

# the NEW Messenger

MAY | JUNE  
2020



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](mailto:minister@gillinghammethodists.uk)

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

Welcome to this **May | June** edition of the **New Messenger**, again delivered to you during these challenging times for our country and world. In this edition of the magazine it has been heart-warming to hear the ways our church community have been keeping in touch and managing during this time. Find out how Chrysalis, the craft group, the worship group and youth groups have been keeping connected and supporting each other, as well as how songs, books and games can keep our hearts and minds inspired. Enjoy!

## *A message from our Minister Rev Robin Selmes...*

Dear All, we are living in times that are unprecedented and events that none of us have had any experience of before. The Coronavirus has in one way or another impacted every part of our community from the young to the elderly. Our community and our society has experienced major change in the way that we live. In this new norm so many things that we thought that we could rely on now feel very fragile and ineffective in the face of Coronavirus.

For many plans for this forthcoming year will have changed. Holidays and planned trips have had to be postponed or cancelled. The day to day social gatherings that give us the rhythm of life are no longer taking place. There are many who are facing financial uncertainty. Many feel overwhelmed and are worrying about family and friends, who they can longer visit. Therefore, it is natural to feel afraid and fearful like never before in our lifetimes. However, this does not mean that church is going away, we just have to do church differently. And so, in recent weeks, we have found new ways of being a church that continues to live, learn, love, pray and grow together.

Even though we have not been able to meet we have remained a worshipping community.



The circuit has provided a weekly live streaming service, and to bring familiar faces and voices into your living room Third Avenue worship team have provided meditations, worship songs and prayers. The

local preachers and worship leaders have also played a big part by providing worship resources to enable us to produce an online newsletter. For this, I thank everyone for their support in preparing these services and providing resources. I know there is a spiritual battle going on, our faith is being tested and so I hope these resources is enabling you to hold on to God and feed your faith and spiritual life while at home.

The youth and Sunday squad leaders have also been very creative, sending out lots of material and posting face book video's. In response It has been lovely to see lots of pictures on the face book page. Helen has also kept in touch with the young people and her volunteers and led online bible studies and youth fellowships.

In terms of pastoral care, our pastoral visitors are doing a wonderful job especially for those who are elderly or vulnerable. I am also

thankful that pastoral care is not solely resting upon them. I am so encouraged by the kindness and love you are all showing towards each other. People are finding new and creative ways of looking after each other. Personally, my pastoral work load has increased and I am trying to support the most vulnerable and those who feel isolated across all 3 churches. I also hope that if you need anything you will ask, people have offered to help with shopping and collecting medications, so please don't struggle or be in need and continue to use our helping hands and voices hot line. There is also sadness as we are reminded that this virus is very close to home, only a few weeks into the lock down Eileen Berry was admitted into hospital but sadly passed away. Our thoughts and prayers are with her family and with those who have lost loves one during this time. I don't see much changing in the next few months so please continue to support each other in love, compassion and understanding. Because the world feels much better when we open our heart's to Jesus' love and share it with others.

Alongside our pastoral work, we are also supporting the wider community through a Good neighbours scheme. This has been set up by the Salvation Army in conjunction with Medway Council. Thank you to those who have volunteered.

The church is also suffering, like most charities, from a drop of income over the last month. We have no collections, envelopes or Hall rental money coming in. Some of our outgoings have reduced however, our largest expense, the circuit assessment for the cost of ministry, remains. We understand that some people will be less able to give at the moment because their income has gone down, and if that is you, please do not worry if you you have to reduce your giving to the church at this time. However, if you are putting aside money each week but have no way of giving it to the church you can if you wish transfer it via online banking or set up a standing order.

The account details are:

## **Charities Aid Foundation**

Sort code: 40-52-40

Account Number: 00024956

You may also send Cheques payable to **Gillingham Methodist Church** to Third Avenue Church Treasurer, 22 Glebe Road, Gillingham, ME7 2LU.

In these difficult times let's keep doing community together and being church together and please be assured of my prayers and thoughts for you as we seek to take care and support one another.



Finally, I am reminded again of the disciples on the Emmaus road who were weighed down with sadness after the crucifixion. For the disciples it was only when they sat down, paused for a while, when they recognised Jesus in the simple act of breaking bread. Only then did the penny drop and their hearts were warmed.

In this time of uncertainty, we can also be caught up in our own thoughts and be weighed down by fear and sadness, failing to recognise Jesus in our midst. Yet, if we pause for a while, and open our eyes we can be reminded of his abiding presence through simples acts of kindness, love and self-giving. Darkness will not have the last word ... there is light and that light at times maybe you.

Keep safe and let's keep doing community together and being church together And please be assured of my prayers and thoughts for you as we seek to take care and support one another.

Every Blessing

*Robin*

# 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 - 12 noon | Monday to Friday.**





## A message from Helen our Youth Pastor

Wow!! So much has changed since the last article that I wrote back in February. Back then we were just starting to plan our Mother's Day service and had all sorts of things planned for the coming months.

And then the Coronavirus hit and the lockdown started.....and bit by bit all those things that we had planned got cancelled one by one, including all our face-to-face youth groups.

I am writing this article from my home, we are in the 7th week of this lockdown and I have gotten used to working from home and adapting our youth work so we can still support our young people.

We have continued with our Bible Study, where we are studying Romans over Zoom/Skype. This has been going well and although I miss meeting with our young people (and Sally's roast dinners), it has been a blessing that we can keep this going.

This week we started our first youth group over Zoom. We had 4 young people join us and we did a quiz. It was great fun and such a blessing to see those we hadn't seen for ages. We will now be doing this group once a week

and exploring various activities that we can do together over video.

We have carried on with weekly teachings for our Sunday groups – so a huge thank you to all those who have continued to support our children and young people and in quite a short time figured out new ways of doing things.

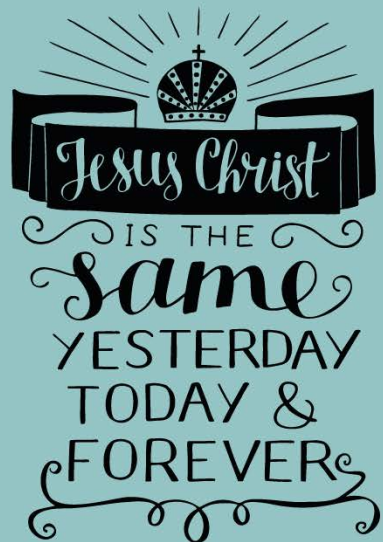
We also have a 3rd Ave youth Facebook group, where we share thoughts of the days, videos etc.

So much has changed so quickly, but our God has not. He is the same, yesterday, today and forever. Our youth ministry has changed so much, but God still holds it all in his hands. I have no idea when we will be able to start our youth groups up again, but I trust in the one who does.

At this time, please pray for our young people, for the uncertainty of the future and the fear that that brings for many. For our young people that are missing their friends and for our young people that we have had no contact with. Please also pray for us leaders, that God grants us wisdom and guidance as we figure the way forward. Please hold us all up to our amazing God!

Stay safe and God Bless

*Helen*



# Reflection on Pentecost

One of the biblical characters that fascinates me is Peter.

Peter was far from perfect, he was the devoted and fallible follower of Christ

One moment he's proclaiming a deep-seated truth 'You are the Christ!' and then a few moments later Peter takes Jesus aside and tells him to stop talking about his suffering and death. "Never Lord, this shall never happen"

Again and again, mistakes were always at the forefront of Peter's stories, for example when Peter was walking on water towards Jesus, he lost his faith and sank and then the time when Peter denies knowing Christ three times.

One thing he was though, was enthusiastic. With Peter you don't get any half measures or half-hearted assertions. Yet his mouth was always quicker than his mind and whose ambition never measured up to his courage.

Yet, Jesus loved him and built his church on him.

One of the significant events in Peter's life was the day of Pentecost, the so-called birthday of the church. It was a day when he experienced a transformation that enabled him to become what he always had the potential to be, a true leader - consistent and confident.

After Pentecost, he was filled with the Holy Spirit, Peter became humbler and more dependent on God. His reliance on prayer revealed this new and deeper spiritual humility. Peter became one of the greatest



preachers the church ever had! He adding wisdom and insight in to what he shared with others. Peter become courageous, no longer did he try to hide his allegiance to Christ but testified openly and fearlessly even when he and John were arrested and questioned by the Jewish religious authorities.

I wonder what can we learn from Peter's experience?

There is much to admire in Peter, even before Pentecost. Energy, Zeal, Strength, his willingness to give his all!

After Pentecost, He was ready and open to experience God in new ways. He walked in fullness of the Holy Spirit, He received the power to be a witness for Christ and to remain standing in the midst of the most testing circumstances, without becoming despondent and turning back to the world.

I wonder, as we together remember the coming of the Holy Spirit on Pentecost Sunday at the end of May that we can follow Peter's example. To be ready and open to what God is doing around us and through us.

May you experience God's Spirit anew at Pentecost.

**Rev Robin Selmes**

# At home with the Gallaghers

When I last wrote to you, I'm not sure whether I really understood what the full implications of this pandemic might be. Here we are, two months on, and it's now very real indeed. I expect you, like me, have good days and not-so-good days. You don't need me to spell out the impact this had on us all, in so many ways.

