

# NEWSLETTER

**Newsletter 7th March 2024**



*The Virgin of Kyiv  
by a Byzantine artist about the year 1132*

**Dear Everyone** – Greetings to you all

March is international Women’s History Month when we celebrate the achievements of women over time as well as globally, by providing examples of strong and positive role models for women and young girls to be encouraged by and follow. For centuries women have been denied their God-Given gifts, abilities, creativity and intellect, by Church as well as State, unless they fit in with the narrowly prescribed norms put upon them by powerful men. Even now in countries such as Afghanistan, Saudi Arabia, Iran and many others, women are prohibited from going outside the customs and culturally proscribed limits those regimes. This has been so for centuries including in the UK and other Western countries whose own histories have nothing to be proud of in this connection. But slowly and gradually, over time, changes have and are being made through numerous women persevering, often at great cost, paying dearly for trying to be what God intended them to be. History is full of their stories. Today for many, while it has improved, we still have a long way to go. We have large numbers who have broken the boundaries and freed themselves from the mindset they have internalized from being told their gifts, thoughts and insights are not possible, not allowed, they are mistaken, and have taken up and developed the gifts they know they have on many levels and in many different ways.

In Matthew 5:15-16, Jesus tells his followers, “let your light shine before others, that they may see your good deeds and glorify your Father in heaven, He exhorts them, “not to hide their a light under a Bushel”. While it is often translated in terms of telling the world about his message and not keeping it in the dark, it equally can be interpreted to his followers, us, women as well as men, in whom we are all one, we should not hide the God given gifts and abilities we have, or, how can they be shown as lights in the world? It is one thing if a person freely chooses to hide their gifts, however sad and for whatever reason they have, but quite another if a culture, religion, group or individuals, prevent them from developing those gifts and depriving others of what they have to give to Faith and Culture. The list of women who have achieved great things alongside men is huge now, in all professions, crafts, skills, vocations and creativities which makes the world a richer place. We can think of so many. We thank God for them and their achievements. It is important to keep on encouraging women and young girls as we still have a long way to go.

We also remember to give thanks for the men in each age, who have stepped outside the boundaries of tradition and convention, into which they too have been constrained, and have supported their sisters,

mothers, wives, daughters and female relatives. They have made a great difference along the way, and, thank you, to all of you, those from the past as in the present.

**World Day of Prayer:** Last Friday was the “World Day of Prayer” that used to be called the “Women’s World Day of Prayer”. This year the theme, created by the Christian women of Palestine, was “**I beg you bear with one another with love**”. By chance or foresight the theme was put together long before the tragedy of the war happened that has caused so much suffering, death and misery, especially, but not exclusively, for women and children. In her intercessions on Sunday, Jenny took her prayers from those of the Palestinian women and are printed below. Let us never cease to pray for all involved in this merciless war, that peace prevails and somehow the task of reconciliation begins.

**Learning Together: Lent Course.** Our Lent course makes good progress with a group of us present on Thursdays at 6.30pm. We are discussing one chapter each week of the letter of St James. Last week we discussed chapter 3 and, as Jenny wrote below, it was “thought provoking and challenging”. It is so good to hear everyone’s thoughts. (And - by the way - for those who attend in person we have some very nice sandwiches!) It is not too late to join us in person or by zoom if you are able. It would be good to see you. We are looking at chapter 4 this week. Jenny has provided some very clear notes from last week’s discussion for which we thank her.

Kamran also suggested that for our personal daily Lent reading, we might like to read **the Gospel of Mark**, which takes us through much of the earthly ministry of Jesus, his death and resurrection. Mark is said to be the gospel upon which the others gospels have been based. How are you getting on with that.

**Nehar’s sponsored walk for the Night Shelter:** Congratulations to Nehar for completing the walk to raise funds for the the Night Shelter last Saturday, It was, unfortunately, one of those very wet days that kept on raining for the length of the walk with the the sun shining when it had finished. Our church family sponsored her to the tune of over £500 which, when added to all the other sponsored walkers from churches and synagogues, will make a goodly amount towards the cost of the Night Shelter work. Congratulations to everyone involved.

