

The Mag in May

The monthly magazine from Adeyfield Free Church.
2023



Inspiration

From the Editor.....

If you take a look at the picture on the front page you can see that it looks as though the chap is reaching for a star and is within a fingertip's grasp of getting it.



Each Summer in the last assembly of their school year, the children in the last school I worked in would sing Reach for the Stars. It was a school in which all the teachers made it a point to try to inspire every child to aim high.

I hated PE at school. I think it was partly because I am not built for speed and one of my PE teachers took great delight in reminding me of that on frequent and regular occasions in front of all the other people in my form. She made it very clear that she had no time for porkers like me and I was just doing it on purpose. I have to confess I decided to prove her correct. She certainly inspired me not to make an effort. However, the Head of girls' PE was different. When we had to go on cross country runs, which were my idea of galloping hell, she would walk and jog alongside me and my friend at our pace, encouraging us, telling us we were doing OK, encouraging us to now walk, now jog. She chatted with us, made us laugh and gave us the impression that she enjoyed being with us and helping us. I had many opportunities to be grateful for that woman and was inspired, when I became a teacher myself, to remember that technique.

I remember Pastor Colin Urquhart preaching about achieving the goals God sets us. He said to us that if we have low expectations that is exactly what we will achieve. He advised us we need to be realistic in life. If you only aim for 60% the truth is, you may achieve 55%, so aim high! That was just one



of the many things he taught me that has inspired me to have a go at what God is asking of me. I wasn't just inspired by what he said. It was because I knew enough about him to know that whatever he preached, he had already put into practice. And that, too, is a guide for anyone preaching or sharing the Gospel. What we try to inspire in others has to be what is manifest in our own lives.

What or who has inspired you? What do you find inspirational? When I look in the Bible, I am inspired by the fact that many of the people we read about there are not super heroes or extra spiritual. They are not Holy Joes or Blessed Marys. They are ordinary people with the same faults and hang ups as we are but they have been impacted by God and His love and power. And that can be true for us. Are you inspired by that?

How a Mousetrap Killed a Chicken, a Pig, and a Cow



Five mice, a chicken, a pig, and a cow were friends and lived on a farm a long way from anywhere. The mice, who lived inside the farm house, would always help their friends. When one of the mice heard that the farmer wanted fried chicken, they would tell the chicken to hide. When they heard the farmer's wife planning a dinner of pork sausages, they would tell the pig to lie on its side and pretend to be sick. And when they heard that the farmer wanted roast beef dinner, they would tell the cow to go off into another field. The chicken, pig, and cow called their five friends MI5 - Mouse Intelligence Five.

One afternoon, one of the mice saw, through a crack in the wall, the farmer unpack a parcel. He almost squeaked his last breath when he saw that the parcel contained a mousetrap. "Oh no! We're toast! We're doomed!" he told the other mice. "What can we do?"

They all decided to go and ask their friend Mrs. Chicken for help.

"Kuk! Kuk! Kuk!" said Mrs. Chicken. "How can a little mousetrap hurt me?" The mice were so surprised that Mrs. Chicken would not consider helping them, nor comfort them, after all the help the mice had given her.



So they went to see their friend Mr. Pig.

"Oink!" said Mr Pig. "I'm a bit busy right now. I will get back to you later. After all, how can a mousetrap affect me?"

Again the mice were disappointed. So they went to see their biggest and bravest friend, Mrs. Cow.



Mrs. Cow was busy chewing grass to even say "Moo!" Then, after much imploring from the anxious mice, she said, "Okay. I will ruminat

on it, even though it is not my problem.”

The mice returned home in dismay. After all the assistance they had given their friends, they got little more than a “Kuk! Kuk! Kuk!” from Mrs. Chicken, an “Oink!” from Mr. Pig, and not even a “Moo!” from Mrs. Cow.



Later that night, while searching for a midnight snack, one of the mice stepped in that mousetrap. “WHACCK!” and the mouse went straight up to heaven (because he had been kind).

