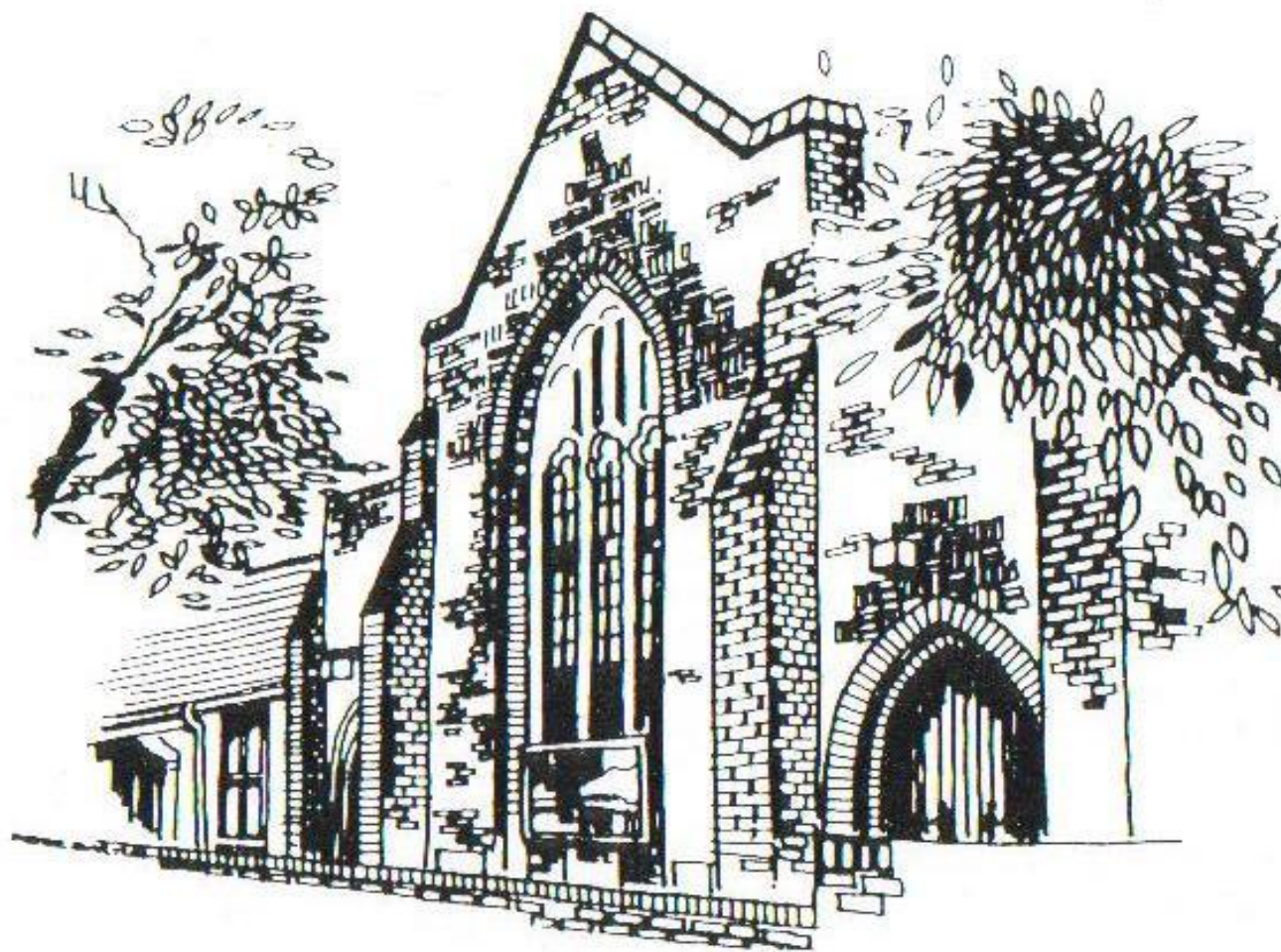




*The Magazine*  
*of*  
**Highams Park Baptist  
Church**

Cavendish Road, E.4.



**FEBRUARY / MARCH 2019**

# CHURCH PROGRAMME



**SUNDAY SERVICES:** 10.00 a.m. Morning Worship (including a crèche and groups for children and young people)

Holy Communion is conducted regularly within the Services. We invite all who believe in Jesus as Lord and Saviour to eat and drink in Communion. Please see the Church Diary (at the back of the magazine) for details.

**Monday** Gathered Prayer 10.00 – 11.00am at the Church  
An opportunity to pray for the life and work of the Church and for the local community

**Friday:** Boys Brigade and Girls Association:  
Anchors (For boys and girls in school years 1-3)  
combined with  
Juniors (For boys and girls in school years 4-6) 6.30 - 8:00 pm  
Company Section 7.00 - 8.30pm

**Cell Groups:** The cell groups are small groups of people that meet together every other week for friendship, support, Bible study / application. It would be great if you wanted to try one of the groups.

