



The
United
Reformed
Church

Bamford Chapel & Norden URC



*JESUS
The True Vine*

June 2020

BAMFORD CHAPEL & NORDEN URC



MISSION/VISION STATEMENT

Worship

In our devotion we will come together to express our joy, love and thanks through worship.

We shall share our praise and dedicate it to God.

Ministry

Through the guidance of the Holy Spirit we will show compassion and love by understanding, supporting and meeting the spiritual, the physical and the emotional needs of others.

Evangelism

We are called as Christians to share the good news; living as examples of Christ in our everyday lives we can spread the word and love of Jesus.

Discipleship

We as a church have a responsibility as Christians to encourage people to know God and to enable them to develop their relationship with Him through prayer, discussion, study and learning.

Fellowship

We welcome to our church family those who want to belong. We show our love for others by sharing acts of fellowship in God's name.

Weekday Opportunities for Learning & Sharing Fellowship **(all suspended until further notice)**

- Monday:** 9.00 am Monday Maintenance Gang
(who do work in or around the building)
10.00 am Pastoral Meeting
1.30 pm Bridge Club
7.30 pm Focus on Prayer (God Squad Room)
8.00 pm Monday Night Home Group
- Tuesday:** 9.00 – 11.00 am Toddlers' Group
1.30 – 4.00 pm Indoor Bowls (Upstairs Hall)
From 6.00 pm Rainbows, Brownies, Guides
- Wednesday:** 12 noon Luncheon Club
6.30 pm Boys' Brigade & Girls' Association
7.30 pm Home Group 'Exploring the Bible'
- Thursday:** 10.00 am Community Coffee Morning
- Friday:** 6.00 pm onwards Beavers, Cubs and Scouts
- Sunday:** 7.30 pm God Squad (for Teenagers)

Fortnightly & Monthly Opportunities

- Tuesday:** **Stillness & Sharing** 1st Tuesday in the month
1.45 pm in lounge for Coffee: Meeting 2 - 3 pm
Home Group (Fortnightly)
8.15 pm In Crèche Room
- Thursday:** **Ladies Fellowship** (2nd Thursday in the month)
7.30 pm
Heritage Group (3rd Thursday in the month)
7.00 pm
- Friday** **Dementia Friendly Café** (1st Friday in the month)
1.30—3.30 pm
- Saturday:** **Ian Newman Community Film Club**
6.30 pm for 7.00 pm film (3rd Saturday in month)

Further information on the **weekly notice sheet** or visit the website at
www.bcnchurch.org.uk or speak to an Elder.

Reminder

Angela Smith has compiled a list of volunteers to help with shopping and collection of prescriptions (see page 1).



The same volunteers may be willing to deliver books, jigsaws or DVDs to anyone who is in need of some extra support during lockdown.



If you would like to arrange to have any item delivered to your home, please contact Angela on:

07710 297377 or angela.smith@rochdale.gov.uk.

There are a lot of DVDs at church owned by The Ian Newman Community Film Club which can be loaned free of charge. Obviously access to church would be required to collect a DVD. If you need a list of films available, please ring Lesley Sutton on 01706 638005 for a list. Lesley also has a lot of paperbacks at her home which can be collected; Linda Peacock is willing to loan her jigsaws as well.



If anyone has books, jigsaws or DVDs which they would like to loan, please contact Angela. Similarly if anyone would like to borrow, please contact Angela. If you are prepared to help deliver, let Angela know.

It is possible that libraries are now delivering books to library users.



During the time of lock-down, Messy Church has been held "At home - On Line".

Please see Bamford Chapel & Norden URC website or Facebook page for news of future Messy Church events.

Message from the Manse

As I write this article I have just completed the 2nd editing of the Prayer 2020 video for May. The theme this month, in case you didn't see it, was "Kindness".



That got me thinking of all the kindness that is being shown by people in Bamford Chapel and Norden URC and in the wider community. I think of people who are going shopping or picking up prescriptions for people who are unable to go out.

I think of our wonderful NHS Staff who have and continue to work tirelessly for those in their care. I think of all frontline staff and keyworkers showing kindness in a myriad of different ways.

There is much talk about the lifting of restrictions and when things will get back "to normal" whatever "normal" will look like in the weeks, months and even years to come.

In recent weeks we have been exploring Paul's letter to the Colossians and in chapter 3 verse 12 Paul writes: **"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience."** (NIV) The Greek word for "kindness" can be translated as "moral goodness or integrity" especially in regard to how we treat others.

Sadly, we don't always see kindness being practiced in life and society. And perhaps Paul may not always have seen it in the life of the Colossian church either. I think we certainly see it being practiced in and through Bamford Chapel and Norden URC.

