worry, we will be back'. And so we will.

Derek Gallagher



Galatians 5:22 is one of my favourite bible verses. As a teenager I used to keep a list of the 'fruit of the spirit' in my purse as a reminder. This pictorial representation of that verse seemed to fit with all we are facing at the moment.

Helen Garland

TODAY...

I WILL SHOW LOVE TO MY FAMILY

I WILL INVITE JOY OF THE LORD TO RISE IN ME

I WILL WALK IN PEACE AND NOT STRESS

I WILL BE PATIENT WITH OTHERS AND LISTEN MUCH

I WILL SHOW KINDNESS TO OTHERS

I WILL DO GOOD FOR OTHERS DESPITE CIRCUMSTANCE

I WILL BE GENTLE AND NOT HARSH

I WILL ALLOW LOVE AND GRACE TO CONTROL MY ACTIONS

"BUT THE FRUIT OF THE SPIRIT IS LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS, AND SELF CONTROL." GALATIANS 5:22

take time

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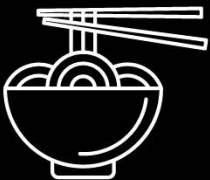
20% Off & Free Delivery Every Tuesday

Our friends at Medway Chinese Methodist Church have generously offered a discount for Third Avenue & Hartlip congregations, during this difficult time.

Simply call one of the three takeaways listed, quoting the promo code **GOD BLESS** when placing your order. The offer is available on **Tuesdays only** and cannot be used online. The opening hours for all three takeaways is **5pm-10pm**.

"We pray that this little help will give warmth to people in this challenging and critical time."

We greatly appreciate the generosity of the Chinese Church at this time, therefore we simply ask that you **do not share this code** with family and friends that are not part of the two congregations.



Lola News...

Hello to everyone at Third Avenue. We do hope you are all well?

I have been out and about, although not so quick, as my back leg has got a bit of arthritis, so we are all on the pills in our house!

