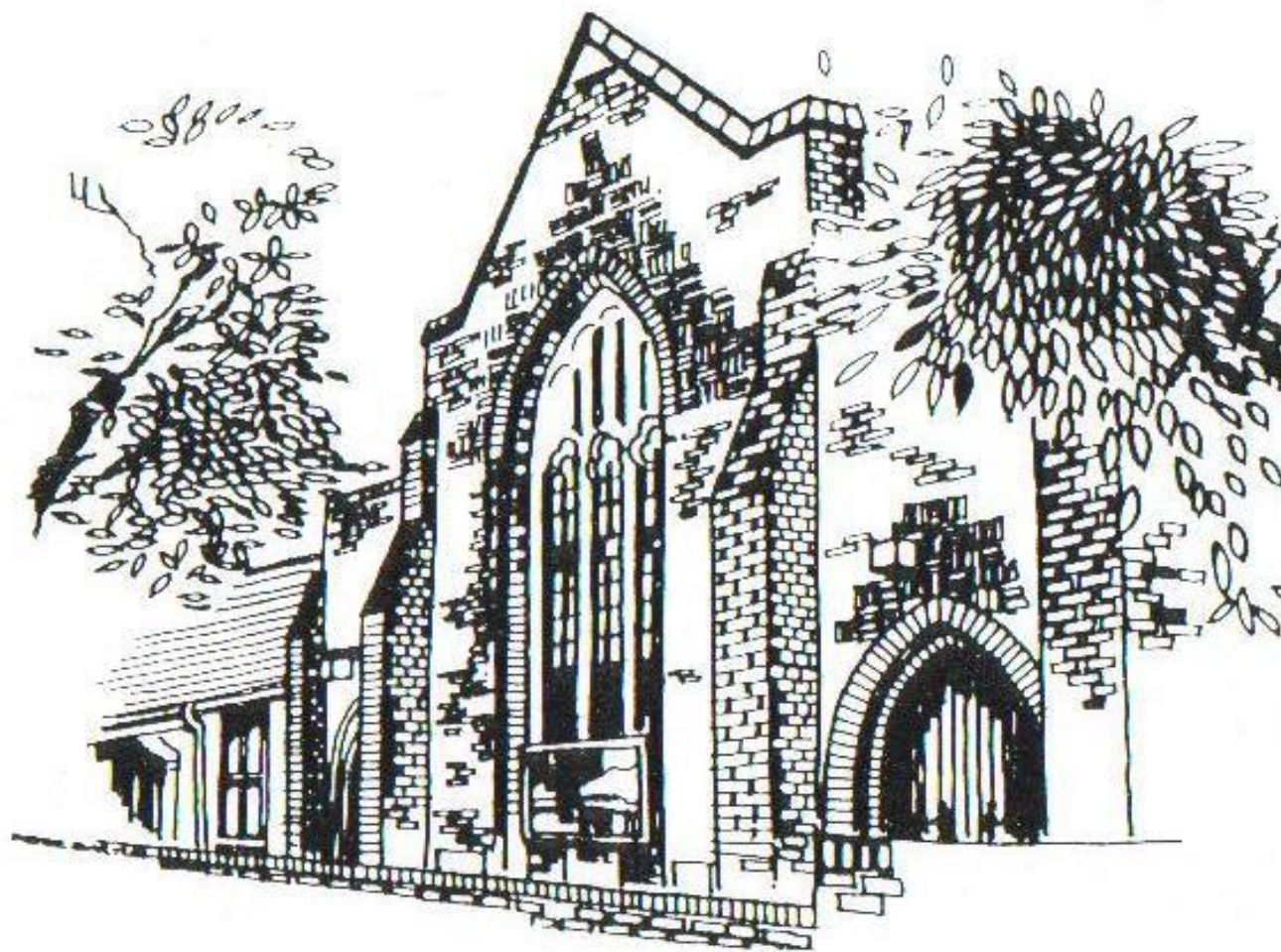




The Magazine
of
**Highams Park Baptist
Church**

Cavendish Road, E.4.



AUGUST / SEPTEMBER 2022

CHURCH PROGRAMME

At the time of writing

Current Covid Safety Arrangements

- Please stay at home if you show any Covid symptoms- a recording of the service will be available later on the church website
- It is your choice whether you wear a mask in the building or not, please feel comfortable whatever your choice, hand sanitiser will remain available, and we are continuing with increased ventilation and cleaning
- If you test positive for Covid after attending a service, please let us know so we can complete extra cleaning and circulate an anonymous information to the congregation to be more vigilant for symptoms.

If there are any concerns, please approach the duty deacon.

Details of Services are given in the Church Diary at the back of the magazine.

Weekly Home Zoom Group is held on Tuesdays at 7.45pm. Please contact Sarah and Paul Raymond for details.



The deadline for items for the next edition is Sunday 18th September 2022
Editors : Dave & Jacquie Lyus. Email : magazine@hpbc.co.uk



Cavendish Road, London E4 9NG August / September 2022

<p><i>Moderator:</i></p> <p><i>Rev. Andrew Willis</i></p>	<p><i>Please contact:</i></p> <p><i>contact@hpbc.co.uk</i> <i>or</i> <i>07967 655661</i></p>
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Well, summer is here, the schools are out, the sunshine is dancing and shining in the sky and for some people, even me, for a day or two it's been a bit too hot - well not to have a pool or be by the seaside, enjoying the sea breeze and water.

I have been reading a book called, 'Lifting Up The Downcast', by Patrick Sookhdea, and I was looking at the chapter entitled 'The Joy Of The Lord'.