Thursday Cell Group: 2.00 – 3.30pm, contact Sheila on 020 8531 5480

The deadline for items for the next edition is Sunday March 17th 2019  
Editors: Dave & Jacquie Lyus, 020 8527 1505 Email: [davelyus@yahoo.co.uk](mailto:davelyus@yahoo.co.uk)



**Cavendish Road, London E4 9NG**  
**February /March 2019**

<p><b><i>Minister:</i></b></p> <p><b><i>Rev. Rosemary Eaton</i></b> <b><i>21, Warboys Crescent,</i></b> <b><i>Highams Park,</i></b> <b><i>London, E4 9HR</i></b></p> <p><b>☎ 020 8523 5056</b></p>	<p><b><i>Church Secretary:</i></b></p> <p><b><i>Ruth Underhay,</i></b> <b><i>249, The Avenue,</i></b> <b><i>Highams Park,</i></b> <b><i>London E4 9SE</i></b></p> <p><b>☎ 07593 421214</b></p>
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*Through all the changing scenes of life,  
In trouble and in joy,  
The praises of my God shall still  
My heart and tongue employ.*  
*Nicholas Brady (1659 - 1726) and Nahum Tate (1652 - 1715)*

The words of this old hymn were inspired by Psalm 34, which begins *I will extol the LORD at all times; his praise will always be on my lips*. Nicholas Brady and Nahum Tate wrote at a time of significant religious change in Britain and Europe. Through the hymn, the authors perhaps hoped to encourage Christians to continue praising God despite the changing and sometimes troubled times in which they lived.

2018 was a year of changes here at Highams Park Baptist Church. There was the usual mix of 'troubles and joy' that is a fact of our human lives. There have been times of great celebration and times of great sadness. We have laughed together and grieved together. And through it all we have done our best to continue to praise God with both 'heart and tongue'.

Our buildings have seen change too as the programme of refurbishment and the upgrading of our facilities drew to an end. Thanks are due to Sheila for overseeing this project with the support of Jason, Dave and other members. Managing the assorted contractors brought its own 'troubles' but the increasing number of groups using the premises rejoice with us in the improvements that have been made.

At the heart of all that has been achieved is a vibrant and caring community where all are welcome. Each week we meet to bring praise to God with 'heart and tongue' with the help of the worship group that has developed and grown through the year. It has been a joy to welcome two new church members in 2018 and to be planning a baptismal service early in 2019 for others wishing to make a commitment to Christ in this special way.

The 'changing scenes of life' will no doubt continue to bring both troubles and joy in the year ahead. Whatever comes, we move forward together praising God and trusting him for strength to continue in our Christian faith through the changing times in which we live.

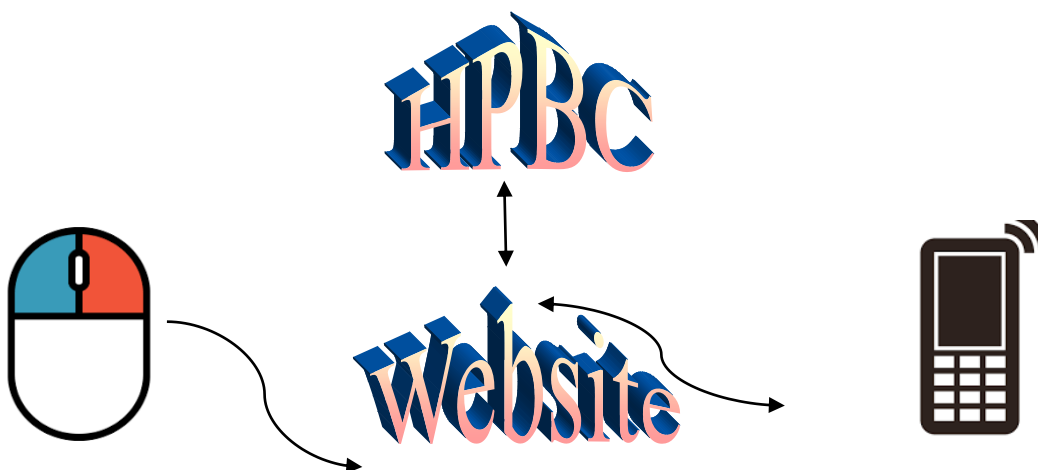
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## The Church Website

Many of you will have noticed that the Church website (hpbc.co.uk) has been changed to become more relevant for today's needs. Ray Eaton has taken over responsibility for the site, and we thank him for the efforts he has put into it. Coupled with this is the fact that we now have Wi-Fi access within the church. Notices around the church give details of the password and the use of quick read code (QRC) from mobile phones allow easy access to both the Wi-Fi and the website. I understand that the app for reading the codes comes as standard on i-phones and is available to download for Android phones. The code to access the website is shown on the Church Programme page and looks like this:



Do please take some time to look at the 'new and improved' website.



You can read what our favourite spider thinks about this later...

# Cavendish Circular



Once the magic and excitement of Christmas has gone and the new year begins in earnest, life can seem a trifle flat, and the weather often reflects this state of mind by becoming decidedly wintry. As I write, snow is forecast over much of Britain and London has already had a light dusting! For those of us who are able to get out and about life may prove more difficult but for those confined to home these early months can be a lonely and frustrating time and later in this issue Dave Kendrick writes about the problems of loneliness. We think of those of our Fellowship who are unable to worship with us regularly. A phone call, letter or visit can make such a difference to the day when one is reliant on others for contact with the outside world so if you have a little time please do remember them.

Doris Thorndyke continues to recover from her fall last year and is becoming more mobile at home. We look forward to the time when she can once again get out and about and to Church and Cell Group. Lynda Lewis-Azayear has had another fall but it was good to see her at Sunday worship a couple of weeks ago and hopefully her recovery will be trouble free now. Mavis Grint and June Tresadern continue to be housebound and we remember them in our prayers. Joan Ashley spent a considerable time in hospital and convalescence towards the end of last year but Hazel Ansell, who maintains regular contact with her, delivering the weekly service tapes and our magazine, reports that Joan is now home and recovering well.