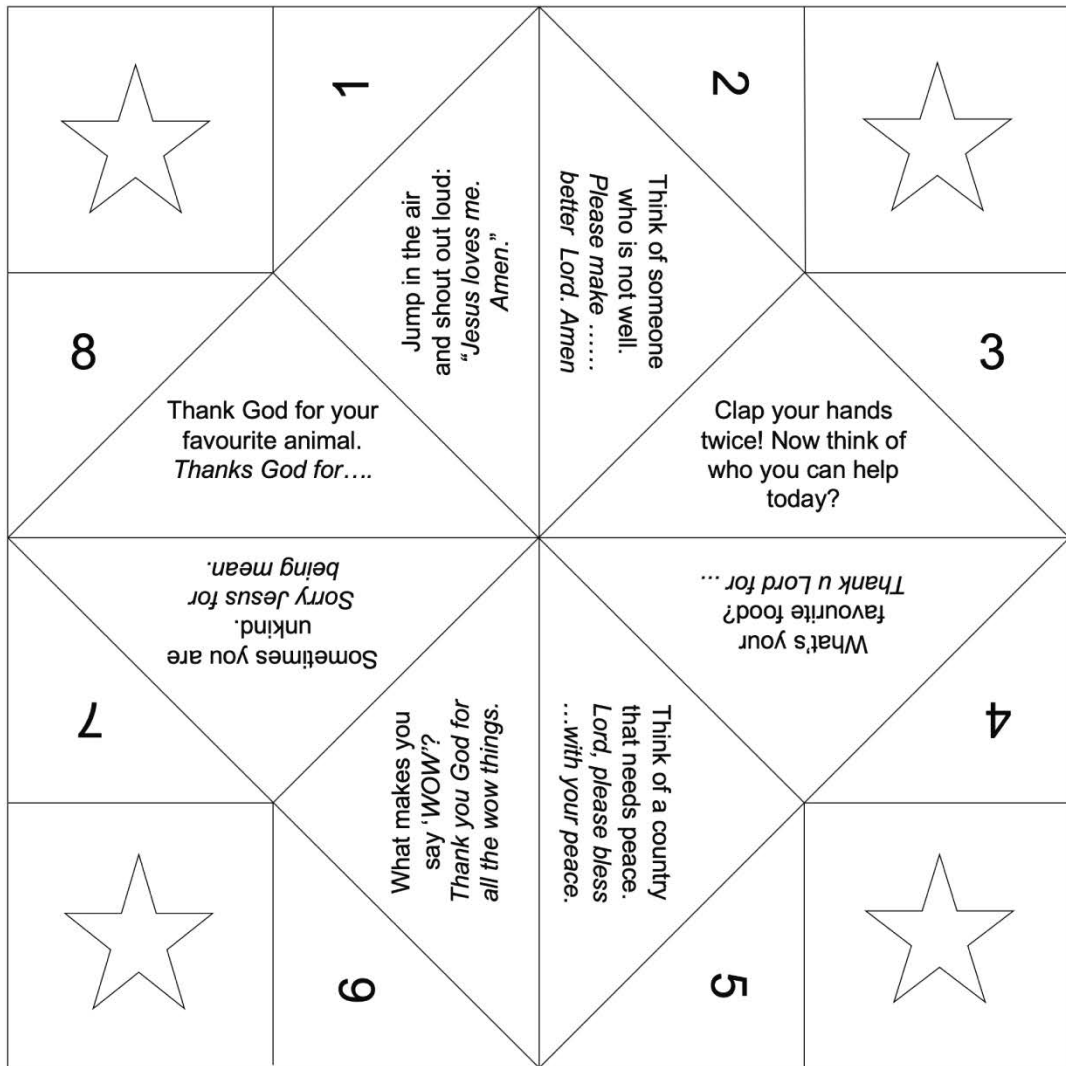
Back in February Trudy took me to a **Pawfect Valentines Tea** for dogs and their owners, at the Dobbies Garden Centre in Gillingham. I had a meet and greet with other dogs and their owners. A special tea was served and I had regular treats given me by a lady who works there throughout the event. After the cakes were eaten and tea drank (well by Trudy anyway), a talk was given. A man called Mark clearly knows about how Dobbies are supporting the care, love and well-being of our dogs. They sell a variety of foods and treats that ensure a healthy diet. Mark and another man Ben, work



really hard to encourage a dog friendly Dobbies and I had my picture taken with Ben, who made a fuss of me. It was a most enjoyable time and we hope to go to many more events that Ben and Mark plan to organise. We brought home a goody bag for me and I'm just going to have another dip in, to see what I can find today!

Woofwoof..... love Lola x





- 1 Cut round the **Prayer Chooser**. Colour in the stars different colours – red, green, blue, yellow or rainbow!
- 2 Fold in half and in half again
- 3 Open out, turn over so top is blank and fold each corner into the middle
- 4 Turn over and repeat
- 5 Turn over so you can see the colours
- 6 Slide your thumb and your finger behind 2 of the stars and press together so they bend round and touch
- 7 Turn over and repeat with the thumb and finger of the other hand for the other two stars
- 8 All the colours should now be at the front with centres touching and you are ready to use your **Prayer Chooser!**

Fun and Games...

To keep us all going and occupied during these difficult times, we thought we would double up on the fun and games! Double the crosswords, word searches, maizes and sudoku.

Good to keep your brain active as well as your body!



On the hop

Q: What do you get when you cross the Easter Bunny with an over-stressed minister during Holy Week?

A: An Easter Basket Case

Hot

What do you call a chocolate bunny that was out in the sun too long?

A runny bunny.

Don't break'em

There was a very gracious lady who was mailing an old family Bible to her brother in another part of the country. "Is there anything breakable in here?" asked the postal clerk.

The lady paused for a moment. "Only the Ten Commandments," she said politely.