And yet, during this lockdown period, Derek and I have had so much to be grateful for. We are blessed with a loving family and some fantastic friends, in particular Mark and Ruth Frost, who always lift our spirits by keeping in touch regularly and amaze us with frequent acts of kindness and generosity and cake!

We are keeping ourselves busy and active (the latter applies mainly to Derek!) and so I'm going to share a few of my thoughts and anecdotes about life in self isolation, chez Gallagher. ....

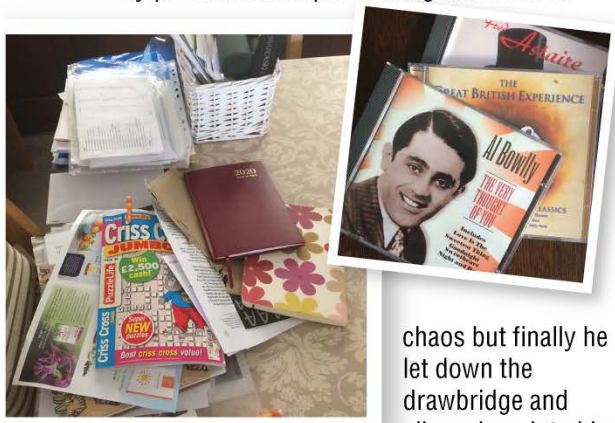
First of all, I've been wondering- do you have problems with piles?

Before you get the wrong idea, let me explain. I'm not talking about the medical kind, but the piles of 'stuff' that are popping up all over the place in the Gallagher household. We seem to be surrounded by ever increasing mountains of letters, books, magazines, cards, newspapers, notebooks, music, recipes, CDs, DVDs etc etc. They arrive stealthily, wherever there is a spare flat surface and often lodge themselves on the floor by the side of our armchairs. For the life of me, I cannot understand why this is happening. Some piles have grown so high that they have become unstable, so we separate off the top layer of

make yet another pile! And so it continues...

Now, of course, the most sensible thing to do would be to sort through them but we don't seem to have the heart or the time to do it.

You may ask why we don't have the time to do such a simple task? It's a question I keep asking myself, but the truth is, we've been engaged in a far more important and monumental operation. The clearing and tidying of Derek's office! He's firmly resisted my previous attempts to bring order out of



chaos but finally he let down the drawbridge and allowed me into his

sacred stronghold! I was far too excited to ask the question "Why now?" But more of that, later!

Believe me, this task was long overdue (by about thirty years!). It's amazing how much dust and clutter collects on bookshelves if they are left untouched and neglected. Despite the fear of asphyxiation from dust inhalation, we spent days taking books off the shelves and deliberating whether to keep them or to move them on to pastures new. Of course, this took ages because we found some real gems among them. Books we'd forgotten about and several that had been given to us as gifts or presented to us at school.

Derek refuses to part with the entire set of Purnell's "Understanding Science" because his mother and sister paid for these in instalments



over the years to help him with his homework. An expense they could hardly afford, I know. I particularly like the books that have dedications inside.

*“To Derek. Happy Christmas 1959, with love from Mummy and Daddy.”* And *“Awarded to Heather Skelham for Diligence, November 1960”*. I wonder if there are school prizes for diligence these days?

We found ourselves shedding a few tears at times as we remembered our parents who are no longer with us. Bitter sweet memories, for sure. Their generation, of course, lived through a similar time of united resolve on the Home Front during WW2 and had to manage without the technological advances that have helped us so much of late

But let me return to Derek's office. We eventually ended up with lots of boxes, labelled and ready for disposal. Some will go to Charity, some will be passed on to various unsuspecting friends and some will no doubt be for sale on my stall at the next Hartlip social event. When will that be, I wonder?

But, in the meantime, they are piled up in the front bedroom, alongside other boxes of china, memorabilia and treasures that we have been meaning to sort for years. In fact, having decluttered one room, we've managed to re-clutter another! I often tell Derek that this room depresses me when I look inside. His answer to that? “Don't look inside”! I suppose he's right and I know there are far more important things to worry about at the moment.

The trouble is, we have lived in this house since 1973 and have accumulated a lifetime

of stuff and it's hard to let it go. I guess lots of you might be more ruthless but I think we are both too sentimental and nostalgic for that.

To prove a point, we have been watching numerous episodes of “Hi-De-Hi” and “Last of the Summer Wine” in the last two months! We have found that News reports have become rather overwhelming with the ongoing coverage of the situation with COVID-19. These rather gentle programmes have become an escape and somehow kept us sane, reminding us of happier days.

You may remember that Derek wanted us to learn to dance the Argentinian Tango but sadly, this only resulted in bruised shins and recriminations on both sides. However, we

have since found that we are much more suited to dancing to the music of Al Bowlly, Britain's top crooner in the 1930s. Our special favourites are “The Very Thought Of You” and “Love is the Sweetest Thing”.

Sometimes, Derek insists that we tap dance to Fred Astaire

singing “Putting on the Ritz”. This is, of course, far more energetic and tricky to perform, particularly as neither of us have ever learned to tap dance. However, I am no match for Derek when he gets an idea in his head, so I go along with it for a quiet life!

When the big Office Project was completed, I suddenly realised why Derek had put up so little resistance. It was because of Zoom! Now, I confess that I'd never heard about this before the lockdown but I imagine most people will know by now that it is a video conferencing tool that allows users to ‘meet’ online. Derek knew that I was becoming fascinated by television interviews that were being conducted between presenters in the studio



and people in their own homes. I've really enjoyed seeing inside people's offices and living rooms. I'm not saying that I've been judgemental in this regard but I'm sure that Derek thought others might be! He knew that he was soon expected to take part in several important Zoom meetings and didn't want the backdrop to be the decidedly scruffy bookcase behind his computer chair. So in a strange way, this pandemic has been the catalyst for one very welcome change in our house.



Writing about 'Zoom' has reminded me about Brian and Joan Davies who we ring every day to update each other about various members of our Hartlip family. I'm pleased to tell you that they are both well, although Joan's hair looks terrible (her own words). Brian continues to "shove a few curlers in" once a week but it's growing long and hard to manage, even with Brian's expertise! He decided to cut his own hair recently, while balancing a mirror on the dustbin outside and "chopping away" as he put it. His concerned neighbour ventured to offer him a set of dog grooming clippers as he felt he might do better with those. Brian declined the offer.

Anyway, during one of our telephone chats, Brian admitted that his weekly Zoom quiz meetings with the family were being hampered because his computer camera wasn't working.

Derek decided to try to help and there followed a hilarious turn of events that saw Brian crawling on the floor, trying to test the numerous tangled leads under the computer desk for loose connections. With a flash of technological genius,

he dangled two lengths of string down the back of the desk, hoping to trace the path of each lead. This was a lengthy and frustrating operation that proved fruitless. Brian's daughter and son-in-law telephoned and joined in the hilarity and Brian was convulsed with so much laughter that he couldn't get up from the floor for some time! Happily, the problem was rectified the following day with the help of a computer engineer and the same two pieces of string! Brian is justly proud of his simple invention!

You may be wondering if my rekindled interest in baking has already come to a grinding halt!

Well, I'm pleased to report that I've made several cakes since I last wrote and eaten far too many bread puddings! The only downside to this is that we have realised that we are putting on weight at an alarming rate! This might also have something to do with the fact that I bought 30 Easter eggs for the Praise Choir before the pandemic struck and couldn't hand them out. I have managed to give a few away but I'm afraid I haven't been able to resist the others. To my shame, there are very few



left! Thank heavens for elastic waistbands!

Of course, I should be exercising more to compensate for my overeating but somehow, it doesn't happen. Derek, on the other hand, actually enjoys it and was thrilled to discover that he could lift up one of the fence panels at the end of our small garden and enter our neighbour's orchard! (with permission, of course!) He says he used to feel like a hamster going round and round in his cage and now he feels as free as a fox! Bless him!

I'm sure, like us, you have been out clapping in appreciation for frontline Carers at 8pm every Thursday evening. I still find it a very emotional time and love the way that people have embraced this simple idea. Derek has been sitting in our front garden with his tuba and playing a different song each week! At first, people were a little subdued but now they ask for an encore!

So there we are- a little insight into the lives of the Gallaghers. We do hope that you are all managing to cope in these very strange times and that you are keeping well.

I keep thinking about the letter that Derek's Great Uncle Jack sent to his wife from the trenches during WW1.

He wrote that he was eager to get back *"to make up for all the worry and anxious moments you have had to put up with.... and then we will try to keep a nice home. I will know the value of one now."*

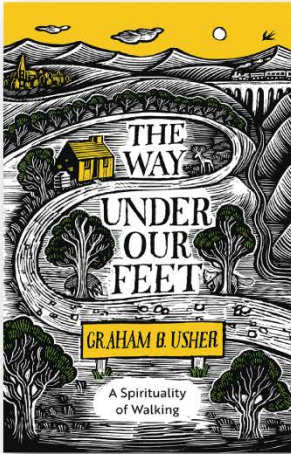
These are sentiments that might also resonate with us today as we think about life after the pandemic.

As the song says, we don't know when we'll meet again but until we do, our fondest love to you all.