Hearty congratulations go to our former Church Secretary Phil Slaney and Wendy Sandilands who announced their engagement at the end of last year. Our loving best wishes to them both for their future life together.

Just before we went to print we heard the sad news that Rosemary's father Peter, had passed away in hospital. He had been in frail health for some time. We send Rosemary, her mother Enid, and brother Stephen and all the family our loving condolences at this time. Rosemary and Ray will be travelling to Somerset over the next few days and we wish them safe journeying; we pray for God's loving presence to be with them as they remember all that Peter meant to them and celebrate his life. JL

# Christmas at HPB

or

## 'Brilliant - they won't be expecting that!'

I suppose Christmas gets under way fairly early in the year when decisions are made about what form the Nativity will take - the script, the costumes and the actors! More of this later...



But for now the tree and decorations are in place and the Advent Candles wait their turn at being lit...

As far as the actual celebrations are concerned we start on the first Sunday in December when Christmas Cards begin rolling in to the Church Post-box - as ever, over the time the box is open, lots and lots of cards are posted and we have to thank David and Dianne Kendrick for their efforts at sorting them out and helping with distribution. But this was just the beginning.

On the 11th over 40 of us enjoyed an evening of food, drink and fellowship at a pre Christmas get together at the Harvester in New Road - our thanks go to Bob Jenkins for his hard work in arranging this.



Rosemary and Ray were kind enough to have an 'Open House' afternoon at the Manse on Saturday 15th. the weather was a little unkind (it rained really hard!) but the welcome was warm. We were all invited to take along a contribution of food and this together with that provided by Rosemary and Ray made an excellent spread. Certainly a great afternoon.

Things really got underway as far as the church is concerned with the Nativity on Sunday 16th - over the years the theme has changed in seeing the birth of Jesus from different points of view. And this year? Well imagine that you are God in heaven surrounded by Angels and discussing how best to come to worship God.



How about sending God's representative on Earth? That sounds like a plan - and even better if he is a baby. This is where the 'Brilliant - they won't be expecting that' of the title starts, as announced loudly and quite often by James Raymond... and make the mother a virgin, have the baby born in a stable, visits by shepherds and wise men and upsetting the Romans in the form of Herod - well, they certainly won't be

expecting that!

Never before have so many angels been seen at one time on our stage - plus of course Joseph and Mary and assorted shepherds and Magi. Of course there was audience (congregation) participation by way of joining in the singing. Our great thanks go to Mandy and her band of helpers for putting on a noteworthy presentation. What will they think of for next year...?



Oh, and of course there was a star to follow:



Later in the day there was the chance to get some presents or food as the Highams Park Planning Group held their Christmas Fayre with an artisan food market in the station car park whilst crafts were on display and sale in Signalman's Walk by the Tesco store. The afternoon finished with Carol Singing.

On the 17th the Churches Together in Highams Park came together in the late afternoon to sing Carols to the homebound commuters at the station and also handed out flyers detailing the Christmas Services at the various churches.

A new type of worshipping for us took place on the next Sunday. Those of you who read the magazine carefully might have noticed that there was to be 'An all Age Café Service'. For this the chairs were taken out of their usual neat rows and placed around tables dotted about. Serve tea, coffee and cakes in the church and hold a service. By all accounts a very well received idea.



If that was not enough for one day there was an evening service as well. All the chairs were put back, the tables removed and the candles lit for our 'Carols by Candlelight' service. Perhaps not quite 'Carols from Kings' but it was well attended and the retelling of the Christmas story together

with traditional carols was enjoyed. As ever our thanks go to Peter Bartle assisted by Phil Slaney for setting up the candles which make such a difference to the feeling of calm and serenity.

The candles were lit again for the Christmas Eve Communion Service. This again was well supported and it was good to see friends old and new who like to spend this brief time together before the busyness of Christmas Day ensues.

One last Christmas event to take place and it was the usual Christmas Morning Service with an opportunity to discuss presents and wish everybody the compliments of the season...



But of course December had not finished - there was still Sunday the 30th to come. Phil Slaney took the service and started with some excellent news in that he and Wendy are to be married.

After we had digested this news Phil went on to explain that in the service he would ask various people to say a few words about how they used their faith to help others. This got underway with Dianne Kendrick talking to Elise Burke about how she had started a group at school to discuss matters with a religious viewpoint. This had the blessing of the school staff and it was good to hear that it seemed to be more successful than originally hoped.

Elise's father Peter then told how he had been able to work in his bus garage to bring together some of his colleagues to help in the community by way of starting a food bank and giving practical help to those in need. He also told that he had written a children's book - we hope to find out more about this.

Dave and Dianne Kendrick along with others from HPB had been involved with the 'Christmas Inn' project run at Winchester Road Methodist Church. This brought together people who would otherwise have been on their own at Christmas and provided a meal and a chance to chat. Dave highlighted the problems of loneliness amongst people today. We listened to Ralph McTell's 'Street's of London'. This was written in 1969 and fifty years later is just as relevant and thought provoking. Dave has written an article on loneliness later in the magazine.

