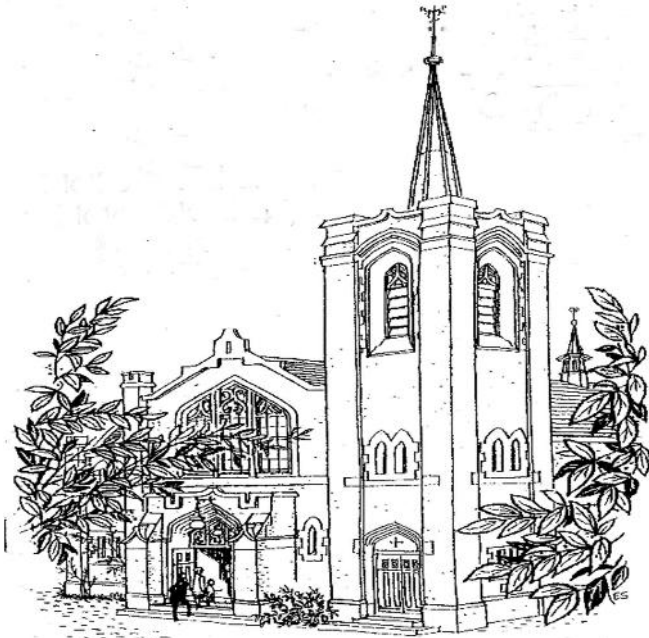


The Drive Methodist Church
Eastern Avenue

NEWSLETTER

APRIL 2021



Minister: Revd. Mmasape Zihle

Website: www.drive-methodist.church

Church Mission Statement
of
The Drive Methodist Church

The Drive Methodist Church aims to be faithful to the commandments of Jesus, and the calling of the Methodist Church.

The calling of the Methodist Church is to respond to the gospel of God's love in Christ and to live out its discipleship in worship and mission, and to fulfil the promises detailed in the Methodist worship book.

Provide a weekly opportunity for all people to worship God in Christ, here at The Drive Methodist Church.

Enable people to grow and learn as Christians through mutual support and care.

Be a good neighbour to the immediate and wider community. Sharing our faith with others through pastoral care, church activities and communication.

An Easter message from the President and Vice President of the Methodist Conference 2020/21

Dear Friends

We would like to bring you greetings as we approach Holy Week and to wish you a Happy Easter. This past year has probably been one of the most difficult years many of us can remember and we have all been affected by the Covid pandemic in different ways.

We have all experienced the difficulties of lockdowns and restrictions and the losses that accompany those constraints on our everyday lives. We also recognise that some of you will have faced sickness and bereavement as well as concerns over finances, mental health issues and isolation and has in many ways been a wilderness experience for many.

During this Lent season we reflect on Jesus in the wilderness and the lead up to the first Easter and recall the dashed hopes and dreams of those early disciples as they watched Jesus die, and then celebrate their joy and wonder when their Lord appeared to them again, risen from the dead.

We have been walking a difficult path through this pandemic but just as the longer days, flowers blooming and birds singing remind us that the earth is reawakening after the darkness and gloom of winter, we are reminded that there are signs of hope around us. Those of us who know and love Jesus have found comfort in knowing that he has been walking alongside us even in these difficult circumstances and we are encouraged to lift our heads and fix our eyes on Jesus as we look forward in hope to the future.

We pray that whatever your reflections on this past year, you will know the hope, comfort and peace of the risen Jesus in your heart and life and that you will see those glimmers of light as the dawn breaks. We pray that you will indeed

discover the joy of the Lord to be your strength moment by moment and know the truth that 'The best of all is, God is with us.'

With every blessing,

The Revd Richard Teal – President of the Methodist Conference 2020/21

Mrs Carolyn Lawrence –Vice President of the Methodist Conference 2020



Wishing you all a Blessed and Happy Easter.

How we have all missed our friends and family in this past year and the markers throughout the year when we all congregate to remember, celebrate, fundraise and worship together.

But change is taking place and we must look forward with hopefulness that we will resume our worship and activities in the coming months, and what better time than now with the promise of warmth, growth and new life. LB



Family News

We hold in mind and offer prayers for ...

Ruth's niece Millie, who continues to undergo investigations into her recent ill health.

Diane, Foster, as she prepares for a further eye operation

Elise (Michelle's mum) who is currently in hospital where they are investigating her health issues.

Caroline (Oli's mum) who is currently in hospital.

Mmasape's mum and family in South Africa

Peter Sharp as he undergoes hospital tests.

We send our condolences to Mike and Madeline Seviour and their family following the death of their maternal Aunt Joyce aged 96. Joyce, who was a member of The Drive and a sister to Olive Hazard and Dorothy (Mike and Madeline's mum), twins Kathleen and Margaret and brother John.

Kay Whidden, in remembrance of her dad Vassos who contracted Coronavirus and died on April 2nd last year.

National Day of Reflection

On Tuesday 23 March we came together to reflect on our collective loss, support those who have been bereaved, and hope for a brighter future.

This was a special day – bringing people from all backgrounds, communities, and all parts of the UK together, to reflect on the tragic loss of life we have all felt over the last year and support all those who are grieving. We remember those associated with our church family who died in 2020.

