

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

NEWS & CHAT 16 JUNE 2022

The online service is live-streamed every week from Christ Church, on the Christ Church Facebook page.

SUNDAY 19 June 10.30am, Ian Miller at BDC
10am, the Minister at Christ Church, Communion and induction of elders

Being a DEMENTIA FRIEND training will take place **NEXT TUESDAY**, 21 June at 10am at Rayleigh Methodist Church. This is ideal training for Elders, Stewards, Pastoral visitors, carers and anyone who wants to volunteer to help with Memory Worship. Contact Naomi for details.

BREAKING NEWS – Hold the date – on Tuesday 26 July at 11am, Andy Jackson, Head of Communications for the URC, will be at Christ Church to lead a session on publicity and how to better promote our events and activities, including: branding, publicity, press releases, social media and websites. **Please don't think this is not for you** – if we want the church to grow and people to attend our events, **EVERYONE** needs to be promoting the church and what we do, by talking to friends, family and neighbours and inviting people. Research shows that most people come to a church for the first time because of a personal invitation. **So come along, you may pick up some helpful tips.**

NEWS AND DATES - THE BRIDGWATER DRIVE CHURCH (from Margaret)

I'm sorry some of you didn't get a News and Chat last week. Thank you to those people who helped in the unusual circumstances. I posted a few copies to people too far away to reach – the answers to the quiz were attached to the minutes so if you missed those and would like a copy please let me know. I am now free from Covid and able to get to church to do the copying. Hopefully I will start the usual distribution tomorrow. Gerry is still suffering from the cold that goes with Covid but says he's 'on the mend'.

The other reason I wanted to make sure you all had a copy of News and Chat was to highlight the visit of Bobby, Sylv's therapy dog, to the coffee morning this morning. Janet brought the most appropriate bag for the occasion. Bobby was perfectly behaved and everyone enjoyed his visit. I think Bobby enjoyed his visit too - lots of cuddles and people making a fuss of him, hiding treats in his toy for him to find, brushing him and admiring his tricks! I missed the fun but I believe people shared doggy memories and talked about all the different work dogs do. Sylv explained what Bobby and other therapy dogs do – this is a list of the benefits that have come from dogs like Bobby going into schools.

- an increase in school attendance:
- children gaining in confidence:
- a decrease in learner anxiety and behaviour:
- improved reading and writing levels:
- helping nervous children to talk and change:
- helping children to overcome fear of dogs. Just one example of this: 4 weeks ago a little girl stood behind the bookcase in the classroom and waved at Bobby. Her parents are scared of dogs and had passed that anxiety on. This week, that same little girl, presented us with a drawing of Bobby and at the end of the session she was lying on the floor with Bobby on top of her. She and the rest of the class absolutely adore him.



Next Tuesday, 21st June at 10.30 we will be **Chatting about Books** (and, no doubt, lots of other things as well) over a cup of coffee. Our starter topic is to complete this sentence, 'If I could write a book I would write'. Come with your ideas or let me know before Tuesday – would you write a story or put together a book of pictures? , something funny or serious? .. a book of practical advice or maybe the story of your life? Don't forget to bring a book you are reading or have enjoyed reading (I forgot last time!!)

On Thursday, 23rd June 'Coffee with Cops'.30 – 11.00 'Coffee with the Cops'

Our local Police Community Support Officer (PCSO), Jackie Twiddell, is coming to the **Coffee Morning** at about 10.00. This is a chance for us to voice any concerns we have, to listen to any advice Jackie may have for us and to meet a police officer in a friendly environment.

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TIPS & IDEAS

This month #64MillionArtists are reflecting on how we **cultivate our listening**. This is something we do at church in various ways. Every week in June there will be a prompt to encourage active listening and enable us to better understand our community, family and friends.

This week - **let's practice our listening in an active and sensitive way.**

Ask someone in your social circle to tell you a story or memory from their life.

Listen carefully and patiently: try not to interrupt and not add your own ideas or experiences. This can be 5 minutes or 20 minutes, it's up to your participant and how much they want to share with you.

Then take time to digest the story and try to represent it in a drawing. If you don't feel so 'artistic' – maybe write the memory for our Church News (with the person's permission), especially if it is a story or memory from church life.



RESOURCES

The new set of reflections from St Paul's Cathedral for June are by Revd Janet Tollington, retired URC minister and retired tutor of Old Testament and Hebrew at Westminster College. This week, *The tricky issue of succession*

<https://mailchi.mp/6ab620f354d8/coming-up-from-st-pauls-cathedral-8251370?e=e30a1f608a>

Next week is REFUGEE WEEK

This year's theme is 'Healing'. Refugee Week 2022 (20-26 June) will be a celebration of community, mutual care, and the human ability to start again.

"Healing means recovering from a painful experience or situation, so that we can continue to live. No-one understands this better than those who have lost their homes and had to build new lives from scratch. We have much to learn from refugees about holding onto hope when going on seems impossible – as well as about how art, creativity and community can help us to heal. Those going through the asylum system also know that healing is an ongoing process, made harder by poverty, housing difficulties and the threat of being detained or deported. Asking for change, so that refugees can truly feel safe, is an act of care."