Environmentally friendly transport

While driving in the countryside, a family caught up to an old farmer and his horse-drawn cart. The farmer obviously

had a sense of humour, because attached to the back of the carriage was a hand printed sign: 'Ecologically efficient vehicle: Runs on oats and grass. Caution: Do not step in exhaust.'

What God looks like

An infants teacher was observing her classroom of children while they drew. One little girl was working away furiously, and so she asked her what the drawing was. The girl replied, "I'm drawing God."

The teacher paused and said, "But no one knows what God looks like."

Without missing a beat, the little girl replied, "They will in a minute."

Packet?

A small boy was asking his mother where he came from and when he heard his mother's explanation, he replied: 'Mummy, when God planted the seed in your tummy, was there a photo of me on the packet?'

From church notice-sheets:

This being Easter Sunday, we will ask Mrs Brown, our children's minister, to come forward and lay an egg on the altar.

Next Sunday Mrs Brown will sing a solo at the morning service before the vicar preaches on the subject of 'Terrible experiences and how to survive them'.

Word Search

Lent lasts for 40 days. Sundays in Lent are 'oases'; as Sunday is never a day of fasting, but a weekly celebration of the resurrection of Jesus. Christians have used Lent as their '40 days in the wilderness', when they set aside the indulgences of life and instead look inward, seeking spiritual renewal and growth. Lent looks towards the Cross and the Empty Tomb, with the assurance of redemption and new life in Christ. The daffodils in our gardens are golden trumpets to proclaim the wonderful message of Easter! The English word for Lent is not at all religious; it is an abbreviation of the Old English word 'lencten', or 'lengthen'. At last winter is over, and the days are getting longer...

Lent	Celebration	Spiritual	Redemption
Forty	Resurrection	Renewal	Daffodils
Days	Jesus	Growth	Lencten
Sundays	Wilderness	Cross	
Fasting	Indulgences	Empty	
Weekly	Inward	Tomb	

D R E D E M P T I O N S
R S E W B M E A N O L E
A U S E L M P F I A D C
W N U E E D O T U D L N
N D S K N R A T Y A D E
I A E L T R I Y W F E G
S Y J Y B R E E S F M L
S S P E I I N D L O E U
O F L P G E S L L D G D
R E S U R R E C T I O N
C U E N E T C N E L W I
H T W O R G N I T S A F

Even as Jesus ate that last Passover meal with His disciples, He warned them He was about to be betrayed. He took the bread, blessed it, broke it and gave it to them; He took the cup, gave thanks, and gave it to them to drink. The Old Covenant, based on Law, was ticking away its final hours; the New Covenant, based on Christ's body and His blood, was about to be ushered in. Jesus prayed in Gethsemane that this fearful cup might be removed from Him, but even more, that God's will might be done. And it was. From Easter onwards we can only approach God through His Son, Jesus Christ, not on our own merit.

Jesus	Betrayed	Law	Removed
Ate	Bread	Old	Will
Last	Blessed	New	Easter
Passover	Wine	Body	Approach
Meal	Thanks	Blood	God
Disciples	Drink	Gethsemane	
Warned	Covenant	Cup	

B S E S O G W Y E G S H
 N O E H E E E L P T U E
 P D R D N T H A N K S M
 B R E A I H S A O L E B
 O H T V W S N A A A J W
 D C S T O E C E L D C A
 Y A A V V M V I E U K R
 B O E O A A E S P N U N
 I R C R V N S R I L B E
 A P G D B E T R A Y E D
 D P W I L L D W T O O S
 M A B B L O O D E G S A

Sudoku

Easy...

