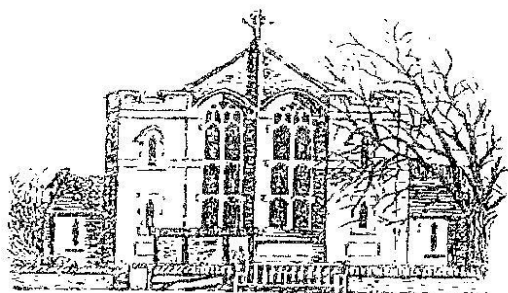


UPMINSTER METHODIST CHURCH



Church Notices
4th October 2020
www.upminstermethodistchurch.org

WEEKLY NOTICES

- Revd. Joseph Riberio's 11.00am zoom service can be found on the email page.
- Revd. Jason Vinyard 7.00pm zoom service can be found on the email page.

(if you wish to dial into Revd. Jason Vinyard's service using your telephone, please use one of the numbers below and then you will be asked to enter the meeting ID number, including hash tag)

Dial by your location

0203 051 2874 United Kingdom

0203 481 5237 United Kingdom

0203 481 5240 United Kingdom

0131 460 1196 United Kingdom

Meeting ID: 816 4329 4747#

Also you can find the link for the Rainham Foodbank which includes a monetary donation section.

From The Psalms 61: 1

Hear my cry, O God; listen to my prayer.

From Singing the Faith, hymn number 640

- 1 We turn to God when we are sorely pressed;
we pray for help, and ask for peace and bread;
we seek release from illness, guilt, and death:
all people do, in faith or unbelief.
- 2 We turn to God when he is sorely pressed,
and find him poor, scorned, without roof and bread,
bowed under weight of weakness, sin, and death:
faith stands by God in his dark hour of grief.
- 3 God turns to us when we are sorely pressed,
and feeds our souls and bodies with his bread;
for one and all Christ gives himself in death:
through his forgiveness sin will find relief.

Dietrich Bonhoeffer (1906–1945)

Letters and Papers in Prison, 1953, SCM Press

translated Compilers of *Church Hymnary*, 4th edition, 2005

Reproduced from *Singing the Faith* Electronic Words Edition, number 640

Translation: © CH Trust, administered, Hymns Ancient & Modern Ltd www.hymnsam.co.uk

From Nicola Slee, in Gavin D'Costa, Eleanor Nesbitt, Mark Pryce, Ruth Shelton and Nicola Slee,
Making Nothing Happen: Five Poets Explore Faith and Spirituality, (Farnham: Ashgate, 2014), p32.

How to pray

[best viewed not on phone to keep poem's alignment]

an empty room
asks to be sat in
for a long time
at different hours of the day and night
in many weathers
alone without words

perhaps hold an object in your hands
 a stone
 a cup
 a length of beads

for a long time

or place something well chosen
on the floor or a window ledge
where you will look at it
for a long time

a cup a vase a stone
a piece of wood

without asking or telling anything
imposing your own shape on the emptiness
as lightly as possible

leave and enter
many times
without disturbing its silences

gradually over many years
a room thus entered and departed
will teach you how to furnish and dispose of
the paraphernalia of a life



<http://www.seedsofsilence.org.uk/poems--prayers.html>

From The Methodist Prayer Handbook

Teach us, O Christ, to cast off all bonds of prejudice and custom, and to let your love direct every enterprise on which we embark and every labour that we undertake. Amen. Catherine Booth (1829- 1890)

Revd J C Vinyard 4th October 2020

RE-OPENING OF UPMINSTER METHODIST CHURCH

This Sunday (4th October) we have organised volunteers to carry out a practice run prior the opening of the Church on the 11th October 2020.

After the practice has been carried out and is deemed safe to open the Church, an email will be sent during the week, giving details of how to book a pew for the following Sunday service.

However, it will open with a vastly reduced congregation, maximum of 11 people, with the service being broadcasted via You Tube, allowing more of the congregation to take partly virtually.

Below are the strict guidelines that will need to be adhered to if you wish to personally attend the Church.