As we think about kindness my mind goes to our annual project too – where, as a church we give so generously to. This year we are hoping there will still be a Project and there are discussions as to how we might raise the funds to help those in another country. Please pray for the Project group as they discern where God is leading us with regards to the project for 2020.



Please also pray for the Elders and myself as we seek to steer the Chapel through these times of lockdown. In due course we will have to consider the guidelines produced for re-opening the building and returning to the weekly activities that take place. Pray also for the government as they seek to advise us accordingly balancing all the risks that come with a pandemic like we haven't seen in a generation or more!

I hope and pray you are all keeping well and pray God's blessing on you.

Your servant in Christ, Richard

Editor: Nigel Beeton writes: "Simon, my vicar, was completely unfazed by the closure of his church in March. The very next week he'd set up 'Zoom' and many of us have been weekly attenders of his 'virtual church' for the weeks now. I realise that many other churches are doing the same, but we've had people join us from all over the place! Of course, we all look forward to getting back to St Mary's, but it has brought the congregations together in ways that we could never have imagined. This poem began one recent Sunday morning when I said to my wife, Carol, "let's go and worship at St Sofa's". That inspired her and so the first verse of this poem is hers, not mine!

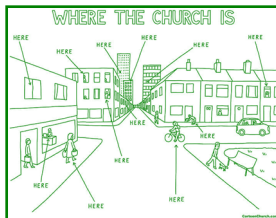
St Sofa's

*We worship at St Sofa's now
Since Covid came to stay
We don't dress up or do our hair
But still we come to pray!*

*Our Vicar is a clever chap
A Zoom with his IT
And so we sit down ev'ry week
And meet up virtually!*

*Our Parish Church stands empty
With praise she does not ring;
But still her people gather round
To pray, and praise, and sing!*

*The virus is a nasty thing
Yet it has helped us see
The church is NOT a building
But folk like you and me!*



By Nigel and Carol Beeton

Trinity Sunday (7th June)

Celebrating our God who is Three Persons



Trying to explain the doctrine of the Trinity has kept many a theologian busy down the centuries. One helpful picture is to imagine the sun shining in the sky. The sun itself – way out there in space, and unapproachable in its fiery majesty – is the Father. The light that flows from it, which gives us life and illuminates all our lives, is the Son. The heat that flows from it, and which gives us all the energy to move and grow, is the Holy Spirit. You cannot have the sun without its light and its heat. The light and the heat are from the sun, are of the sun, and yet are also distinct in themselves, with their own roles to play.

The Bible makes clear that God is One God, who is disclosed in three persons: Father, Son (Jesus Christ) and Holy Spirit. For example:

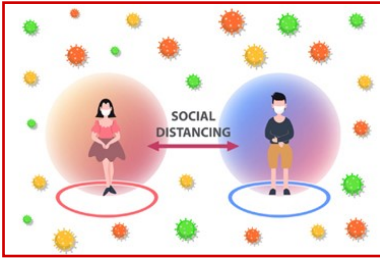
- **Deuteronomy 6:4:** ‘Hear O Israel, The Lord our God, the Lord is one.’
- **Isaiah 45:22:** ‘Turn to me and be saved... for I am God, and there is no other.’
- **Genesis 1:1-2:** ‘In the beginning God created... and the Spirit of God was hovering...’
- **Judges 14:6:** ‘The Spirit of the Lord came upon him in power...’
- **John 1:1-3:** ‘In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through Him all things were made; without Him nothing was made that has been made.’

Luke 24:49 actually manages to squeeze the whole Trinity into one sentence. Jesus tells His disciples: ‘I am going to send you what **my Father** has promised; but stay in the city until you have been clothed with power (**the Holy Spirit**) from on high.’

In other words, the sun eternally gives off light and heat, and whenever we turn to its brilliant light, we find that its warmth and life are there as well.

Courtesy of Parish Pump

Covid 19



People respond very differently to the Government's Covid 19 rules regarding shielding and social distancing. It's such strange times for all families, with so many ways of looking into Covid and the way of life we knew.

Those isolated and locked in 'shielding' from Covid 19 have been put on a high risk register due to health reasons. (Shielding is following information received by GOV.UK from a person's Hospital Consultant). These folk are unable to leave their homes but can venture into their back gardens. They, like everybody, can have no physical contact with family who do not live in the same home. They can only speak through closed windows or social distancing, or via video links. Neither shielding persons nor their partners can go out, even to go for walks, shop or pick up medication needs.

Some, like our NHS staff, ambulance service, fire brigade and all essential care services are allowed to work under special rules, with thanks and prayers from the whole community.

For the fortunate, less at risk section of our community, going for walks while keeping social distancing is essential for a healthy lifestyle.