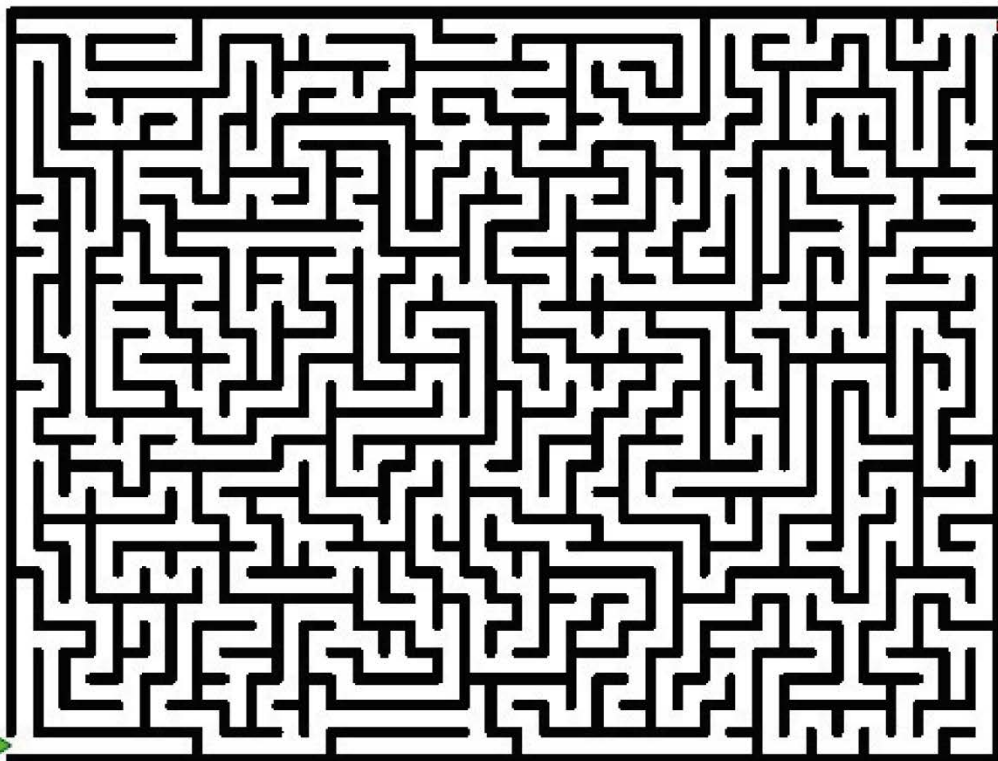
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			2					4
4	5			1		8	2	6
	6						3	
8	9	2		6			4	1
9					3			
			5	8	6		1	9
6	3					2		8

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					5	3	2	
					3	8	7	5
			8	7	1		6	
4			1		2	9		7
	6		9		8		5	
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	1		5	8	6			
5	4	7	3					
	8	2	4					

