

JULY 2020



CHELSEA AND FULHAM METHODIST CHURCH

MONTHLY NEWSLETTER - TRANSFORMING LIVES TO WHOLENESS

WELCOME

OUR FIFTH EDITION

Welcome to the fifth edition of our Newsletter. We have such amazing news, having received an overwhelming response to our fundraising activities. As you know 'to whom much is given, much will be required' Luke 12:48 we can take this verse to mean that we can now do far more than we initially imagined. Our Volunteer Coordinator is now in place and you can find out more on Meet the Member. We also have plans for a Family and Community Hub, meeting the needs of vulnerable children and their families during the summer holidays and beyond. While we are taking care of our community, we must remember to take care of our selves, we trust you will enjoy our articles and words of inspiration on self care. www.chelseafulhammethodist.org.uk



SHARING IS CARING

Opportunities to share our faith with others.

Invite a friend to our weekly fellowship.

All are welcome.

Philemon 1.6

SUNDAY
11AM

Join us every week for Sunday
worship on Zoom

MONDAY
2PM

We run our weekly Bible Study
on Zoom

WEDNESDAY
11AM

Coffee Morning takes place
every Wednesday

MESSAGE FROM REVEREND MARK

Dear Friends

As we begin to come out of lockdown undoubtedly, we are living in very different times from even 6 months ago. We do not know yet the full impact of the virus on our lives; it will take many years I believe for us to fully grasp and understand what has happened.

In the guidance for reopening our buildings for public worship the Methodist Church asks us all to consider what is Church and has our perception of Church and its mission changed during the last 3/4 months. In the very helpful guidance produced we are asked to consider how can we now be Church? If we understand "Church" to be "wherever we gather or scatter, conscious of our calling as disciples of Jesus." I am reminded of one of the final accounts and appearances of the resurrected Jesus in John's gospel. (John 21) If you remember the former Galilean fishermen and now disciples of Jesus decide to leave Jerusalem and go back home. Back home quite quickly they seem go back to what was their normal lives. Back to fishing. Had they forgotten everything that had happened to them? So, we have Simon Peter casually saying to the others "I am going fishing" and they say to him "We will go with you". We are told that these seasoned fishermen got into a boat but "that night they caught nothing" It was not until Jesus's intervention that things began to change. Standing on the beach, the unrecognised Jesus graciously tells the disciples "Children, you have no fish, have you?" They reply "No". Jesus tells them "Cast the net to the right side of the boat, and you will find some." When they did so the nets were so full that they were unable to haul in the catch because there were so many fish.

Friends we are called like those disciples to be "Fishers of People". So easily we also can go back to what we know and are familiar with rather than be the Jesus people we are called to be. Maybe this is the time that we need to cast the net on the right side of the boat? Jesus calls us all to carry His seed in our hearts and in faith to be fruitful. When and where we carry His seed in our hearts then His Love, Compassion and Grace becomes evident to all. With His seed sown in our hearts we can be instrumental in transforming this bewildered and broken world. I would like to share with you a text I recently received as a means of encouragement to you. It was written by someone who is part of our wider church community. He writes: "*You never know who we meet in life but then came you. You are someone so special that changes lives; you changed me*" Jesus changes lives. May God bless you richly as you endeavour to follow Him.

Love and grace Mark

HYMNS AND BIBLE READINGS

SELECTED HYMN: GREAT IS THY FAITHFULNESS

Play tune here:

<https://www.methodist.org.uk/our-faith/worship/singing-the-faith-plus/hymns/great-is-thy-faithfulness-o-god-my-father-stf-51/>

"Great is Thy faithfulness," O God my Father,
There is no shadow of turning with Thee;
Thou changest not, Thy compassions, they fail not
As Thou hast been Thou forever wilt be.

Chorus:

"Great is Thy faithfulness!"

"Great is Thy faithfulness!"

Morning by morning new mercies I see;
All I have needed Thy hand hath provided—
"Great is Thy faithfulness," Lord, unto me!

Summer and winter, and springtime and harvest,
Sun, moon and stars in their courses above,
Join with all nature in manifold witness
To Thy great faithfulness, mercy and love.

Chorus

Pardon for sin and a peace that endureth,
Thine own dear presence to cheer and to guide;
Strength for today and bright hope for tomorrow,
Blessings all mine, with ten thousand beside!