Congratulations and Best Wishes



To Colin Rodway who has sold his house in Ilford and has plans to move to Leicester.

Also to his son Ciaran who has just bought his first house.

We wish them happiness and success in their new ventures. Yes we will miss you Colin! LB

No birthdays or other special occasions have been shared with me for April but if it is your birthday or you are celebrating a special event, we send our very best wishes.



Her Majesty Queen Elizabeth II celebrates her 95th Birthday on 21st April.

Happy Birthday Ma'am.



On average, children in the UK get 8.8 Easter eggs every year. Over 80 million boxed Easter eggs are sold in the UK each year.

Here's Tahlia telling us about.....

'My Life In Lockdown'

I was at home when they told me I wouldn't be coming to school the next day. I was so confused; like a blanket of shock had covered me. The problem was that I knew that there was a virus spreading globally but I didn't expect it to come here so quickly. To be honest I didn't expect there would even be a virus. Nobody did. One of the many things that came to my thoughts was 'What about my friends at school'. I had a feeling my parents were a bit shocked but knew it would have happened sooner or later. I knew it was for my safety, but I couldn't process that at the moment.

The next day my mum showed me an email of what the school had said about how we would be doing our work from now on. We got the work packs. The first thought that came to my mind was 'How did they expect us to do the work without any help from a teacher'. I was so confused. Even worse was that my parents didn't learn the ways I was being taught. Every night I would spot my grandmother watching the news to see if anything had changed since she couldn't go to work. Nothing was the same. I didn't think it would ever change.

The months passed and my mum got an email from my school saying we would be having little sessions with our teacher,

once every week. They weren't helpful though. We weren't even learning. It was close to the summer holidays when they started doing the little sessions, so I only had like five. By the end of the last lesson, it was the summer holiday. I had missed half of my Year 5 life.

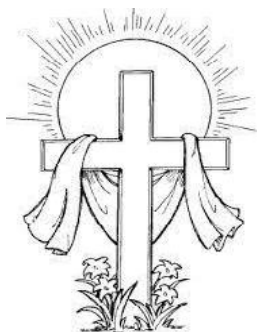
The shocking thing was that I was going into a Year 6 classroom next. It felt so unexpected even though I knew I was going there.

Once I stepped into the classroom all my emotions changed. From nervous to slightly happy. I had finally seen my best friends and all my classmates. It felt so weird being in the same room as 29 other children. I can't describe how felt; but if you were there you would probably say the same. It was almost like nobody thought we ever see each other again. Next thing we knew we were filling out Secondary School Applications.

It has been a difficult year, not being able to see family and friends and do fun activities. But it's part of the journey and I've learnt to enjoy the small moments with those around me. All we can do is hope, pray and trust that we all stay safe for it to end soon.

By Tahlia

Well done Tahlia, you have given us such a good insight into how confusing life has been for young people trying to make sense of the past year. LB



It's Okay not to be Okay

God Meets you where you are

A message from Grange Hill Methodist Church

Grange Hill is now acting as a Referral Agency for the Redbridge Foodbank, and we have been issuing emergency food boxes and other items to people who visit us on a Saturday morning. The food boxes are provided for us by the Redbridge Food Bank at Jubilee Church. We do not collect food here so if you have food donations please continue to give these to the main Redbridge Foodbank.

Grange Hill Church did report a shortage of larger size nappies but due to a recent generous response they now have plenty. However, the main Redbridge Foodbank are in need of nappies, especially larger ones, i.e. upwards of size 6. We do not have specific days for delivery of donated items, so to arrange delivery/collection please contact Jackie Saito, Circuit Administrator:

07701 003373, email - bdicircuitoffice@btconnect.com

I hope we can support our colleagues in this valuable work.
LB

SUPPORT REDBRIDGE FOOD BANK

Jubilee Church 14 Granville Road Ilford IG1 4JY

Website: www.redbridge.foodbank.org.uk/

Phone: 020 8518 0056

Apart from food- Urgently needed are toilet rolls, shampoo, shower gel, size 5 & 6+ nappies.

News of meetings from Jan and John



Prayer Meeting Thursday 29th April
7.15pm-7.45pm.

We pray at home for the time being. Prayer sheet follows and is available on Church website. Please find attached the prayer sheet for those who do not have internet.

Bible Reading Group Friday 30th April 11.00am.

The meeting will be a Zoom Meeting for the time being (unless we are able to meet outside) link to be provided nearer the time. We will be discussing 2 Peter Chapter 1.



CHURCH PRAYER SHEET

Date / Time of the Meeting 29 April 2021 7.15pm to 7.45pm

Bible Reading

1 "I am the real vine, and my Father is the gardener. 2 He breaks off every branch in me that does not bear fruit, and he prunes every branch that does bear fruit, so that it will be clean and bear more fruit. 3 You have been made clean already by the teaching I have given you. 4 Remain united to me, and I will remain united to you. A branch cannot bear fruit by itself; it can do so only if it remains in the vine. In the same way you cannot bear fruit unless you remain in me. 5 "I am the vine, and you are the branches. Those who remain in me, and I in them, will bear much fruit; for you can do nothing without me. 6 Those who do not remain in me are thrown out like a branch and dry up; such branches are gathered up and thrown into the fire, where they are burned. 7 If you remain in me and my words remain in you, then you will ask for anything you wish, and you shall have it. 8 My Father's glory is shown by your bearing much fruit; and in this way you become my disciples.