Things you can do:

- Pray for refugees and asylum seekers
- Sign petitions/support campaigns against the Government's policy of sending refugees to Rwanda – opposed by the Archbishop of Canterbury and many other church leaders. e.g:
 - Safe Passage <https://www.safepassage.org.uk/>
 - Refugee Action <https://act.refugee-action.org.uk/page/106452/petition/1>
- Do one of the Refugee Week 'simple acts' - <https://refugeeweek.org.uk/simple-acts/> and if you're able post about it on social media
- Learn – read reputable new sources about refugees, and the new government plans.

Refugee Council <https://www.refugeecouncil.org.uk/information/refugee-asylum-facts/the-truth-about-asylum/>

<https://www.theguardian.com/world/2022/jun/13/children-deemed-adults-by-home-office-could-be-deported-to-rwanda>

JPIT <https://www.jointpublicissues.org.uk/issues/asylum-and-migration/>

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- Read about Welcome Churches <https://welcomechurches.org/>
“Whether your church is big or small, old or young, urban or rural, traditional or contemporary, there IS something you can do to join with our vision. No matter how refugees are arriving in your area, we want to help you to be a welcoming community for them.” Is this something we could do as a church?

Some thoughts on Refugee Week from Margaret

I know that quite a lot of people who read News and Chat can't follow the links to the internet so, this week, I had a look to see what you're missing. I found the one about Refugee Week very interesting. We think there is nothing we personally can do, but the aim of Refugee Week is to help people to understand what being a refugee is like and try to make life better for those who arrive in our area. One of the suggestions in the list of 'Simple Acts' is to read a book about refugees. There is a long list of books for all ages to help everyone to understand the problems faced by refugees and try to do something about them. Few of us can imagine having to leave our homes and everything we have known then face incredible difficulties getting to a new country, learning a new language, going to school, finding a job and a home. There are many stories of people who came to the UK as refugees who found a welcome here, made a new life and have taken the chance to put something back into our country. Churches are often places refugees turn to for help. What can we do?

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. This week, remembering it's **Fathers' Day on Sunday**, we pray especially for fathers and those children who don't have fathers. We pray for the asylum seekers who may be sent to Rwanda and the activists fighting on their behalf.

This week's prayer theme (prepared by Gwyneth). **Dads (and Mums)**. Thank You Lord for Dads. Such awesome and often challenging responsibilities fathers carry, some well, some not so well. We pray for the fathers in our church and community, for Your presence with them Lord, to enable and strengthen them to be the 'best' they can be.

Particular prayer requests this week:

Susan S, Paula's mum
Frank
Audrey
Doreen
Beth and Elizabeth G
Sheila S.
Peter C

BDC:

Barbara
Cherry
Margaret & Ted J.
Margaret & Gerry
Kate
Clive & Jan

A Reminder that, in this the 50th Anniversary year of the URC, throughout June, Christ Church is displaying the tapestry made by Southend District (now the Area Partnership) for the 25th anniversary of the URC. Several members of Christ Church and the BDC were involved in creating the tapestry. Ted Jeffery made the wooden stands. Rev'd Angela Cotton was the artist and moving force behind the tapestry.



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At last there is room for the poem you sent several weeks ago, Kate. Thank you! All very true!

Retirement

I thought when I retired I'd have lots of time to spare
Time to go on outings, lots of time to do me hair
But this dream has not developed, it has disappeared with ease
With our mothers and our children, who we try so hard to please.

They all think that we've lots of time - And nothing else to do!
When they call and ask for help it would be churlish to refuse
So we pick the children up from school – that's something that I love
For they make me laugh, they make me smile and put me in the groove

To be fair we have some holidays, and we often travel forth
But we fit it in with childcare and our mothers up the North
Much travel on the motorways is familiar to us now
The increasing price of fuel, it surely raises Tony's brow

The one thing I have noticed is my husband's always there
And he wants to do things with me - all the time – that's quite a scare
When we worked it was so different, we were passing ships at night
So this sudden realisation has given me quite a fright – bless him

I find that I am slower in most everything I do
Small tasks I fitted in at nights now take an hour or two
Or is my mind just playing tricks, because I have all day
And there's no mad rush to finish them and I wile the time away

I feel I need a treat when I have finished every chore
So I sit and have a coffee, and when it's gone I have some more
Then perhaps it's almost lunchtime so I start to make a snack
When we eat and chat and watch the news, and Tony hits the sack

When I worked I oft was tired in the afternoon at 3
And I dreamt of little naps each day, but this is not to be
I discovered if I dosed that then I could not sleep at night
And I'd wander to the study where I'd surf till morning bright

I thought I'd have a lot of time to read my books at leisure
For while I have my sight, my reading gives me lots of pleasure
And gardening too I thought I'd spend a lot more time out there
But time drifts by and flowers wilt for there's no time to spare

While working, I was organised and fitted in so much
So now I need a planner just to kick me into touch
I need more hours in the day to do all that I need
But still, retirement's wonderful.... I just don't do things at speed.

Kate Lopez