

NEWS & CHAT 13 January 2022

The online service is live-streamed on the Christ Church Facebook page.

The wearing of masks is compulsory in churches.

To continue to keep Covid-19 safe, please remember to:

- Wear a mask at all times (unless you have an exemption), including at groups meeting at church
- Sanitise hands when entering the building
- Keep at least 1m from people you are not in a 'bubble' or live with, including at groups meeting at church.
- Try to keep conversations after worship to a minimum

During services and other events, we will endeavour to keep the Church as warm as possible whilst maintaining good ventilation, so please dress accordingly.

Sunday 16th January

10.30am John Amos at BDC

10am The Minister at Christ Church, Communion, followed by Church Meeting

Tuesday 18th January

10.30 a.m. 'Let's Chat about Books' – our 'starter topic' this month is

'magazines' – sharing memories of magazines we enjoyed in the past and those we enjoy now. Please bring along some magazines (old or new). As always, we'll chat about what we're reading at present. Perhaps folk could donate some books to the church or maybe borrow some.

Thursday 20th January at 10.30am Taizé service at Christ Church. Come for some quiet and reflective time. All welcome.

Some Bridgwater Drive Church 'Chat'



Essex Woodcarvers The woodcarvers meet at Bridgwater Drive on Mondays (during the day) twice a month. I often pop in to see them and am always amazed to see the beautiful things they create. This wheelwright was carved by Ted Jeffery. Ted says, '*The wheelwright has a full set of dray wheels to make. He has finished two, complete with iron tyres. He is assembling a third and the pieces for the fourth are on his bench.*'

I also enjoy reading their magazine (thank you Derek) which includes pictures of their carvings and many interesting articles – like this one: - '*There have been many times that I have wondered what could be done with the shavings and chips that are the end product of a carving or turning session. Recently, when preparing the wood burner for the evening's warmth, I realised that the fire lighters I was buying were made from wood wool and wax. I purchased some wax granules and a cheap roasting tin. Hey presto. Line the tin with greaseproof paper press layers of wood shavings from lathe and knife. Drench with molten wax and allow to set. Then cut into small squares on the band saw, I can assure you that they work extremely well and are a fraction of the price of shop sold ones. I used a single burner camping hob to melt the wax.*' This isn't something I'm going to try but I admire Derek's dedication to recycling and money saving.

Margaret

On the subject of recycling - following the item in last week's News and Chat, Kate sent this message - *Having taken my cards to Sainsbury's, and not being able to find the appropriate recycling boxes, I have belatedly discovered that none of the supermarkets or large organisations are recycling them this year.*

I have been meaning to go along to the meetings of Southend and District Pensioner's Campaign (SDPC) ever since Bob started putting the notices up on our notice board. I looked at their web site today (excellent pictures including some of Bob and Jean) and realised what an excellent organisation it is. Maybe some of you would like to go along to the next meeting. Thank you, Jean, for helping me with the following information.

Margaret

Christ Church, Rayleigh (CC) and the Bridgwater Drive Church (BDC)

Southend and District Pensioner's Campaign

'A very sociable and effective group running a monthly meeting for older people in Central Southend.' We meet on the third Wednesday of the month, at The Balmoral Centre, Salisbury Avenue, Westcliff on Sea SS0 7AU, a Covid-19 Secure Community Facility, from 2.00pm until 4.00pm. The next meeting is on **19th January** where there will be a speaker from "**Carers First**" who offer services, help and advice to unpaid carers.

We are an independent self-financing Membership organisation with no funding from any statutory body.

Visitors are very welcome at our meetings.

We always have a talk from guest speakers on a variety of subjects. Recent examples are "The work of the Citizens Advice Bureau" and "Things you didn't know about London". Afterwards we have tea and biscuits so we can chat and discuss local and national issues that affect older people. Plus we hold a raffle and a "bring and buy stall" for members, visitors and friends.

We are also committed to the welfare of members by keeping them informed of their rights and advertising by a monthly digest, activities in other places likely to be of interest.

Our campaigning is mainly connected to supporting the National Pensioners Convention in national petitions. One example is for care in old age to be funded from taxation as is the NHS. We also take up local issues such as improving safety in the shared space areas, CityBeach and VictoriaPlaza.