Tony Antoniou described how he was involved with the Christian Kitchen which provides hot food from a converted ice cream van in the High Street area to some 40 or 50 people each night. Their website explains how it came about:

*'The Christian Kitchen started 25 years ago by a lady who saw a man asleep in an empty garage. Worried for his health she made dinner for him and left it outside the garage. The next day the food was gone.*

*This exchange occurred every day for a while until she asked if there were others like him who lived on the street with no hot food. She was shocked to find out just how many people there were living on the streets in her local area and enlisted the help of her church and the YMCA to start a movement, and then Christian Kitchen was created!*



*YMCA is no longer involved in our work, but a large team unpaid volunteers from over 15 churches of all denominations, as well as members from the general public not associated with a place of worship, still head out each and every night to feed those less fortunate than themselves.*

*With no help from either government nor grants, our funding and donations come from local churches, small businesses,*

*borough schools and individuals'.*

Finally we heard from Wendy Sandilands about how, on a visit to family, she decided she needed to find a church in which to worship. HPB was on the list and she walked past it couple of times without coming in (and tried another local church) and eventually, having found the welcoming messages outside, took the plunge and came in. She initially left at the end of the services but eventually found us so welcoming that she stayed for coffee - and the rest, as they say, is history...

With that the service drew to a close and a group of people then cleared away all the decorations and stored them away for December 2019.

Christmas 2018 at HPB was over!

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## **LONELINESS**

Mother Teresa once said:

"Loneliness and the feeling of being unwanted is the most terrible poverty."

Age UK recently reported:

- 3.6 million older people in the UK live alone of whom 2 million are aged 75+
- 1.9 million older people often feel ignored or invisible.

Loneliness is a challenge many must now live with; indeed, a minister for loneliness, a project first started by the late MP Jo Cox, has been announced by Downing Street. Tracey Crouch said she was proud to take on the 'generational challenge' to tackle an issue affecting about nine million UK people, young and old. A recent poll found loneliness is widespread across all generations, with young people just as likely to feel isolated as the elderly.

More than one in 10 go for more than a week without seeing or speaking to a friend, relative or neighbour. Just over one in 10 of 18 to 34-year-olds are in daily contact with their neighbours compared with nearly three in 10 of those aged 55 and over. Seven in 10 young adults report feeling lonely, compared with one-third of the older generation. They are also more likely to go without company for longer periods.

People surveyed admitted they have caught a bus, gone to a coffee shop or gone shopping for human contact. Loneliness is particularly high in London, with 60% of adults admitting to feeling lonely. The 'least lonely' regions are Wales and the East Midlands, both with 46%.

### **How to help lonely elderly people**

- Start a conversation Stop and talk. Don't hurry them.
- Offer practical help, such as shopping, posting a letter, picking up prescriptions or walking their dog.
- Offer to accompany them or give them a lift to medical appointments, the library, hairdressers or faith services.
- Share your time - volunteer with an organisation that has befriending services matching you with an isolated elderly person for home visits or regular phone calls.
- Help with household tasks - offer to take out the rubbish, change light bulbs or put up pictures.
- Share a meal - take round an extra plate of hot home-cooked food or a frozen portion.

### **..... and lonely younger people**

- Reach out. Arrange to meet face to face or talk on the phone.
- Encourage people to start conversations, whether a short face-to-face chat or joining an online discussion.
- Offer to go to a class or group activity with them.
- Suggest they look for talking treatments in their local area to help them manage the mental health effects of loneliness or recommend an online support community like Elefriends.
- Listen and don't make assumptions. People can feel lonely even if it looks like they have a busy and full life.

*Source of help advice: NHS*

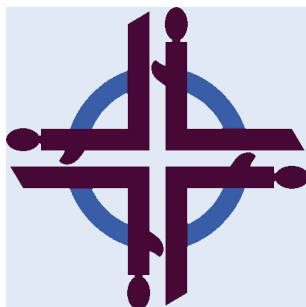
Dave Kendrick



Everything is ready and the invitation is for everyone - men, women and children of all ages to join this Day of Prayer.\* Women of Slovenia, one of the smallest and youngest countries in Europe, have prepared this year's service and they encourage us to reflect on the barriers they have faced since the end of the Second World War when their country was a part of Yugoslavia, a Marxist socialist republic. They share the challenges they have met and the hopes they have for the future.

World Day of Prayer is an international, inter-church organisation which enables us to hear the thoughts of women from all parts of the world: their hopes, concerns and prayers. The preparation for the day is vast. An international committee is based in New York and there are national committees in each participating country. Regional conferences meet to consider the service and then local groups make their plans. Finally, at a church near you on Friday March 1<sup>st</sup> 2019 people will gather to celebrate the service prepared by the women of Slovenia.

The Day of Prayer is celebrated in over 120 countries. It begins in Samoa and prayer in native languages travels throughout the world --- through Asia, Africa, the Middle East, Europe and the Americas before finishing in American Samoa some 38 hours later.



This year the service is to be held at HPBC on March 1st. The time of the service will be shown on posters on the Church Notice Board or from Hazel Ansell.

Refreshments will be served after the service.



The  
Nationwide  
Christian  
Trust

## EVENTS AT MULBERRY HOUSE

# Saturday Night Special

**SPECIAL GUEST** Diane Louise Jordan

*Saturday 2nd March 7pm - £26 per person*

- Glass of wine or soft drink on arrival
- Three course meal
- After dinner speaker

Much-loved television and radio personality Diane Louise Jordan is often referred to as a “presenter across boundaries” in recognition of her natural ability to relate to many from all walks of life; be it interviewing HRH The Prince of Wales or spending time with South American street children.