1. Do not come if you have any of the symptoms of Covid-19, including high temperature, persistent cough, loss of taste or smell etc.
2. You will need to book in advance, please do not just turn up and once we are at capacity, no one else will be able to come.
3. When you book you will be asked to provide us with your name, address and phone number as these details have to be kept for 21 days. You will also be asked how many seats you require.
4. The doors will not be open until 15 minutes before the service in order to reduce the length of time we are in contact with one another. This means that if you arrive early you can remain in your car rather than needing to stand and queue.
5. Everyone will need to observe social distancing. There can be no handshaking, hugging, kissing or physical contact at all.
6. Stewards will direct you to your allocated seat (you cannot necessarily sit in your favourite seat, please sit where you have been asked). There is also a one-way system in place in the church building. Please keep to it without exception.
7. The wearing of masks in the building is now required by law unless you're exempt for medical reasons and there will be no singing, open prayer or shouted out comments or responses.
8. At the conclusion, there will be no drinks and you will be encouraged to

leave the building relatively quickly.

9. There are a number of hand sanitisers around the building including at the entrance and by all the toilets. Please sanitise your hands as you enter the building.

We recognise that this may feel a bit daunting, but we are required to follow this guidance. The reality is that it will feel very familiar to you as this is what many of us have been doing in recent weeks. Yes we are people of faith and believe in the protection of God, but in the words of Jesus when tempted by Satan to jump, responded “we should not put the Lord thy God to the test.” _Along with faith, God also gave us common sense.

Thank you to those who have volunteered so far. However, we still require more people to enable the Church to open, without them, we can't.

There are still a number of hurdles to overcome before we can start and we will need volunteers to undertake the following roles:

- Door Stewards - checking people in and showing them to the designated pews
- Booking Secretary - To answer calls and list names of the intended attendees
- Cleaning volunteers - to ensure the Church is cleaned after the service to a strict regime
- Track and Trace Co-ordinator - to keep a list of all (including volunteers) attendees of the service

If you feel that you are able to volunteer for one of the above, please contact us on upminster.newsletter@gmail.com and someone will contact you with more details.

Due to the COVID situation, everyone should put their own welfare first, and not feel obligated to put your name forward, especially if you are a volunteer at the present time.



Dial a prayer and podcast

During lockdown we heard that many people didn't have access to online services so we set up free phone lines that are updated on a Thursday with a new prayer and our podcast.

We are delighted that nearly 6000 people have used this service and would ask you to share the numbers with anyone you know who might not wish to use online services.

Listen to a prayer: 0808 281 2514

Listen to news: 0808 281 2478

FAMILY NEWS

- Congratulations to Jenny and David Smy who are now Great Grandparents to baby Penelope Ann Panteli born on 30th September 2020



- With great sadness we share the news that our son Matthew & his wife Emma had a beautiful baby girl Phoebe Eloise on Friday 25 September but due to problems at birth and despite the very best medical care she could not survive and passed away peacefully in the arms of her parents on Tuesday 29 September.

Please remember Matthew Emma & all our family at this time.
Judith & Gordon

Don't forget, if you have any news of any kind that you wish to share with the congregations, please send an email to: upminster.newsletter@gmail.com

OFFERTORY

It is with much regret that we have had to temporarily suspend all meetings on our premises which most unfortunately includes Sunday worship.

A number of you already give your offertory via standing order and at this time I would ask those of you who don't to consider pursuing this option should you wish to continue your regular giving, please contact Peter Hobbs for further details or set it up yourself from your bank as a monthly standing order quoting your envelope number as the payer reference.

The bank account details are; sort code 20-72-89 account number 73858618 in the name of Upminster Methodist Church Council.

SHOUT

Our young peoples group Shout will not meet by zoom every week for now but we will continue to get together from time to time. For details please contact gordonmreed@gmail.com



PRAYERS, HYMNS AND SERVICES

The Archbishop of Canterbury and the Church of England have set up a freephone telephone number called 'Daily Hope'.