(JOHN 15: 1-8)

Prayer of confession

Gracious God, we come to you aware of our failings and conscious that we have tried to live in our own strength. Forgive us and reconnect us to your vine. We have resisted the challenge of change and not trusted your truth. Forgive us and reconnect us to your vine.

We have rooted ourselves in our wills and not in your word.
Forgive us and reconnect us to your vine.
We have looked for quick fixes and not kingdom-shaped
growth.
Forgive us and reconnect us to your vine.
We ask this in the name of Jesus Christ, your Son, our
Saviour.
Amen.



Prayer of praise and thanksgiving
Creator God, in you we are all we need to be;
through you we grow into all that we long to be.
with you we bear fruits that can be used and shared and
multiplied;
because of you our lives are rich and blessed and fruitful:
so we praise you in song and silence, today and every day.
Amen.

Prayers of intercession

To all those in need of love: let the love of God be known.
To a world in need of love: let the love of God be shown.
To those in need of food: let the love of God be shared.
By those in need of healing: let the love of God be
experienced.
By those in need of peace: let the love of God be felt.
By those in need of hope: let the love of God be seen.
To those in need of joy: let the love of God be sung.
By those in need of justice: let the love of God be heard.
By all those in need of love: let the love of God be known.
Amen.

For the Circuit

Loving God, we pray for all nine churches in the BDI Circuit: Barking, Ilford, Seven Kings, The Drive, Barkingside, Goodmayes, Becontree Heath, Old Dagenham, and Gantshill. Lord, give us a heart of discernment which knows your guidance, give us patience, and help us trust in your faithfulness, and give us your strength and courage which help us to follow you. We pray for our ministers, local preachers, worship leaders and all leaders in our local churches. Amen

A Reflective Prayer

I am the vine. I am your origin, your nutrients, your mainstay.

Root yourself in me. Let yourself be fed.

Let yourself grow...closer and deeper.

And in the growing, allow the pruning.

Allow me to prune, to trim, to cut away your broken branches,

your fruitless parts, your strivings, branches that are going to seed.

And watch and wait. Wait for the new shoots.

Wait for the new fruits to bud slowly and open gently.

Turn to my warmth, and let your fruits open in my glory.

Amen

Let us pray for folk in our Church

Let us pray for our Church to grow

Let us pray for our Community

The Lord's Prayer

Our Father who art in heaven, Hallowed be thy name.

Thy kingdom come.

Thy will be done on earth as it is in heaven.

Give us this day our daily bread,

and forgive us our trespasses,

as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.
For thine is the kingdom, the power, and the glory, for ever
and ever.
Amen.

.....

“For all those people who are finding
it difficult at the moment, the sun
will shine on you again and the
clouds will go away.”

Captain Sir Tom Moore

2020



sing.....loudly!



Let's



1 'Christ, the Lord, is risen today!'
Hallelujah!
All creation join to say:
Hallelujah!
Raise your joys and triumphs high;
Hallelujah!
Sing, you heavens, and earth reply:
Hallelujah!

2 Love's redeeming work is done!
Fought the fight, the battle won:

see, our Sun's eclipse has passed,
see, the light returns at last!

3 Vain the stone, the watch, the seal:
Christ has burst the gates of hell;
death in vain forbids him rise
Christ has opened paradise:

4 Lives again our glorious King;
where, O death, is now your sting?
Once he died, our souls to save;
where's your victory, boasting grave?

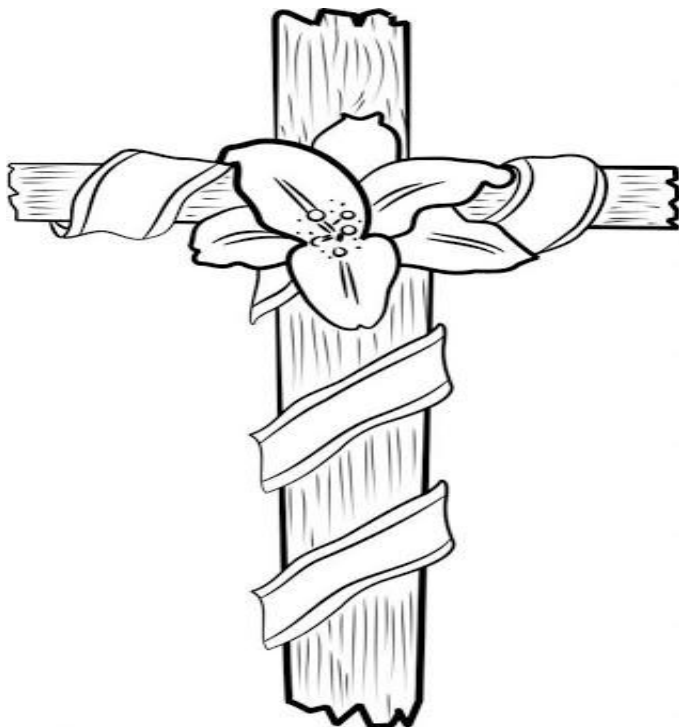
5 Soar we now where Christ has led,
following our exalted Head;
made like him, like him we rise;
ours the cross, the grave, the skies:

6 Hail the Lord of earth and heaven!
Praise to you by both be given;
every knee to you shall bow,
risen Christ, triumphant now!
Charles Wesley (1707 - 1788)
what a truly wonderful Easter hymn this is.LB

CHRIST IS RISEN

HE IS RISEN INDEED

As usual the cross will be erected outside church on Saturday 3rd April, so do come along on Sunday morning to decorate it with flowers while keeping a safe distance from others.