Diane came to prominence in 1990 when she joined the legendary Blue Peter. Since then she’s been a familiar face and voice on our screens and airways, most notably Songs of Praise and Radio 2’s The Sunday Hour.

Perhaps less known is Diane’s dedication to supporting families through her advocacy and mentoring work. In 2008 she helped former Death Row convict Kenny Richey adjust to life and reacquaint with family after spending years in solitary confinement.



Closer to home in 1989, just months before joining Blue Peter, Diane became mum to her two year old niece, when her sister suddenly died. In many ways this experience was the catalyst for Diane’s motivation to see all children raised in loving, secure family homes.

Diane is currently an Ambassador for Family Futures, the pioneering adoption and therapeutic agency. She’s also been a trustee for BBC Children in Need and The Prince’s Trust.

Concerned about the levels of family breakdown and its adverse effect on a child’s ability to thrive, Diane will be speaking about how the church community can trail blaze support for families and young people.

Happily married to violinist Giles Broadbent, adoptive mum to Justine and granny to three, Diane’s overriding passion is to see families thrive.



@NCTMulberryLife

Nationwide Christian Trust, Mulberry House  
Chelmsford Road, High Ongar, Essex CM5 9NL  
nationwidechristiantrust.com

Call or Click: 01277 365 398

OPTION  
FOUR



ONLINE  
BOOKING

I attach details of a very important event coming up at Mulberry House in Ongar. Can I please urge you to support this if you are able and I will be more than happy to book a table. Diane Louise Jordan is not just a former Blue Peter presenter!! She will be talking about her life in many different capacities after a special inclusive three course meal.

Please see Bob Jenkins for more details.

# The Tottenham Outrage



I have a blue plaque on the outside of my house which commemorates the Tottenham Outrage in 1909. This was a robbery of wages from a rubber factory in Tottenham by two Russian anarchists, Paul Helfield and Jacob Lepidus. After a struggle with the chauffeur and a clerk carrying the money, it resulted in a chase of policemen and civilians which lasted more than two hours and covered a distance of more than six miles.

During the chase a tram and milk float were highjacked and many people injured including a policeman and young boy were killed.

Jacob Lepidus finally took cover in the front bedroom of the cottage where my flat now stands in Oakhill where he shot himself dead.

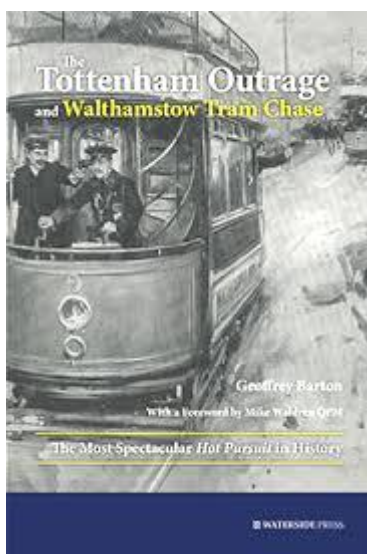
Tearaway film company were making a short film about the Tottenham Outrage and contacted me to ask if they could use my flat to film a scene of Jacob Lepidus looking out from my window. It all sounded very exciting, a date was set, not too much preparation on my part. They asked if my flat could be warm as the actor would be wet and cold after walking along the River Ching!

Other residents had been notified as there would be evidence of pistols being fired and the crew had to be escorted by the police on route.

A few of the Highams Park Society members had been invited to meet in the Oak pub afterwards where the filming continued with various people saying a few words.

This four minute film was due to be shown on The One Show on BBC One on Wednesday 23rd January 2019, which was the 110th anniversary of the Tottenham Outrage.

*Jenny Cove*



*Ed's Note:* The BBC decided to show the piece two days early!

Waterside Press have issued a very interesting book relating the whole story of the outrage. we are sure that V & A Books will be delighted to sell you a copy.

# Blueberry muffins



Ready in **30 mins**

Serves: **12**

## Ingredients

- 200g (7 oz) plain flour
- 140g (5 oz) fresh blueberries
- 1 egg white
- 1 tablespoon rapeseed oil
- 110ml (4 fl oz) skimmed milk
- 2 tablespoons butter, melted
- 1 dessertspoon baking powder
- 1/4 teaspoon salt
- 100g (4 oz) caster sugar

## Preparation method

Prep: **10 mins** | Cook: **20 mins**

1. Preheat oven to 200 C / Gas mark 6. Lightly grease a 12-cup muffin tin. Set aside.
2. Mix 4 tablespoons of the flour with the blueberries. Set aside. Beat egg white and 1 tablespoon oil lightly in bowl. Stir in milk and melted butter.
3. In separate bowl, mix together flour, baking powder, salt and sugar.
4. Sift dry ingredient mixture over egg white mixture.
5. Stir just long enough to moisten flour. The batter will look lumpy. **DO NOT OVERMIX.**
6. Fold in blueberries.
7. Fill each cup two thirds full with batter.
8. Bake in preheated oven 20 to 25 minutes or until golden brown.