When you ring the number they have a very good easy press button system for the caller to listen to hymns, prayers, services etc. Some of the items are updated daily and people can call the line at any time of the day, how often they want, completely free.

It is very easy to use for anyone who may not have any technology devices or are fearful of technology.

The number is: 0800 804 8044.



QUIZ NUMBER 10 UPDATE

Thank you to everyone who took part in my online quiz on 26th September for the Methodist Homes for the Aged and/or donated.

The amount raised as of 1st October was £175.00 plus Gift Aid.

If you would still like to donate please use the JustGiving link below, credit sort code 110411 account 10646962 or send it to me (any cheques payable to me please) and I will then send one payment.

<https://www.justgiving.com/fundraising/peter-hobbs10>

The story so far - 10 quizzes, 1,000 questions and a total of £3,325.00, plus Gift Aid, raised for charities (MHA, Richard House, Rainham Foodbank, Whitechapel Mission, Beirut Appeal and Macmillan). On behalf of the charities a big 'Thank You!' to everyone.

NEXT QUIZ

Everyone is invited to take part in the next quiz on Zoom on **Saturday 10th October at 3pm**, so please put the date in your diary.

It is free to take part, but I would appreciate donations being made to Macmillan. Donations for this quiz can be made using the JustGiving link below, by crediting sort code 110411 account 10646962 or sent to me (any cheques payable to me please).

<https://www.justgiving.com/fundraising/peter-hobbs11>

If you are interested in taking part in the quiz, please email me at familyhobbs4@btopenworld.com and I will send you details and the link to join nearer the time.

I hope you can take part.

HALF MARATHON

On 11th October I will be running Havering's Virtual Half Marathon in Hornchurch Country Park for Macmillan. If you would like to sponsor me, please use the same JustGiving link as the quiz as all raised from both will go to Macmillan.

Thank you to everyone who has supported my quizzes and fund raising.
Peter

SPONSORED SWIM

Many of you remember Sarah Harris, who was our Family Worker and recently took up a position at Frances Bardsley Academy. She shall be undertaking a sponsored swim to raise funds for the Alzheimer's Society.

She will be swimming 12 miles in 12 weeks and if you would like to sponsor her please go to the link (you will need to type in the address below into your Search Engine).

<https://give.everydayhero.com/uk/swim-for-alzheimer-s>



HARVEST FESTIVAL

A Message from the Church Stewards:

As you probably realise, this month we would normally have had our Harvest Festival when, as is our tradition, we would have collected tins, jars and packets for Whitechapel Mission. Under current restrictions, that is not feasible, so instead we are asking, if you can, that you donate cash instead.

The Mission provides meals, shower facilities, clothing, medical advice and many other services to the homeless on the streets of London. It is the only such service to have remained open during the pandemic: to date they have served more than 75,000 meals to some of the most vulnerable people in our city. They urgently need our support.

This link will take you to a video showing the work they are doing: _

<https://whitechapel.org.uk/files/video1.mp4>

We cannot organise a "live" collection of money, but if you donate as an individual, you will be able to Gift Aid your donation to increase what the Mission actually receives. You can donate online: go to the Mission website <https://whitechapel.org.uk>.

Alternatively, to donate by post, please make cheques payable to Whitechapel Mission, and post to: The Honorary Treasurer, The Whitechapel Mission, 212, Whitechapel Road, London E1 1BJ

Thank you

FOODBANK UPDATE

I hope you're all having a lovely week.

I've returned to the Foodbank this week with our donations and they are busy preparing for the growing demand that the coming season is bringing.

They are so grateful for the ongoing support, and this week I was able to give them:

46.87kg

which tallies on to our total making;

1172.40kg

= a narwhal whale!

This week, we could really help the Foodbank by providing:

Vegetable Cooking Oil
Tomato Sauce
Baked Beans
Toiletries (Children, Male & Female)
Sugar

and anything you can spare!

Thank you all so much,

Best

Joanna

The address to deliver the donations to is:

8 Hurst Park Avenue, Hornchurch, Essex RM12 6DJ