Do come to the walk-through communion on Easter Day at BARKINGSIDE METHODIST CHURCH FROM 10AM TO 11.30AM. This is not a service.

Life after the Pandemic

The Newsletter Fairy asked what I'm looking forward to when all this virus excitement is over? Well, where do I start.....

- ❖ I want to spend time with my children & grandchildren in France and Switzerland.
- ❖ I want to meet up with my all my friends like Josie & Verne and many, many others who I've only been able to chat with on the phone.
- ❖ I want to get rid of the huge pile of jumble I've sorted out that is heading for the charity shop as soon as it's open.
- ❖ I want to have face-to-face piano lessons with my teacher and not via the iPad.
- ❖ I want to 'mooch' around the shops, even though there is nothing I especially need but I just want to wander.
- ❖ I want to go to Tesco and choose what I want, not have to plan it ahead when ordering on-line.
- ❖ I want to pop into friends for a "cuppa", just because I can!!
- ❖ I want to pray in Church for all those who we won't see there again like Corinne, Elsie, Betty, Leotta and Pauline.
- ❖ And I want to say a big "thank you" face-to-face to those many people who have made life tolerable over this whole episode, from everyone at Church keeping the Church WhatsApp services going, to the people who phoned to check I was OK, to ALL the front-line workers & NHS staff and everyone volunteering their time for the benefit of others.

Ruth

I second that! What's on YOUR list? LB

Word Association Puzzle

Can you find a single word that links each three words?

- | | | |
|--------------|---------|--------|
| 1. SWISS | COTTAGE | CAKE |
| 2. FOUNTAIN | BAKING | POP |
| 3. PLAYING | CREDIT | REPORT |
| 4. MEASURE | WORM | VIDEO |
| 5. PAIN | SERIAL | WHALE |
| 6. MAN | WHEEL | HIGH |
| 7. COIN | QUICK | SPOON |
| 8. MAN | HOUSE | SURE |
| 9. UP | BOOK | CHARGE |
| 10. FRENCH | CAR | SHOE |
| 11. SANDWICH | HOUSE | GOLF |
| 12. CROSS | RAIN | TIE |
| 13. OFFICE | MAIL | HAT |
| 14. AGE | MILE | SAND |
| 15. LIFT | CARD | MASK |
| 16. PINE | CRAB | SAUCE |
| 17. ROOM | BLOOD | SALTS |
| 18. FOUL | GROUND | MATE |
| 19. FOOD | FORWARD | BREAK |
| 20. CRACKER | UNION | RABBIT |

Answers can be found on page 32

Seeing Is Believing

Since the pandemic began the purchase of goods online has increased greatly and scammers have sought to find new ways to part people from their money and many have suffered from these criminal activities.

The popularity of dog ownership has increased to the extent that breeders have many more people on their waiting lists. My friend who has always had a dog in her life found she became one of the many 'would be' owners on a breeders waiting list as she waited to be told there was a dog for her. In the meantime, there was an increase in dog thefts around the country, which apart from causing great distress to the owners, the beloved pet finds itself in unfamiliar surroundings.

Recently my friend called me, she was concerned that she may have been drawn into a scam that convinced her that she was buying a puppy from a breeder. She had paid the deposit with her bank card over the phone and was told she could have the puppy the next day. After we discussed the possibility of this being a scam and a conversation with the 'breeder' she lost her deposit and is now hoping to get a dog from a local breeder when one becomes available. I found myself comparing my friends experience to my own in the Sixties. Online purchasing was a long way off in those days.

Russ came into my life one day as I walked towards Petticoat Lane in London, the path led me through *Club Row, a well-known market that sold animals and birds. It certainly was not going to be the place from where I would buy my dog, I was going to wait until I found a reputable breeder. I glanced across at a stall where a Labrador puppy sat amongst a litter

of tiny puppies. I stopped to stroke him, admired his glossy coat and he looked up at me with big brown eyes. I was in love but walked away and resisted the temptation to buy a dog from a market stall. I could not get him out of my mind and knew that I had to go back. Someone was enquiring about him and hesitated when the sum of £16 was mentioned, I said, " I will have him."

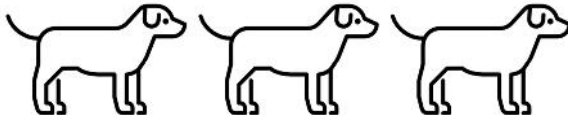
I hadn't enough money to buy a lead, but the stall owner gave me one and told me to go back the following week for the pedigree papers. He was mine, but had I walked on that day I would never have discovered the joy he brought into my life and the real meaning of unconditional love.

