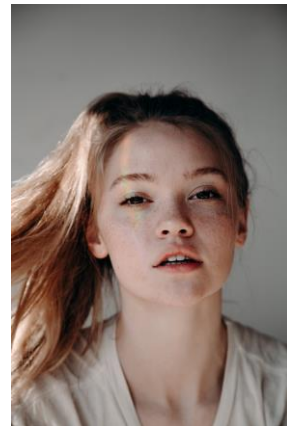


The Mag



April 2024

The monthly magazine from Adeyfield Free Church



People



From the editor.....



People are so important to us throughout our lives. They affect the way we experience our earliest years. We choose certain people to be our friends and our partners. If we have children, we have a great responsibility to be the people that will give them the best start we can and we always want them to be a certain kind of person when they grow up.

It's people who make up our family and we have to interact with people in school and at work as well as at church and in our leisure times.

Listening to Desert Island Discs I often find it impossible to think of how I would be on an island with no other people around me.

My fondest and my funniest memories always include people. My Uncle Bill who was absolutely crazy and very like a sanitised version of Compo. My grandma who was born in Victorian England and was just a little, old-fashioned lady with very stern views on how to live and what was right and wrong. She wore a long flannel petticoat and always had a crocheted shawl around her shoulders. My Auntie Jenny who was glamorous, vivacious and very pretty with a stream of boyfriends in her wake and hair to die for. My form teacher at Grammar School who was very geeky and an extremely nice man. I continued to send him and his wife Christmas cards until he passed away at 91. I still exchange cards with his wife. My Granddaughters who are very independent girls and so able and bright. My lovely friends who have been such a blessing to me for years.

How important are people to you? How have they influenced your lives? What is your best friend like? Who was your most influential teacher? If you could invite anyone to a dinner party, who would it be? Who is your hero [apart from Jesus of course]? I do hope some of you will respond to this topic. I'm looking forward to reading your replies.



Georgina writes.....



My Grandmother had the ability to talk to anyone she came across and found joy in the smallest things. People were drawn to her and strangers would approach her to chat when out and about, so going anywhere took a really long time.

She would marvel aloud at her 'grand ancient old age', mystified that she was the oldest member of her family who had ever lived. She'd find the fun in everything, pretending to shoot passers by with her walking stick, playing pranks, always open to new experiences and was interested in anything and everything.

At 95 she asked to see Star Wars in 4DX and laughed the entire way through the violent seat jolting, while we held her in the seat, terrified. Whilst I came out with a sore back (and even sorer arm) she was disappointed that at 2am it was the last show of the night.



She developed a love of motor racing in her last years, harbouring ideas of going in a car herself and would love going off-road in her wheelchair, giggling while it picked up speed, as the attendant pushing it ran as fast as they could behind her.

She would often say she was in her second babyhood and taught us how important it is to find happiness in the smallest of things. I don't know what her secret was, it seems on the surface to be plenty of tea, cake and happy meals (with the toy included, please).

From Yvonne

A Relationship with GOD

I initially wrote about my father a man of the community, Chair of the West Indian parents, and friends, a church Elder, a man who when he laughed friends and family would say its Theo. How on earth did he stay so positive, his belief in God, love patience, self-control, faith. He lightened up many a room.

I recently visited New York and came across a beautiful library, the smell of books, the engaging display the winding stairs I could have stayed all day. Looking along the shelves there was a range of books. My eyes came across a book titled Tupac Shakur, The Rose that Grew from Concrete. I was intrigued because I had just watched a documentary before my travel on Tupac. He was murdered and until this day the murderer has not been found. His death was a mystery and so was he an American hip hop artist whose work influenced the young across the world because of its social and political lyrics. His work was not everyone's taste. He would be perceived negatively by many elders because of the violence attached to hip hop at the time. However, this book captured my heart as we are all too ready to judge, ignore the trauma and the bias.

The book is a collection of poems written by him of truth, love for his mother and his feelings of isolation and his love of GOD.