BIBLE READING PLAN & REFLECTION

4 July 2020

1 Corinthians 10.31, 3 John 1.2, Mark 6.31-32,
Luke 5.15-16, Mark 1.35, 1 Timothy 2.14-16,
Philippians 4.8

11 July 2020

1 Thessalonians 5.16-18, Colossians 3.17,
Romans.11.36, Psalm 149.3, 1 Corinthians
6.19-20, Psalm 19.14, Psalm 104.34

18 July 2020

Luke 6.12, Psalm 119.15-16, 2 Corinthians 3.2,
Matthew 22.36-40, Acts 15.31, 1 Timothy 4.13,
Ecclesiastes 9.10

25 July 2020

1 John 2.15-17, 1 Peter 5.7, Hebrews 4.9, Luke
10.41-42, 1 Corinthians 10.24, Ecclesiastes 3.4,
Genesis 2.2-3

MEET A MEMBER

JULIA ROBERTS IS OUR NEW VOLUNTEER COORDINATOR SUPPORTING US TO DEVELOP THE WORK OF THE MISSION AND TO REACH OUT TO OUR WIDER COMMUNITY



My name is Julie Roberts and I have been a member of Fulham Broadway Methodist church since 1980. I was introduced to Fulham Broadway church by my Mother in law, Ellen. I am married to Wilbert and we have 3 grown up Children and 3 grandchildren. I have recently been appointed as Volunteer Co-ordinator and am looking forward to meeting you all, though I am sure that many of you will already know me. I love to be out and about in my garden, walking in the woods, by the sea or river, feeling the wonder of God's creation and taking time out from being a busy wife, mother and grandmother.

I came to faith through words and stories of elders, cousins and friends in my family and community, often wise words that uplifted my spirit and comforted at the most difficult time.

In my early life, I attended the Girl's brigade and volunteered at the Salvation army afternoon teas for the elderly and jumble sales for a while until I was a teenager. I was a good swimmer and was picked for Championship Swimming training that took me across the UK and Europe. My Mother went to live in Jamaica with my Stepfather, and I chose to stay in London with my Grandfather, uncle and cousins who were like my brothers and sisters and who were also training for swimming events. I travelled in the school holidays to visit my parents.

I have been a Childminder, Creche worker, area manager, respite care co-ordinator, Playworker at playcentres and adventure playgrounds, Children's centre manager, Under-fives co-ordinator, holistic therapist and more importantly a carer for elderly relatives and neighbours at the end of life. I have spent the last 35 years working and volunteering with children, young people and their families in creches, schools, respite services, family advocacy across London to support them to access services and training that support them to live to their potential. I have also volunteered at many school and community events in the UK and in Jamaica with the Jamaica Cancer Society. I have run workshops and training for young people and parents in life skills, parenting, and community development. I have also run training for staff and volunteers in a range of topics to feel confident supporting vulnerable people in those roles.

My Grandmother had a big influence on my early life. She was a Foster carer and had looked after children from Nigeria, Egypt and Montserrat, some of whom are my lifelong friends and one who is a Godparent to my youngest daughter. My Grandmother instilled in us that we are all equal in God's eyes, but we live in an ignorant world. Her motto for life was to "treat others as you wish to be treated"

The first time I visited Fulham Broadway I saw this philosophy in action. I can still remember a homeless Gentleman coming in mid service. He was respectfully welcomed by Allen Davies and the congregation. Allen went straight off to the kitchen to get him a sandwich and a hot drink. That is what my Grandmother would call Christianity and I felt instinctively that God was present at Fulham Broadway and this would be where my children will grow up. I hope and pray that this is the welcome and impression we can all strive to give to our visitors.

I am excited about my new role and thankful for the new opportunities it will bring to help us all develop the work of the mission as a church community and for me to grow in faith.



PRAYER PRAISE AND POETRY

Listening hour - take some time to enjoy a range of worship music to lift your spirits and nourish your soul

Indescribable: <https://youtu.be/dLMVqNwypjA>

Faithful One, So Unchanging: <https://youtu.be/HROSwkRwpPI>

Everlasting God: <https://youtu.be/bjOLDaSfIHQc>

Faithful God: <https://youtu.be/rsJdmhTRSm4>

We welcome Gospel Artists, Singers, Poets, Musicians who would like to inspire others by sharing their spiritual gifts and talents. If you would like to perform at our next online Worship Lounge event, please contact Andrea Joseph andrea@chelseamethodist.org.uk

GODLY SELF CARE

This month's bible study looks at the story of Esther and it seems fitting for us to also explore the importance of self-care. Queen Esther was known for her beauty and no make-up can cover up a displeased and unsettled heart. A real beauty treatment begins with the internal and flows to the external.

Chelsea and Fulham Bible Study takes place every Monday afternoon at 2pm and Coffee Morning every Wednesday, 11am on Zoom (see contacts on final page to join).