It started with Psalm 118- 24 - **This is the day that the Lord has made, we will rejoice and be glad in it.**



This reminded me, that when I was a lad in the Boys Brigade, we had a Bible Class on a Sunday and would often sing this with Dave Platt playing the tune on the piano. Once we got to know the song, we would start to clap along to it. I am pleased to say we still sing this in church today and even clap along some times.

But my question is, do we rejoice enough? Do we give thanks for what we have been given? Do we look at the world and give praise?

I am sure we do in our own way and with the global warming, the dry summers and very interesting weather, we can but give thanks for the world, but we must also remember that we need to look after the world for ourselves and the generations to come.

Just as we need to remember the love that we must give to the world we should remember the love of Jesus Christ as we move forward into the second half of 2022.

I finish by thinking of John 15 v 9 12



"As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you".
(NIV Bible)

As we move on, let us all remember; love is special, love is different in so many ways. Remember to love each other and the world as we move forward each day.

Whatever you do or have done over the next few months, enjoy the time together, with your family and friends, enjoy the holiday and enjoy the weather.

Jason

Cavendish Circular

During the Summer we have enjoyed celebrations nationally with the Queen's Platinum Jubilee and, more recently, the Commonwealth Games in Birmingham. These events have given us the opportunity to witness and join in the fun and excitement of people from all over the world, coming together to celebrate. While we rejoiced with the Royal family in our Queen's long reign and all she has meant to our country and the wider world we were able to join in with local communities, organising street parties and family get togethers, and we have a report of one such party very close to our Church further in this issue. The Games in Birmingham has been a rich and exciting example of talent and good sportsmanship as athletes from many countries, and in different disciplines came together to demonstrate their talents and commitment.

There have been reasons to rejoice within our own fellowship as we report on three weddings connected with our members families and we also give thanks for the life of a Deacon who gave of his talents and expertise for our Church over many years.

Our more long-standing members will remember Jean and John Owen, who worked so tirelessly amongst our young people over many years. Sadly John died some years ago and Jean moved away from the area. Recently Jason Close was able to attend the wedding of her grandson in Portugal. Jason writes: 'Jean is doing well, living in Harold Wood and asks to be remembered and sends her love and good health to all that know her. Unfortunately her son-in-law, Stan Bonner, Sharon's husband (both past members of HPBC) is now in a care home due to dementia. But Sharon still gets to see him daily when she can and now lives near to Jean.' Jason attaches a picture of Jean and her son Steven, at the wedding of Jean's grandson Benjamin to Lenia Owen. We also have a picture of the happy couple and wish them every happiness in their future life together.



Congratulations also go to Katherine Jenkins, daughter of our member, Steve, who married Alex Hup recently. The couple decided to hold their wedding ceremony in Ypres where they met, and you can read more about this (with a picture) and the 17th Pals' Battalion Band later in the magazine. Our best wishes go to them both for the future. Many congratulations to them both. We also take this opportunity to congratulate Steve who recently celebrated a significant birthday, his retirement and his and Karon's wedding anniversary all in one weekend!

Matt, son of our members Liz and Simon Jones, recently married and although we have no other details at present, we hope to bring you all their news, and a picture in our next issue. Our hearty congratulations go to the happy couple also.

It is with sadness that we report the death of Ron Long on 8th July. Ron was a much loved and respected member of the Church over many years, acting as Deacon and Fabric Secretary with great commitment. His wisdom, humour and artistic gifts greatly contributed to the life of HPBC in many ways. After the death of Joan, mother of their four children, he eventually found happiness again with marriage to our member, Joyce Short, and later they moved to High Wycombe. We include tributes to Ron further in this issue. We send our loving condolences to his family and thank God for all he meant to them and our fellowship.

Mandy received an update on Emma Lewis-Azayear recently. Her blood tests are now normal and so she has been given the go ahead for a further attempt for her hip and knee replacement. She is now awaiting a new date. Please pray that the problems which arose last time do not recur and that she does not have to wait long for a date.

We have also received an update on Jharna Saha from Mandy. Jharna has recently had a medical procedure to try to alleviate her pain. We are glad to report that her long-standing pain levels have now decreased, and her doctors have said that it should continue to improve over the next few weeks. Please pray that God's healing power works strongly in her and she gets much needed relief.

We continue to remember those who cannot attend church regularly at present, including, Mavis Grint, Mike and Marilyn Robinson, Hazel and Mike Ansell and Dorothy and Cliff Tayler. We also remember Margaret Norris and Doris Thorndyke who attend as often as they can despite frail health and thank those who make it possible for them to join in worship on Sundays.

Jacquie

HPBC Church Manse (House) needs you.

Saturday 13th August 2022

From 10am till 3pm or whenever you can or just drop in.

Now the work is finished, (or will be by then), we need to tidy up the garden, summer clean the house, ready for the next stage.

Food and drink will be provided, all the tools will be there, but you may want to bring your own.

Or if you just want to see what has been done, have a look and a chat that's fine too.

So come for an hour, or two or the whole time.

The jobs are listed below:

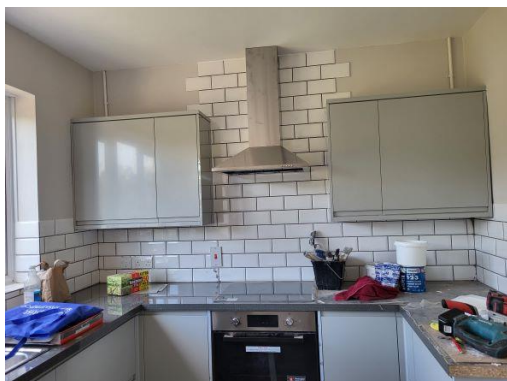
Inside:

Window cleaning (inside), Carpet cleaning /hoover, dusting, cupboard clean down

Outside:

Weeding front and back, Pruning & cutting back, clearing away overgrown bushes and general garden work.