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Maize

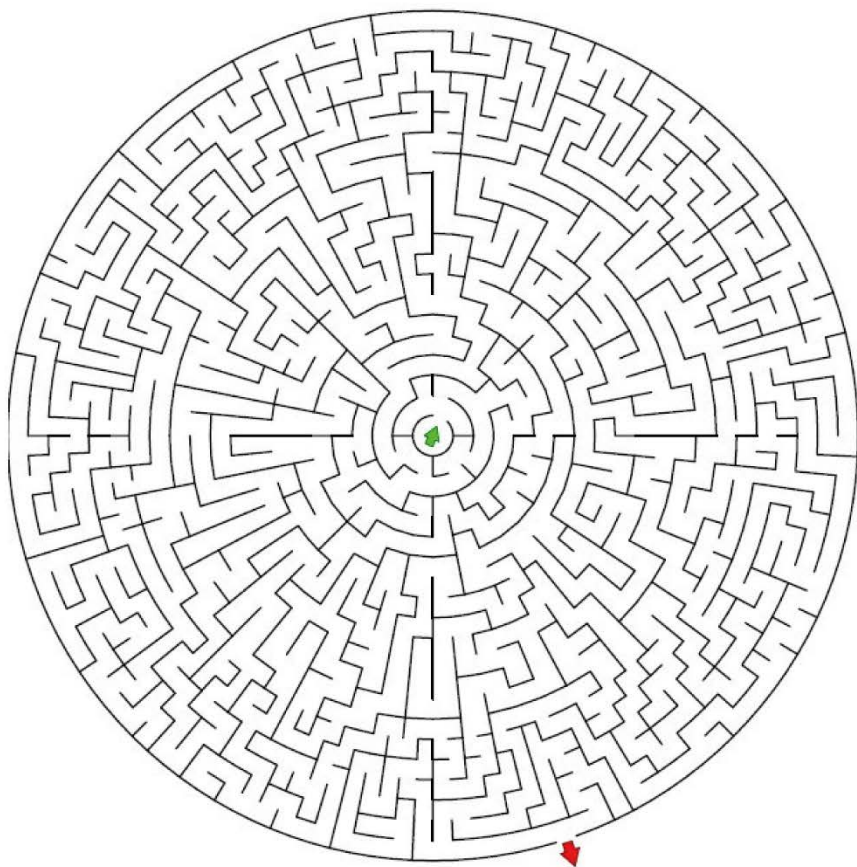


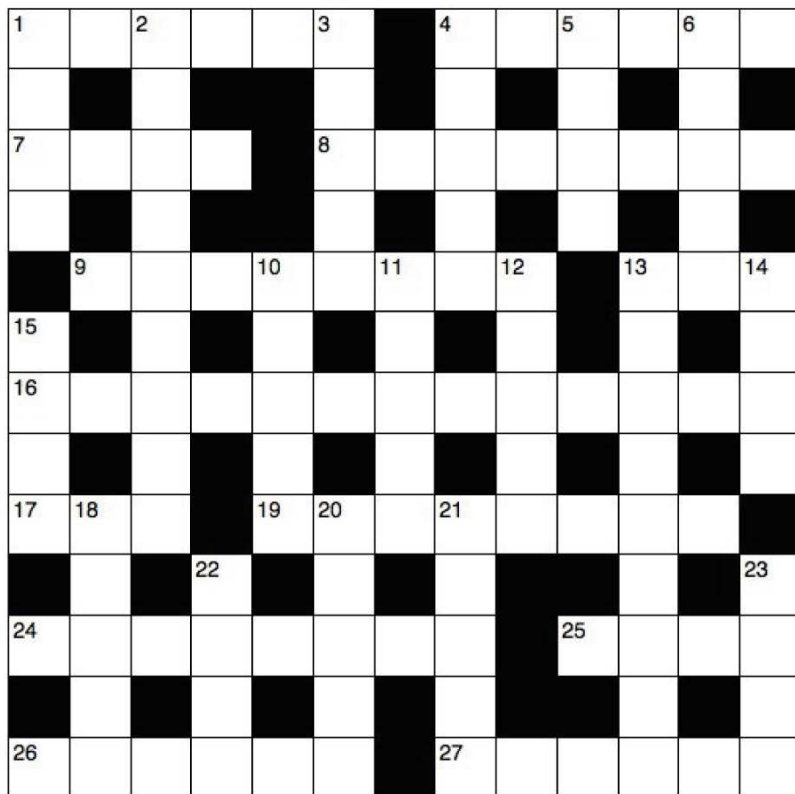
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			1	4			
7							
		9			3	1	2
8				9	1		3
	2	5				7	1
4			2	7			8
	3	6	8			9	
							2
			5	6			