**Heather and Derek.**



# Book reviews... *from Parish Pump*



## **The Way Under our Feet ~ a Spirituality of Walking** **Graham B Usher | SPCK | £9.99**

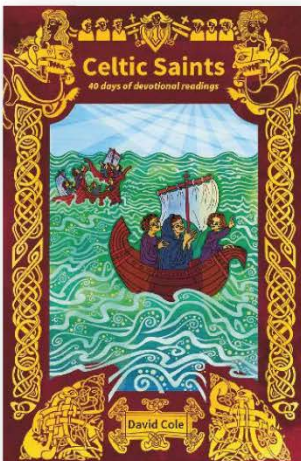
Walking is one of the simplest things we do as humans. It's how most of us experience life. In *The Way Under Our Feet*, Graham Usher conveys how exhilarating it is to walk into the depths of our humanity. We become more ready to recognise the needs as well as the joys of others; we sift our thoughts; we seek to heal our battered world, even as we glory in the beauty of nature; we find ourselves companying with our three mile an hour God.

## **Anxious Times ~ Positive Help for Those Facing Uncertainty** **Carmel Thomason | BRF | £4.99**

A book of 24 undated reflections drawing on a range of relevant Bible passages to offer genuine hope and encouragement in anxious times. Encompassing the very human emotions of fear and anxiety, the reflections encourage us to draw comfort and strength from God's Word even in those times when He seems silent to us. This book acknowledges that trust and hope in God's goodness doesn't always come easily, but when embraced we gain the strength to face our fear with courage and confidence.

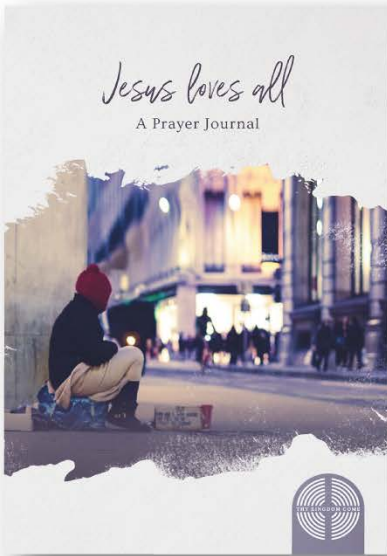


## **Anxious Times** **Carmel Thomason** Foreword by Archbishop John Sentamu



## **Celtic Saints ~ 40 Days of Devotional Readings** **David Cole | BRF | £8.99**

The life stories of the Celtic saints are inspirational. They demonstrate great and unassuming faith, often in the face of insurmountable difficulties. In *Celtic Saints* David Cole draws us to relate our own life journey and developing relationship with God into the life story of the Celtic saint of the day. A corresponding biblical text and blessing encourages and motivates us to transform our lives for today's world in the light of such historic faith.



## Thy Kingdom Come | Methodist resources for 2020 Jesus loves all - a prayer journal

Journey through the eleven days of Thy Kingdom Come using the prayer journal Jesus loves all, written by Methodist Youth President, Thelma Commey.

Each day there is a passage from the Bible, a short reflection, a prayer, and a suggestion for action. There is also space each day for your own notes.

Throughout the journal there are images to help you meditate on each daily theme. Let these inspire you as you read through each section for that day; and add your own notes.

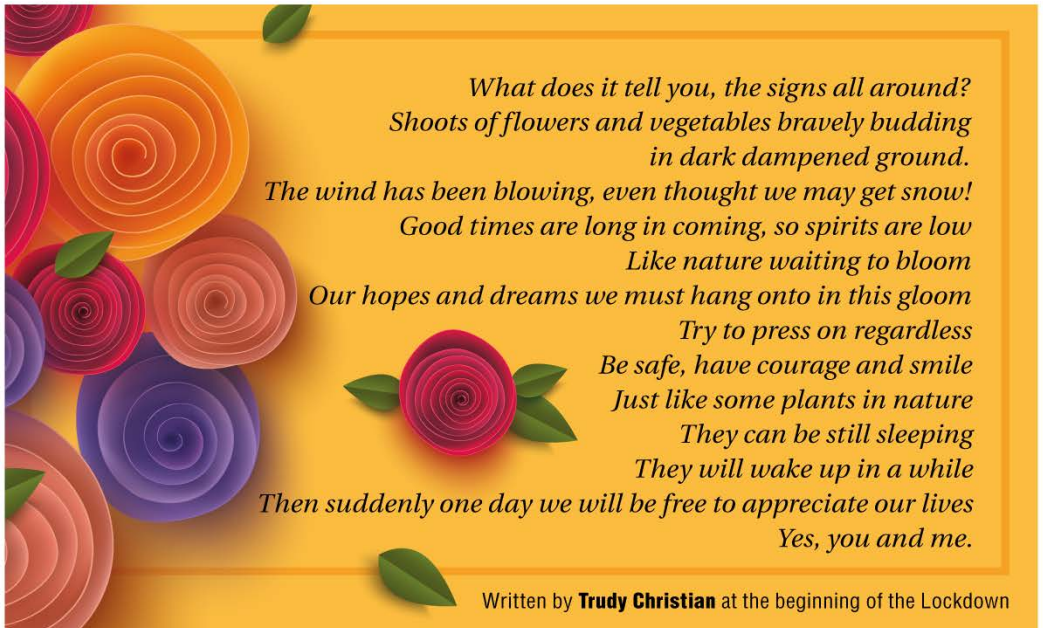
Author, Thelma Commey says

*"It is my prayer that as we explore Scripture and reflect on the unconditional love of Jesus, you will experience it for yourself. Jesus loves you".*

Thy Kingdom Come is a global prayer movement that invites Christians around the world to pray between Ascension Day (21 May) and Pentecost (31 May) for more people to come to know Jesus. Praying for people to come to know the love, hope and peace found in Christ is at the heart of Thy Kingdom Come.

If you are on the church mailing list, you'll will have received a digital version of the Prayer Journal last Saturday, or if you have this magazine delivered to you by hand, you will have received a copy with this edition.

If somehow you've missed out, please contact Mark on [mark@gillinghammethodists.uk](mailto:mark@gillinghammethodists.uk)



*What does it tell you, the signs all around?  
Shoots of flowers and vegetables bravely budding  
in dark dampened ground.  
The wind has been blowing, even thought we may get snow!  
Good times are long in coming, so spirits are low  
Like nature waiting to bloom  
Our hopes and dreams we must hang onto in this gloom  
Try to press on regardless  
Be safe, have courage and smile  
Just like some plants in nature  
They can be still sleeping  
They will wake up in a while  
Then suddenly one day we will be free to appreciate our lives  
Yes, you and me.*

Written by **Trudy Christian** at the beginning of the Lockdown

# He gave us eyes to see them: early Persian painting of Jonah and whale

# God<sup>in</sup> the Arts

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

The prophet Jonah is mentioned three times in the Gospels when Jesus refers to 'the sign of Jonah.' In the Old Testament he was swallowed by a large fish, traditionally a whale, and in its belly for three days and three nights. It is easy to see in that sign a reference to the death and resurrection of Jesus,

but the book is also a powerful allegory of life. The prophet runs away from God, only to encounter a storm and possible shipwreck. He is thrown overboard and swallowed by the whale.

We are living through difficult and anxious days with the coronavirus: we seem to be surrounded by fear and danger, like Jonah. Where, we ask, is our hope and safety amid the storm and threat of breakdown? In his distress Jonah prays to the Lord and places his trust in God. The psalm he utters ends with the words, 'Deliverance belongs to the Lord.' As he speaks, the whale spews him on to the safety of dry land.

The story of Jonah is depicted here in this beautiful painting from a 14th century manuscript from Persia. The whale is friendly



and smiling, basking in the expanse of blue sea. Jonah is safe: his hope has triumphed, and God has delivered him from danger and possible death. In 1988 Heathcote Williams wrote a long poem called 'Whale Nation' in praise of these mysterious, gifted and intelligent creatures. We hunt them, we plunder the seas for them. But they are also our friends and guides, and it is easy to neglect those truths. The book ends with examples of whales and dolphins guiding ships and saving human lives. So, we, in the midst of all that worries and perplexes us, can give thanks to God our guide and Saviour, and pray that He will bring us safely through life.



# Morning has Broken

Picture a group of Brownies sitting in a circle in a country setting. They hold their books in their hands, ready for prayers. This is the start of the day, and soon their voices will be heard, as the first hymn, 'Morning has broken,' sounds amongst them.

I recall this scene from many Pack Holidays with Brownies.

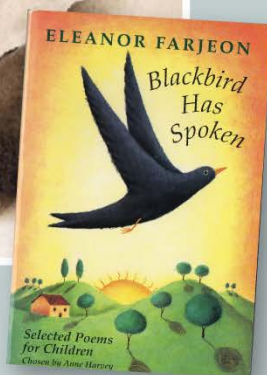
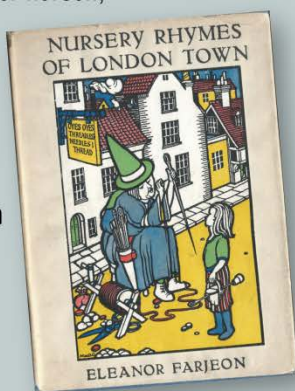
The hymn written by **Eleanor Farjeon**, expresses the amazing wonder of a new day, of a new beginning, and so many must feel they need that right now.

Eleanor was born on 13th February 1881, in Westminster. She died on 5th June 1965 in Hampstead, London. She was the daughter of Benjamin Farjeon who was a novelist.