**Future Repairs to the Outside of the Church:** How great we are at last looking forward to having the outside area of the church renovated. This is such good news. It will be taking place after much planning and discussion. We have to remind ourselves that this kind of work takes a long time to be approved as we are a Grade 2 listed building, so special permission has to be granted. Not only is it a Grade 2 building but this makes it more expensive for any major works to be undertaken. So, as Tony said on Sunday, **(His article about it is below)** this is going to cost the church a great deal. He asked us if we would think about donating towards the cost of the renovation so that the outside area of the church will, at last, look welcoming, attractive as well as being safe to use.

**The Toddler Group:** How good to hear that the Toddler Group is increasingly well attended as more people tell their friends about it. While parents and carers stay with their little ones through the session, it is still important that we have the right number of our adults helping each week. It need not be every Tuesday but if we could get a Rota of people going, for 2.5 hours once a week in the morning it would be so good. However, **Ifey and Modupe are shortly going to visit their families in Nigeria** - we will miss them - but it does mean we do not have anyone to run the Toddler group. If you feel you can step in and do this for the time they are away, please let Kamran or Tracey know on 020 8455 1873.

**APCM (Annual Parochial Church Meeting): Please put this important date in your diaries and come to the APCM on Sunday 28<sup>th</sup> April.** This will take place after the service. We will have a Bring and Share lunch and then a chance to look back on all the events and gatherings of the last year, read the report and ask questions.

**Diary of Yearly Service Celebrations:** Attached to the newsletter, as an extra page, is a time-line of Services and Events that are taking place throughout the year. It will be helpful as an Aide-Memoir to put on your Kitchen notice board or in your mobile phone.

**Wednesday Morning Coffee: from 10.30am-12noon.** Our time of gentle exercise is going well (you can do the exercises sitting down!) followed by coffee, cake and a chat – and it is fun - so do come and join in. This is followed by a short communion service at 12noon.

**Finally,** it looks like Spring! Let's enjoy it and the beauty of everything we see around us- even if it does rain. So here are this month's tips from "A Rocha Eco Church" to help us to celebrate this fruitful season. They are:

**"Make sure you're giving yourself quality time enjoying creation: smelling the blossom, tapping catkins, copying bird song, finding a footprint or identifying spring flowers with the PI@ntNet app. Nature can boost our happiness so take time to observe nature in your gardens, on your balconies, and in your local green spaces"**

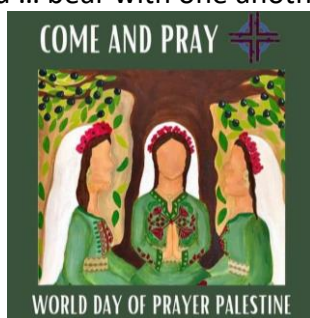


**With love and good wishes – Sally**

*\*Please note that there will be no Newsletter next week as I am going away for a few days.\**

### **World Day of Prayer 1 March 2024 – Intersessions by Jenny**

I beg you ... bear with one another in love



Last Friday, 1<sup>st</sup> March, was the World Day of Prayer, which used to be called Women's World Day of Prayer. It is a global ecumenical movement formed and led by women that goes back to the 19<sup>th</sup> century. Each year women from a different country create the service. This year, perhaps by a God-inspired coincidence, the service was written by Christian women in Palestine who when they were preparing the resources couldn't have anticipated the horrors of the last five months. It felt absolutely right to use their words for our prayers, in solidarity with the tiny Christian population in Palestine, and with Christian women everywhere.

Gathered into one by the Holy Spirit, we pray for women everywhere, for the world and for those in need. Let us pray:

**God of Righteousness,** bless us and make us witnesses of peace and justice. Open our eyes so that we can see things as you do. Protect us from all forms of violence, hurt and revenge. We pray especially for women who are denied education and other basic rights; for women who are abused and suffer violence. We pray that our churches, as well as our governments, will create safe places for women. Help us to raise our voices and use our gifts and talents to help others.