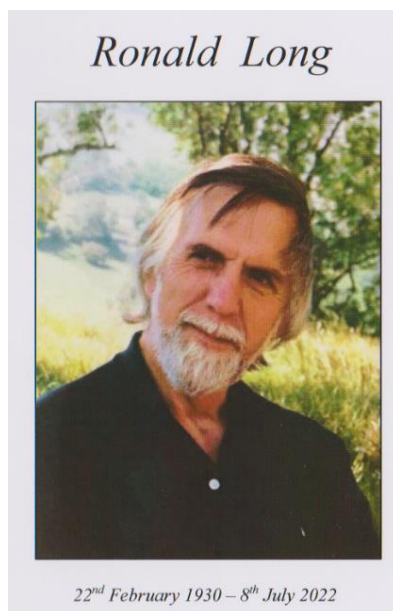
Below are a few pictures of the work that has been done.



Ronald Long – 1930 - 2022

When we moved to HPB in the 1970's it was like joining a family. We got to know a group of people who did so much to make HPB a well-regarded Church in the Baptist Union. They were heavily involved as Deacons, Elders and in the boy's and girl's groups. They were also very welcoming. Sadly over the years many have passed on, some far too early. We have tried to remember them with tributes in the magazine and we do this now for Ron Long. His name may not be recognised by some of today's congregation, but he deserves to be recalled for the hard work he gave for many years. We remember Ron with fondness – he always seemed to have a smile on his face and a kind word to say. We asked Ron's daughter Julia for some thoughts we could include:

The funeral was great - some people look at me strangely when I say that, but it was a genuinely fantastic day and I know Dad would have loved it. All four of us siblings spoke at the funeral plus my daughter Beth and Joyce's son Dave. I wouldn't class any of our words as a proper eulogy, they were more memories of Dad. We attach Beth's words below.



Our dear Grandpa - or Ancient Goat, as he will forever be fondly remembered since his 90th party, when Dave procured an incredible cake which declared 'Happy Birthday Ancient Goat' spelled out in Scrabble tiles. Grandpa's Scrabble score book is a great record of his last year or so, and is a treasured memento detailing who visited him, and just as importantly, who emerged the champion each time - admittedly it was usually the man himself. Grandpa excelled at both Scrabble, and celebrations. Long family affairs have always been happy occasions, and credit really should go to Grandpa for this. Ever offering up a smile, a brightly exclaimed greeting and an enthusiastically involved conversation, you always felt he took genuine

pleasure in seeing you. In fact, Grandpa showed great enjoyment in most things, and I don't remember a cross word - other than a short-lived debate during a Spanish holiday about the correct way to store bananas.

But whether it was letting us rampage round the house in Woodford playing cops and robbers on Bonfire Night, insisting we could have both ice cream AND cream on our apple strudel during Sunday roasts, giving us a tour of his and Joyce's new caravan on the drive at Holmer Green, or reminiscing together about our twinned New Zealand travels, Grandpa was boundlessly cheerful.

In recent years he took great delight in recounting how he came up with a tactic of using his walking frame to pass playing cards during games with his Hughendon Court neighbours in order to bypass Covid rules.

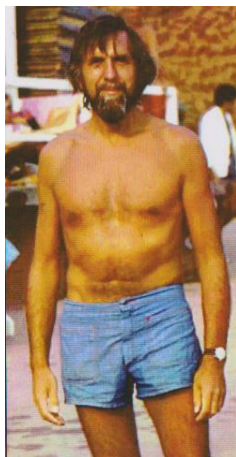
Grandpa approached all things with optimism, and we used to joke that he carried a personal ray of sunshine with him wherever he went. I loved his refusal to let age stop him pursuing adventure - I wasn't there for his last Cornish jaunt, but I saw glorious pictures - his mobility issues didn't stop him from visiting Grandma's bench at Polly Joke beach, wrapped up under a blanket in a specially designed wheelchair, flanked by his proud family.

Grandpa's sharp wit, mischievous twinkle and gentle determination to seek joy in every facet of life are all attributes we can only hope to emulate, and are aptly reflected in this poem by Henry Van Dyke, titled 'Life'.

*Let me but live my life from year to year,
With forward face and unreluctant soul;
Not hurrying to, nor turning from the goal;
Not mourning for the things that disappear
In the dim past, nor holding back in fear
From what the future veils; but with a whole
And happy heart, that pays its toll
To Youth and Age, and travels on with cheer,*

*So let the way wind up the hill or down,
O'er rough or smooth, the journey will be joy:
Still seeking what I sought when but a boy,
New friendship, high adventure and a crown,
My heart will keep the courage of the quest,
And hope the road's last turn will be the best.*

To our Grandpa - and great-Grandpa - a cherished man, who lived a long and happy life - we wish a very fond farewell.



A friend remembers Ron:

It was my great privilege on Thursday 28th July to attend the funeral of a dearly loved and respected former member and Deacon of HPB, Ron Long.

My daughter Beth drove us to the Amersham area. We were pleased to meet (and to be recognised by) the two daughters of Jean and Leslie Durant – Liz and Alison.

The tone of the occasion was set by the Pastor – Anthony Smith as he announced a true celebration of Ron's life.