The poems were written from 1989 to 1991, found after his death. **'They represent the process of a young artists journey to understand and accept a world of unthinkable contradictions. (words of the publisher)**

Sometimes I cry

Sometimes when I'm alone.
I cry because I'm on my own.
The tears I cry R bitter and warm
They flow with life but take no form.
I cry because my heart is torn.
and I find it difficult 2 carry on
If I had an ear 2 confide in
I would cry among my treasured friends.
But who do u know that stops that long
to help another carry on
The world moves fast, and it would rather pass u by
than 2 stop and c what makes u cry

It's painful and sad and sometimes I cry
and no one cares about why.

God

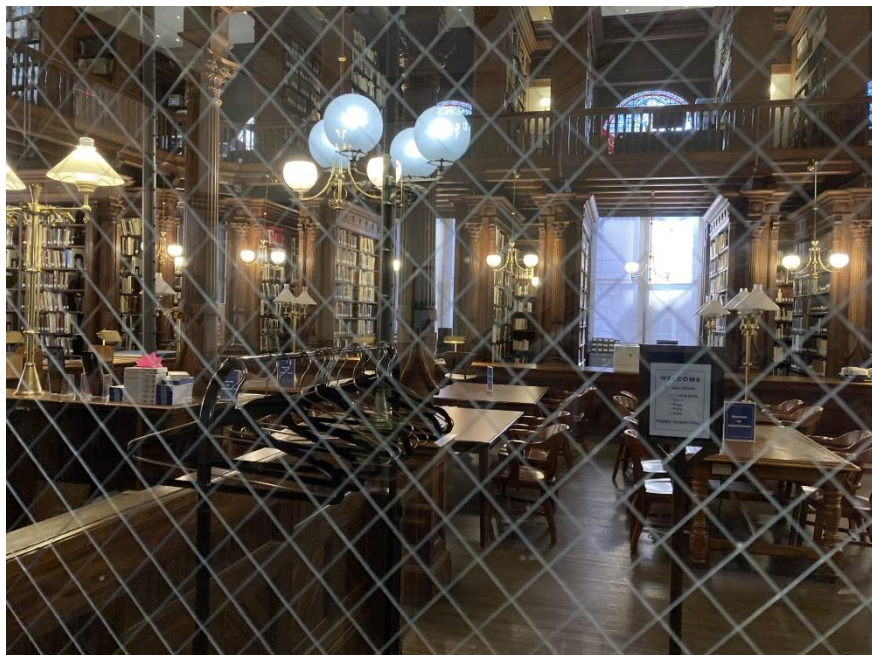
when I was alone and had nothing
I asked 4 a friend 2 help me bear the
Pain no one came except ... GOD.

when I needed a breath 2 rise
From my sleep no one could
Help me except ...GOD.

when all I saw was sadness
and I needed answers no one.
heard me except ...GOD.

so when I am asked who I
give my unconditional love 2
look for no other name.
Except..... GOD!

I know now the purpose of this book as God helped me and a young boy
who projected his bag of emotions on me as we struggled with LIFE.
Thank you, Lord.



When you pray

The Peace Prayer of Saint Francis

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;

Where there is error, truth;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

And where there is sadness, joy.

O Divine Master, grant that I may not so much
seek

To be consoled as to console;

To be understood as to understand;

To be loved as to love.

For it is in giving that we receive;

It is in pardoning that we are pardoned;

It is in self-forgetting that we find;

And it is in dying to ourselves that we are born
to eternal life.

Amen.



From Paul B.....

This text of my daily meditation email from WCCM. nicely summarises why I felt drawn to start the meditation group.



"One of the mysteries of this experience of Christian meditation is that meditation creates community.

It strengthens and reveals our communion with each other as we live it day by day in parishes, in families, in daily life.

Meditation creates community, and the world today needs this experience of communion, of unity.

The world is so full of division, condemnation, fundamentalism, conflict. It's essential that we recover this experience of communion and of the human community that we share with all people. And perhaps it's a special calling of the Christian people to know that, through their life of discipleship, and to bear witness to it and to work for that communion and community among people of all cultures and all traditions.

That's why the Spirit is calling the church today to contemplation."

The WCCM website is at <https://wccm.org> where you can sign up for their daily meditation email. Link is at the bottom of their web page.

Paul heads up a meditation on Fridays from 11.30am in The Lounge. Chat to him if you would like more information.



From Brian.....

People

I enjoy watching 'Antiques Roadshow' on the television. Of course, the items are very often unusual, rare or valuable and this makes the programme interesting. But I also like hearing the stories from the people who bring the items for valuation or just to find out some information.