We spare special thoughts for people living alone with no way of contacting their local community. It's so sad for those admitted to hospital with health issues, including Covid, and for those loved ones who can't visit.

There are many sides to the Covid story; we all enjoy a good time but to what extent? We hear through the media of farmers' gates being opened by party people and wandering sheep and lambs slaughtered by cars, due to the carelessness of speed on wheels. We hear of people having parties and barbecues, a sure way of being virus friendly, and we sadly hear of opportunists stealing from homes.

- For those people disregarding the rules is that ok?

- Are they putting others at risk by allowing the virus to multiply and spread?
- What as Christians should we do?
- Do we obey the rules and set examples?

We pray together, we pray alone, we join 'WhatsApp' prayers and general news and chit chat groups. It's so important for those living alone and shielding to have some way of contact with other human beings. Voices crying out for human contact. We meet in our Home Groups and Bible Study via Zoom. We sew and knit and fundraise to support our NHS, and we give money to support charities struggling at this time, or volunteer to shop for those isolated.

And what about our young people, who should be having the time of their lives? How are they being catered for during their years of development and learning? They do school work with 'enthusiasm' and are encouraged by their parents to keep up with their education. Our 'Chapel' young people, should they wish, are able to continue with Junior Church; our Leaders have been preparing materials for access on technology. All our young people in youth groups remain in the body of the Church and in our prayers. Messy Church is still active and shall shortly be recording another Messy Activity. We are all learning new skills and new ways to communicate.



How have you been responding to our new world?

Take care, be safe and help reduce the spread of Covid 19.

Richard, you have been a total inspiration to us all. We have been able to receive contact through Sunday Worship and Communion together. Through video, television, iPad, mobile phone or paper link. We are well informed and supported through our weekly news sheets.

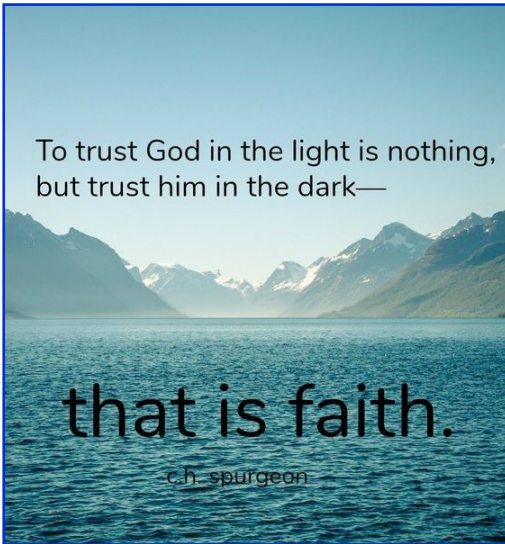
On behalf of us all, Richard, we want to say a huge thank you to you and Ruth, for all your love and support and for such amazing leadership.

God Bless and keep safe. **Finlay and Gillian Galloway**

Learning to Trust in Times of Trouble

A friend, writing about the challenges she is facing, says: "We never cease to have invitations to trust, do we?" I tend to agree. Almost every day we face circumstances that we cannot control, and for which the only way to find peace is to trust in the loving wisdom of our faithful God.

Yet trust is never easy. It seems easier – and more natural – to worry or to be afraid. It's as if we feel we *ought* to be anxious, as if we really *must* fret about things. Not to do so would be to not care. It's our duty to carry the weight of the world on our shoulders. But is it?



Jesus seems to offer us an alternative. He says, "Do not let your hearts be troubled. Trust in God; trust also in Me." (John 14:1) He offers Himself to us as someone who is trust worthy, one who is absolutely reliable and who will see us through. We are invited to entrust Him with our concerns, and to hand over to His care the things that trouble us.

In his book *Ruthless Trust*, the writer Brennan Manning says:

"Sometimes it may mean more to God when we say, 'I trust you' than it does when we say 'I love you.'" When things are going well, the sun is shining and the sky is blue, it is easy to love God. But when the storms are blowing, and the clouds are dark, it takes a very special kind of faith to say, "I don't understand God, but I do trust you."

This kind of faith delights the heart of God. Every trouble we face presents us with another invitation to place our trust in Him.

By Tony Horsfall (Courtesy of Parish Pump)

From Ivor in 2005



An elderly Chinese woman had two large pots. Each hung at the end of a pole which she carried across her neck. One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot only arrived half full. For a full two years this went on daily, with the woman bringing home only one and a half pots of water. Of course, the full pot was very proud of its

accomplishments. But the poor cracked pot was ashamed of its own imperfections, and miserable that it could only do half of what it had been made to do. After two years of what it perceived to be bitter failure, it spoke to the woman one day by the stream. “I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house.”