Whilst at Highams Park Ron and Joan had four children: Simon, Sarah, Julia and David, all of whom spoke lovingly and often humourously of their father. They also spoke lovingly of their mother Joan who, tragically for the young family, died many years ago. Ron's grandchildren also took part in the service with their 'Memories of Grandpa'.

My own husband John was one of a group of jazz lovers from this Church who regularly went to a venue in North Chingford to appreciate 'live' jazz evenings. Others in the group were David and Joan Gwilliams and a certain Joyce Short! The friendship of Ron and Joyce blossomed, and they were duly married at our Church with many a quip as to the 'Long and the Short' of the occasion – a very happy memory.

After prayers and readings it was truly touching to hear David Short (Joyce's son) tell us of the genuine love immediately extended to himself and his sister Paula as they became one rather larger family!

As we filed out of the Crematorium experiencing the steady ache of our own loss, we many of us could feel the quiet nod of approval from Ron himself.

So 'toodle pip' and God bless you, Ron.

Sheila Humphrey



A life well lived

The Boys Brigade - London District Life to Max Event.



I thought it would be nice to share some positive news from the Boys Brigade in London. Even though we no longer have a company at our Church, I still keep in contact with the Battalion and London and below are details of an event, 'Life to Max', that took place on the Saturday 18th June.

'Life 2 the Max', is a fabulous day out for members of The Boys' Brigade in London and those a bit further afield. With activities, rides, shows and more, they are guaranteed to have a great time.

It was great to see over 600 children, young people, and leaders at Felden Lodge on 18th June 2022. With inflatables, funfair rides and so much more on offer, there were lots of smiles wherever you looked and even the weather couldn't dampen the excitement of everyone who attended.

With companies attending from as far away as Stafford and Northampton, the event re-affirmed its place as a key feature of the Boys' Brigade calendar both in the London District area and the England Region.

It was a great fun day, but very tiring, setting up on the Friday, as it was a very, very hot day, **yes even for me!** Any it was fun. The children and young people from all over London had fun and it's good to see that after everything that has gone on that we can all enjoy ourselves.

Jason Close





The Church is sent a copy of the Small Churches Newsletter and we thought that you might like to see one of the articles that contains news from a (fairly) local church

Welcome to the Summer edition of SCC news. May and June have been unusually warm and sunny, and the extra Bank Holiday to celebrate the Queen's Platinum Jubilee was a happy occasion for most people. It was clear that after so many restrictions because of the pandemic and so much conflict and oppression worldwide, the country enjoyed the opportunity to have something positive. In our small churches, some took the opportunity of the Jubilee celebrations to engage with their local community as you will see as you read on.

Waltham Abbey Baptist Church is in the Essex market town where many people decorated their houses, and the main street had bunting and Union flags for the Jubilee weekend. On Thurs 1st June about 300 people gathered in the small field below the Abbey Church for the lighting of the beacon. It was a super atmosphere, with local young people acting & singing, and the U3A group too. On Friday there were street parties around the town, and on Saturday the Town Council put on Afternoon Tea 1950s style in the Town Hall. Then on Sunday, Waltham Abbey Baptist Church had its own Jubilee Celebrations. There was a special service at 11am followed by a fellowship lunch/tea in the church hall. We laid out long tables with Union flag tablecloths and had bunting and balloons all around the hall - it looked so festive! About 70 people came. We all brought and shared food which was Queen Elizabeth related. There were sandwiches of cucumber & mint, salmon & watercress, and ham & mustard. There were also scones with raspberry jam and cream, pies and cakes, and - of course - trifles! We organised a Jubilee quiz with fun facts about the Royal family and Queen Elizabeth, which we all took part in. It was lovely to share together. There was a feeling of thankfulness, gratitude and festivity all around our town."

Christine and Kim at Waltham Abbey Baptist Church.

And this is how we did it in Highams Park:



As the country celebrated the Queen's Platinum Jubilee roads were closed off and people joined together to enjoy the day. This included the part of Selwyn Avenue adjacent to Helwys Court. Among those attending were Doris Thorndyke and her friend Lil. They are pictured here – you can imagine the conversation: 'Well, of course, she is only 96 years old!' Doris is 100 and Lil 99 so in terms of years they outrank the monarch...



The street party looked very well organised and 'a good time was had by all'.



Thanks to Dave 'Snapper' Kendrick for the pictures.

Congratulations to Katherine and Alex and well-done the 17th Pals'!

The 17th Pals' Battalion Band recently journeyed over to Belgium, where it had the privilege of performing once again at the Menin Gate in Ypres and participating in the world-famous Last Post Ceremony. In addition, the band was invited as special guests to the wedding of Katherine Jenkins and Alex Hup at St George's Memorial Church the following day, after which it gave a static performance in the main square.

The wedding took place in sweltering conditions, leading to the bride's father, Steve Jenkins, taking four showers in one afternoon, allowing him to participate with the other band members, which in turn resulted in the necessity of a swift change of clothing from his wedding suit to band uniform, and then back into his suit for the evening reception!



Whilst Katherine and Alex live in the Netherlands, they decided to get married in Ypres, as it was here during Steve's O's Tour in 2017 that they first met – in addition, as well as sharing a deep interest in the First World War, they also both passionately support Leyton Orient.

The 17th Pals' next event will be at the Costermonger's Harvest Festival at St Mary-Le-Bow, Cheapside, in the City of London on Sunday 25th September at 2pm. This is the third consecutive year the band has been invited to participate in this historic and traditional event.