Items, bought for a small amount of money from a charity shop or car boot sale, that are valued by the expert as being worth a small fortune will always draw gasps the onlookers. However, the stories of the people who originally owned them may bring laughter, tears or even shocks to the audience. Stories of humour, creativity, bravery, danger, even horror. Yet, they often involve men and women who may otherwise be described as being ordinary.

Although Jesus was the Son of God, he was, in many ways, a very ordinary person. He was a son and a brother, a tradesman and what we would probably call nowadays a lay preacher. He was a friend who ate and drank with his companions and, no doubt, enjoyed a joke. But, when the time came, he was obedient, brave and sacrificed himself for others.

Despite the miracles which displayed his divinity, much of Jesus' life was that of an ordinary man. But he had to be an ordinary person or how else could his death have been atonement for us ordinary people?

As I write this, we are in Holy Week when we are particularly aware of Jesus' sacrifice.

Jesus is divine but let us thank God that he was also one of us.

Us



It seems to me that we have an amazing collection of people right in our midst. People who have lived and been victorious over and through very trying times, people who have gained skills and wisdom as they have travelled along, people who have supported, loved and encouraged those around them, people who have no idea just what an asset they are.



These are the people God has chosen to be here at this time in history, in this place to do the very things He sets before them to expand His kingdom and spread His gospel.



Who are they?



Look in the mirror.



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

Mag Wordsearch

ANGRY-AUNT-BRAVE-BROTHER-CHILDREN-ENEMY-
 FAITHFUL-FAMOUS-FATHER-FRIENDS-FOOL-HAPPY-
 HERO-INFAMOUS-KIND-MEN-MOTHER-OLD-
 PEACEFUL-PEOPLE-PURE-RELATIVES-SCHOOL
 FRIEND-SAD-SAVIOUR-SISTER-TREACHEROUS-
 UNCLE-UNKIND-WISE-WOMEN-YOUNG



I had a wonderful music teacher when I was at Grammar School. Her name was Miss Reynell and she brought out the best in anyone who was willing to try to do their best. She introduced us to an amazing range of music. We even performed an opera and toured Germany with a choir and orchestra. We sang a lot of baroque music including different masses by Haydn and Bach. She always translated languages for us so we could know what we were singing about. That was the first time I ever sang ‘Sanctus, sanctus, sanctus Dominus.’ Holy, holy, holy is the Lord.

Paul Bradford writes again.....

Imitating People

I have always been influenced by people who can distil a complex idea down to an understandable key phrase, something that unlocks my understanding and sets me off exploring.

When Jesus is asked which of the commandments are the most important, he answers very succinctly. Once you start exploring the background to this you find it is a question that was very familiar to His audience. There are many variations of the older story, one is where a rabbi is asked to give a summary of the Torah whilst standing on one leg – the rabbi gave the same answer as Jesus used but added the command “Go Study”, something missing from the Gospel but it is reasonable to think His audience would have been in no doubt that Jesus implied this.



Complexity is all around us and there are some inspirational guides to challenge the way we think and help us to start exploring and studying.

Defining Time

Scientists have always struggled to define time, very important though it is in all branches of science. No one really knows what time is – something to do with being a measure of the increase of the Entropy of the Universe (me neither).



Poets have a much better grasp of time:
“Time is what keeps everything from happening at once.” author Roy Cummings is credited with using it first in one of his novels in 1921

Horace Mann an American education reformer and abolitionist is credited with this short poem

“Lost — Yesterday, somewhere between sunrise and sunset,
Two golden hours, each set with sixty diamond minutes.
No reward is offered, for they are gone forever.”

I think the poets win hands down!

Modern Art

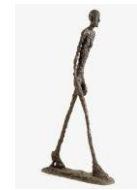
I know many people are baffled by some of the work produced by artists. But, like most areas of life, it repays studying. Art

works do not just come from nowhere. Artists are searching for a way of understanding the complexity of the world. Whether that is poetry, painting, sculpture or one of the other arts we can gain an insight into the complex world through spending some time to understand what they are trying to do.



Two artists I have started to study are Kazimir Malevich and Alberto Giacometti. Like many artists they are known for a handful of works when in fact they have decades worth of art made in many formats.