Lead us into a life worthy of our calling.

**All: Hear our prayer**

**Refugee God**, because your son, Jesus, as a child had to flee a massacre in Bethlehem, you know the plight of refugees and the displaced. Remain with them and help them in these dark and difficult times. Guide and protect them and bring them to places of safety. Open the hearts of those receiving refugees, and guide the actions of political leaders so that all needs will be met.

Lead us into a life worthy of our calling.

**All: Hear our prayer**

**God our Rock**, you have taught us to build our lives on you. We pray for those who are homeless and especially for families whose homes have been destroyed through war or natural disasters. We pray for all who work tirelessly to resolve these situations.

Lead us into a life worthy of our calling.

**All: Hear our prayer**

**God of Peace**, we pray for a peaceful end to the ongoing situation in Palestine. We also pray for the city of Jerusalem, sacred to the three religions of Christianity, Judaism and Islam. Let there be equality, freedom of religion, freedom of movement and freedom of expression. Teach us as Christians to follow the way of Jesus, sharing love with those we meet.

Lead us into a life worthy of our calling.

**All: Hear our prayer**

**God of Unity**, your Son, Jesus, prayed that your disciples and followers would be one, as you are one. Teach us, your servants, to treat others justly, fairly and with love even though we may speak, live and pray differently. Bless the global church and bless the faithful women everywhere who share your Good News with others.

Lead us into a life worthy of our calling.

**All: Hear our prayer**

***The same group of Palestinian women wrote this additional prayer in response to the horrors being experienced across the Holy Land on and since October 7<sup>th</sup>.***

We pray for women, who even now are losing children and other family members. We pray that their strength be a beacon of resilience, as they endure all challenges and pain with grace. Grant them courage to navigate adversity. And may their aspirations for peace and prosperity shine brightly in the midst of these difficulties. In this time of war, we pray for the healing of hearts and the restoration of peace. May compassion prevail over hatred, and may the suffering of all those affected by the war be alleviated. Grant them strength, solace, and hope for a brighter and harmonious future. We pray for all families who have lost members; for the kidnapped, the missing, and all who are still under the rubble. May the spirit of God grant them all patience and strength as they wait to be reunited. Lord Jesus, we pray for the end of all wars, especially in the land you called home. You are our Saviour, the one who taught us the real meaning of peace. Guide us and give us power to practice peace in our daily lives.

**Amen**

We'll have a moment of silence to add our own prayers to those of the Palestinian women, and to bring before God anyone we particularly want to pray for, knowing that he knows them far better than we do, and that his love for them is beyond our imagining.....

As we close our prayers for other people, we pray also for ourselves:

May we commit to working for peace as we stand with all women, particularly those experiencing oppression, violence, or discrimination.

May we be faithful advocates in all levels of society and church life.

May we bear with one another in love.

May we be agents of peace and justice.

**Amen**

## Listening and Learning Together: Letter of James Chapter 3

Last Thursday's Lent group was as thought-provoking, encouraging and challenging as the two previous ones. Seven of us including Kamran met for an hour and a half to look at chapter 3 of the letter of James. It's wonderful to share a passage of the Bible in the company of others, as everyone brings their own perspectives and experiences and we learn so much from each other. It's also a great way to get to know each other better, so this group ticks a lot of boxes!!

Some of the points that came out most clearly from our discussion are as follows.