She became a writer herself, writing many poems, novels, and plays, as well as books for children. Her first book of 'Nursery Rhymes of London Town' was published in 1916. Other books followed.

She received medals for her work, the Carnegie Medal, Hans Anderson international med and the Regina Medal in recognition of her work for children.

Sung to the Gaelic tune known as 'Buessan' which is so right for the words, it is a hymn



enjoyed by children and adults alike.

It speaks of creation. God is the Word. He is in the dawn at the beginning of the day. He is in every aspect of the day, in the birdsong, which through the lockdown, we have heard more clearly. He is in the rain refreshing the earth; he is in the sunlight, He is creation for us all.

The reality of this truth can be mine, as the hymn writer says. *'Mine is the sunlight, mine is the morning, born of the one light Eden saw play, Praise with elation, praise every morning, God's recreation of the new day!'*

Prayer time becomes special to the Brownies. Some may never have had this opportunity to think about the re-creation that happens all around, and if I am receptive enough, can happen in me. So easy to miss, yet so precious to hold.

God bless you.

**Margaret Garland**

# Singing in Lockdown



I have found that singing and music has helped me so much throughout this lockdown experience (my neighbours may say otherwise though!!). I've been singing in the shower, along to the radio, during the circuit service on a Sunday, preparing songs with my husband and our worship group for the on-line services, with the National Methodist Virtual Choir and Gareth Malone's Great British Home Chorus. Singing brings me joy and helps to lift my spirit. When singing or listening to music I feel happy and find that music lifts me and momentarily relieves the burden of worries we have for our families, friends and the wider world at this time.

*Sing to the Lord a new song;  
sing to the Lord, all the earth.  
Sing to the Lord, praise his name;  
proclaim his salvation day after day.*

Psalm 96

At the very beginning of lockdown I heard Gareth Malone speaking on the radio about his idea to start a virtual choir during lockdown. As a fan of Gareth's TV choir series I thought I would sign up and see what it was all about. The Great British Home Chorus is broadcast live at 5.30 pm every weekday on You Tube. I tuned in and enjoyed joining in with the fun vocal warm up exercises, such a great way to unwind and relax. Gareth chooses a new song each week and once signed up I received the

musical scores. The first song "You are my Sunshine" is one of my favourites, a lovely old song that I'm sure brings back childhood memories for a lot of people. We were encouraged to record our part and upload it to eventually become part of many voices... a virtual choir all singing the song together.

Similarly, I joined a Zoom virtual choir practice of the virtual National Methodist Choir (NMC) of Great Britain and found a lovely group of people being guided through the hymn '10,000 Reasons' by the musical director, Matt Beckingham. He played the piano and shared the music score on his screen as he went through each part and again we each were



**COME INTO HIS PRESENCE  
WITH SINGING!**

PSALM 100:4



encouraged to record and upload our part to enable the choir to sing the song together through the wonders of technology.

The Worship Group have also been recording their parts in their own homes and each musician sends their part to Paul who with the help of technology, a bit of know how and a lot of patience mixes us all together, to enable us to share with you all.

Recording my part for the virtual choirs and the worship group has felt very strange. There is a feeling of vulnerability when singing alone, as

the recording process requires each person to record themselves with only a backing track in headphones to assist. I am used to and prefer singing with others; either as a member of a congregation, worship group or choir and part of the joy is to feel part of a group and to share the experience and worship. Singing alone is a challenge but I have persevered and uploaded my recordings in the knowledge that by doing so I would no longer be singing alone but will be joining others in a combined act of worship that we can share further afield.

**Helen Garland**

## Hello Everyone

During this time, as a Worship group we have collectively been missing seeing all of your smiling faces on a Sunday morning but we have also missed worshipping together as a group and as a family. Throughout the uncertainty we have all been keeping safe and well by staying busy while inside!

Completing activities such as baking, gardening as well as sending singing videos and selfies to make each other smile. To be able to still keep in touch we have been using our Thursday nights, at the time when we would usually be rehearsing for the Sunday morning service, to catch up on Zoom! We have taken part in quizzes, celebrated birthdays and discussed new skills that we could all learn while the majority of us have newly found free time to fill. To be able to bring worship to on-line services, Paul has been using his incredible range of musical and technical talent to be able to allow the rest of the worship group to record their parts of the songs remotely in our own homes. These recordings consist of singing, signing,



as well as many separate instruments and harmonies which you have all been hearing on a Sunday through Marks dedication to editing the services so amazingly every time.

By being able to still perform, as such, to you all on a Sunday morning, it allows us to still feel a sense of continuing to serve God and bring his love through music at this uncertain time. However, we are all eagerly awaiting the time when we can all gather together safely, chat and worship as a family! Stay safe and God bless, from the worship group at Third Avenue.

**Issy Pemberton**

# 14th Gillingham



WE DISCOVER, WE GROW

## Girlguiding

During this difficult time of lockdown our **Brownies** have been keeping in contact with each other through a weekly newsletter that includes badge work, challenges, puzzles and best of all a page of Brownie news .

After Easter we resumed our meetings 'virtually' via Zoom, thanks to Brown Owl who was able to sort out the technology and the paperwork to make it happen. It's been so good for the girls to see their friends again albeit via a computer screen.

We quickly discovered that due to a time delay it is quite hard to sing together on Zoom, so we have learned to sign a couple of songs in British Sign Language and with the use of the mute button we sing and sign together.

We start every meeting with a show and tell of one favourite thing they have done in the week. It is lovely to see and hear how they have been filling their time; going on a walks or cycles around the park, playing with baby brothers and sisters, making lego creations, baking, painting, drawing and one Brownie even declared she enjoyed doing her maths lessons the best.

On our first Zoom meeting we had a rainbow scavenger hunt that involved the girls each running madly around their own homes looking for something with the colour given by Brown Owl and bringing the item back to their screen to show everyone. In subsequent meetings we have had a Disney Quiz, a design your own flag activity and next will be an adapted Pictionary game.

Girlguiding HQ has also been issuing weekly challenges via Twitter and the website has lots of activities for the girls to do at home too. Leeway has been given for tweaks to badges to allow for lockdown and so hopefully we will have lots of badges to award when we finally can meet up again together.

So we at 14th Gillingham Brownies send you all our very best wishes, we hope you all take care, stay safe and we look forward to meeting in our hall again before too long.

Below are pictures of some of the Brownies amazing baking, painting and craft.

**Snowy Owl | Helen Garland**





To spread some **Girlguiding** joy and show we are all still here, together-although-apart, Girlguiding Ribble Valley leaders came up with a colouring sheet for our members to use to decorate and put in their front windows, or elsewhere if it was more visible. This sheet was shared via Facebook more than 350 times within 48 hours, and reached over 25,000 people within that time! have a look in windows near you to see if you can spot one.



friends, no matter where, to join in the fun. As this is an online group we have the opportunity for our crafty fellowship to be spread further, especially at this time when people are cut off from travel and seeing people from further afield. We now have 46 members and counting. We cover all crafts to include art, card making, cooking, gardening, walks in the sunshine, jigsaw puzzles and just about anything to lift people's spirits and bring a smile. It has been

On the 18th of March, missing my crafting friends amongst others, I shared a post on Facebook, just for a giggle.

**KNITTING & CROCHET**

This is Jill.  
Jill has had to self isolate due to COVID-19

Jill bought loads of crafting supplies before going into isolation, instead of excessive amounts of toilet paper.

Jill can now spend her isolation period brightening up her home with her makes and feeling a great sense of achievement!

**Be like Jill**



A few comments on that post made me realise that I was not the only one missing my friends and starting to struggle with the isolation. So the Third Ave Online Community Craft Group was born. Initially it was the normal members who go to the craft group on Tuesday, but I soon began to realise that there are a lot of craft minded people out there who, for one reason or another, don't normally get to go on a Tuesday. I asked Tina for help as an additional Admin, I then asked our members to invite

really lovely to see members ready to help other members out with ideas, encouraging comments, starting conversations or asking questions about crafts they have not tried before.

On a Sunday we like to encourage everyone to share what they have been working on and the photos get gathered up and put in a collage along with those that have already been shared during the week. This then becomes the group photo for the week, that way everyone is included and no one is left out.

It has been fantastic being part of a collection of such lovely, talented and positive people.



I hope that this group will encourage others to try their hand at something new, or just join in with some of the conversations. Love, peace and God bless.

**Nicola Brixey & Tina Reynolds**

Please look us up on Facebook | <https://www.facebook.com/groups/2505695566362728/?ref=share>

I am Trish and I meet when we are not all isolating with a group of people on a Friday afternoon at the church in Third Avenue, our little group is called Oasis | Chrysalis.



Most of us have one or more health conditions that can make life a little bit difficult, we share a time of gentle chair exercise and meditation but most importantly we enjoy the company of each other and enjoy a time of sharing news, general chat and lots of laughter.

We have managed to keep in touch through the wonders of the internet. The leaders of the group get together on a Thursday morning via Zoom to share how our week has been and to pray for the wider group that then meet on a Friday. The Friday meeting is done via

Messenger video and can be quite chaotic but the real joy is that the laughter continues and the friendships have blossomed.

There are some of our group who don't have internet and the leaders have each taken responsibility to call up and check on those unseen friends during this very unusual time.