The old woman smiled, “Did you notice there are flowers on your side of the path, but not on the other pot’s side?” That’s because I have always known about your flaw; so I planted flower seeds on your side of the path, and every day as we walk back, you water them.” For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house.”

Each of us has our own unique flaw. But it’s the cracks and the flaws we each have that makes our lives together so interesting and rewarding.

You’ve just got to take each person for what they are and look for the good in them. You’ll find it in everybody if you look hard enough.

To all my crackpot friends, have a great day and remember to smell the flowers.

Finlay Galloway

A Military Career in the Corps of Army Music, with the Band of the Irish Guards



As many of you may know, I joined the British Army to be a musician in March 2019, starting my Basic Training on March 18th. After I completed my 14 weeks at ATR Winchester, I went to study and develop my musical abilities at The Royal Military School of Music, Kneller Hall, Twickenham. Having completed my exams of music theory within the first four weeks of arriving, this left me plenty of time to focus on my trumpet playing and other aspects of military musicianship.

Whilst I was studying at the school, we focused a lot on marching band, having on average three, one-hour long marching band sessions per week, alongside a visiting military band. This allowed us all to try and perfect our marching band drill, whilst also trying to gain as much knowledge and experience from our section of the visiting band. We also did weekly study lessons on music theory, completing essays on the different musical periods.

One other thing that was a big part of our studying, was PT lessons, which could be anything from a weights circuit session, all the way to an 8-mile loaded march, as we need to keep up a good level of fitness.

In December, I then took my final exam to pass out of the School of Music, having to perform a programme of music and also lots of scales, giving me a chance to show off my skills and show that I am up to the standard required in a band. I passed this exam and was lucky enough to be given a place in the Band of the Irish Guards.

I moved to the base in Central London on 1st March, and although I haven't been able to do very much with the band yet (due to all ceremonial events for military bands being cancelled because of Covid), I am looking forward to playing in the band, doing the guard changes and being part of the many ceremonial parades that the band take part in.

However, for the time being and along with all other army musicians, I am currently at home, but on standby in case I am needed for Covid support.

Musician Daniel Gordon

We had the pleasure of seeing our grandson (along with his parents and sister, Karen, Alasdair and Charlotte) in a Christmas concert by the students of Kneller Hall; and also attending his Pass Out parade from the Royal Military School of Music. We are so proud of all that Daniel has achieved in just 12 months and look forward to the day when we can see him play and march in his ceremonial scarlet tunic, complete with bearskin and blue plume.



Linda & Charlie Peacock

Did you know that: The Band of the Irish Guards is one of the five bands in the Foot Guards Division, based at Wellington Barracks in London. The Bands have been synonymous with musical excellence for 330 years and have taken their music around the globe. With their scarlet tunics and bearskin caps, they form one of the great iconic images of Great Britain and a major part of the ‘shop window’ of the nation, standing proud at the forefront of all the great ceremonial occasions which are the envy of the world.

The Bands provide the musical support for all major ceremonial events in London, including the Changing the Guard, The Queen’s Birthday Parade (Trooping the Colour), Remembrance Sunday, State Visits and the State Opening of Parliament.

Individual bands can be identified by their uniforms:

- **Grenadier Guards** wear a white plume on the left side of their bearskin caps and single spaced buttons on their tunics
- **Coldstream Guards** wear a red plume on the right side of the bearskin and buttons grouped in pairs
- **Scots Guards** have no plume on the bearskin and buttons grouped in threes
- **Irish Guards** wear a St Patrick’s blue plume on the right side of the bearskin and buttons grouped in fours
- **Welsh Guards** wear their White/Green/White plume on the left side of the bearskin and buttons grouped in fives



Edible Flowers

There are many common flowers we can eat. At our old church one of our members was the five times world dock and nettle pudding champion. ***Have you any old recipes using oddball nature's products. Please let Linda Peacock or Lesley Sutton have them for use in the magazine.*** My grandma made nettle soup; it was awful, but she liked it!

Cameron Baines

Nasturtium Poppers

In this appetiser, the nasturtium blossom's sharp, spicy flavour is offset by the lemony herb goat cheese centre.

- 2oz soft goat's cheese
- 2 dried tomatoes very finely chopped
- 1tsp finely chopped fresh rosemary
- 1tsp finely shredded lemon zest
- 2 cloves garlic, minced
- 12 edible fresh nasturtium blossoms
- 1tbs extras-virgin olive oil



Let the cheese stand at room temperature for 30 minutes. In a small bowl stir together tomatoes, rosemary, lemon zest and garlic. Shape the cheese into 12 $\frac{3}{4}$ " balls, roll in tomato herb mixture. Place on a plate, cover and chill up to 24 hours. To serve, place each cheese ball in a nasturtium blossom. Drizzle the cheese with a small amount of olive oil, avoiding the flower.