**EAT!**

*Our resident chef - Rob Edwards*

## SPONSORED CHILD VISIT

In October 2007, HPB's Sunday morning service included a presentation by a speaker from the charity Compassion. We heard about their work around the world and how so many children have been lifted out of poverty, given an education and their families supported, through sponsorship. As a teacher, this had a deep effect on me.

After the service, I chatted to the Compassion presenter and eventually signed up to become a sponsor. Then I was faced with a spread of photographs and asked to choose a child. That was a big ask – these beautiful faces all looking back at me, all needing sponsorship. Then I noticed four year old Sindi, from Honduras, and my mind was made up. Not only did her smile win my heart, but there was a family link too. My cousin Sharon in New Zealand (second cousin to be precise) is married to Honduran born Luis, so Sindi was the perfect choice. And so the sponsorship began, with letters and photos being exchanged three or four times a year.



Fast forward to Tuesday 18<sup>th</sup> September, 2018, a day that did not seem possible, until two months earlier. On this day, I met up with Sindi, now aged fifteen. Given that Honduras is arguably one of the most dangerous and politically unstable countries in the world, from where people are leaving in their thousands, in order to escape the two main cities where violent gangs are virtually in control, it seemed like the impossible was about to happen.

My cousins, Sharon and Luis, along with their teenage daughter Maya, were going to be spending a month in Honduras, as part of Sharon's post PhD research, and to visit family, so this was the perfect opportunity. Prior to this, they had been based in Cuba doing research, so I had been planning to visit them there, as the political situation was too unstable in Honduras.





They had had to leave Cuba due to visa restrictions and were now going to be in Honduras for a longer period of time.

I contacted Compassion and found that recent visiting restrictions had been lifted, so a visit was possible, although I had less time available than what was usually needed for Compassion to make the arrangements. Things happened very quickly – application forms filled, police checks completed, accommodation found and flights booked. I was able to spend two weeks in Honduras with my cousins, seeing the safe parts of this beautiful country and meeting some wonderful people.

Compassion arranged everything connected with my visit to meet Sindi and her family. At 9am on the day, we met Joel, who was to be my host, translator (Spanish is spoken in Honduras) and driver for the day, at a petrol station on the outskirts of Tegucigalpa, the capital city. He arrived, driving a four wheel drive ute and, after Luis had ascertained that he was from Compassion, Joel and I left for Sindi's project. It was situated about 40 minutes away, on the north west outskirts of the city.

When we turned off and headed up a steep roughly sealed road, I realised that we were entering a very poor area of the city. At the bottom, we picked up one of the Compassion staff, Guadeloupe, who was one of the guardians for the day. As we made our way up, the road



became steeper, rocky, narrow and bumpy, with a variety of roughly built houses along the way, and some more sturdy looking than others. Certain buildings such as the churches and schools looked quite well-built, but many houses were roughly built. There were people and dogs milling around

everywhere.

Sindi's project, Principe de Paz, was situated high up in this poor hillside community, in a plain looking



concrete building. The door was open when we arrived, with a group of people waiting inside.



Very quickly, I noticed that one of the group was Sindi - she stepped forward as I stepped through the doorway.

I recognised her straight away and it was a very emotional few minutes as we hugged each other and cried tears of joy. It was just wonderful to meet this lovely young lady, who I had known only through letters and photos, and had sponsored for all those years.

Sindi's mother, Irene, was there too, and she hugged me and cried, as she kept saying 'gracias', as Joel took photos of us. A special sign board with a welcome in Spanish and my name, 'Miss Jan Smit Hers' had been made and erected in the entrance.



I met Sindi's aunt, along with her tutors and other staff members. It was great to go into the three classrooms that are part of the project and to meet the teachers and children in these classes, aged from four to seven years. They were keen to greet me, especially the little ones, who wanted to hug me as well. These younger children were the morning group. The older ones would attend in the afternoon.

I then spent some time in the project office, hearing about the administration side of things. I was surprised to learn that there are 360 children in this particular project and 30 staff. The Director is the only



one who is paid a salary while the rest of the staff are paid an offering, which is barely a minimum wage, so they are almost volunteers, given the hours they work. The younger children attend two sessions a week, for three hours at a time, while the older ones attend one three hour session.

Sindi attends one session on a Thursday afternoon, the same day that she attends church. Pupils are given health, spiritual, moral and citizenship instruction. The older ones are also encouraged to think about what they might like to do when they finish in the project at age 18. Sindi told me she would like to be a business woman.

The children have health checks every six months and records are kept of their attendance and absences. There are also records of their monthly donations from sponsors, plus extra gifts for Christmas and birthdays and how these are spent. There are around fifteen children in this project who do not have sponsors, but the money received from the project's overall sponsorship covers them.

The children are fed at the project and when I arrived, I met three ladies who were busy making sandwiches and I received one as a snack, along with a very nice hibiscus drink, while I was hearing about the administration side of things. Sindi was with me all the time during this part of my visit and at one point, I saw the draft copies of her letters, including those written by her mother, aunt and tutor, and mine, translated into Spanish, in an exercise book.



I was pleased to learn that the Compassion projects work closely with the child's school, and sponsorship helps pay for their fees, uniforms and stationery. There are about three hundred such projects in Honduras alone.

It was interesting learning about Sindi's project and how she is so well cared for. The staff really do an amazing job. I met two volunteer young people who had been through the sponsorship programme then wanted to come back and work at the project.