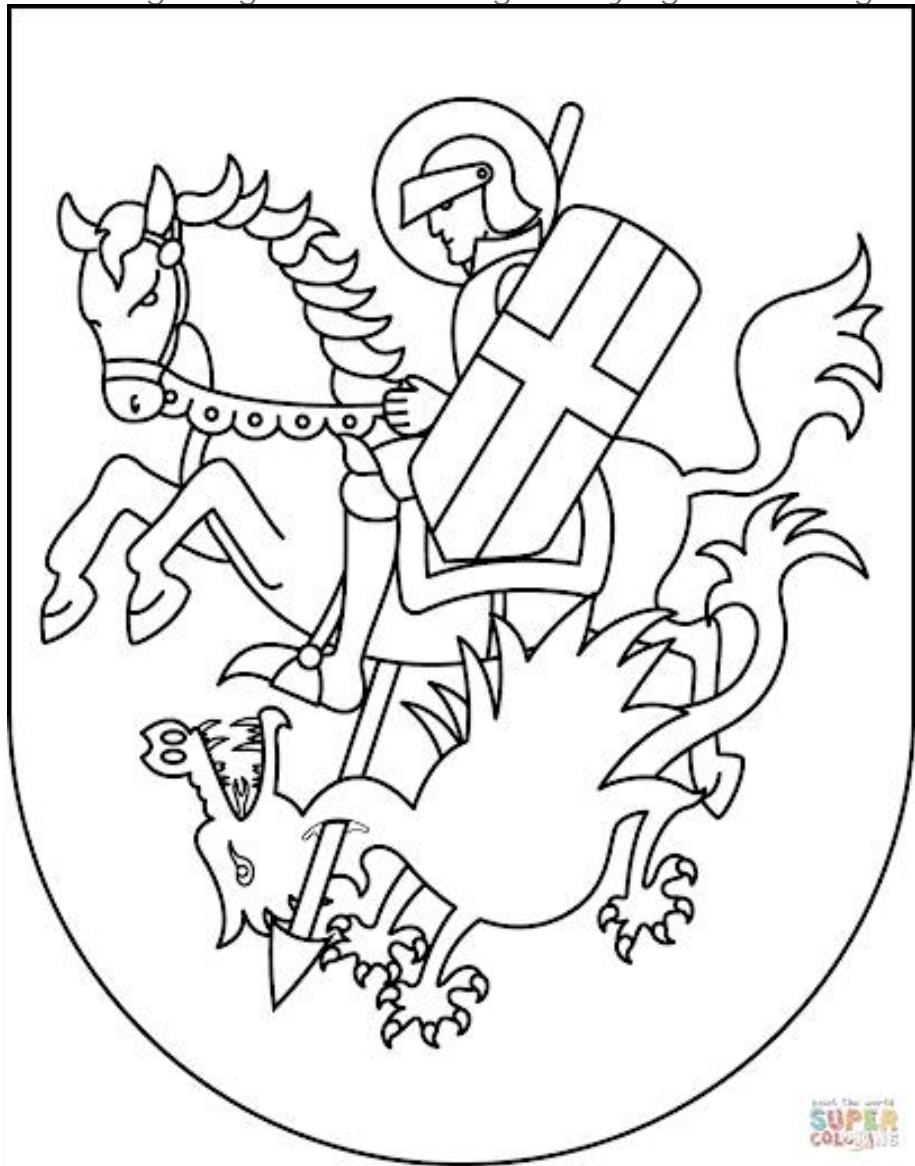
Throughout the past year many people have found that their dogs have brought them friendship, comfort and wellbeing through difficult times, which is exactly what Russ gave me all those years ago.

) In 1983 the government introduced a law banning the street sale of live animals.

Anne Dellow

Such a heart-warming story Anne.LB





Join the world
SUPER
COLORING



SAINT GEORGES DAY 23rd April

Who was St George? Did he really slay the Dragon? Why is he such a popular Saint, celebrated in so many Countries, Races, Religions and Organisations?

The celebration of St George's Day is currently fairly low key in England and much celebrated elsewhere.

There are many legends in many cultures about St. George, but they all have a common theme; he must have been an outstanding character in his lifetime, for his reputation to have survived for almost 1,700 years!

Most authorities on the subject seem to agree that he was born in Cappadocia in what is now Turkey, in about the year 280 AD. It is probable from his physical description; tall stature and fair hair that he was of Darian origin. Enlisting into the Cavalry of the Roman Army age 17, he very quickly established a reputation amongst his peers, for his virtuous behaviour and physical strength, his military bearing, valour and handsome good looks.

He quickly achieved the rank of Millenary or Tribunus Militum, an officer's rank roughly equivalent to a full Colonel, in charge of a regiment of 1,000 men and became a particular favourite of his Emperor Diocletian who was a skilled military tactician and strict disciplinarian, who set himself the task of rejuvenating the morale of the citizens of Rome by reviving the prevailing traditions and paganism of Rome. It may be recalled that this was a time of high inflation and civil unrest and one outcome of this was the increasing influence of Christianity.