- The first part of the chapter is about the need to control one's tongue, *what* we say and *how* we say it. We're in charge of what we say. The tongue can be used for good or evil. What we say might be understood differently from what we intend. Think before you speak!
- James uses some great metaphors in vv 3-6 to make his point! And throughout the chapter uses very strong and direct language to make his point (a style we're getting used to by now!)
- Language can cause wars and family divisions, even inadvertently. It's fine to challenge injustice, or to disagree, but we have to be very careful how we do that to avoid making the situation worse.
- It's not just the spoken word that's potentially dangerous: much of what we communicate is non-verbal, such as through body language and tone of voice. Be careful how we use social media.
- Self-control is really important. We distinguished between reacting (bad) and responding (good). A helpful technique is not to react for a few minutes (or longer) to anything that makes us feel emotionally charged.
- Those who have teaching roles (in church as well as elsewhere) have to be particularly careful about what they say and how they say it, because their position gives them greater influence whether they realise it or not. In another sense all of us disciples are teachers as we encourage, role-model and mentor others.
- We noted that Jesus was critical of the pharisees and teachers of the Law, but compassionate towards ordinary people, including Pilate, speaking peace to them (eg the woman caught in adultery (John 8: 1-11)).
- An interesting image was offered: if we lift someone up we go down to their level and then rise with them. If we put someone down, we go down with them.
- The second part of the chapter is about wisdom, distinguishing the wisdom that comes from God, and 'earthly' wisdom. We can tell what sort of wisdom is being shown by the way the person acts. Humility is key to the wisdom that comes from heaven. This links back to chapter 2 where faith is seen as the starting point, but needs to be demonstrated by actions – and in chapter 3 by the wisdom that comes from heaven.
- The list of characteristics of wisdom from heaven (vv17-18) resonates with the list of the fruit of the Spirit in Galatians 5: 22-23.

Our 'takeaways' from our time together were:

- Think before you speak!
- Self-control is vital. Be calm so you can hear the other person.
- The value of wise Christian friends with whom you can discern wisdom from heaven
- Examine your heart – where are your words coming from?
- The challenge of the description of heavenly wisdom in v 17 – need to pray through that

What do you think?

### The Front Steps Area and Carpark – Tony

I mentioned this last Sunday that your PCC is looking at some major works to the entrance to our place of worship on the corner of West Heath Drive and North End Road and some remodeling of the grassed area through to the carpark. This work is going to involve engineering works to help stabilize the ground

movements - to be clear there is no guarantee that there would no further subsidence - but we should have less movement.

Having said that the aim of the work is to restore the steps to a much better condition along with providing step free access to both the main entrance and the Lady Chapel create an opening through wall through to the carpark area that would allow for a mobility vehicle to park. The plan will also lead to the creation of 4 spaces including the disable space.

The plan is to seek planning permission all the works and listed building consent for the steps and access. We need permission because of the engineering works.

As I indicated I am not yet in a position to say how much all this is going to cost but once we know we will share that with you all. The work will be phased as the more urgent piece of work is the carpark.

So the reason for telling you all this now is for you to begin thinking about what you might be able to contribute towards the work.

### St David's Day 1<sup>st</sup> March

For those in our congregation who are Welsh, or part Welsh, and celebrate St David's Day, here is a poem written by "Anita Brown Booth" to honour this courageous Saint and tell his story.



**Saint David's Day Remembrance**  
by Anita Brown Booth

Dewi Sant, Saint David of Wales,  
Born on a cliff top in a storm  
Into a sea of light.  
David the water drinker,  
Eater of bread and leeks,  
Owner of nothing.  
Standing in neck deep water  
Reciting Scriptures  
In the spirit of penance  
To remain holy.  
Healing the blind and sick  
As he travels, preaching,  
Raising a small mount  
So all could witness  
Blessed buy a holy, white dove  
Upon his shoulder.  
Founding monasteries, laboring hard,  
Serving the poor, then doing it again.  
Finally predicting his own death  
After a century of service.  
"Be joyful," he said, "keep your faith.  
Do little things."

### Medieval Carvings



As last week, I mentioned the humour in many medieval paintings and carvings; this week I came across one from the Abbey of Sainte Foy, Conqytes France, carved by a stone mason, who clearly had a great sense of humour, to enhance and amuse those who came to this devotional building built for prayer.

### How We Are

We send all those who are sick our love. Please continue to pray for all who have been unwell that they may gain in strength and good health as well as those who are grieving because of loss of a loved one.