“Lockdown” Activities



Like many others during this time of lockdown, when we are not able to carry on with our busy lives, I have been spending more time reflecting, reading, walking, gardening, telephoning and face timing, and returning to past interests and hobbies.

I recently completed this lovely jigsaw, which was really enjoyable, although not always easy, with more than one piece fitting into the same space! I was so pleased when it was finished that I WhatsApped a picture to my family. I was surprised and delighted when I received an immediate response from my son and daughter to say "Don't you recognise where it is mum? We all walked up to this lake - lake Ghedina, when we holidayed together in the Italian Dolomites, near Cortina in 2006!" My son, who is a keen mountaineer, could name all the peaks! I hadn't recognised it all the time I had been doing the puzzle, but immediately went in the attic, and found the photo album of the holiday, in a huge pile of others - and there it was! What happy memories it brought back.

Coincidentally, during this recent sunny weather I tried the shorts on that I wore in the photos, but found I couldn't fasten the button!! It might be partly due to all the recent good eating, - but that's another story!!



Pat Stephenson

Some Questions to Ask Yourself...

Margaret Frain came across this article from many years ago, of a light-hearted interview with someone she knew at that time. It made me wonder what questions we would ask today and what our answers would be.



The questions and answers asked by Margaret's friend were:

- What do you most like about living in Bamford?
Fresh air and open space
- Which 2 qualities do you admire in others?
Honesty and a good sense of humour
- If you could have fresh flowers delivered every week for the rest of your life what would be in the bouquet?
Anemones (Margaret told me she had those at her wedding 65 years ago)
- Describe yourself in 3 words
Caring, enthusiastic, forgetful (Margaret agreed with forgetful!!)
- Which woman in the Bible would you like to know more about?
Martha
- Describe your favourite meal
A good old English roast of beef or lamb with 3 vegetables
- What is your lasting memory of living through the 2nd World War?
The unbeatable spirit shown by everyone, being able to cycle on the roads in comfort, petrol being in short supply
- Which verse from which hymn means the most to you?
*The last verse of "The day Thou gavest Lord is ended"
'So be it Lord, Thy throne shall never,
like earth's proud empires, pass away;
Thy Kingdom stands and grows for ever,
till all thy creatures own thy sway.'*
- What is your most treasured possession?
My wedding ring

What would your answers have been? Perhaps you could use this “lockdown” time to answer the previous questions, as well as think about the following questions.

- How long have you lived in this area?
- What made you choose Bamford Chapel & Norden URC to come to?
- What makes you go to church at all?
- Do you have a favourite hymn? What is it and why?
- Do you have a favourite Bible passage? What is it and why?
- Has your faith in God helped you at different times in your life?
- What would you say to someone who is not a /Christian, but would like to know more?

Think about it and please let me have your answers for the next magazine. **Linda Peacock**

Finlay Galloway found this poem which was probably used at a Church Weekend or perhaps introduced to us by a visiting American Pastor, John Henry Peck. Seems very appropriate for the current situation.

The Church

*The Church is wherever God's people are praising,
Singing their thanks for joy on this day.
The Church is wherever disciples of Jesus
Remember his story and walk in his way.*

*The Church is wherever God's people are helping,
Caring for neighbours in sickness and need.
The Church is wherever God's people are sharing
The words of the Bible in gift and in deed.*



Editor: The Ven John Barton looks back on the courage of Christians during the Great Plague of London in 1665

Christians and the Bubonic Plague of London



The Reverend Richard Peirson was one of the exceptions. Most of the other clergy in the City of London had fled the Great Plague in 1665, but Peirson stayed behind to look after the parishioners of St Bride’s Church, Fleet Street, where he was Rector. The parish was densely populated and the pandemic was catastrophic. The church’s register records 636 burials that year in the month of September alone, with 43 interred in one day.

Houses of infected people were marked with a red cross on the door, with occupants kept inside for 40 days. Handcarts were pulled along the city streets to cart away the bodies; the drivers’ cries of “Bring out your dead”, became etched in the memories of subsequent generations. Relatives were banned from attending funerals.

The official count numbered 68,596 deaths in London alone, but other estimates suggested two or three times that number. Bubonic plague – for that is what it was – was incurable. Poor people were fatalistic about

it but complained that even their ‘spiritual physicians’ had abandoned them. Clergy of the Church of England were often supplanted by non-conformist preachers.