The other four mice heard the sound and went to help. There was nothing they could do for their dear, deceased brother. They wept and they cried and they sobbed.

The farmer’s wife also heard the sound of the mousetrap being sprung and went to investigate. When she saw the dead mouse with four other mice weeping with grief and taking turns holding one another in their little arms, she let out a scream and fainted.

By the next morning, she was still in shock and remained in bed. The farmer considered what he could give his wife to make her better. The thought came to him - chicken soup! So he caught Mrs. Chicken, decapitated her, and boiled her in a pot with some salt and garlic.

When the farmer’s wife’s friends heard that she was sick, they came to visit, as people do. The farmer had to feed his guests, so he slaughtered Mr. Pig and made him into grilled pork chops for his visitors.

Unfortunately, the farmer’s wife never recovered from the shock of seeing four mice in grief. She died. A lot of people came for the funeral, and the farmer made many roast beef sandwiches for the mourners.
Guess where that beef came from?

That is how a little mousetrap killed a chicken, a pig, and a cow. So never think, “It is not my problem.” If your friend asks for help, it is your problem too. That’s what friends are for.
When our minister Paul and the elders next ask for volunteers you may

like to reflect on this story. 🙏

Submitted by Sandie Brett.

When you pray.....

- + Refugees looking for safety*
- + Homeless people trying to find a home*
- + Unemployed attending interviews for employment*
- + Children approaching tests and exams*

Meet Our Cleaner

I'm sure most of you will already have met Habibah. She carefully cleans our building every week. Since she came to worship at AFC she has thrown herself into the life of the church and is also a member of the Little Fish Team. She sends us this message.



I really am privileged to be added on The Mag. I thank the Lord each day I get to work at AFC. I thank the Elders for believing in me and employing me because I know that it's not just about cleaning but serving the Lord too. I am also blessed, together with my children, Mahmuna, Hamza and Huzaifah, to be part of such a wonderful church family which has been there for us

since we joined them. It's been two and a half years now in church and our family loved, encouraged and stood with us all the way. Thank you all.

I thank God for His grace on my children. They love the Lord and always wake up early on Sunday for church service without being reminded. That's a blessing too. I thank God for always giving me strength to do my duty as a cleaner. You would want to make sure the building is presentable. The Holy Spirit is always there to show me how to do that. Glory be to God. Even though sometimes I get tired I just call on the Holy Spirit and He strengthens me immediately. That's the big defence I find in being in Christ and working with Him, at the same time serving God. Jesus made it easy for us when He came down to us. Thank you, Father, Son and Holy Spirit, Amen.

Congratulations

Many congratulations to Georgina and David on the birth of their little boy in April. Georgina is one of our Admin Team. Can't wait 'til you bring him in to see us.

What an Inspiration!

From an early age I loved classical music. I love the variety and the complexity of it. I love the contrasts and the surprises. The vastness and the intimacy of it is wonderful. When I was 11, I passed my 11+ and as a 'Well done' my Uncle Bill bought me my first LP. It was Beethoven's



Fifth Symphony. We had a radio gram. It was very contemporary in style, on legs with the speaker underneath. I used to put the record on the turntable and lie with my head under the gram right up close to the speaker so as not to annoy anyone else in the house.

One of the things that I found amazing about Beethoven was the wonderful contrasts of composition he was able to invent in spite of being deaf. How horrible that must have been for him not

to be able to hear his own compositions. I saw a film about his life and in one scene we saw the actor playing the piano with his ear resting on the top of it so that he could feel the vibrations of the music. My heart went out to Beethoven.

Maybe I was extra sensitive to Beethoven's plight because my Dad was deaf. From the age of eleven his hearing began to deteriorate so that by the time he was an adult he could hardly hear at all and what he did hear was distorted. Imagine his joy when he was able to get a hearing aid on the National Health. It fitted into one ear with the receiver strapped to his chest under his tie. Of course, it meant he could only hear what was in front of him but then the 'behind the ear' aids were invented and he was in heaven. He eventually had two aids but because of all the years when he had none, he still could lip-read and often caught people out who were too far away for any of us to hear what they were saying ... still Dad could respond to them, often to their chagrin.