We produce a monthly topical information digest for all members, copies of the latest editions are available on our website, www.southendpensioners.org.uk or from the Secretary Jean Howes jean_howes@hotmail.co.uk tel 01702 341047

TIPS & IDEAS

An idea from #64MillionArtists January Challenge (a creative suggestion for every day in January):

Take the time to reflect on the things you use to navigate the world a little more easily. It might be a big thing, a little thing or anything in between. It might come to you quickly, or it might require some thought throughout your day.

This concept was designed with disabled people in mind – so someone very short might need a stool to do many daily activities, others may need a hearing aid, a stick, a magnifier, but probably all of us have something that helps us daily – glasses, a prayer book, a walk, a candle....

RESOURCES

New reflections for the season of Epiphany from St Paul's Cathedral, by Patrick Craig - a countertenor and conductor. He is a Vicar Choral at St Paul's Cathedral and over twenty years sang more than a thousand concerts with the Tallis Scholars. <https://mailchi.mp/343c2376de33/coming-up-from-st-pauls-cathedral-8251188?e=e30a1f608a>

PRAYER CORNER

I invite all of you to set aside time daily to pray for our churches and members but also for the whole nation and world. We pray especially this week for all those in hospital or having tests done.

This week's prayer theme (prepared by Gwyneth). **Example.** Jesus is our example for life, not just a sample of joy at Christmas. Have you brought Jesus with you into 2022 yet?

Particular prayer requests this week:

The BDC

Barbara: Barry: Cherry: Clive: Marlene's daughter, Christine: Janet: Colin: Celia: Sandra: Margaret and Ted: Gerry: Yvonne: Margaret's friends, Jean and Peggy:

Christ Church

Audrey: Sheila S: Joy and Steve A: Phil and Grace: Peter C: Phil and Penny: Frank: Sally: Judy H.

Contact information

Minister: Revd. Naomi Young-Rodas 07555 705530 [web site](http://www.bridgwaterdriveurc.org.uk) bridgwaterdriveurc.org.uk
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From Eco Church – ideas to appreciate nature: <https://arocha.org.uk/make-your-2022-a-year-of-nature/>

Whether you've already made (or broken) a New Year's resolution... be sure to fall in love with nature in a new way this year. Here are some ideas to make 'enjoying nature' your priority in 2022.

- **Take a wildlife quiz.** From cool questions on the coldest regions to testing for knowledge on the deep blue sea, learn something new about nature alone or with your family with WWF's selection of fun quizzes [here](#).
- **Bring nature into your home or garden.** Planting a herb or flower as a reminder of our responsibility to steward God's earth. As you tend to this plant, prayerfully ask God how you might nurture nature better at home in 2022.
- **Spot winter wildlife.** Winter is still a great time to be outdoors and see wildlife. Soak up the seasonal sights on your doorstep or find out what you can see in different parts of the UK [here](#).
- **Walk and Worship.** Go for a walk in nature and note all the signs of the season. Use this time to reflect on the changing season and what we can be thankful for.
- **Write about or draw something that inspires you in nature.** Try this one as a group activity and share your ideas and reflections.
- **Birdwatch.** A great way to begin could be taking part in the [Big Garden Birdwatch](#) this January (28-30).
- **Visit an outstanding area of beauty in the UK.** Many of our [Partners in Action](#) offer beautiful surroundings and even retreat days or weekends. Check out [The National Trust's](#) website for your nearest escape to nature too.
- **Get to your nearest green space more often.** Time spent enjoying God's creation will help set your mind and seek the things that are above. Bring your sketch or notebook, your Bible, or whatever helps you connect with our heavenly Father. Or perhaps God is inviting you to just bring yourself (with some extra layers!) and simply sit.
- **Bring a friend along!** Next time you meet up with a friend, why not suggest an extended or brisk wintery walk together (don't forget your reusable coffee cups!)
- **Try out a new delicious meat-free recipe.** [What we eat impacts the earth's resources](#). Get creative in the kitchen and sample some tasty Meat Free Monday recipes [here](#).
- **Grow your own.** What could you grow inside your home, in the garden or even at church? Who can you bless along the way? Healthy and rewarding, Vishadhi shares her [tips](#) on how she started growing her own fruit and vegetables to bless others in urban Southall, London.
- **Plan a Wild Time!** Plan something *completely* wild in nature for later this year. Experience kayaking, wild camping, outdoor yoga, forest school, forest church... Make it your resolution to *really* enjoy what nature has to offer this year. Break out of your normal routine and join a volunteer work party or take to the water for wild swimming. Whatever you do – do something different and have fun in 2022!

And why not watch Green Planet (with David Attenborough), 7pm Sunday nights on BBC1