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Across

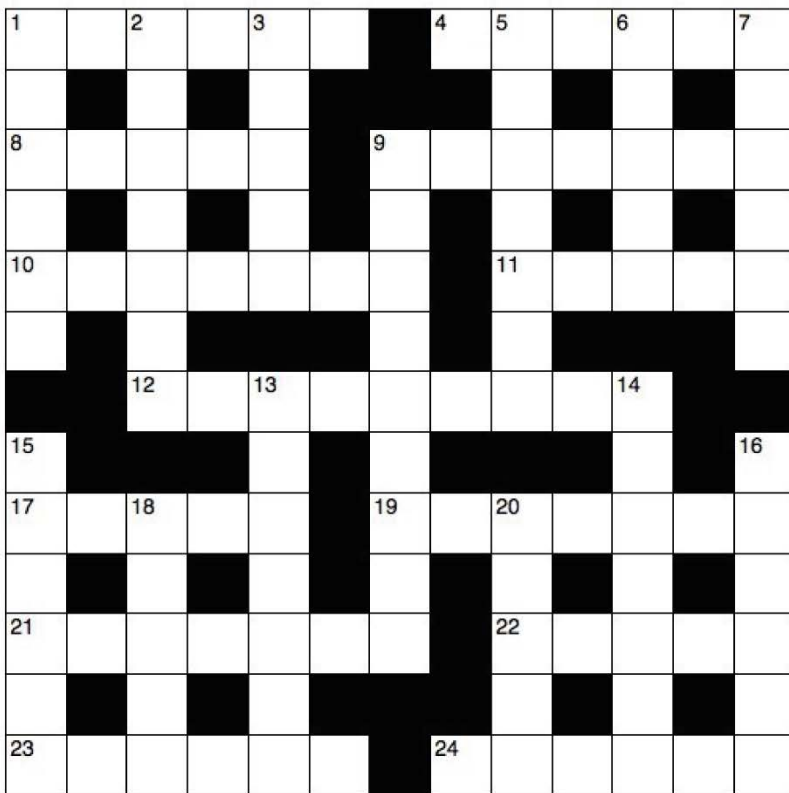
- 1 The earth is one (6)
 4 'On a hill far away stood an old — cross' (6)
 7 'I am the — vine and my Father is the gardener' (John 15:1) (4)
 8 The Caesar who was Roman Emperor at the time of Jesus' birth (Luke 2:1) (8)
 9 'Your — should be the same as that of Christ Jesus' (Philippians 2:5) (8)
 13 Jesus said that no one would put a lighted lamp under this (Luke 8:16) (3)
 16 Involvement (1 Corinthians 10:16) (13)
 17 Armed conflict (2 Chronicles 15:19) (3)
 19 Where the Gaderene pigs were feeding (Mark 5:11) (8)
 24 What jeering youths called Elisha on the road to Bethel

- (2 Kings 2:23) (8)
 25 The Venerable — , eighth-century Jarrow ecclesiastical scholar (4)
 26 8 Across issued a decree that this should take place (Luke 2:1) (6)
 27 Come into prominence (Deuteronomy 13:13) (6)

Down

- 1 Where some of the seed scattered by the sower fell (Matthew 13:4) (4)
 2 Sexually immoral person whom God will judge (Hebrews 13:4) (9)
 3 Gospel leaflet (5)
 4 Physical state of the boy brought to Jesus for healing (Mark 9:18)
 5 Tugs (anag.) (4)
 6 To put forth (5)
 10 Nationality associated with St Patrick (5)
 11 Leader of the descendants of Kohath (1 Chronicles 15:5) (5)

- 12 'After this, his brother came out, with his hand grasping — heel' (Genesis 25:26) (5)
 13 At Dothan the Lord struck the Arameans with — at Elisha's request (2 Kings 6:18) (9)
 14 'Peter, before the cock crows today, you will — three times that you know me' (Luke 22:34) (4)
 15 Spit out (Psalm 59:7) (4)
 18 'When I — , I am still with you' (Psalm 139:18) (5)
 20 Concepts (Acts 17:20) (5)
 21 Thyatira's dealer in purple cloth (Acts 16:14) (5)
 22 Does (anag.) (4)
 23 The second set of seven cows in Pharaohs dream were this (Genesis 41:19) (4)



Across

- 1 Relating to the whole universe (6)
- 4 The disciple who made the remark in 8 Across (John 20:24) (6)
- 8 'Unless I see the nail marks — hands, I will not believe it' (John 20:25) (2,3)
- 9 He urged King Jehoiakim not to burn the scroll containing Jeremiah's message (Jeremiah 36:25) (7)
- 10 Baptist minister and controversial founder of America's Moral Majority, Jerry — (7)
- 11 'Look, here is — . Why shouldn't I be baptized?' (Acts 8:36) (5)
- 12 Repossessed (Genesis 14:16) (9)
- 17 Port from which Paul sailed on his last journey to Rome