Diocletian's second in Command was Galerius, the conqueror of Persia and an avid supporter of the Pagan religion. As a

result of a rumour that the Christians were plotting the death of Galerius, an edict was issued that all Christian Churches were to be destroyed and all scriptures to be burnt. Anyone admitting to being a Christian, would lose his rights as a citizen, if not his life. As a consequence, Diocletian took strict action against any alternative forms of religion in general and the Christian faith in particular. He achieved the reputation of being perhaps the cruellest persecutor of Christians at that time.

Many Christians feared to be loyal to their God; but, having become a convert to Christianity, St. George acted to limit the excesses of Diocletian's actions against the Christians. He went to the city of Nicomedia where, upon entering, he tore down the notice of the Emperor's edict. St. George gained great respect for his compassion towards Diocletian's victims.

As news spread of his rebellion against the persecutions St. George realised that, as both Diocletian and Galerius were in the city, it would not be long before he was arrested. Preparing for the event, he disposed of his property to the poor and he freed his slaves.

When he appeared before Diocletian, it is said that St. George bravely denounced him for his unnecessary cruelty and injustice and that he made an eloquent and courageous speech. He stirred the populace with his powerful and convincing rhetoric against the Imperial Decree to persecute Christians. Diocletian refused to acknowledge or accede to St. George's reasoned, reproachful condemnation of his actions and consigned St George to prison with instructions that he be tortured until he denied his faith in Christ.

Defending his faith, St George was beheaded at Nicomedia near Lyddia in Palestine on the 23rd of April in the year 303 AD.

Stories of St. George's courage soon spread, and his reputation grew very quickly. He soon became known in Russia and the Ukraine as the Trophy Bearer and his remains are said to have been buried in the church that bears his name in Lydda. However, his head was carried to Rome, where it was preserved in the Church that is also dedicated to him.

St George was beatified by the Roman Catholic Church and recognised in the liturgy of the Russian Orthodox and Greek Orthodox Churches as well as the Roman Catholic Church. He has been revered in the Ukraine since Christianity was established in 988 AD by Volodymyr the Great; Prince of the Kyivan Empire. The Romanesque Monastic order in Prague established St. George's Church in the Castle in the year 920AD. In the year 1119 AD the Cathedral of St George was founded in Novgorod. His reputation for virtue and chivalrous conduct became the spiritual inspiration of the Crusaders and by this time the pennant or flag with a red cross on a white or silver background became prominent as a means of recognition by English Knights. It was also worn on breast plates.

In the 13th Century, there was a Guild of St. George to which the Honourable Company of Pikemen were related before evolving into the Honourable Artillery Company. Many regiments of the Army still celebrate St. George's Day with great ceremony.

In the year 1348 King Edward III established the Knights of the Garter, which is the oldest order of Chivalry in Europe. The Order of the Garter was dedicated to the Blessed Virgin Mary, Edward the Confessor and St George. The Insignia of the order consists of a collar and badge appendant known as the George, the Star, the Garter and the Sash with the Investment Badge called the lesser George. This is a gold and richly enamelled representation of St George on horseback slaying the dragon.


In 1352 the College of St George was established in Windsor, with 6 boy Choristers and since then, St George's school has played an important role in the daily worship and on State Occasions in the Queen's Free Chapel of St George in Windsor Castle. By providing free education and sustenance for the boys, a priceless musical inheritance in choral worship has been established and their numbers increased until the Plague struck in 1479 when the numbers were reduced from thirteen to six again but recovered to thirteen by Michaelmas in 1482.

During World War II, King George VI established the George Cross for outstanding acts of Civilian Valour and one of the earliest recipients was the Island of Malta, for its outstanding courage in the face of the constant bombardment by the Italian and German Air Force.



The medieval legend of St George and the dragon says that a dragon made its nest by a freshwater spring near the town of Silene in Libya. When people came to collect water, they inadvertently disturbed the dragon and so offered sheep as a distraction.

After time, there were simply no sheep left for the dragon and so the people of Silene decided to choose a maiden from the town by drawing lots. When the results were read, it was revealed that the princess was to be the dragon's next victim. Despite the Monarch's protest his daughter, Cleolinda, was offered to the dragon.

However, at the moment of offering, a knight from the Crusades came riding by on his white stallion. St George dismounted and drew his sword, protecting himself with the  sign of the cross. He fought the dragon slaying the beast and saving the princess. The people of Silene were

clearly very grateful and abandoned their pagan beliefs to convert to Christianity.

Recently this email regarding Betty Griffiths was received by Mmasape who asked for it to be printed.

Good evening,

Forgive me for writing but I came across your newsletter by accident!

I was searching for a phone number for a friend of my late mother. We continued to correspond at Christmas after mum died in 2012 but was concerned, I did not hear from her this past Christmas. That friend was Miss Betty Griffiths.

So, it is with great sadness I learn of her passing. I read the tributes from her friends which are lovely and describe the lady we knew.

If I may share a little...

She attended Exmouth Convent School in Devon, with my mum April Jones (later becoming Edwards), and always reminisced that she remembered the words to twelfth night when she played the part of Maria! She always wrote of her happy memories of Exmouth and 'those wartime years'! I don't know why she would have been in Exmouth possibly she was an evacuee.

She always wrote of the joy she got from helping out at her church. The times she would be serving Christmas dinners and the joy she got from her dogs over the years.