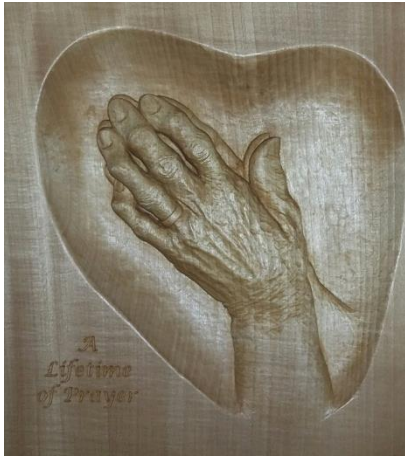
The visit to Ypres was the highlight of the year for the 17th Pals' and it is hoped another European trip will take place in 2023.

The band are always looking for new members – it meets in Cowling Hall on a Wednesday evening at 7.30pm, should you be interested in joining please contact Steve Jenkins at first instance – stevejenkins1881@btinternet.com

Ed's note: Many thanks to Steve for his article and our best wishes to Katherine and Alex. We also have some pictures of the band. We have missed keeping our readers updated on their travels...



Ed's note: We understand that further congratulations are due to Steve – He has recently celebrated a significant birthday, celebrated his and Karon's Wedding Anniversary and retired!



At a recent Sunday Morning Service led by Muneysi Antoniou she took the subject of 'The Lord's Prayer' as her theme. She illustrated a way of praying by using the fingers of the clasped hands.

Time of Prayer:

Let us try something new today to remind us of what we need to pray for. Let's clasp our hands together like this (*palms together, each opposite finger touching the other – doing the prayer hand*). So, each set of fingers will represent what we pray for:

- 1) **The fingers close to our bodies** i.e. the thumbs is to remind us to pray for our loved ones – those close to our hearts, like mum, dad, brothers, sisters, grandparents and our children. We also pray for young people in the community.
- 2) **Pointing fingers** – to remind us of those who point us in the right direction
– Lord we pray for people who point us in the right direction like ministers, teachers, Sunday school teachers, managers all around the world. Please let them direct us in your way as Jesus did to his disciples. We also pray those who come through for us in times of need. Amen
- 3) **Middle fingers:** Tallest fingers – to remind us to pray for those in higher/powerful positions. – Lord, we pray for leaders of the country, police officers, managers at work, headteachers and other people in leadership or powerful positions. May they lead with wisdom that comes from you in their different professions and not exploit others. Amen.
- 4) **Ring fingers:** Also referred as the weakest fingers (if you try to wiggle them you may have a bit of resistance from it to indicate its weakness). - This reminds us to pray for the weak, vulnerable, sick, or having a really hard time in our communities.

- 5) Those who are sick and not able to come to church for different reasons. Lord we also pray for countries affected by war, famine or austerity and other hardships. We do not forget those in our community struggling to make ends meet due to financial constraints following due to the effects of the pandemic, redundancy or cost of living. Please be with them in their time of need. Amen
- 6) **Last smallest finger** – to remind us to not forget to pray for ourselves. We pray for others first and keep ourselves last to remind us that we still matter and it's ok to pray for ourselves. When we pray for ourselves, we can pray for anything – In *silence think of what you would like to pray for yourself* – Amen

On the topic of prayer Paul Raymond has forwarded three prayers – the first two seem very apt in the current state of affairs and the third perhaps refers to how we would like things to be...

There is no scarcity. There is no shortage. No lack of love, of compassion, of joy in the world. There is enough. There is more than enough. - Only fear and greed make us think otherwise.

No one need starve. There is enough land and enough food. No one need die of thirst. There is enough water. No one need live without mercy. There is no end to grace. And we are all instruments of grace. The more we give it, the more we share it, the more we use it, the more God makes. There is no scarcity of love. There is plenty. And always more.

Rosemarie Freeney Harding

A Prayer for Today

Dear Lord

*So far today I am doing all right
I have not gossiped or lost my temper,
Been greedy, grumpy, nasty, or self-indulgent
I have not whinged, nagged, cursed, or eaten any chocolate
I have not charged anything to my credit card
And I thank you for that!*

END OF TERM REPORT

Name: *HPBC Zoom Home Group*

Date from: *Sep 2021* **to:** *July 2022*

We have just enjoyed the final online Zoom Home Group meeting for the current session. Since we started at the beginning of the pandemic the regular Tuesday evening meetings have become a firm fixture for the dozen or so participants. Being an online meeting allows people to join from different places - the Netherlands, an allotment or even a bus or tube. It has also meant that we can be present from Highams Park or Newark.

We have been extremely grateful to Sarah and Paul Raymond for making all the necessary arrangements and for leading many of the sessions. Their commitment and insight have been invaluable. Others have also led sessions with a wide-ranging list of topics such as 'the Gospel songs of Elvis Presley' with personal recollections from Dianne Kendrick of a visit to Gracelands. We spent several weeks looking at the post Crucifixion appearances of Jesus such as on the road to Emmaus. We felt that little attention is paid to this in the Gospels and yet it is so important in the future of Christianity.