THE JOY OF MY HEART

I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.
3 John 1.2

Self-care is often thought to be selfish and vain. It is actually doing all the things that will help you be in better health physically, emotionally and spiritually. True self-care means casting our anxieties on Him because He cares for us (1 Peter 5:7). Here are some of the possible consequences if you don't take care of yourself. Your body will give out. Your heart will harden. And your spirit will 'snuff out'.

Jesus says the second greatest commandment is to "love your neighbor as yourself." Loving our neighbors means we have to love ourselves first.

Merciful Father, you are my guide, the joy of my heart, the author of my hope, and the object of my love. I come seeking refreshment and peace. When we nourish our hearts, souls and minds we have more love to share. I pray that by the assurance of your presence I may learn to abide in you, who is my Lord and my God. Amen.



POWER, LOVE AND SOUND MIND

**“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”
2 Timothy 1:7 KJV**

Each one of our emotions is linked to an organ in our bodies. For example anger is linked to our liver. So if you loose you temper a lot it might be a sign that you need to clean your liver. The emotion of fear is linked to your kidneys. If you find that you are becoming fearful it might be a sign that your kidneys need attention. The kidneys are located in the mid to lower back on either side of your spinal column. The kidneys' job is to filter your blood. They remove wastes, control the body's fluid balance, blood pressure and keep the right levels of electrolytes. All of the blood in your body passes through them several times a day.

Tips for looking after your kidneys:

1. Drink more water.
2. Walk barefoot in the grass.
3. Reduce salt intake.
4. Drink Coconut water
5. Eat more fresh fruits & vegetables especially those high in potassium like:
 - lettuce
 - water melons
 - bananas
 - sweet potato
 - acorn squash
 - avocados
 - tomatoes
 - asparagus
 - apricots
6. Massage your ears for a few minutes daily. They are connected to your kidneys.
7. Practice deep breathing daily. Your lungs are also connected to your kidneys.
8. Massage your mid to lower back daily.
9. Go to sleep before midnight.
10. Thank God His protection daily

For healthy eating ideas, delicious recipes please visit Dianne Taylor's Facebook page :
<https://www.facebook.com/4-Your-Good-Health-193611164849/>





WHAT DOES THE BIBLE SAY ON GODLY SELF CARE?

GODLY SELF CARE

3 John 1:2



Start with a morning prayer

Mark 1:35



Be thankful in every situation

1 Thess 5:18



Eat well

1 Cor 6:19



Be active and keep moving

Psalms 149:3



Read, write and make a plan

Habakkuk 2:2



Dress happy (with strength & dignity)

Proverbs 31:25



Make time to Meditate

Psalms 19:14



Take up a Hobby

Ecclesiastes 9:10



Give Cheerfully

2 Cor. 9:6-9



Fellowship and Stay Connected

Hebrews 10:25

www.chelseafulhammethodist.org.uk

TRANSFORMING LIVES TO WHOLENESS

OUR COMMUNITY AND COVID_19 RESPONSE

WE HAVE RAISED OVER £70,000:

£20K GWYNETH FORRESTER FOUNDATION

£30K MINISTRY OF HOUSING, COMMUNITIES & LOCAL GOVERNMENT

£10K CITY BRIDGE TRUST

£10K LONDON COMMUNITY RESPONSE FUND

£500 TESCO COVID RESPONSE - FOOD FUND

£500 MORRISONS COVID RESPONSE - FOOD FUND



Covid-19 has presented many challenges for our community. We are pleased to be serving takeaway lunch for our homeless community twice a week, yet we are discovering much more is now needed.

OUR PLANS MOVING FORWARD

Deuteronomy 15.11 - For there will never cease to be poor in the land. Therefore I command you, 'You shall open wide your hand to your brother, to the needy and to the poor, in you land'.

Thank you for the ideas we received so far from many of our members, we recognise how important it is to respond to the needs of our vast community and your suggestions have been so insightful. We encourage you to keep sharing and praying for Mission South West London.