She would always sign her letters from Betty (who used to be Winnie the pooh)! I can't remember why!!

Please accept my belated condolences.
Kindest regards,

Jocelyn Carhart née Edwards

What a lovely reminder of our dear friend Betty. LB



FOOD MEMORIES from Lorraine

Old English Trifle. (no Jelly)

Aged 19, along with Peter I was invited to our first dinner party by my future sister-in-law. In awe of just about everything she produced; I was particularly impressed with the dessert and have made it ever since, as it soon became a family favourite for special occasions.

The ingredients are:

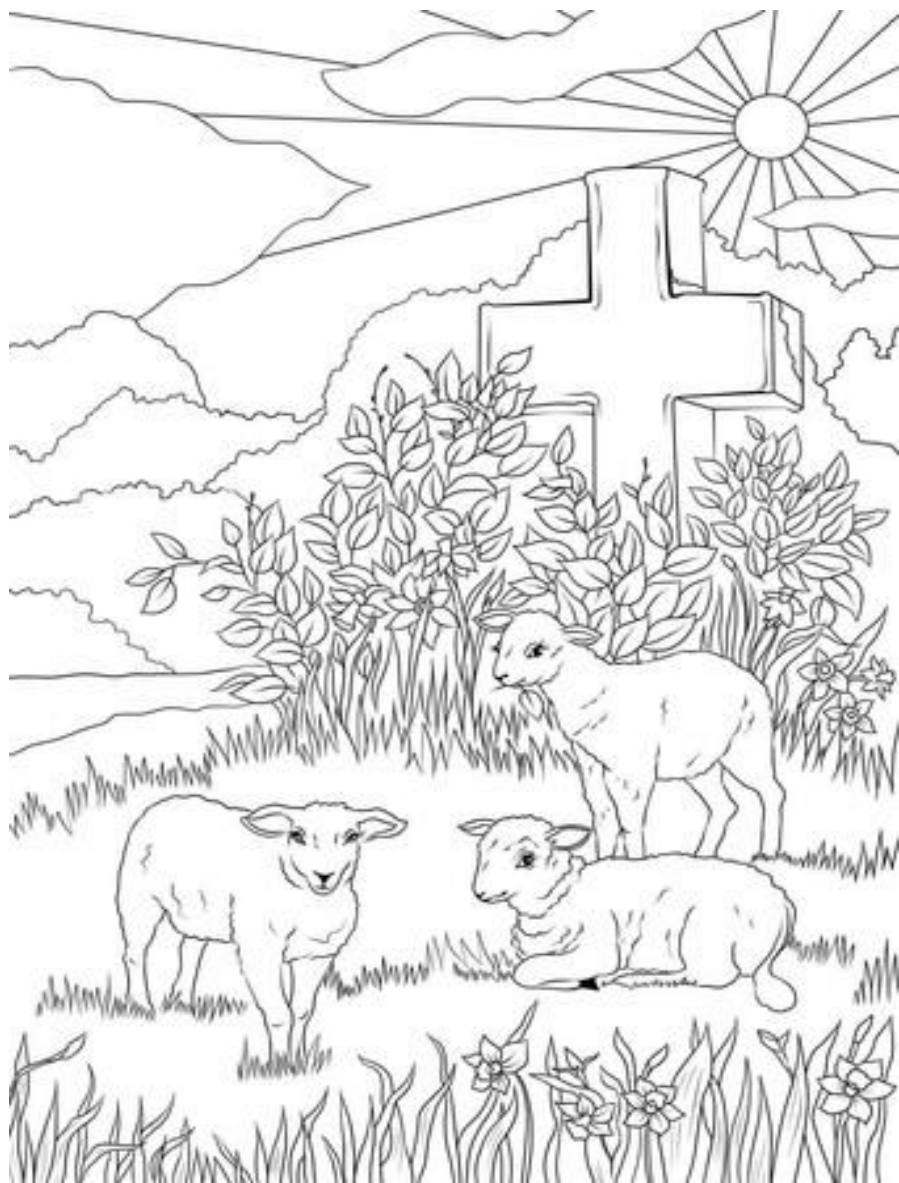
1 small madeira cake or 2 raspberry jam swiss rolls
A small glass of good quality orange squash
A small glass of dry sherry (optional but better with)
1 punnet of fresh raspberries (optional)
1 pint of homemade custard
250mls double cream
250mls fromage frais
Toppings – crushed chocolate flake or toasted sliced almonds.

Use a fairly shallow dish of your choice approx. 3 to 4 inches deep. Arrange sliced cake or swiss roll in dish. Pour on orange juice and sherry and leave to soak. Layer raspberries on top.

Meanwhile make 1 pint custard using custard powder and pour onto the cake. Cover with cling film to prevent a skin forming and leave to cool. Whip cream and fromage frais together and pipe or drop spoonful's of the cream on the custard evenly until it is covered. Sprinkle on your chosen topping and chill well.

Works well made in small trifle dishes.

Easter Colouring



Supermarkets and pharmacies offer a safe place for victims of Domestic Abuse.