As well as the technical wizardry of Zoom we have been indebted to YouTube for being such a repository of appropriate hymns and songs - there always seems to be something that fits in well with the topic we are discussing. We have also had the pleasure of hearing reflections from several people online such as Richard Rohr, an American Franciscan priest and writer on spirituality based in Albuquerque, New Mexico. He has provided food for thought on several occasions. Perhaps, in some ways, the



most memorable sermon was given by Nadia Bolz-Weber a Lutheran Minister and bestselling author. She is not the normal idea of a Minister - she appeared in the pulpit of the Church compete with dog collar and heavily tattooed arms. But the sermon was excellent and made us all think that you should not judge a person by appearances. We felt that it was worthwhile to include (a slightly edited) version of this sermon - it is fairly lengthy

but is thought provoking and, we think, a worthwhile use of your time:

Please remember that this was a sermon to be read and preached to a church full of people and is laid out in that way:

One of the more humbling things about getting older is realizing that you've started to embrace things you use to make fun of. Things like vastly increasing the font size on your cell phone and going to bed at 8:30. And like how if 7 years ago when I was competitively doing crossfit you had told me that I would eventually give it up for – of all things, yoga – something I used to make fun of and that I am not good at all, I would have laughed in your face. Yet here I am, 53 years old and all I do is go on long walks and do yoga badly. I'm a few years into this yoga thing now, and while I still get angry in revolved triangle pose, I've found myself becoming more and more interested in the breath as ridiculous as that might sound. But I'm specifically interested in the breath as a Christian.

I bring this up because there have been several times this week that I have been overcome by fear and rage – which I now have started calling FRAGE. Fear and rage, when combined, are like a speed ball of emotion – together they cause my chest to tighten and my cortisol levels to spike and I guess what I am trying to say is that this week I really could have used a 24-year-old girl from Iowa reminding me to breathe.

Because I could really use some comfort or calming right now – or at least a way to regulate my nervous system. Which is all just a long way of admitting to you that I CHOSE that weird Gospel reading “*There will be signs in the sun, the moon, and the stars, and on the earth distress among nations ... People will faint from fear and foreboding of what is coming upon the world*”

Now, I am usually a lectionary preacher – 99% of the time I choose to preach from whatever text is assigned for that week. And this week I tried. I tried to preach about the story of Jesus sending out the 70 – but all I could think about is if there was ever a time for a good apocalypse it would maybe be now. Ironically, when apocalyptic texts *are* assigned in the lectionary during less stressful times, I tend to groan out loud – like how in the *world* can I possibly preach this bonkers stuff?

But this week? This week I had no idea how I could possibly preach anything else. Now, if you are someone who hears these kinds of apocalyptic messages as terrifying, you are not alone, but they were originally written to have the opposite effect – they were literally written to bring comfort and calm to those living in tumultuous times. To help them regulate their own nervous systems so to speak. And friends, I chose *this* particular apocalypse *People will faint from fear and foreboding of what is coming upon the world* –not just because we are living in some apocalyptic times but because of the way breath shows up in that verse.

Ever since beginning yoga practice, my ears prick up anytime I read about breath in the Bible.... like how in Genesis God breathed into dust to create human beings – how it is from God's own breath the first earthlings were given life– and how the prophet Ezekiel had a vision of a valley of dried bones, and God gave him breath to breathe upon the bones which came together and then danced. Again, breath = life. And how when Jesus died on the cross it was when he breathed his final breath that the text tells us he gave up his spirit.

And how when the resurrected Christ appeared before his disciples who had locked themselves inside a room out of fear, he said peace be with you then he breathed on them and said receive the Holy Spirit.

He breathed on them and said, ‘receive the Holy Spirit’.

So, in our text, when it says *People will faint from fear and foreboding of what is coming upon the world*, I want you to know two things (1). This is an exact description of how I feel right now and (2). the word that is translated here as “faint” in Greek literally means breathing life out. We are a people who will breathe life out of ourselves from fear and foreboding of what is to come. We are a people who can forget to breathe. And if breath is life, then in many ways, fear is death.

But honestly, I am afraid of so many things - I’m afraid of being alone, I’m afraid that I might get sick or the people I love might get sick, I’m afraid of what this political climate might mean for our country, specifically for my Black friends, and my gay son and my young adult daughter, I’m afraid of active shooter situations, I’m afraid of not being in control of my own body through incapacitation or through coercion, I’m afraid of my children making quick choices that might have lasting implications. And strangely I’m also afraid of stepping on spiders because I’m afraid they may have some secret way of communicating with all the other spiders around and they will all know that I am a spider killer, and they will all come and get me when I least suspect it.

But if I go through my fear list again, I see that not one of those things are happening right now. So I invite you, to consider what are *you* afraid of? I mean, really afraid of?

And to think – is any of that happening right now in this moment. Whatever you fear, I want to give you this apocalyptic message – whatever your fears are – they may be real, but they are not the most real thing. Not for nothing, but Jesus said do not be afraid...do not worry about what the future holds, do not miss out on what is most real, like basically all the time. But why would he make such a point of saying that all the time? Well, maybe Jesus isn’t trying to get us to add alertness and not being afraid to our spiritual to-do list. I think he’s inviting us into what we now call mindfulness, inviting us to be present to our breath, he’s inviting us into present moment presence – not because he wants to make us spiritual and good, but because he wants to be with us, and God is always closest to us in the present moment.

Maybe God gave us the breath of life so that we might experience this life with God. When Moses asked God’s name, he wasn’t given a name name, he was given Yeh Wah – which some say is not a name, but a sound - the sound of breath itself, it is God saying ‘who I am is the one who gives breath inhale –’ yeh, exhale - weh.

‘Which, strangely, makes me contemplate gaseous oxygen. Gaseous oxygen that magic thing that allows for life here on Earth and yet is so rare in the universe... I wonder if in that moment of creation, when God breathed into dust and gave humans a living soul, if it was oxygen is, itself...could it be that oxygen is the breath of God that we still take into our very lungs. It has been with us and sustained us since creation. And if so...I am in awe at how it only exists in this particular form here on this tiny blue planet.

We live in an unfathomably vast universe and the only place we know where breath is even possible is here.