We are all looking forward to when we can meet together in person but we are hugely thankful for modern technology and the ability to stay in touch with our Friday Friends, I'm sure that friendships have become stronger during the past few weeks and will continue long beyond the isolation period.

God Bless

**Trish**

## God's Word in times of loneliness

Believers in Jesus are never alone. We may feel lonely, abandoned and forgotten, but we are not. Sometimes when we feel lonely, we also feel far from God. Though he's but a breath away we do not approach Him.

Think of the children in the Bible who ran to Jesus - bravely, freely, openly, arms reaching toward Him.

He wanted the children to come to Him even when His disciples tried to keep them away, thinking they would be an annoyance or distraction. He told us that the kingdom of heaven is made up of such as these little ones and that we should come to Him as they do.

But, as adults, we try to manage things on our own. We try to keep our needs, hurts and even our eagerness for comfort in check. We don't want to be a bother or a burden.

*One of my books from the Parable Bookstore in Becky's hometown has helped me recently, and I have copied an extract that you might help others during these challenging times*

**Paul Abel**

How wonderful that He wants our burdens, even and especially the ones that are too heavy for us to carry.

1 Peter 5:6-7 *"Therefore humble yourselves under the almighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you."*

Genesis 28:15 *"Behold, I am with you and will keep you wherever you go, and will bring you back to this land; for I will not leave you until I have done what I have spoken to you."*

Also, after reading Matthew 10:28-31; 40-42, consider how sometimes, we may feel God is far away and ask "Where are you God?". These verses answer that question as He is right here with us. He misses nothing that happens to us. He notices each sparrow that falls and much, much more. He knows the number of hairs on our head and also knows and cares when we are lonely.

# Let Yourself Rest

*If you're exhausted, rest.*

*If you don't feel like starting a new project don't.*

*If you don't feel the urge to make something new, just rest in the beauty of the old, familiar, the known.*

*If you don't feel like talking, stay silent.*

*If you're fed up with the news, turn it off.*

*If you want to postpone something until tomorrow, do it.*

*If you want to do nothing, let yourself do nothing today.*

*Feel the fullness of the emptiness, the vastness of the silence, the sheer life in your unproductive moments.*

*Time does not always need to be filled.*

*You are enough, simply in your being.*

*Jeff Foster*



*In April we lost our dear friend Eileen to Covid-19. Today (Monday 18 May), we said our fond farewells and celebrated her life 'online' through a livestream of her funeral service, from Medway Crematorium. Strange not being able to be there in person, but grateful to have the opportunity to share with the family, albeit remotely.*

## Memories of Eileen Berry | 1930-2020

Eileen was born and grew up in London. She was eight when the war broke out and, like most children, was evacuated.

During the war, her family moved to Gillingham where she met Cyril at the youth club, at St Paul's Church. She was a girl guide and they both sang in the choir.

After the war, Eileen's father joined the Met Police and she moved back to London where she worked as a short-hand typist. But she still kept in touch with Cyril, even during his two years National Service in Italy and she married in 1951 aged 20 at St Augustine's Church.

A year later David was born. Twenty years later,

Eileen had raised three boys David, Graeme and Robert.

Eileen was a traditional "housewife", She kept the home fires burning. no NCT, no nannies, no cleaners. No-one would pretend she found it easy but she clearly did a very good job.

Eileen must have cooked well over 25,000 meals for her family over 70 years. She also supported the boys going to university ...the first in their families. Above all she provided a role model for a stable family, sticking together through thick and thin.

Eileen always said things as she saw them, but had a sense of fun and adventure when encouraged by others. she also loved to be the encourager ..... especially with her children.

David was encouraged to be outside as much as possible, whether it was in the street, garden, or on the Darland Banks. This probably gave him his love of nature – it also got David out of his Mum's hair! She also encouraged the development of hobbies, (she was a strong advocate of the Scouts), she reinforced the importance of doing well academically at school, and forced David to be self-reliant.

Graeme's memories also showed his Mum was always keen to encourage the children in a love of music including the trumpet, clarinet, and piano. He also recalls the amount of time his mum spent washing endless games kit, mainly rugby and cricket for three boys, and Cyril while he was still playing rugby.

Eileen's lovely singing voice was something that she had developed from an early age and gave her an interest throughout her life. She had a particularly sweet, clear soprano voice and was a very loyal and valued member of the Third Avenue Praise Choir from its inception. The choir was so important to Eileen and they were so encouraging.

For several years, Cyril and Eileen would head off to Sloley Methodist Church with the



Worship Group, for the August Bank Holiday Summer Festival, organised by Mark Frost's family. She sang in the Choir throughout the Sloley weekends and clearly enjoyed it. She would willingly sing solos when asked and Heather Gallagher



remember once playing for her to sing "There'll be Bluebirds over the White Cliffs of Dover". There wasn't a dry eye in the house at the Saturday evening concert!

During these weekends, she would often be asked to sing a wide variety of songs. She sang every one with enthusiasm and great musicality even if they weren't to her liking and would happily add actions to songs if we asked her to.

*At this point of the service, we watched a video of Eileen singing Edelweiss, recorded at one of the concerts in Norfolk.*

From growing up, getting married and raising a family, the third part of Eileen's life was about retirement ..... a well earned rest, life within the family of the church and eventually caring for Cyril.

For many Years Eileen was part of the Communion team at Third Avenue... to which Her help was gratefully received. Sue Bowman remembers that she had a real attention for detail. Eileen would make sure the heater was on before the service for hot water. Afterwards she would wash the glasses, each one methodically, done inside and out. But as they washed up together ... Sue also recalls the wonderful chats that they would have, this was something that Sue looked forward to.

Eileen was also a member of the Third Avenue Women's Fellowship meeting. Heather Gallagher often used to play the piano for their special services during the

year. At Christmas, for example, she would always be asked to sing 'Mary's Boy Child'. This was a particularly poignant highlight for everyone and always very well received. Eileen, however, was very self critical and always felt she could have sung better.

Then there was her appreciation of Food.... Eileen had a healthy appetite ... from the Sloley meals which were piping hot and beautifully presented to faith lunches, tea at two to fish and of course chips by the beach... she loved her food.

On one particular trip to Sloley, the group was having fish and chips by the beach and Heather remembers Eileen wasn't at all pleased when Cyril decided that they wouldn't be able to manage one piece of fish each and they were to share a large cod! She never forgot it!

There was one other occasion that sticks in Heather's memory when they were eating a celebration meal in a restaurant on the final night of the trip. The restaurant was unable to provide desserts for such a large group and we were asked to order "sharing platters" of food. Eileen was unaware of this and when she



saw the platter in front of her, assumed it was just for her. She wasn't at all pleased that Cyril was taking food from her plate and told him in no uncertain terms that he should have ordered his own!

Yet according to Ruth and Mark Frost she did not appreciate everything .... M&S 'Best ever' steak pie .....she was quite frank and honest and by her reaction they certainly would have come down a peg or two! ..."I guess it wasn't just tasteless; it was M&S tasteless!!!!" .... although she obligingly ate the majority of it!

Like Sue, many have recalled their wonderful chats with Eileen. Ruth Frost recalls their little chats before she moved to Platters Farm., when Eileen would make Ruth her black coffee, saying how 'awful' she thought it must be. Ruth will always remember Eileen's saucer on its last legs and together they would wonder whether each side would part company every time they had coffee.

# Mum

Bringing up three young boys at home was a challenge to say the least. In the days when you were able to give your kids a wallop for serious misbehaving, even us three angelic children occasionally wore Mum's patience thin. You could tell when you had pushed her too far, as she chased you up the stairs with a length of washing machine hose in hand. Our early sporting fitness was gained from climbing thirteen stairs in about 1 second, hotly pursued by Mum.

In my early years, Mum would always wash our hair. This involved getting as much soap in our eyes as possible before a double rinse over the bathroom sink. But the "piece de resistance" was the wringing out of the water. All my hair was scraped up into a top knot and then squeezed until my ears nearly touched at the top. After 12 years of this hair washing,

Eileen also gave to others, with her volunteer work at Barnsole primary school... she would often be seen going into the school to read with the children. she did this for years and this was very appreciated

In later life..... She always said how she depended much on Cyril and she was quite lost when he died last year. She often said how clever he was and how much she needed him. But the fact is they were partners, each different from the other but needing each other. They were stronger together. He depended on her for so much.

She will be remembered as a good mother and a good wife and "Grandma" to her seven grandchildren.

Thank you, Eileen, for all you gave, for your wonderful smile, pink cardigans and for sharing 'you' with 'all of us';

**Family & Friends**



I managed to convince Mum that I could wash my own hair. Alas it was too late, the damage to my hair roots had been done. My brothers obviously experienced the same treatment.

Mum didn't much like foreign cuisine. The spicy food gave her indigestion. However, when I first started work I would often buy a takeaway on my way home after a long day. Mum always asked what I had bought and produced one plate and two forks. After several weeks I got Mum her own plate so she didn't keep leaning over my shoulder to pinch some of my dinner.

She also loved a trip to the coast. When we moved to Suffolk, her favourite place was Aldeburgh. Although she enjoyed the quaint shops and sitting in the sheltered huts on the beach, it was the fish and chips, that really drew her. She was particularly excited when the fish and chip restaurant told her they could do a quarter portion of chips. She could then order the large cod to go with them!