**Diane (Turpe)** is back with us and nuch recovered from her fall. We give thanks for her recovery.

**Kelly's Father, John Rudge**, is continuing to make very good progress at home after his operation. Such good news and many prayers of thanksgiving.

We keep in our prayers **Sheila Grodzinki, Anita and Simon Houghton, David Agbim, Chuba Agbim, Eunice Adiele, Gideon Onwutalu, Annie Bwanaope and Rose Ochwada**. We hold them in our hearts that they may be filled with God's healing love.

Please pray for a full return to health for **Tony**. We pray that God's healing spirit may come upon him and help him make a good recovery.

Please continue to let us know of family members and friends who are sick and would welcome our prayers, either by WhatsApp, email, [Kamran@gg-pc.co.uk](mailto:Kamran@gg-pc.co.uk) or by phone, **020 8455 1873**

Natash



### Prayers with Kamran

From Mondays to Thursdays, Kamran will be in church at 9.00am for a short time of prayer with anyone who would like to join him. Kamran will also be in church each day for those who would like to visit and talk with him. Please consider making an appointment to ensure that he will be available to meet with you;

### Topic: Church Wardens' Personal Meeting Room

Join Zoom Meeting

<https://zoom.us/j/8585545365?pwd=em85aDF5ZmJ5ZkVlb0x0aDhY2paUT09>

Meeting ID: 858 554 5365

Passcode: J4FbKf

## GGPC Rota Mar 2024

| March 24                               |                       |          |             |              |                      |         |               |                |
|--|-----------------------|----------|-------------|--------------|----------------------|---------|---------------|----------------|
| Date                                   | Bible Passage         | Readers  | Intercessor | Refreshments | Eucharistic Minister | AV Desk | Duty Managers | Service leader |
| 10/03/24                               | Eph. 2:4-10           | Kool     | Tony        | Bilan        | Ifeyinwe/Onyeka      | Onyeka  | Florance      |                |
|  | John 3:14-21          |          |             |              |                      |         |               |                |
| 17/03/24                               | Hebrews 5:5-10        | Poppy    | Nwadi       | Cynthia      | Sally/Tony           | Dozie   | Tim           | Nehar          |
|  | John 12:20-33-        |          |             |              |                      |         |               |                |
| 24/03/24                               | Phil. 2:8-9           | Nwennaka | Sally       | Silvia       | Tim/Naila            | Ruth    | Chinwe        |                |
| <b>Palm Sunday</b>                     | Mk. 11:1-15:47        |          |             |              |                      |         |               |                |
| 29/03/24                               | Philippians 2:5-11    | Andrew   | Nwando      |              | Nwadi/Nehar          | Shaniv  | Alexis        |                |
| <b>Good Friday</b>                     | Mark 14:1-15:47       |          |             |              |                      |         |               |                |
| 31/03/24                               | I Corinthians 15:1-11 | Khan     | Jenny       | Ezim/Daniel  | Ifeyinwe/Onyeka      | Onyeka  | Florance      | Alexis         |
| <b>Easter Sunday Bring &amp; Share</b> | Mark 16:1-8           |          |             |              |                      |         |               |                |



## **Services and Event dates for GGPC 2024**

### **Services**

- Maundy (Holy) Thursday – 28 March 5 pm ???
- Asian Lent Service - 28 March 6 pm
- Good Friday - 29 March at 10 am
- Stations of the cross ???
  
- Easter Sunday – 31 March 10 am
- Ascension Day (Thursday) 9 May at 7 pm
- Pentecost Sunday – 19 May
- Trinity Sunday – 26 May
- Harvest Sunday - 22 September
- All Saints' Day – 1 November
- Christ the king Sunday - 24 November
- Carol Service – 22 December

### **Social Events**

#### Ideas

1. picnic on Hampstead Heath with a visit to the newly renovated Kenwood House.
2. A retreat with an inspiring speaker.
3. re- engaging with the St Alban's Abbey Festival Day in June
4. Perhaps a visit to Canterbury Cathedral and a guided tour round the Cathedral.
5. Joint BBQ - 21 July (Sunday)