It wasn’t just the St Bride’s Rector who put his life in jeopardy by staying at his post. While most wealthy people, along with King Charles II and his court, escaped the plague-ridden city, Churchwarden Henry Clarke also chose to remain at the church. When he succumbed to the illness, his brother William took over. William survived for a fortnight.

Plague cases continued to occur sporadically at a modest rate until mid-1666. That year the Great Fire of London destroyed St Bride’s Church and much of the City of London. It was rebuilt to a design by Christopher Wren, but almost obliterated once more in 1940 during World War II before being restored yet again.

Today’s Rector, Canon Alison Joyce, says that compared with her predecessor Richard Peirson, she has it easy. Like everyone else, she is confined by the lockdown rules to her Rectory next to the church. But her pastoral work continues, and she collates sermons and archive music to create a Sunday webcast service. Alison writes, “these days it is a ministry of telephone calls, emails and Facetime. I offer such practical help and support to the vulnerable as I can . . . I keep a candle burning before our main altar and continue a ministry of prayer.”

Alison says she is surprised when people regard the faith as a kind of celestial insurance policy against bad things happening to them. The first followers of Jesus knew that in dedicating their lives to following the crucified and risen Christ, their discipleship would take them into the very heart of darkness, not away from it.

She adds, “Hope is no hope at all unless it can engage with utter despair and meaninglessness.”

A sister from a local convent became a certified accountant to help small shop owners manage their finances better. The title of her business? ‘Nun of Your Business.’

Tent at Night by Rhianna



We are sleeping outside in a tent,
Knowing us the pegs are probably bent.
My mum is in the house all alone,
She took pictures of us with her phone.

I'm tucked up in my sleeping bag nice and warm,
I hope I'm not up at the crack of dawn.
My sister's air bed has gone down,
Don't worry, there's no need to frown.

I wanna see badgers and foxes at night,
Although I'd probably get a big fright (ahhhh),
I'm all tucked up in my bed,
Savanna is drawing so much, she's used all her lead.

I can hear a twit twoo,
It's almost as scary as someone going "boo!"
I can hear the wind and people having a sing,
I'm going to sleep now.....
Chao!!

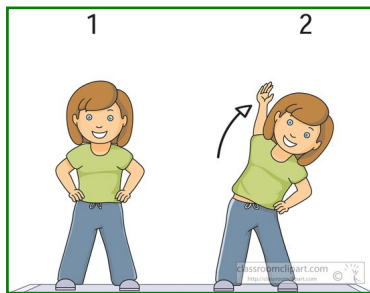
Joe Wicks PE by Savanna

Monday morning 9 am,
We get our body's moving again.
PE with Joe, Monday to Friday,
We don't do Saturday and Sunday,

Joe does lots of exercises,
As well as spot the differences,
And a big general knowledge quiz,
He really is a spin the wheel whiz.

We do lots of press ups,
As well as sit ups,
Burpees, frog jumps are both such fun,
Once we did these outside in the sun.

Thanks Joe for keeping us fit,
We're really glad you've done your bit.....!



Editor: Thank you to 2 of our youngest readers for their poems. Rhianna and Savanna have been busy during lockdown. They have been keeping fit every day with Joe Wicks PE sessions and had a “big sleep out” in their garden. Well done girls.

Karibuni Children

Some of you will remember that several years ago we supported the Karibuni Trust as our project. It has since changed its name to Karibuni Children, and I continue to receive communications from them because I was the contact for Bamford Chapel as we were then. I thought you might be interested to hear of their work during the Coronavirus pandemic.



A month or so ago I wrote to you, our loyal supporters, regarding the impact of the pandemic in Kenya with the closure of schools and danger that posed to Karibuni sponsored children with the loss of their main source of food and nutrition. I asked for your help to raise funds urgently so that we could provide emergency foodstuffs to the family of each child, and thus ensure that at least the threat of starvation was reduced, as Kenya too grapples with this coronavirus pandemic.

Following the one off grant which we provided to tide projects over for the month of April, we have now remitted funds to our partners in Kenya that should cover the cost of basic foodstuffs for each of our 700 families, for the next 4 months. This support will be distributed to families, on a monthly basis, either in the form of foodstuffs or, in the more volatile areas, food vouchers which can be redeemed at a reputable supermarket.

I thought it might also be helpful to provide you with an update from on the ground in Kenya, which is provided. Whilst the number of cases reported to date is limited, we know that with so many underlying health conditions and weak public health systems, the Kenyan people are vulnerable and so we continue to pray that Kenya and other developing countries are spared the worst of this pandemic, pending development of effective treatments and vaccines.

As you can imagine, against this backdrop, the support that Karibuni Children has been able to provide has literally been a lifesaver for these children and families.