Mum always liked a tippie – a sweet sherry was her favourite. She always asked for a “small one” and looked on expectantly as the glass was half filled, hoping that the pourer's definition and hers may not always be quite the same. She was always grateful for what she got and made sure she extracted every last drop from the glass before returning it.

On another occasion, we had a family holiday in Spain. Mum enjoyed sitting in a swing chair in the sun by the pool. We made Pina colada cocktails with fresh pineapple and cherries to garnish the glasses. Mum said she did not like cocktails but would eat the fruit. A little later Mum was offered another cocktail, but this time she said I needn't worry about the fruit!

Mum certainly liked to enjoy herself. At a family wedding just last year, she showed her stamina and fitness dancing to a live band for most of the evening, showing us her Ginger Rogers moves. She will always be remembered as someone who found it difficult enjoying life but when given encouragement and opportunity would show her love and willingness to try new things. Mum, you will be sorely missed.

**Rob Berry**



If you would like to make a donation in memory of Eileen, the family have asked if we could give something to the care home who looked after Eileen after Cyril died ~ careworkers are doing a great job, particularly in these difficult times and circumstances.

Platters Farm is run by the Strode Park Foundation, please visit their website: [www.strodepark.org.uk/event/donation/](http://www.strodepark.org.uk/event/donation/)

In order for the donation to be channelled to Platters, a comment can simply be left in the box “*Leave a Comment*”. The family suggest something like:

*“For the amazing staff at Platters Farm to thank you for looking after Eileen Berry and for all the fantastic care you are providing at this difficult time”*

# LET'S FACE IT - WE ARE ALL IN THE SAME BOAT



Ruth Frost | May 2020  
with reference to the  
Covid State of affairs  
or any affairs for anybody!

*Please note: Spaces are available throughout and around the vessel.*

...Mmm! So 'what does' this boat look like?

I can only imagine that it is 'vast' and there are many areas you may be able to place yourself, or be placed!

Some may be able to move freely, some with varying degrees of limited movement.

Some may have a limitless access to many things on the boat and some virtually none; and all those in between....

...and where on the boat would you find yourself?

With a vessel 'so vast', there would be countless levels and areas on board.

There would be, of course, the luxury, all the way through to the functioning and limiting and probably for some to the point

of deprivation; possibly of body, mind and soul.

...and would you prefer to be placed or pick your own spot, or maybe you just wouldn't have that privilege? Maybe you wouldn't even be on board but attached to the side somehow?

Would you be alone or with others?  
Would you have a choice?

How about space?

Would you have so much you won't know how to manage it and rather there be less space?

If you had not enough, would you long for more space, or maybe it would be adequate or just right for your needs?

So... 'we are' in 'the same boat', yet every individual will be in 'their emotional spot', managing or not managing their stuff, enjoying or dreading, expanding or diminishing, and all the in between!

Comparisons are 'limiting'.....  
'you are not me' and 'I am not you'.

*During the process of compiling this, I Googled 'We're all in the same boat'. It is an expression we use freely and without consideration of its potential impact on people.*

*The ancient Greeks specifically spoke about the risks 'all passengers faced together' while in a small boat at sea and now*

*it is widely used to describe any unpleasant situation or experiencing the same problem as other people.*

*The sinking of the Titanic, in part, is a pretty good example:*

*If you consider the differing classes of people on board, they were all on the same boat but their circumstances were far*

*from the same.*

*For some, the chance of survival was ruled out before they had time to even consider to take any action for their safety.*

*So it is always worth considering that our own needs, concerns and capabilities may not match others capabilities, needs or concerns.*

*Our friend David Brock, one of the organists at Hartlip, continues his series of articles on 'Hymns', with ...*

# Your Hand, O God, has Guided

*(not Thy hand any more!)*

This hymn was written in 1889 by Edward Plumptre when he was Dean of Wells. Originally there were six verses, and I think it is a pity that both Hymns and Psalms and Singing the Faith have just three, because the set tune Thornbury is such a fine one. The original verses 3 and 5 have been omitted completely and went as follows:

*When shadows thick were falling,  
And all seemed sunk in night,  
Thou, Lord, didst send thy servants,  
Thy chosen sons of light.  
On them and on thy people  
Thy plenteous grace was poured,  
And still this was their message,  
One church, one faith one Lord.*

*And we, shall we be faithless?  
Shall hearts fail, hands hang down?  
Shall we evade the conflict  
And cast away our crown?  
Not so: in God's deep counsels  
Some better thing is stored;  
We will maintain, unflinching,  
One church, one faith, one Lord*

The tune Thornbury is by Basil Harwood (1859-1949). In all he wrote 86 hymn tunes between 1888 and 1947, of which the best known are Thornbury and Luckington (*Let all the world in every corner sing...*). Harwood's first organist's position was at St. Barnabas, Pimlico (1883-87), followed

Your hand, O God, has guided  
Your flock, from age to age;  
The wondrous tale is written,  
Full clear, on every page;  
Our forebears owned Your goodness,  
And we their deeds record;  
And both of this bear witness:  
One Church, one faith, one Lord.

Your heralds brought glad tidings  
To greatest, as to least;  
They summoned all to hasten  
And share the great King's feast;  
Their gospel of redemption,  
Sin pardoned, right restored,  
Was all in this enfolded;  
One Church, one faith, one Lord.

Your mercy will not fail us,  
Nor leave Your work undone;  
With Your right hand to help us,  
The victory shall be won;  
And the, by all creation,  
Your name shall be adored,  
And this shall be our anthem;  
One Church, one faith, one Lord.

by Ely Cathedral (1887-92) and Christ Church Cathedral, Oxford (1892-1909).

He died eight days short of his 90th birthday, and his ashes were interred under a memorial tablet in the chancel of St. Barnabas church. His wife Mabel died in 1974, a few weeks before her 103rd birthday.

Thornbury is a small town about 12 miles north of Bristol and three miles from Olveston, Harwood's birthplace. When I see the sign for Thornbury at junction 15 of the M5 I think Thy hand, O God, has guided.

**David Brock**

# Lola News...



Hello to everyone, well what a time we are going through! Trudy and me do hope you are keeping well and safe at these strange times?

My routine , well I have not got one really, is very different. We are walking out much later. Trudy said it probably be quiet. Well I've never known it to be so deserted everywhere. I've got the green along the top road on Watling street, nearly all to myself. Trudy told me about the NHS and all what they are doing to help

everyone, including Stephanie working for them doing her bit. I am supporting them in my own way, note the bandanna!

The weather has been lovely so I have been doing lots of chilling and laying in the



sun. It's good really as I don't have to worry about sunscreen but that's not to say you mustn't worry about it, UV rays and all that! I am missing visiting people very much - well no belly rubs for one thing. But I know we've all got to social distance, so got to go with it. In saying that I would give up all future belly rubs if it meant that everyone, family and friends, can be together again. Please all take care, I know Trudy is thinking about you all.

Woof ....woof.... love Lola x



# Fun and Games...

To keep us all going and occupied during these strange 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!**



**Here are some excruciating one-liners**

What time of day was Adam created?  
Just a little before Eve.

Who was the fastest runner in the race?  
Adam. He was first in the human race.

Why are atoms Catholic?  
Because they all have mass.

Why didn't they play cards on the Ark?  
Because Noah was always standing  
on the deck

Why didn't Noah ever go fishing?  
He only had two worms.

Did Eve ever have a date with Adam?  
No — just an apple.

Why did the unemployed man get excited  
while reading his Bible?  
He thought he saw a job.

Does God love everyone?  
Yes, but He prefers 'fruits of the spirit'  
to 'religious nuts'.

Why couldn't Jonah trust the ocean?  
He just knew there was something fishy  
about it.

What kind of man was Boaz before he  
married Ruth? Absolutely ruthless.

What's so funny about forbidden fruits?  
They create many jams.

**Lipstick**

Every morning, a little girl would go in  
the bathroom to watch her mother as she  
was putting on her makeup to go to work.  
But during coronavirus, the mother  
stopped bothering with makeup, much  
to her daughter's confusion. "Mummy,"  
she cried early on in the lockdown:  
"Come back! You forgot to kiss the toilet  
paper goodbye!"

**Lesson**

All of us could take a lesson from the  
weather. It pays no attention to criticism.

**Good and kind**

The retiring door steward was instructing  
his youthful successor in his Sunday  
morning duties. "And remember, my boy,"  
he said, "that we have nothing but good,  
kind Christians in this church – until you  
try to put someone else in their pew."

# Word Search

This month the Church celebrates the **Ascension of Jesus**, the sending of the Holy Spirit at Pentecost, and the fact that our God is a Trinity: Father, Son and Holy Spirit. After the Resurrection, Jesus was seen on the road to Emmaus, by the Sea of Galilee, in houses, etc. He encouraged his disciples, and said that He was sending them to all corners of the earth, as his witnesses. 40 days after Easter, Jesus ascended into heaven; his work on earth was done. The disciples returned to Jerusalem, and on the fateful morning of Pentecost, there was suddenly the sound as of a mighty rushing wind. Tongues of flame flickered on their heads, and they began to praise God in many tongues – to the astonishment of those who heard them. That morning the Holy Spirit came to indwell all those who believed in Jesus: the Church was born. And so we have a triune God: Father, Son and Holy Spirit.