Both artists were seeking to simplify how they represented the world. When you look at their work through their careers it is process of taking away what they saw as unnecessary details, such as leaves off a tree, or all horizontal lines, or any colour



other than the primary colours.

What looking at these works does is challenge the way we see the world and help us to see more clearly what is important. One of the reasons totalitarian regimes dislike art so much is that it challenges us to think. But it does take time and effort to understand.

Summary

In a Christian context we need people to challenge how we think and therefore act. Some good examples I have been influenced by are:

Charles Wesley saying “I have so much to do today I must pray for three hours” Still working on this!

“**The Cloud of Unknowing**” by an anonymous 14th Century writer. I tried to read it six times over 3 years before I finally read it to the end. Well worth persevering with if you are drawn to meditation. There are still parts of it that I do not understand, so keep on studying.

“**The Good Ally**” by **Nova Reid**, written in 2021. Quite challenging book about standing against racism. I read it about a year ago and have just started rereading it. Again, parts of this I do not properly understand, but I think it is by actions on my part that I will come to understand more. *The reference to Nova Reid's book "The Good Ally" at the end of the piece also has a TED Talk that covers the same topic. Quite a difficult watch. But got to start somewhere.*

https://www.ted.com/talks/nova_reid_not_all_superheroes_wear_capes_you_have_the_power_to_change_the_world?language=en

Penny recently saw this from Synod.....



Everyday Faith - Everyday Fruitfulness'

📍 Lumen United Reformed Church & Community Centre URC, London, WC1H 9RS
📅 Sat 13th April 2024 10:00AM

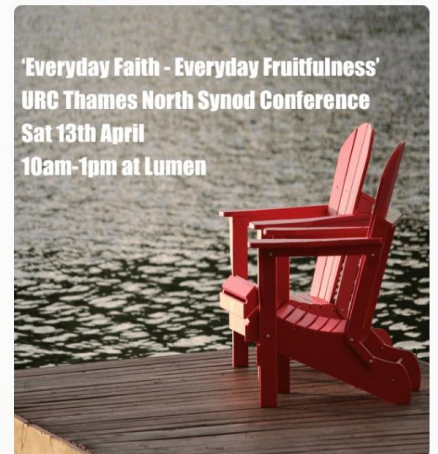
Discovering God's purpose in every season of life

A conference organised by the United Reformed Church Thames North Synod and led by Steve Rouse, LICC Church Team Director. Coffee from 9.30am Conference starts prompt at 10am and ends at 1pm when there will be a free buffet

You can watch an introductory 90second video by Steve Rouse at:
<https://vimeo.com/922117229>

Our programme for the event is:

09.30 – 10.00	Gather & Coffee
10.00 – 10.45	Part 1: Who am I in this Season?
10.45 – 11.00	Break
11.00 – 11.45	Part 2: Where does God want me to be?
11.45 – 12.30	Part 3: How can I be Fruitful in this Season?
12.30 – 12.45	Space to create discipleship plan
12.45 – 13.00	Sharing insights from the morning and end!
13.00	Lunch/departure



Saying the same in a different way.....

Dear friends around the Thames North Synod

This is to remind you that we are looking forward to our URC Thames North Synod Conference '**Everyday Faith - Everyday Fruitfulness**' on Saturday 13th April 10am-1pm at Lumen, 88 Tavistock Place, London, WC1H 9RS.



Steve Rouse from LICC will be leading our morning and it promises to be a really good time of encouragement as we explore 'Discovering God's purpose in every season of life (especially in the senior years). You can watch a short 90 second introduction with Steve at <https://vimeo.com/922117229>



Arrivals on the day are from 9.30am and there will be a free buffet lunch at the end to bless you on your way.



The event is FREE you can find out more and book free at: <https://www.ticketsource.co.uk/urc-thames-north-synod/t-avoekvx>



I do hope that you will see this as an important event to encourage your discipleship both personally and in your congregation and that you will book in and come along – why not bring a group from your church?

If you have any questions, then please do not hesitate to contact me via disc.enab@urcthamesnorth.org.uk

Eddie Boon Synod Discipleship Enabler



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A new theme for Sundays begins in April.

Communion will take place on April 14th.



*Our AGM is on Tuesday 23rd April
7.45pm for 8pm*