**. Volunteers are needed please spread the word and encourage those interested to apply to our volunteer programme: <https://www.chelseafulhammethodist.org/volunteer-opportunities>
contact: volunteerteam@fulhamandchelsea.org.uk**

- We are working towards expanding our current laundry facilities by purchasing an additional industrial washing machine and dryer.
- We have extended our shower hub facilities and we are now able to provide an additional shower unit with longer opening times.
- Our aim is to respond to the food poverty experienced by local families and the elderly by providing food parcels and care packages.
- We are exploring opportunities to respond to the growing concerns around internet poverty - an internet cafe with free wifi will support families with homework and online learning, particularly when libraries are closed or access is restricted..
- With young people experiencing lockdown there is a need to address issues of mental health, wellbeing and emotional resilience - we aim to deliver creative workshops to support children and young people in our community.
- Many children in neighbouring communities are at risk of holiday hunger - we hope to provide lunch clubs and a weekly supper club in the future.
- **See more information on our Proposed Children and Family Community Hub**

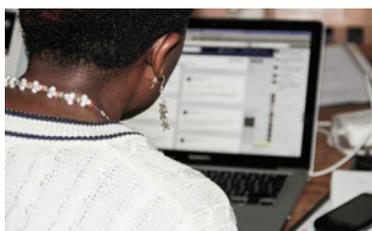
PROPOSED CHILDREN AND FAMILY COMMUNITY HUB

www.chelseafulhammethodist.org.uk

HOLIDAY LUNCH CLUB

Tackling Food Poverty and Supporting Families at Risk

Kensington & Chelsea contains pockets of social and economic deprivation, whose residents are at higher risk of abject poverty and destitution as a result of the COVID-19 crisis. This project aims to reduce the risk of homelessness among families. Our plan is to provide a Lunch Time and Supper Club for families in need of support during school holidays and weekends.



STAY, PLAY AND LEARN

Supporting Early Years, providing Homework Clubs and an IT Hub

Families in our community, along with those from Grenfell Tower Estate and North End Ward, are still living in temporary and crowded accommodation. Families experiencing internet poverty during COVID-19 faced major challenges with homeschooling and accessing other essential online resources. The hub will provide an internet cafe with free wifi for families, enabling pupils to engage in our homework club while schools are closed and also benefit from a nutritious meal.

LAUNDRY & CLOTHING BANK

Meeting basic needs

Our free laundry facilities, clothing bank and hygiene packs currently serves our homeless community. 42% of residents currently live in private renting in the North End Ward and are most at risk of eviction due to rent areas during the pandemic. Our services will support these residents along with those in social housing and reduce both the financial burden and the risk of homelessness.



FAREWELL FROM DEACON GUY JULY 2020



Well it is time for me to say farewell to all you wonderful members of the Chelsea, Hammersmith, and Fulham Methodist Circuit, especially the members of Chelsea and Fulham with whom I have worked closest. I arrived here in September 2012 as a probationer minister, straight out of training college and still with that fresh out of the box, brand new minister smell. It had always been a dream of mine to work with the homeless in London so coming here to a church that dedicated so much time, energy and love to those in need was a real dream come true. It has certainly been a very challenging time but also a very rewarding time. In everything I have been through here, each of you have supported, refreshed and renewed me. Together we have shared each other's praise and worship, our tears and laughter, our fears and joys, our loves and our lives. I would like to take this opportunity to thank you all for welcoming me, my wife and children, and for journeying alongside us these last eight years. This is a truly special place to be. For me it has been an immense privilege and pleasure to have served with you all. As I go on to Leeds and to my home county of Yorkshire, I know I will miss you all, but I will have many fond memories to keep me company. I am sure that Leeds and my future ministry will be blessed and enhanced by all the things I have learned whilst here with you and in that way you will always be with me. God is Good.

"Now may the Lord of peace himself give you his peace at all times and in every situation. The Lord be with you all." —2 Thessalonians 3:16

God Bless

Notices, Useful Contacts and Pastoral Care

1

PRAYER & FELLOWSHIP

2

MISSION & COMMUNITY
OUTREACH

3

TITHES & OFFERINGS



PRAYER, FELLOWSHIP, PASTORAL CARE OR TO JOIN OUR WHATSAPP GROUP

You are welcome to contact Reverend Mark Davenport by email revmarkdavenport@chelseamethodist.org.uk or on 07932 076813 .

Hayley Finucane on 07898 896466 and Chris Corton on chris.corton@btinternet.com

MISSION AND COMMUNITY OUTREACH

Andrea Joseph Resourcing Mission Executive Officer: Enquiries relating to Mission South West London: serving, volunteering, community outreach, food parcels and care packages contact andrea@chelseamethodist.org.uk

Shane Wimalasuriya Community Service Drop-In Manager
020 7352 9305 or communitydropin@chelseamethodist.org.uk

TITHE OFFERINGS AND OTHER CORRESPONDENCE

Postal correspondence, tithes and offerings by cheque can be sent to: Chelsea Methodist Church, 155a Kings Road, London SW3 5TX. Alternatively give online via: www.chelseafulhammethodist.org/church-members and click on the **donate** button.

Please note Fulham Church office is currently closed, direct enquiries to Andrea Joseph