Ascension	Power	Joy	Holy
Blessed	One	Praise	Spirit
Taken	Room	Confusion	Trinity
Jerusalem	Disciples	Languages	Father
Wait	Tongues	Earth	Son
Prayer	Flame	Peter	Triune





Coronavirus has turned our world upside down. **But God is still there**, and we can call on Him, as Psalm 91 (vs 1-6) reminds us... Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust." Surely he will save you from the fowler's snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

Dwells	Refuge	Pestilence	Rampart
Shelter	Fortress	Cover	Fear
Most	Trust	Feathers	Terror
High	Save	Wings	Night
Shadow	Snare	Faithfulness	Arrow
Almighty	Deadly	Shield	Plague
			Destroys



# Sudoku

Easy...

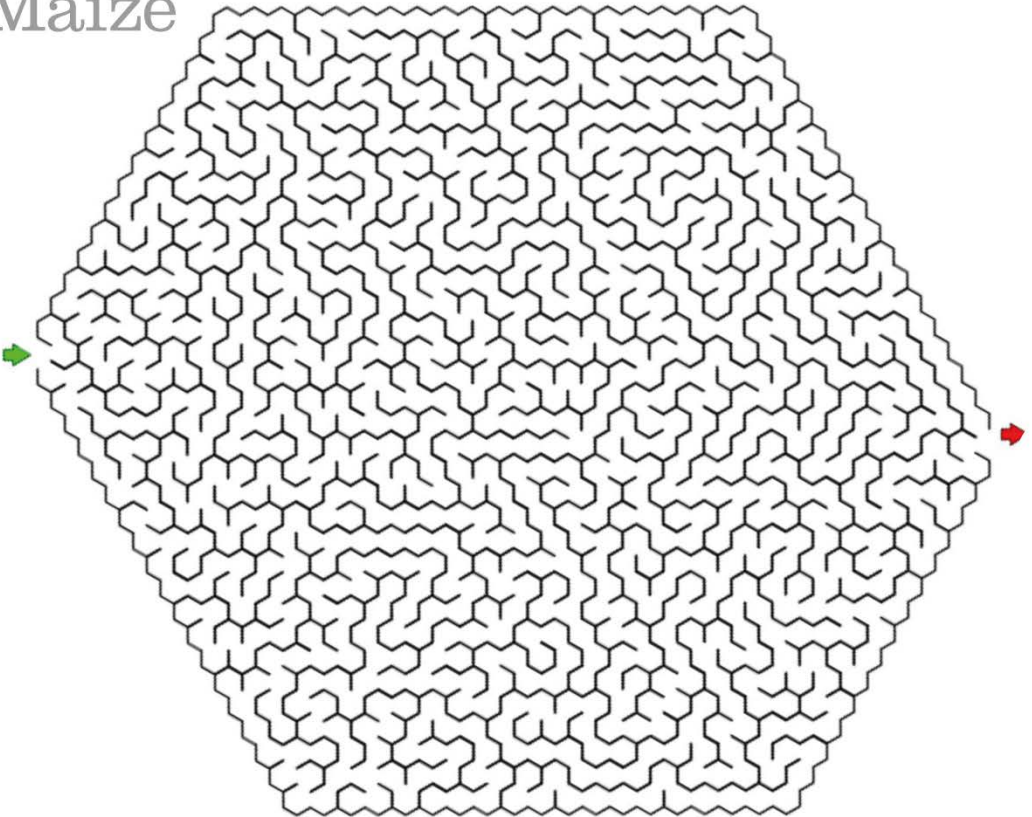
8			6	5			4	
				7	4	3	2	
	3		8		9		1	5
	4			1		2		
2		7				1		9
		8		6			7	
4	7		2		1		6	
	8	6	4	3				
	9			8	6			1

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

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# Maize

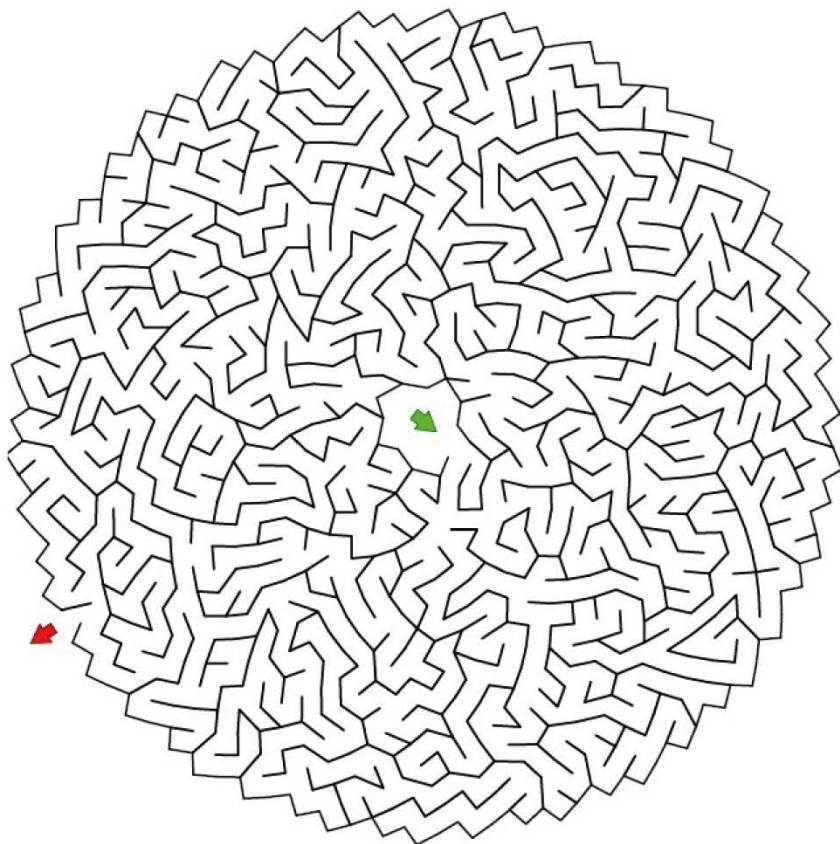


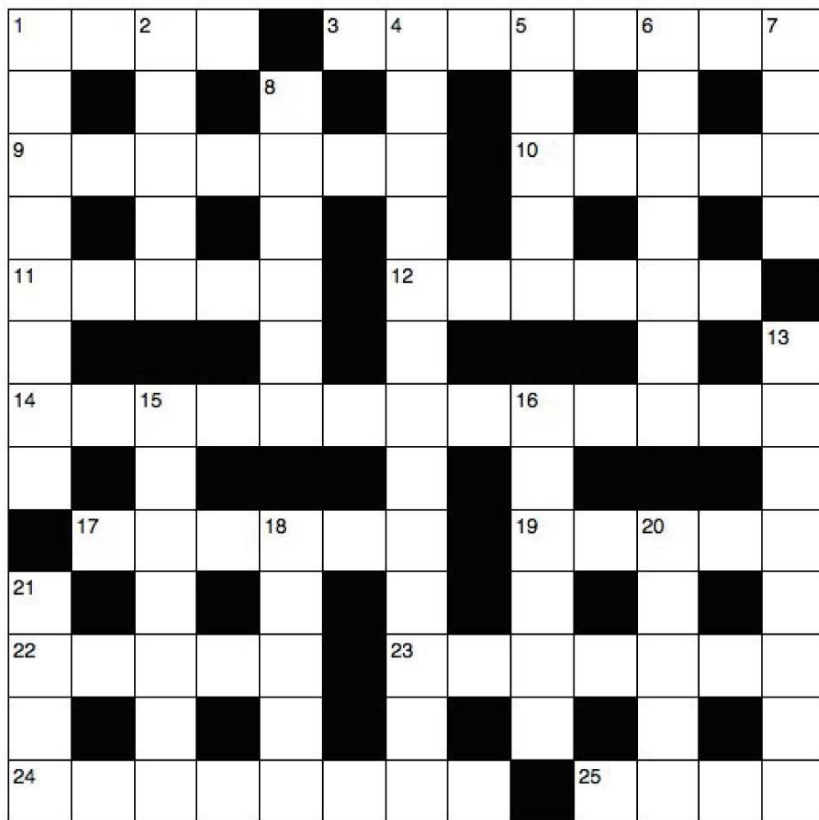
8			4			5
5		7		8		6
	4			5		2
				9	3	2
9			1			7
4		1	7			
	8			9		7
	7		2		5	6
1				7		9