In response to the increase in domestic abuse incidents during the past year, Asda, Morrison's, Sainsbury, and Tesco have joined Boots in offering a room to shelter those suffering Domestic Abuse. In Boots you ask for Ani and you will be shown into a consulting room where you will receive support. Likewise, in the supermarkets you ask at the healthcare counter to use the consulting room. staff have been trained how to respond and offer appropriate support to those in need.

Call the National Domestic Abuse helpline on 0808 2000 247. Download the Bright sky App.

Bright Sky is a mobile app and website for anyone experiencing domestic abuse, or who is worried about someone else. Launched in partnership with Vodafone, the app includes questionnaires to assess the safety of a relationship, plus a section on dispelling myths around domestic and sexual abuse. The website is focused on how to spot the signs of domestic abuse, advice on how to support someone you have concerns for, and ways to find help.

Both have access to a unique UK-wide directory of specialist domestic abuse support services with contact details, and nationwide helplines that are available 24/7.

NHS VOLUNTEER RESPONDER

DELIVERED BY

THE ROYAL

VOLUNTARY SERVICE

-) Do you need some help at this time?
-) Do you need help to isolate due to a health condition?
-) If you need a hand with collecting shopping or prescriptions.
-) Would you like someone to call you for a chat?

Our NHS VOLUNTEER RESPONDERS

are here to help

CALL 0808 196 3646

or go to

nhsvolunteerresponders.org.uk

Helplines and Support

Concerned about a rough sleeper? Tell someone.

If you want to tell us about someone sleeping rough, you can contact Street Link on 0300 500 0914 who will take note of all the information that you provide and arrange for the rough sleeper to get access to local services and support.

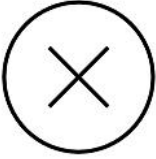
Victim Support 08 08 16 89 111 is here to help anyone affected by crime. Because we're an independent charity, you can talk to us whether or not you've reported the crime to the police. We are here just to support you. Freephone www.victimsupport.org.uk/help-and-support/get-help/support-near-you/east-england/essex

Mind for Mental Health Support Infoline: 03001233393
Email: info@mind.org.uk

Samaritans If you need someone to talk to urgently and in confidence — the Samaritans are able to offer 24hr emotional support. 08457 90 90 90, for the cost of a local call, or alternatively visit their website at www.samaritans.org.uk.

Childline

You can talk to us about anything. No problem is too big or too small. Call 0800 1111 or via 1-2-1 chat between 7.30am and 3.30am every day.



HOT CROSS BUNS

If you hang a hot cross bun from your kitchen rafters on Good Friday, legend has it that the bread will remain fresh and mould-free throughout the entire year. This harkens back to the body of Christ, which, according to the Bible, did not show any signs of decay after his crucifixion and prior to his resurrection. The bun should be replaced each year on Good Friday. Later in the year, the buns were sometimes broken up, mixed with water and treated as a medicine.

Answers to word association quiz

- 1.**cheese, **2.** soda, **3.** card, **4.**tape, **5.** killer, **6.** chair,
7. silver, **8.** fire, **9.** cover, **10.** horn, **11.** club, **12.**bow,
13. box, **14.** stone, **15.** face, 16. apple, **17.** bath,
18. play, **19.** fast, **20.** jack.

Methodist Central Hall Westminster

venue for all

Though primarily built for use by the Methodist Church, Central Hall Westminster was also intended to be used as a public meeting place for all people, regardless of their religious persuasion.

At its time of construction, it was said Central Hall Westminster would offer a 'great service for conferences on religious, educational, scientific, philanthropic and social questions'.

We continue to provide events services for a diverse roster of clients today and enjoy excellent links with clients in several diverse industries – including the government, education, entertainment, and corporate sectors.



Did you know?

1. Our basement acted as an air-raid shelter for over 2,000 people every night for the duration of World War Two. It fostered such a strong sense of community among those who took refuge with us, that many did not want to return to their own homes once the war finally ended in 1945.
2. In 1966, the iconic FIFA World Cup Trophy was stolen from the Library, where it was the centrepiece of an exhibition – before being recovered a few days later thanks to Pickles the dog.
3. Six international TV companies filmed the Royal Wedding from our roof in 2011.
4. We were chosen to host the very first UK Laureus World Sports Awards in 2012
5. In 2014, we transformed into a Grand Parisian Hotel during filming for 'RED 2', starring Bruce Willis and Catherine Zeta-Jones
6. We hosted the Bloody Sunday Inquiry in the Lecture Hall and Library in 2002-3
7. In March 1945, Winston Churchill addressed the Conservative Party Conference in our Great Hall with the famous words: 'Victory is certain, victory is near'.
8. Dr Paul Bruce Dickinson, front man of heavy metal band Iron Maiden, was awarded an Honorary Doctor of Music title here in 2011.

An offering from Brian G

A Blessing

May you listen to your longing to be free.

May the frames of your belonging be large enough for the dreams of your soul.

May you arise each day with a voice of blessing whispering in your heart that something good is going to happen to you.

May you find a harmony between your soul and your life.

May the mansion of your soul never become a haunted place.

May you know the eternal longing that is at the heart of time.

May there be kindness in your gaze when you look within.

May you never place walls between the light and yourself.

May your angel free you from the prisons of guilt, fear, disappointment and despair.

May you allow the wild beauty of the invisible world to gather you, mind you and embrace you in belonging.