At the time of writing, Kenya has reported 607 cases of Covid-19, with 29 deaths. Nairobi and Mombasa have seen the greatest concentrations of cases, while rural areas have so far seen few reported cases. Whilst these numbers seem very low in comparison with our own, the impact of the control measures implemented to try to limit the spread of the virus has been significant.

A dusk to dawn curfew, in place since 27th March, has been forcefully administered by police, while schools, Colleges and Universities remain closed for at least another month. The casual labour market - washing, cooking, cleaning - has completely dried up, as better off Kenyans follow social distancing guidance and confine themselves to their homes. We know that most parents and guardians of Karibuni sponsored children depend on this unreliable income source to pay the rent on their slum dwelling and to provide food for their family unit. Food prices have jumped by at least 50% and many of the poorest Kenyans find themselves in the invidious position of trying to balance the threat of the virus, with the threat of starvation. In Kibra, a poorly organised attempt to distribute food aid (not linked to Karibuni) led to a stampede and the death of two women.

We will obviously be watching developments in Kenya very closely. Our best forecast remains that it will be September, at the earliest, before schools reopen but, like all countries, much will depend on what happens to infection rates when the Kenyan government starts to relax the current restrictions.

One thing is for sure, Karibuni will honour the commitment we made to these children when first sponsoring them and stands ready to respond quickly to ensure that we continue “To transform young Kenyan lives.”

For anyone who would like to make a donation to this charity by bank transfer, the details are: **sort code 20-03-18 and account number 70692697**

Margaret Ogden

How Can I Save Water?

There are so many ways to cut back on your water wastage in your everyday life!
Here are a few ideas to get you started:

- 💧 Turn off your tap when brushing your teeth
- 💧 Invest in a rain barrel for your garden
- 💧 Only boil the water you need for a cup of tea or coffee
- 💧 Shower rather than bath
- 💧 Get an eco-shower head or use a shower timer
- 💧 Install water-efficient taps in your kitchens and bathrooms
- 💧 Save your dirty clothes and dishes for a larger wash
- 💧 Check your pipes for leaks
- 💧 Re-use water that you've used to boil vegetables
- 💧 Invest in clothing which has been made with water conservation in mind

In the June 2000 edition of the magazine

A Year around your Garden

- ♥ First plant four rows of peas – prayer, perseverance, politeness and penitence
- ♥ Next plant three rows of squash – squash gossip, squash fault finding, squash indifference
- ♥ Then five rows of lettuce – let us be faithful, let us be unselfish, let us be truthful, let us love one another, let us follow Christ
- ♥ Finally – no garden is complete without turnips – turn up for Christ, turn up with a smile, turn up regularly.



MEMORIES OF MOLLY – one in a million!!

Molly was amazing; she embraced life with heart & arms wide open! Over the years I visited her, in the bungalow and later in Oakland, I don't think she ever repeated a story (apart from winning the 'best legs competition!!!').

She was loved by all who knew her – every visitor says, that they were the ones cheered by the visit. She was rarely beaten by her health battles; the loss of hearing and of sight. She had the most incomparable memory for events, funny life stories, jokes and lyrics to songs and hymns. It was wise to visit Molly in her room at Oakland!!



© Hayley Merchant

She didn't suffer fools gladly and was always ready to speak her mind!! She was the unofficial shop steward on the top floor of Oakland Care Home!

Her Christian faith was vibrant & she prayed avidly. She had frequent 'fallings out' with The Almighty and no doubt on her arrival in Glory she demanded explanations from God.

At her funeral on Tuesday 13th May (one day before her 100th birthday) her final music choice was "We'll meet again". I hope so, Molly! Thanks for the memories.

Joan

The good thing about prayer is that there's only one way to go wrong, and that's not to do it. If prayer at its simplest level is listening to God and talking to Him, you don't need long books to tell you how to do it. - Anon



*This article was in
the June 2000
edition of the
magazine*

Attention Women

An initial gathering is to be held at Lesley Sutton's on Wednesday, 21st June 2000 at 8.00pm for all those who would be interested in forming a women's support group to chat, exchange stories and advice, but mainly to listen to each other.

Please ring Lesley or Angela Smith if you need to know more, otherwise just turn up at 68 Greenvale on the 21st.

How many of you remember these evenings we spent together? Is it possible that once we are released from lockdown, we may have need of these evenings again?

A prayer for Trinity Sunday...