From here, we travelled further up the rough road, to visit Sindi's home. Sindi and her mother sat in the back of the ute, while three more Compassion workers sat on the tray of the vehicle. We stopped at the



bottom of the track which led up to Sindi's house. It was narrow, steep and mostly overgrown, so I was glad of Sindi's help, especially with the bags of gifts I was carrying!

The last part was a set of steps up to the house, which was painted in pink and blue, then a few more steps once inside the front door.

The thing that hit me first was the abundance of red and white floral fabric which covered the sofa, arm chairs, table and dining chairs. I soon learnt why: Sindi's mother was a seamstress and her boss had let her buy the fabric cheaply! So she had made covers for everything.

I had taken presents for Sindi, so she enjoyed opening her backpack to discover art materials, plain and lined paper, coloured pencils and school stationery. In the sponge bags, she found a variety of toiletries, which she was very happy with. As well, I had taken a family gift, which included rice, dried beans, flour, milk powder, maggi stock cubes and sardines, all in a Sainsbury's carrier bag. I also met Sindi's aunt, cousin, sister and grandmother, all of whom hugged me and made me feel very welcome.



Sindi and her family had only found out the day before that I was going to be visiting, so there was great excitement. I was presented with beautiful locally made gifts: three pots of different sizes, painted in bright colours. Due to their size, I was only able to bring one back to the UK.

I was shown around the house, which consisted of a small kitchen, so full of kitchen furniture that I had to walk sideways to get through to one of the bedrooms, which is occupied by Sindi's brother Alex, his partner and their young child. None of them were around while I was visiting, so I didn't get to meet them. Also through the kitchen, was the wash area and up a few steps, was the outdoor latrine. Irene had told me that she had purchased bricks to build a proper wash area, because, in heavy rains, this area became flooded. There was no running water, so rain water was collected in a tank.



The views over Tegucigalpa from Sindi's house were amazing and it was difficult to think of this city as one of the most crime-ridden in the world. More great photo opportunities from up here.

After saying goodbye to Sindi's grandmother, aunt, cousin and sister, Joel, Irene, Sindi, Guadelupe and I headed off back down the steep track to the ute, to drive into the outskirts of the city for lunch. When we asked Sindi what she would like to eat, she had said pizza. So we drove to Pizza Hut, which was near the airport and had a selection of chicken with a couple of large pizzas of different toppings. From here, we drove to City Mall, where we had ice creams.



All too soon, it was time to drive Sindi back home. We negotiated the city traffic and roadworks again and I noticed this time the special white buses of the university. We dropped Sindi and Irene at the bottom of the track. Saying goodbye was really difficult and emotional for us all, as I did not know whether I would ever see them again. We prayed together just before we left, which was a special time.

On our way back down the hill, we stopped to let Guadelupe off near her home, then continued to City Mall, where Joel had arranged a meeting point with Luis, Sharon and Maya. It had been an amazing experience – one I will never forget.

*Jan Smithers*

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*Lord, You are to be found in all the experiences of the day,  
Grant us to seek You, find You and join with You.  
For in all things You are working for good with those who love  
You.*

## Lego!



Some of you will have noticed that every so often I can be seen digging a new Lego model out of a shopping bag to demonstrate to Dave Kendrick. This came about because two Christmas's ago I was asked by my family what I would like for a present. Having played

with Meccano as a boy I thought I would update and asked for Lego Technic - it has to be 'Technic' as it does not fall to pieces as ordinary Lego has been known to do...

I was duly presented(!) with a large model to build and have found it to be very therapeutic and non damaging to either myself or the environment! Other models have come along to be built and I seem to have convinced Dave that he wants to get involved too!

What has this got to do with Church I hear you ask? Well, whilst looking into the company history I found some coincidences that indicate it could be part of some master plan:

The word Lego comes from the Danish 'leg GODt' which means 'play well'

It was invented by Ole KIRK CHRISTIANSEN  
He was a Master Carpenter...

On a more serious note - Lego is being increasingly used as a therapy in the field of ASD (Autism Spectrum Disorder). It has been found that the children's love of playing with Lego is translated into communication and social skills. It is also a particularly great tool for children with ADHD and similar problems because it can hold their attention for hours on end, helping to build the vital thinking skills that can allow them to focus better at school and during other non-play activities.

In May 2011, the Space Shuttle Endeavour brought 13 Lego kits to the International Space Station, for astronauts to build models to see how they would react in microgravity, as a part of the Lego Bricks in Space programme. It really does get everywhere!

*Dave Lyus*



## Samson on the web...

Hello Samson, we wondered what you make of our new website as you said it needed improvement?

*Well Ed, it does look better now, I guess you have got a 'spin doctor' working on it?*

Well Samson, we have our own computer expert in the church who has been working on improving it and we also have our own broadband installed in the church to help everyone access the internet.