Inhale - Yeh...exhale - weh.

If it's true that the only life that exists in a universe billions of light years across is on this tiny dust mite of a planet - then yes, there is still much to fear, but let us not hold our breath and miss how unspeakably beautiful and magnificent it is that against all the odds in the universe, we get to breathe air and think thoughts and love people, and walk in parks, and hold babies, and eat pizza and be bad at yoga.

Which brings me back to apocalyptic texts - with all the freaky imagery, with all the wars and rumours of wars and destruction and portents in the skies, and seven headed beasts – apocalyptic literature was really just a coded way of saying to people in crisis, that none of this is new. That wars and tyrants and disasters and insurrections are real, but they are not the most real thing. I chose this text because apocalyptic texts are meant to offer comfort and calm within a big hope filled message: that dominant powers are not ultimate powers. Pandemics rage and human violence erupts, and powerful people exert dominance AND this has all happened before and God is still around – God is still as close to us as our very next breath. Empires fall, tyrants fade, Crises come and go – and the God who created us is still around, as close to us as our very next breath.

Apocalyptic texts offer us a living, breathing faith in the midst of absolute dumpster fires. (Note: 'dumpster fires' in America are defined as 'a chaotic or disastrously mishandled situation')

But just to be clear, I may still very well get sick, or my young adult children might screw up in a way that forever changes their lives. Things may very well continue to get worse especially for those who have the least amount of power. So faith doesn't mean that the bad things we fear won't happen in the future, faith just means that in the midst of all of it, we have access to spiritual microscopes and a spiritual telescope. Even in the midst of turmoil, when the fear and foreboding of what may come starts to shorten our breath we can look through the aperture of faith for the smallest things showing up as the presence of God in this moment and this breath – we get to slow down and see a hundred tiny beautiful gifts in every moment –things like the particular green of the leaves right now and the sound of babies and the taste of bread and wine. And when the fear and foreboding of what may come starts to shorten our breath, we also get to glimpse at what is so much bigger – we can look at the goodness of God in the stories of our ancestors in the faith who endured and prevailed. Through this telescopic lens we see that we are a small part of a very very big story. And you can return over and over as many times as you need to - to the knowledge that God is already present in the future you are worried about and none of the things you fear about the future are as real as this present moment. So no need to miss what is most real. This moment right now, as you sit there, and I stand here this is all we have. The air we are breathing right now, the room we are in right now, the people we are with right now. Here Christ is among us bringing peace he is still breathing on us and saying receive the holy spirit. Let not fear and foreboding keep us from drinking that in.

Inhale - yeh exhale - weh. amen.

The History of Hymns

We continue with our series of friends' favourite hymns/praise songs; we are grateful to Hazel Ansell who has chosen the following as her favourite hymn.

Be Still for the Presence of the Lord" is a contemporary hymn written by British songwriter David J. Evans in 1986. Evans was involved in the charismatic movement but felt that some of its worship risked treating God in a trivial fashion. Specifically, he was inspired by the phrase in the Old Testament – "then Jacob awoke from his sleep and said 'surely the Lord is in this place and I did not know it.'" Also inspirational was Exodus 3: 1–6, where Moses met the Yahweh at the burning bush.

Be still for the presence of the Lord
The Holy one is here
Come bow before him now
In reverence and fear
In Him no sin is found
We stand on Holy ground
Be still for the presence of the Lord
The Holy one is here.

Be still for the glory of the Lord
Is shining all around
He burns with Holy fire
With splendour He is crowned
How awesome is the sight
Our radiant King of light
Be still for the glory of the Lord
Is shining all around.

Be still for the power of the Lord
Is moving in this place
He comes to cleanse and heal
To minister His grace
No work too hard for Him
In faith receive from Him
Be still for the power of the Lord
Is moving in this place.



David J. Evans writes; *'My principal claim to fame is as the writer of 'Be Still For the Presence of the Lord' about which the BBC Songs of Praise website writes: 'this contemporary worship song, written in the 1980's by composer David Evans has become one of the most widely used songs of the last 50 years'. Indeed in 2013 Songs of Praise viewers voted it as their third favourite hymn of all time. 'Be Still' has also been sung in churches all over the world and translated into many languages. Aled Jones says, 'whenever I sing it, I can feel I've got a connection with a spiritual being... Touched by magic dust.' The collection of recordings on YouTube have received several million views between them, and whenever I'm tempted to feel a bit sorry for myself, I go and read some of the many beautiful comments that people have left there. What a privilege it is to have written words and music that have found such a special place in the hearts of so many'.*



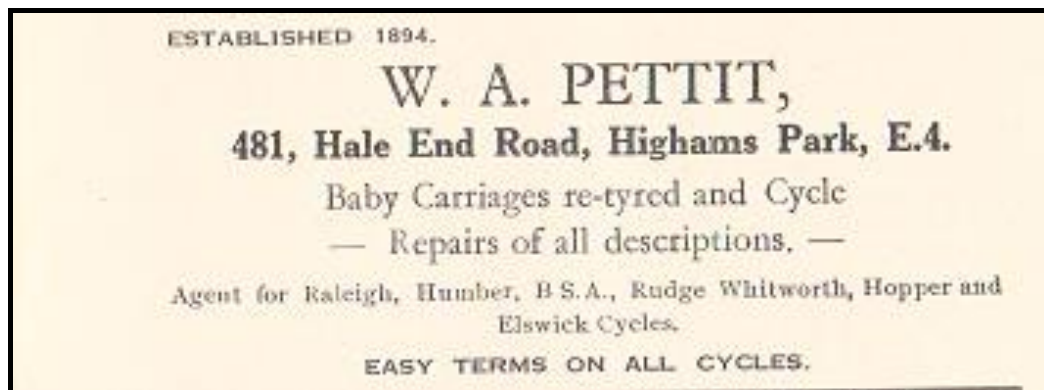
Readers may remember that in a recent issue we wrote about DCSA (the Discount Clothing Supply Association) based upon their advertisements which were part of the Church Magazine in the 1930's. We shall take another look and see what other companies or shops felt it worth their while to take a space to present their services or wares.