When I started work, I was an interviewer in the Labour Exchange in Watford. One of my clients was completely deaf and relied on lipreading. My conversations with him were confusing to my colleagues as no sound would come out of my cubicle when he was there. I knew exactly how to speak so that he could read my lips and he did the same to me. One of my friends asked me why didn't I shout if he was deaf. I answered it was because he was deaf and wouldn't hear me shouting!!!!

When we began to have Zoom services during the first lockdown, we adopted the signed blessing that we had found on-line and June and I continue this at the end of every Sunday Service. It has long been on my heart to have a BSL interpreter during services. Is there anyone out there who could do that? I'd also like to learn signing for some songs we sing in our worship and maybe we could provide BSL lessons if there is anyone who could do that.



We talk about having facilities that do not exclude disabilities but deafness seems to be the poor relative in that regard within the 'able-bodied' community. [I don't know how else to describe it, although that phrase seems to me to be inadequate]. I am in awe of those who do not have the daily privileges that I do... hearing, sight, mobility etc. They are an inspiration to me.

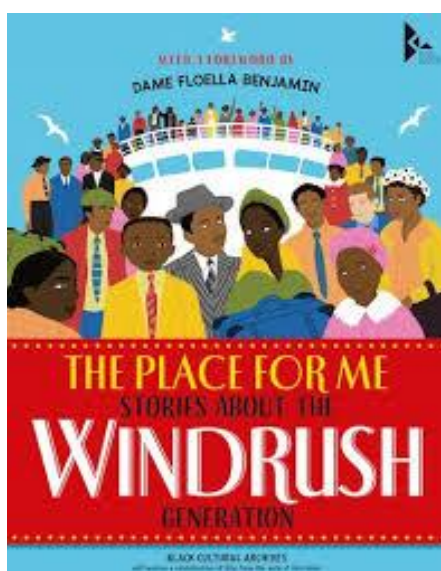
Celebrating the Windrush Generation



This year there is to be a nationwide celebration of all the benefits we in the UK have received from the generation of people who came to live here from the Caribbean on the ship 'The Windrush'. Their courage, fortitude, hard work and many various skills were brought here and became part of the success we enjoyed as we rose from the ruins of World War Two. Indeed, even before this we were joined in the conflict by many from the Caribbean who came to fight and stayed after the war.

There will be a week of celebrations beginning on June 19th and on Saturday 24th June there will be a special afternoon of celebration in our church centre at AFC. Art, dance, music, food, drama and stories of those who came are being planned to be presented in our hall from 2pm to 5pm. It proves to be a lovely afternoon and everyone is welcome so make a note in your diaries now and come and join in the fun.

On Sunday 25th during our service of worship we hope to also mark the Windrush weekend including prayers of thanks for everything we have benefitted from.



From Arky, 5th Hemel Scouts.....



Many years ago, I approached Peter to hire the old church hall to reopen the old 5th Hemel scout group, which was one of the largest scout groups in Hemel in the 1990's.

His response was for the church to sponsor the scout group, and so 5th Hemel AFC scout group was born.

Pete saw this as part of the church's outreach.

In the early days church members worked with scouting volunteers to run weekly Beaver and Cub sessions and an active group of over 40 youngsters was running. We also had mums' coffee chats run by other church members, while their children were enjoying scouting.

The church move was testing for us, meeting elsewhere and then came Covid. By the time we started to get back to normal Pete had moved on. Chris Smith's health was not good and Gordon had moved away. The Beavers had closed due to membership and Covid. Older Cubs had moved on to Scouts. So, a challenge arose to rebuild.

I am pleased to report now we have a growing group again. Our Beavers and Cubs membership is over 30 youngsters so far, we have new scouting volunteers to run weekly meetings, our admin is back on track and we are looking forward to the future.



