

UNITY OF SELF COUNSELLING SERVICE

**Are you depressed, confused or just
would like someone to talk to?**

I am a qualified counsellor and supervisor offering a confidential service to adults, children and families.

CALL ME TO MAKE AN APPOINTMENT ON

020 8244 0512 or 07956 351 511

WENDY BLENMAN (Dip. Couns., MSc in therapeutic counselling)

**ALL CONTRIBUTIONS FOR THE NEXT
MAGAZINE SHOULD BE GIVEN TO MARIAN
YOUNG BY**

SUNDAY 9TH MARCH

**Anerley Methodist Church, Oakfield Road, Anerley,
London SE20 8QA**

**ANERLEY CENTRE
ECHO**



LENT 2008

The Newsletter of

ANERLEY METHODIST CHURCH

USEFUL CONTACTS (as at 01.06.07) All prefix 020

Church (Minister is not available on this number)		8289 6771
Minister	Rev. Graham Cocking	8653 4902
Church Council Secretary	Emmanuel Anaman	7274 6294
Treasurer	Andrew Tredinnick	8658 2347
Property Steward	David Hynes	8289 3524
Property Bookings	David Hynes	8289 3524
Baptismal/Cradle Roll	Sandra Hynes	8289 3524
Junior Church Secretary	Janice Friend	8659 2905
Christian Action Group	Valerie & Andrew Tredinnick	8658 2347
Wednesday Club	Marian Young	8402 6618
Church Library	Valerie Tredinnick	8658 2347
Missions Secretary	Sandra Hynes	8289 3524
Junior Missionary Association	Dinah Anaman	7274 6294
NCH Action for Children	Valerie Tredinnick	8658 2347
Christian Aid		
Oxfam	Joan Loring	8659 1658
Penge Forum		
Scout Group Secretary	Valerie Tredinnick	8658 2347
Group Scout Leader		
Penge Community Pre-School (Church)		8289 6771
Jumoke Holiday Club	Audrey Bobb-Sayers	8656 8684

EDITOR: Marian Young phone: 020 8402 6618 E-mail
 m.young23@ntlworld.com

METHODIST

METHODIST INSURANCE Crystal clear insurance

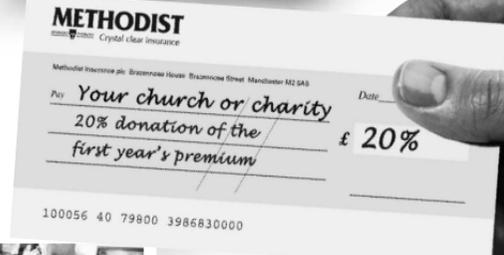
Protect your home and contents with us and raise money for your church or charity



Insure your home and contents with Methodist Insurance and we'll give **20% of the first year's premium (or minimum £20, whichever is the greater amount) to your church or your chosen charity.**

We make **generous grants** out of profits to the **Methodist Church** to help sustain its work and witness. In fact, over the last 130 years we have been able to provide grants totalling over **£10 million.**

For a leaflet about the **Methodist Insurance Church and Charity Donation Scheme** call on **0845 7697531** or email us at enquiries@micmail.com









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Penge Community Pre-School

Leader: Sarah Batchelor
 Deputy Leader: Sue Charlesworth
 SENCO: Teresa Ford

Anerley Methodist Church
 Oakfield Road
 Anerley
 SE20 8QA

Ofsted Inspected

Established 30 years

Learning through play

for children 3 to 5 years

£5 per Morning or Afternoon

9.20am to 11.50am & 12.30pm to 3pm

Government funding for 3 & 4 year olds

Vacancies

Tel. 020 8289 6771 or 01959 575 441

February/March 2008

Volume 39 Number 5

FROM THE MINISTER

Greetings,

It's that time of year again. You know, the time of reckoning!

The time when Christmas and New Year revelries and indulgencies are over, and the consequences are felt.

That feeling may be in the body, those extra pounds of weight, inches round the waist; or it may be in mind, the thought and worry about paying the debts built up as one enjoyed oneself. Then again it might be a return to spiritual reality. Those indulgencies may have taken you away from your beliefs, from your God.

Yes, it is that time of year again.

So what are you going to do about it?

Carry on in the age old fashion and just continue on the downward path, or take stock, look to a new way, consider your position and work towards a new pattern of life that keeps things in balance. The new way that considers the past indulgencies, the worries, and the spiritual paucity and asks the questions. What a great time Lent is for that.

So in the next few weeks let us ask ourselves the questions.

Let us examine where Christ is in our lives and where are we in His?

Let us consider what are we going to put behind us?

Let us look to what we are going to aspire to.

Let us remember even Christ had to go to a quiet place to reflect and to pray.

This Lent reflect with Him, pray to Him and in penitence offer to walk more nearly with Him in the future.