There is a theory that some people's surnames play a part in choosing their careers – it is called 'nominative determinism'. Examples of this would be a book on polar explorations written by Daniel Snowman or the fact that Dr. Ashley Seawright is an eye specialist. A similar effect can be seen in a number of magazine advertisements for Wilfred. L Gaze.

<p>AN IMPORTANT QUESTION ?</p> <p>“ Whom shall I see about my eyes ? ” This is an important question. A great many people have discovered a satisfactory answer by consulting the undermentioned. The personal services and advice of a Qualified Consulting Optician are given in every case. When glasses are advised they are made to very high standards of scientific accuracy, at modest cost. An eye examination will occupy about half an hour of your time and an appointment to suit your convenience will gladly be made.</p> <p>Consult . . .</p> <p>WILFRED L. GAZE, F.B.O.A. (Hons.), F.S.M.C. (Hons.)</p> <p>10 The Avenue, Highams Park, E.4.</p> <p>Phone: WALTHAMSTOW 1727.</p> <p><small>HALE END PRESS, CAVENDISH ROAD, E.4.</small></p>	<p>YOUR Snapshots hand coloured BY OUR “TINTO-SNAP” PROCESS</p> <p>How different a scene looks on a dull day in Winter to what it does on a sunny day in Summer—just the difference between a Snapshot and a hand coloured “Tinto-Snap” enlargement. Colour gives LIFE to your snapshots whether they be of a rosy-checked youngster or a scene that you admired. Convince yourself by trying a postcard size “Tinto-Snap,” the cost is trifling—only 1/3</p> <p>Developing & Printing <small>BY EXPERTS.</small> Quickest Service for BEST RESULTS</p> <p>ALL PHOTOGRAPHIC SUPPLIES. <small>DEPOT FOR:</small> Kodak, Selo, Ensign & Agfa Films.</p> <p>GAZE & CO. Dispensing Chemists. —Sight Testing Opticians.— 10, THE AVENUE & 27, WINCHESTER ROAD, HIGHAMS PARK, E.4. Phone: WALTHAMSTOW 1727.</p> <p><small>HALE END PRESS, CAVENDISH ROAD, E.4.</small></p>
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He had a shop at number 10, The Avenue where he was a 'Qualified Consulting Optician'. The old magazines that we have in the archive from this period run from 1933 to 1938 and in all we hear from Mr. Gaze. The interesting thing is that he appears to have predated companies such as Boots in that he was not only an optician but also offered a dispensing chemist service, provided photographic supplies including developing and printing. In only one advert is there a mention of another premises at 27, Winchester Road.

During the research about Mr. Gaze I came across an advert for W. A. Pettit at 481, Hale End Road. He offered a service re-tyring baby carriages and cycle repairs, as well as being the local agents for a number of cycle brands (most of which are forgotten now). Could this be the forerunner of Heales Cycles? Well, it is in roughly the same area – Heales Cycles were established in 1936 but at 477, Hale End Road – 481, Hale End Road is now the address of the Post Office. Is there a mystery – have the premises been re-numbered? I do remember that next door to the original Heales shop was a very small shop tucked into the corner between the houses and the bicycle shop. This sold wool etc. but later was empty for a large number of years. It has now become part of the new cycle shop so were property numbers changed – not to forget that there was a shoe menders between Heales and the Post Office (and I have no idea of the number there!).



It sounds like baby carriages got a lot more use in those days... and what happened to all those makes of bicycles?

Highams Park Day

On Saturday 16th July the long awaited Highams Park day took place. It was glorious weather which certainly helped bring out the crowds to this free community event organised by the 'The Highams Park Society' and 'The Friends of The Highams Park'

It had a 'village fete' atmosphere and had a variety of stalls including refreshments – gratefully welcomed by everyone on this hot day – crafts, face painting, toys and games, locally made products and much more.

Mannings Fun Fair was also in the park and was an added attraction for the many children present and also those 'young at heart'!!



Lots to see and do



You could buy a selection of produce



Listen to music or just sit and watch the world go by...

Our thanks go to Dave Kendrick for the words and pictures

CHURCH DIARY

August

Sunday 7th	10 am	Morning Service Led by Amanda Edwards
Saturday 13 th	10 am till 3 pm	Manse Garden/Clean-up day
Sunday 14th	10 am	Morning Service with Communion Led by Robert Jenkins
Sunday 14 th	12.30 pm	Church Picnic
Sunday 21 st	10 am	Morning Service Led by Jason Close
Sunday 28th	10 am	Morning Service Led by Dr. Paul Davies

September

Sunday 4 th	10 am	Morning Service with Sunday School Led by TBC
Sunday 11th	10 am	Morning Service with Communion Led by Amanda Edwards
Sunday 11 th	12.30 pm	Church Picnic
Sunday 18th	10 am	Morning Service with Sunday School Led by Tuesday Home Group
	11.30 am	Followed by Church Members meeting
Sunday 25th	10 am	All Age Morning Harvest Service and Lunch Led by Jason Close