- (Acts 27:3–4) (5)
- 19 'Moses was not aware that his face was — because he had spoken with the Lord' (Exodus 34:29) (7)
- 21 Roonwit, C.S. Lewis's half-man, half-horse (7)
- 22 Grill (Luke 24:42) (5)
- 23 'The lot fell to Matthias; so he was added to the — apostles' (Acts 1:26) (6)
- 24 'I was sick and you looked after me, I was in — and you came to visit me' (Matthew 25:36) (6)

Down

- 1 Coastal rockfaces (Psalm 141:6) (6)
- 2 Academic (1 Corinthians 1:20) (7)
- 3 Publish (Daniel 6:26) (5)
- 5 For example, the Crusades (4,3)
- 6 11 Across is certainly this (5)
- 7 He reps (anag.) (6)

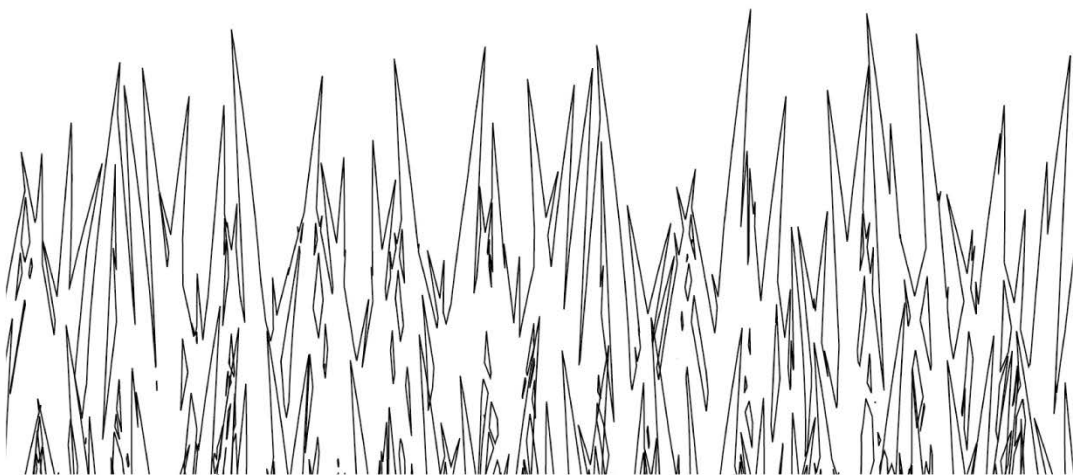
- 9 Liberator (Psalm 18:2) (9)
- 13 Man who asked the question in 11 Across was in charge of all her treasury (Acts 8:27) (7)
- 14 They must be 'worthy of respect, sincere, not indulging in much wine' (1 Timothy 3:8) (7)
- 15 The human mind or soul (6)
- 16 'O Lord, while precious children starve, the tools of war increase; their bread is — ' (Graham Kendrick) (6)
- 18 'We played the flute for you, and you did not — ' (Matthew 11:17) (5)
- 20 Bared (anag.) (5)

GOD SAYS

MY

GRACE

IS SUFFICIENT



Puzzle solutions...

Sudoku Easy...

7	2	9	6	5	4	1	8	3
5	4	8	9	3	1	6	7	2
3	1	6	2	7	8	5	9	4
4	5	3	7	1	9	8	2	6
1	6	7	8	4	2	9	3	5
8	9	2	3	6	5	7	4	1
9	8	5	1	2	3	4	6	7
2	7	4	5	8	6	3	1	9
6	3	1	4	9	7	2	5	8

8	7	4	6	9	5	3	2	1
1	9	6	2	4	3	8	7	5
2	3	5	8	7	1	4	6	9
4	5	8	1	6	2	9	3	7
7	6	1	9	3	8	2	5	4
3	2	9	7	5	4	6	1	8
9	1	3	5	8	6	7	4	2
5	4	7	3	2	9	1	8	6
6	8	2	4	1	7	5	9	3

Intermediate...