Last term our Beavers and Cubs had many activities such as visiting Metro Bank, the Library, a day activity on a canal boat, an overnight away at a local Scouting Camp Centre, a night hike and sleepout to complement the weekly meetings. Lots are planned for this summer term, outdoor and adventure is the theme. We are also looking at the opportunity to open " Squirrels Scouts". This is a new section for members aged 4 to 6 years old before they join Beavers.

Squirrels

Of course, all this would not be possible without the dedication of the volunteers who support this Scout group and I am grateful for their ongoing support. I am always looking for more volunteers to join in.

Arky [Simon]

Group leader of the 5th Hemel AFC Scout group

If you would like to volunteer to help or would like to support the group in any way, our Link Elder is Brian Jackson, have a word with him.

Heather's Mincemeat Cake

Sent in by Pat Gosling

Top Tip

Stock up with jars of mincemeat after Christmas when they sell it off cheap!

Mincemeat cake

Original recipe	Comments and suggestions
3oz margarine + 1oz lard	I usually use 4oz margarine
4oz soft brown sugar	The more "interesting" the mincemeat the better! I find 12oz mincemeat doesn't give a very fruity cake so I usually use about 8oz and add a variety of other fruit which I don't weigh but probably another 8oz.e.g. sultanas soaked in something interesting (e.g. whisky or brandy or ginger wine) and glace cherries.
2 large eggs	
12oz mincemeat	
7oz self-raising flour	
Mixture should be moist – add a little milk if necessary	I've not found this necessary if the fruit mix above is moist.

Cream fat and sugar.

Beat in eggs.

Stir in mincemeat and fold in flour.

Bake in a 7" diameter tin for 10 minutes at 160 degrees (Mark 3)
then 1 hour 15 minutes at 150 degrees



Could You Do Something Inspirational?

June Robinson sponsors a child through Compassion UK Christian Child Development and wondered if anyone else would like to do that too. June writes to her child and receives letters back that are wonderful to read.

Did You Know?

356 million children live in poverty
[UNICEF]

160 million children have to work
to support their families
[UN]

58.4 million primary school-aged children
are missing out on school
[Our World in Data]

Hundreds of millions of children
May never get to know the love of God

If you can make a difference to one of those children you could do it by contacting

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[Tel:01932836490](tel:01932836490)

Email: info@compassionuk.org

www.compassionuk.org



Labyrinth Workshop



Our discipleship enabler, Eddie Boon, is organising a ‘Labyrinth Workshop’ where we will be actually creating and painting a large floor Labyrinth to use around the Synod for discipleship and prayer.

We will be guided by a consultant/trainer on the day who will also be providing all that we need by way of equipment.

The preferred date is the afternoon of Sunday July 9th at a venue to be confirmed.

We do however need a couple more people to join the group so Eddie would love to hear from any interested people as soon as possible via disc.enab@urcthamesnorth.org.uk

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Mag Wordsearch

ABIGAIL-ANNA-APPRENTICE-COPY-DANIEL-DORCAS-ENOCH-ESTHER-EXAMPLE-INSPIRATION-HANNAH-JEREMIAH-LEAH-LEARN-MARTHA-MARY-MIRIAM-MOSES-NOAH-PATTERN-ROLE MODEL-RUTH-SARAH-TEACHER-WONDERFUL-ZIPPORAH

The Oddest Things

The oddest things can be an inspiration. I have fruit for breakfast every day. Today it was pears and yoghurt. I picked up a pear from the fruit bowl. It felt a bit soft and the skin didn't look up to much. I thought 'This one's not going to be very good. I'm not eating this if it's pappy.' I cut into it and underneath the skin the flesh was firm and full of juice. It immediately occurred to me that I had committed the very simple error of looking at the outside and applying my unfounded prejudice to this little fruit. How cross I get when someone does that to me. Sorry pear you were delicious.



The Mag's Back Page

Contacts

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May 2023 sees the coronation of King Charles III.

We pray that He will turn to God for advice and direction.

May God help him to fulfil his coronation oath as successfully as his mother, Queen Elizabeth II did. May she be a constant inspiration to him.

God save the King.