And may God bless us all as we come back on track.

Graham



ROUND THE FAMILY

We were sorry to hear that Anita Yusuf's brother died at the beginning of December and she returned there for his funeral. Unfortunately she picked up a virus on her travels and returned with a very bad cold and loss of voice, which took a while to clear up. Other people in the congregation have been smitten with bad colds which seem to hang around for ages.

Both Richard and Emmanuel Anaman have had knee operations (keeping each other company!) but are recovering slowly. Sandra Hynes has had a recurrence of her lung infection which is proving hard to shift. Vicky Shine's father is to have another operation for mouth cancer and her mother is suffering from anaemia. Vicky and her family are finding life very stressful at the moment. Please remember all these people in your prayers.

OXFAM

Joan Loring, our Pledged Giving collector, has received the following letter from Oxfam:

"Thank you so much for all your hard work and support in 2007..." "This year we have a new member of staff, to help in looking after all the Pledged Giving donations... here is a little piece she has written to introduce herself to you all.

" 'I'm a relatively new addition to the Supporters Relations team at Oxfam House. I started in October 2007 and before this I was a student at the University of Liverpool...and I graduated with a degree in Medieval and modern History in July.

" 'In the summer before I joined Oxfam, I spent two months travelling in South America. It's fantastic to now be working for an organization that is working in some of the countries that I visited, helping communities to cope with disasters and build more secure futures for themselves. The Puno, Piura and Apurimac regions of Peru, for example, are some of the poorest in the country and are particularly vulnerable to natural disasters. Oxfam is working with these communities to set up early warning systems and emergency plans to identify rains, floods, landslides and gales before they strike communities' livelihoods and endanger lives...'

"We'd like to say a big thank you, to you and all your donors, for your continued support..."

"With best wishes

"Suzanne Rodriques

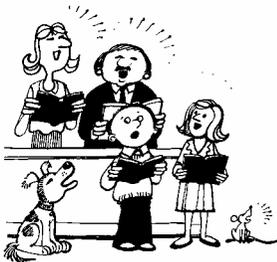
"Ken Smith

"Pledged Giving—Supporter Relations"

HELP WANTED

Church Stewards

We are in need of at least two new Church Stewards to replace those who are due to retire. Church Stewards are responsible for preparing the Church for worship each Sunday, for welcoming the preacher and for arranging the rota for Door and Offering stewards. In practice the Stewards spread these duties amongst themselves and take it in turn to be on Chapel or Vestry duty, helping each other where required. Stewards also need to be on duty at weddings or funerals. They meet together with the Minister about every 6 weeks. The only requirement is that you are a member of the Methodist Church. You also need to be able to get to Church early (no later than ¼ to 11) especially if you are on Chapel duty. Church Stewards are appointed at the General Church Meeting in March, so if you are interested in becoming a Church Steward please speak to Graham or to Comfort Oppong (Senior Steward) as soon as possible.



ANSWERS TO “FOR OUR YOUNGER READERS”

1. Wind in the Willows. 2. Watership Down. 3. Paddington Bear stories 4. Charlie and the Chocolate Factory. 5 The Wizard of Oz. 6. Heidi. 7. Tintin books 8. James and the Giant Peach.

Please also remember Anne Jackson, a former member of the Church, who, is again in Hospital in Tooting and there is a possibility that she may have to go into a nursing home. We have also heard that Joyce Turner, another former member, is unwell and her daughter Gail is due to enter hospital for an operation on her spine.

Please also remember the family of George Cassidy, who died on Christmas Eve. George was a long-standing friend of our Church.

Our Christmas services were again a time of fellowship and friendship, and were enjoyed by everyone. It was especially pleasing to see Hilary Oppong, who came from America to spend Christmas with her family. She is enjoying her time at Harvard University but is finding the time is going by very quickly.

The Church received Christmas greetings from the Rev. Graham and Jenny Cocking, the Rev. Philip and Laurel Luscombe, Peter and Margaret Boreham, Shirley Quintrell and family, Muriel French, Ronnie Butler, Abraham Doku, , Anne and Eddie Jackson,, George and Sheila Cassidy, Upper Norwood Methodist Church, Forest Hill Methodist Church and Wesley Hall Methodist Church.

Marian

METHODIST TALENTS FESTIVAL

The Talents Festival will be held on Saturday 1st March at Shirley Methodist Church. Several of our Church family have entered Handicraft classes and “live” classes. I have timetables if you want to see what is on when. If you would like a timetable or travel directions to the Church, please see me.

Marian

WOMEN'S WORLD DAY OF PRAYER

FRIDAY 7th MARCH 2007

God's Wisdom Provides New Understanding

A Service prepared by Christian Women of Guyana

This year the services in our area will take place at

Holy Trinity Church, Lennard Road 1.30pm

Salvation Army Citadel, Maple Road 7.30pm

The service is not only for women. Men are also welcome to attend!