2	9	8	7	5	3	4	1	6
3	1	7	8	4	6	2	9	5
4	5	6	2	9	1	7	8	3
5	7	9	3	2	8	1	6	4
1	2	4	6	7	5	8	3	9
8	6	3	4	1	9	5	7	2
9	3	2	5	8	7	6	4	1
6	8	5	1	3	4	9	2	7
7	4	1	9	6	2	3	5	8

3	5	2	1	6	4	8	7	9
7	8	1	9	5	2	4	3	6
6	4	9	7	8	3	1	2	5
8	6	7	4	9	1	2	5	3
9	2	5	6	3	8	7	1	4
4	1	3	2	7	5	6	9	8
5	3	6	8	2	7	9	4	1
1	7	8	3	4	9	5	6	2
2	9	4	5	1	6	3	8	7

Crossword...

P	L	A	N	E	T		R	U	G	G	E	D	
A	D						R	I	U	X			
T	R	U	E			A	U	G	U	S	T	U	S
H	L					C	I	T		D			
	A	T	T	I	T	U	D	E		B	E	D	
S	E	R				R	S			L	E		
P	A	R	T	I	C	I	P	A	T	I	O	N	
E	E					S	E	U	N	Y			
W	A	R				H	I	L	L	S	I	D	E
	W					O	D	Y			N	L	
B	A	L	D	H	E	A	D			B	E	D	E
	K	E				A				S	A		
C	E	N	S	U	S		A	R	I	S	E	N	

C	O	S	M	I	C		T	H	O	M	A	S			
L		C	S				O		O		P				
I	N	H	I	S			D	E	L	A	I	A	H		
F	O	U				E	Y		S		E				
F	A	L	W	E	L		W	A	T	E					
S	A					I					E				
						R	E	C	O	V	E	R	E	D	
P						A					E		S		
S	I	D	O	N			R	A	D	I	A	N	T		
Y	A					D	E				E	C	O		
C	E	N	T	A	U	R				B	R	O	I	L	
H						C				A		N	E		
E	L	E	V	E	N					P	R	I	S	O	N

Wordsearch...

D	R	E	D	E	M	P	T	I	O	N	S
R	S	E	W	B	M	E	A	N	O	L	E
A	U	S	E	L	M	P	F	I	A	D	C
W	N	U	E	E	D	O	T	U	D	L	N
N	D	S	K	N	R	A	T	Y	A	D	E
I	A	E	L	T	R	I	Y	W	F	E	G
S	Y	J	Y	B	R	E	E	S	F	M	L
S	S	P	E	I	I	N	D	L	O	E	U
O	F	L	P	G	E	S	L	L	D	G	D
R	E	S	U	R	R	E	C	T	I	O	N
C	U	E	N	E	T	C	N	E	L	W	I
H	T	W	O	R	G	N	I	T	S	A	F

B	S	E	S	O	G	W	Y	E	G	S	H
N	O	E	H	E	E	L	P	T	U	E	
P	O	R	D	N	T	H	A	N	K	S	M
B	R	E	A	I	H	S	A	O	L	E	B
O	H	T	V	W	S	N	A	A	A	J	W
D	C	S	T	O	E	C	E	L	D	C	A
Y	A	A	V	V	M	V	I	E	U	K	R
B	O	E	O	A	A	E	S	P	N	U	N
I	R	C	R	V	N	S	R	I	L	B	E
A	P	G	D	B	E	T	R	A	Y	E	D
D	P	W	I	L	L	D	W	T	O	O	S
M	A	B	B	L	O	O	D	E	G	S	A



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