Shield me

*O may God shield me, and may God fill,
O may God watch me, and may God hold;
O may God bring me where peace is still,
To the King's land, eternity's fold.
Praise to the Father, praise to the Son,
Praise to the Spirit, the Three in One.*

*From The Creed Prayer,
poems of the Western Highlanders*

21st June - Fathers' Day

A Time to Celebrate Male Role Models

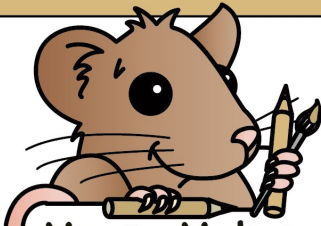
In the UK, USA and Canada, the third Sunday in June is Father's Day. It's usually a good time for sons and daughters to take their father to his favourite restaurant, or to watch a favoured sport, or whatever else he enjoys doing.

Life is a little bit different this year, so how will you celebrate? If your own father cannot be with you, how about a Zoom meeting?

How do these special days ever get started, anyway? Well, Father's Day began because way back in 1909 there was a woman in Spokane, Washington, named Sonora Louise Smart Dodd. That year she heard a church sermon about the merits of setting aside a day to honour one's mother. Mother's Day was just beginning to gather widespread attention in the United States at this time. But Sonora Louise Smart Dodd knew that it was her father who had selflessly raised herself and her five siblings by himself after their mother had died in childbirth. So the sermon on mothers gave Sonora Louise the idea to petition for a day to honour fathers, and in particular, her own father, William Jackson Smart.

Sonora Louise soon set about planning the first Father's Day celebration in Spokane in 1910. With support from the Spokane Ministerial Association and the YMCA, her efforts paid off, and a 'Father's Day' was appointed. Sonora Louise had wanted Father's Day to be on the first Sunday in June (since that was her father's birthday), but the city council didn't have time to approve it until later in the month. And so on June 19th, 1910, the first Father's Day was celebrated in Spokane.

Gradually, other people in other cities caught on and started celebrating their fathers, too. The rose was selected as the official Father's Day flower. Some people began to wear a white rose to honour a father who was dead, and a red one to honour a father who was living. Finally, in 1972, President Richard Nixon signed a presidential proclamation declaring the third Sunday of June as Father's Day - a permanent, national holiday.



Mouse Makes

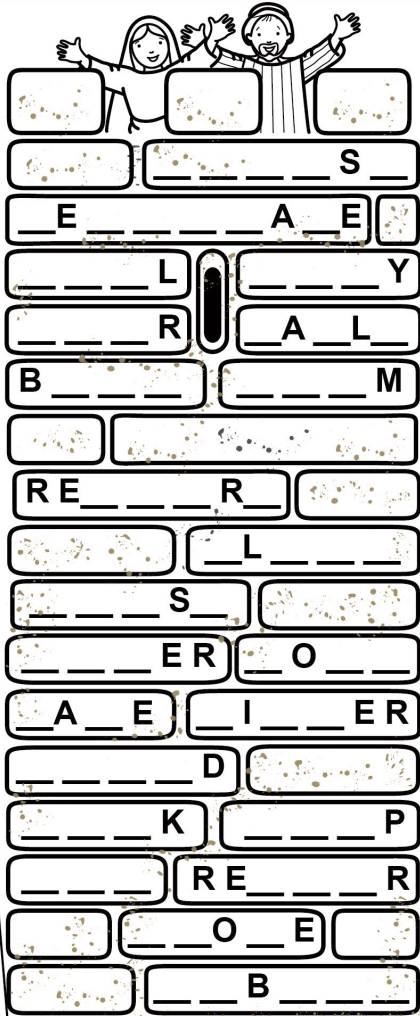
When Nehemiah heard that the walls of Jerusalem were in ruins he sat down and wept. For days he fasted and prayed before God.

Finally the opportunity came for him to return to Jerusalem to rebuild the walls, but it was not going to be easy...

READ Nehemiah's story in the *Old Testament* book of **Nehemiah**, chapters 1-7

Here is Nehemiah's list of all the things that needed to be done to rebuild the walls of Jerusalem. Fill in the missing gaps on the tower to help rebuild the wall.

- | | |
|-------------|------------|
| ○ PRAY | ○ GATE |
| ○ RUBBLE | ○ BEAM |
| ○ REPAIR | ○ BOLT |
| ○ RESTORE | ○ BAR |
| ○ BUILD | ○ STEP |
| ○ WORK | ○ TOWER |
| ○ STONE | ○ HOUSE |
| ○ TIMBER | ○ POOL |
| ○ WALLS | ○ FINISH |
| ○ FLOOR | ○ DEDICATE |
| ○ ROOF | ○ DOOR |
| ○ CELEBRATE | |



How many gates were repaired?
Who re-built them?

How long did it take to finish the walls?

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Times of Services:

Family Worship : 10.30 am : Holy Communion 1st Sunday in month

Evening Worship : 6.30 pm : Holy Communion 3rd Sunday in month