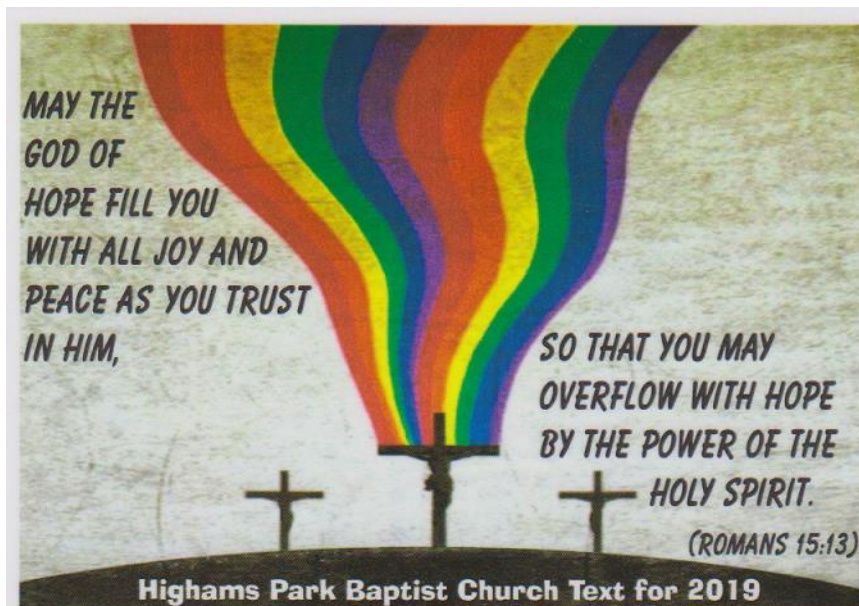
*I know you have WiFi but no one consulted the church's resident spider and it has really disrupted my own website which took me ages to spin.*

I am sorry Samson that no one consulted you but the church has to move on and keep up to date with 'new' technology and you are still using 'old' technology, but I suppose I could be accused of winding you up!

*P.T.Slaney - In the tradition of Sam the Spider by A.S.Fugler.*

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*Hopefully Samson will be able to remember the Church Text for 2019!*





## The Three Trees

Three trees on a wooded hill were discussing their hopes and dreams. The first tree said, "Someday I hope to be a treasure chest. People could fill me with gold, silver and precious gems. They could decorate me with intricate carvings and everyone would see its beauty." The second tree said, "Someday I will be a mighty ship. I will take kings and queens across the seas and sail to unknown

places. Everyone will feel safe because of the strength of my hull." Finally, the third tree said, "I want to grow to be the tallest and straightest tree in the forest. People will see me on top of a hill, look up to my branches and think of the heavens and God. They will remember me as the greatest tree of all time."

After years of praying that their dreams would come true, a group of woodsmen came upon the trees. One came to the first tree and said, "This looks like a strong tree. I can sell the wood to a carpenter." After being cut down, the tree was happy because he knew that the carpenter would make him into a treasure chest.

At the second tree a woodsman said, "This looks like a strong tree. I can sell it to the shipyard." The second tree was happy because he knew he was on his way to becoming a mighty ship.

When the woodsmen came upon the third tree, the tree was frightened because he knew that if they cut him down, his dreams would not come true. A woodsman said, "I don't need anything special from this tree so I'll just take it back with me."

When the first tree arrived at the carpenters, they made it into a feed box for animals. It was then placed in a barn and filled with hay. They cut the second tree and made a small fishing boat. They cut the third tree into large pieces and left it alone in the dark.

The years went by, and the trees forgot their dreams. Then one day, a man and woman came to the barn. She gave birth and they placed the baby in the feed box made from the first tree. The tree could feel the importance of this event and knew that it had held the greatest treasure of all time.

Years later, a group of men got in the fishing boat made from the second tree. One man went to sleep. A great storm arose and the tree didn't think it was strong enough to keep the men safe. The men woke the sleeping man. He stood and said "Be calm" and the storm stopped. At this time, the tree knew that it had carried the King of Kings in its boat.

Finally, someone came and got the third tree. It was carried through the streets as the people mocked the man who was carrying it. Later, they nailed the man to the tree and raised him up to die at the top of a hill. On the third day, the tree came to realize that it was strong enough to stand at the top of the hill and be as close to God as was possible. Jesus had been crucified on it.

The moral is: When things are not going our way, know that God has a plan for us. God will do almost anything for us. Jesus reminded us through his teachings and his stories how much God loves us. Place your trust in God and God will always give you what is best for you.

*Ed's note: This story was told by Ray to the young people at a recent service - we felt that it bore retelling being applicable to both Christmas which has just passed, and to Easter which is coming soon.*



## **CHURCH DIARY**

### **February**

Sunday 3rd	10.00 am	All Age and Baptismal Service led by Rev. Rosemary Eaton
Sunday 10th	10.00 am	Morning Service and Communion led by Rev. Rosemary Eaton
Sunday 17th	10.00 am	Morning Service led by Gemma Player
Sunday 24th	10.00 am	Morning Service and Communion led by Rev. Rosemary Eaton

### **March**

Friday 1st	TBA	World Day of Prayer
Sunday 3rd	10.00 am	Morning Service and BBGA Parade led by Rev. Rosemary Eaton
Thursday 7th	7.30 pm	Church Council Meeting
Sunday 10th	10.00 am	Morning Service and Communion led by Rev. Rosemary Eaton
Sunday 17th	10.00 am	Morning Service led by Rev. Rosemary Eaton
	11.30 am	Church Members Meeting
Sunday 24th	10.00 am	Morning Service led by Mandy Edwards
Sunday 31st	10.00 am	Morning Service led by Rev. Rosemary Eaton

## April

Sunday 7th	10.00 am	Morning Service and BBGA Parade led by Rev. Rosemary Eaton
Sunday 14th	10.00 am	Morning Service and Communion led by Rev. Rosemary Eaton

*Note that details are subject to change.*

*All services and events take place at the Church unless noted.*

*Refreshments are served after the Morning Service every Sunday.*