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

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## Across

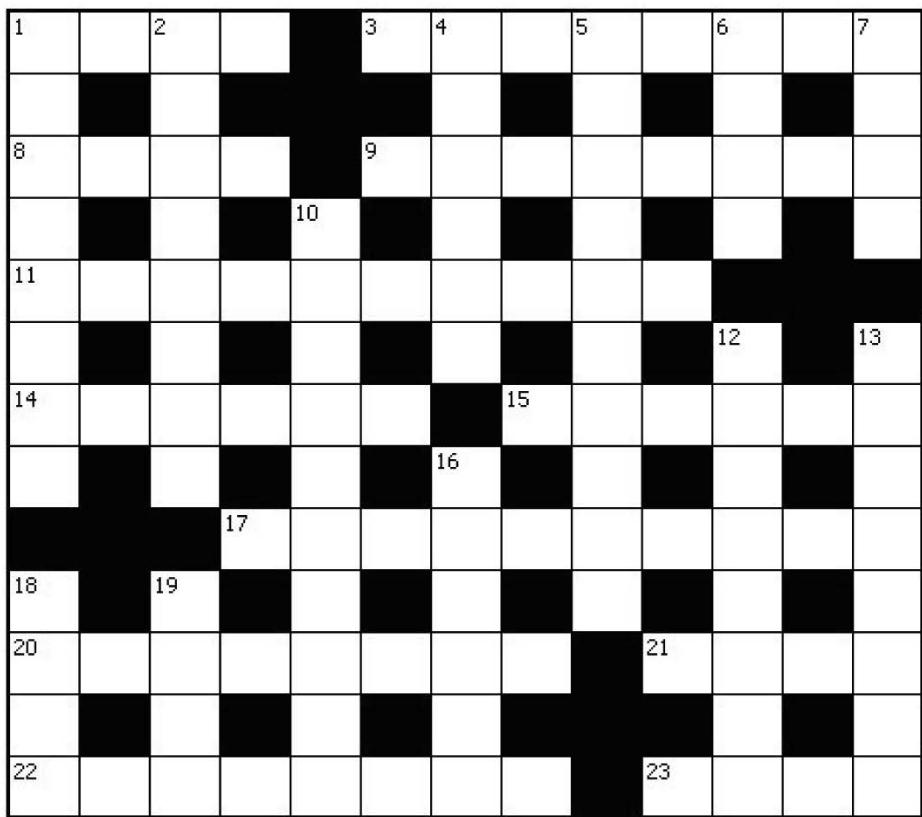
- 1 'Therefore let us — passing judgment on one another' (Romans 14:13) (4)
- 3 'I — — these persons here present' (Marriage service) (4,4)
- 9 According to a prearranged timetable (Numbers 28:3) (7)
- 10 Group of eight (5)
- 11 The cell into which the Philippian jailer put Paul and Silas (Acts 16:24) (5)
- 12 — Taylor, pioneer missionary to China (6)
- 14 Otherwise known as the Eucharist, Breaking of Bread, the Lord's Table (4,9)
- 17 'So that after I have preached to others, I — will not be disqualified for the prize' (1 Corinthians 9:27) (6)

- 19 Attend to (3,2)
- 22 Approximately (Acts 4:4) (5)
- 23 Tea rite (anag.) (7)
- 24 Rule of sovereign (8)
- 25 Test (anag.) (4)

## Down

- 1 The name of the street where Judas lived in Damascus and where Saul of Tarsus stayed (Acts 9:11) (8)
- 2 'The playing of the merry — , sweet singing in the choir' (5)
- 4 'We have been saying that — — was credited to him as righteous' (Romans 4:9) (8,5)
- 5 Dr Martyn — Jones, famous for his ministry at Westminster Chapel (5)
- 6 Port at which Paul landed on his way to Rome (Acts 28:13) (7)

- 7 Observe (Ruth 3:4) (4)
- 8 Minister of religion (6)
- 13 'I am — of this man's blood. It is your responsibility' (Matthew 27:24) (8)
- 15 'Greater love has no one than this, that he — — his life for his friends' (John 15:13) (3,4)
- 16 Archbishop who calculated that the world began in 4004BC (6)
- 18 'No one can — the kingdom of God unless he is born of water and the Spirit' (John 3:5) (5)
- 20 Establish by law (5)
- 21 Product of Gilead noted for its healing properties (Jeremiah 46:11) (4)



### Across

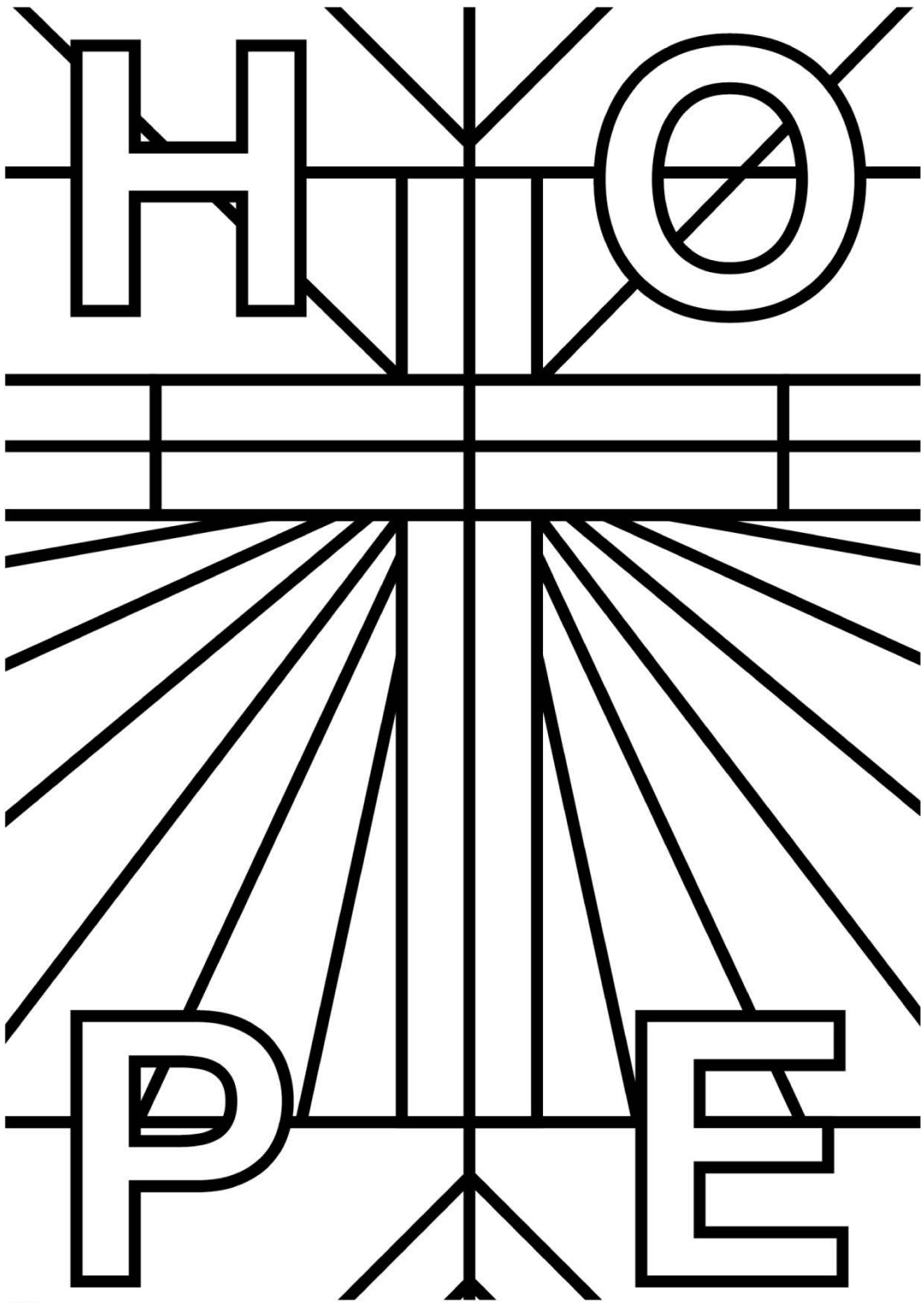
- 1 See 23 Across
- 3 Where the thief on the cross was told he would be, with Jesus (Luke 23:43) (8)
- 8 Invalid (4)
- 9 Blasphemed (Ezekiel 36:20) (8)
- 11 Adhering to the letter of the law rather than its spirit (Philippians 3:6) (10)
- 14 Shut (Ecclesiastes 12:4) (6)
- 15 'This is how it will be with anyone who — up things for himself but is not rich towards God' (Luke 12:21) (6)
- 17 Mary on Isis (anag.) (10)
- 20 Agreement (Hebrews 9:15) (8)
- 21 Native of, say, Bangkok (4)
- 22 Deaf fort (anag.) (5-3)

- 23 and 1 Across 'The Lord God took the man and put him in the Garden of — to work it and take — of it' (Genesis 2:15) (4,4)

### Down

- 1 Struggle between opposing forces (Habakkuk 1:3) (8)
- 2 James defined this as 'looking after orphans and widows in their distress and keeping oneself from being polluted by the world' (James 1:27) (8)
- 4 'The one I kiss is the man; — him' (Matthew 26:48) (6)
- 5 'Be joyful in hope, patient in —, faithful in prayer' (Romans 12:12) (10)
- 6 St Columba's burial place (4)
- 7 Swirling current of water (4)

- 10 Loyalty (Isaiah 19:18) (10)
- 12 'God was pleased through the foolishness of what was —, to save those who believe' (1 Corinthians 1:21) (8)
- 13 Camp where the angel of the Lord slew 185,000 men one night (2 Kings 19:35) (8)
- 16 'There is still — — Jonathan; he is crippled in both feet' (2 Samuel 9:3) (1,3,2)
- 18 David Livingstone was one (4)
- 19 Driver and Vehicle Licensing Authority (1,1,1,1)



# Puzzle solutions...

## Sudoku Easy...

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

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

## Intermediate...

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

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

## Crossword...

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

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

## Wordsearch...

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

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

May the road rise up to meet you.  
May the wind be always at your back.  
May the sun shine warm upon your face;  
the rains fall soft upon your fields  
and until we meet again,  
may God hold you in the palm of His hand.

*Traditional Gaelic Blessing*



**Rev Robin Selmes**

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