FOR OUR YOUNGER READERS by Auntie May

Below are listed eight sets of characters from children's books. Can you give the titles of the books they come from? (Answers on page 16)

1. Mole, Ratty and Toad.
2. Hazel, Fiver and Bigwig
3. The Brown family, Mrs. Bird and Auntie Lucy(in darkest Peru).
4. Willie Wonka, Veruca Salt and Augustus Gloop.
5. Dorothy, Toto and the cowardly Lion.
6. Grandfather, Clara and Peter the Goatherd.
7. Snowy, Captain Haddock and Professor Calculus.
8. Aunt Sponge, Aunt Spiker and the Old Green Grasshopper.

HELP WANTED

Door Stewards

We are in need of people to serve as door stewards before the service on Sunday mornings. The door steward is responsible for greeting all members of the congregation as they arrive, giving them the appropriate hymn book(s) and Church notices and being sensitive to any newcomers or visitors. The door steward needs to be at church early, certainly no later than ¼ to 11, so that he or she can check which hymn books and other items need to be given out and prepare them accordingly. Please see **Marian Young** if you are willing to serve as a door steward.

JARS OF GRACE APPEAL

During Lent you are invited to take part in the Jars of Grace Appeal to support UNICEF's work in providing children with access to safe water and clean sanitation .

Clean water and decent sanitation are things that most of us take for granted, yet they remain life and death issues in poor countries. More than 500 million children lack clean water and basic sanitation facilities. As a result it is estimated that nearly 6,000 thousand children die every day from diarrhoea. Millions more are weakened by illnesses caused by unsafe water and poor sanitation.

The lack of clean water and basic sanitation has many other serious consequences. Children, particularly girls, feel the impact the most. Girls are often denied their right to education because they are busy fetching water or are deterred by the lack of separate and decent sanitary facilities in schools. In addition, in some cultures, women and girls often have to wait until after dark to use a toilet if there are no latrines in their household. Aside from the discomfort, this can also cause serious illnesses.

UNICEF works with families, communities, partner organisations and governments to provide children with access to safe water and sanitation. To achieve this they need help. The Jar of Grace Appeal invites Christians to set aside a special jar into which they can drop a coin whenever they say grace at mealtime. Labels for your jar and further information are available at the rear of the Church.

Marian

Kumasi School Library Appeal

Thanks to everyone who responded to the challenge in the last magazine to raise our total to £2,5000. If there are any more contributions to come can they be passed to me by the end of February please, so that we can have a 'final figure' to give to Graham before he goes to Ghana in April.

Andrew T.

Carol Singing for the National Children's Home

We managed to choose two of the coldest nights of the winter to go carolling. Our intrepid party (Clarence, Evelyn, Gill, Janice, Marian, Ronnie, Rose, Selina, Valerie & Andrew) managed to raise £132.09. Our special thanks to Hetty and Sandra for providing excellent refreshments to revive us at the end of the evenings' singing.

How about joining us next Christmas? A few more voices would make a real difference. It would also allow us to have additional collectors so that we could get round the houses more quickly. Alternatively, if you live in Penge or Anerley, could you offer hospitality to the carollers?

Christmas Post Boxes

It was disappointing that donations received for St. Christopher's Hospice this time were significantly down at just £65-93. A few years ago we were raising £80 to £90, when the cost of sending a card by mail was somewhat lower. If you overlooked giving a contribution you can still do so by putting it in an envelope marked 'Christmas Post Box' and placing it in the Sunday offering bag.

The Green Chain Walk (GCW)

(Part 2—Beckenham to Erith)

My thanks to everyone who sponsored the two walks I undertook in aid of the Kumasi Girls' School Library Appeal. Together these raised a total of £418-50.

I had planned to undertake this second walk in early October, but because of an injury was unable to do so until Saturday 10th November, by which time the days were getting shorter. To best utilize the daylight available I decided to start from home and walk towards the Thames, which also offered a more dramatic finish. This is how it went.

I left home at 7.45am, and via Kelsey Lane made my way into Beckenham, where the aroma from the various coffee shops was very tempting, but much too soon for a stop. On past the station and along Southend Road where, at the junction of Brackley Road, there is a very rare Edward VIII pillar box. (Look out for it next time you are passing).

At Stumps Hill Lane I joined the GCW coming in from the Crystal Palace, and so on into Beckenham Place Park (2¼ miles completed). The peace of the park was not disturbed by a few early morning golfers, and it was so quiet that I could hear the deep roar of a Eurostar passing through Beckenham Junction Station—3 days more and the sound would no longer be heard in south London as the trains would then use the new line to St. Pancras International.

At a division of the ways I took the path to Ravensbourne Station and shortly afterwards crossed the river of the same name before climbing Elstree Hill (an un-adopted road). On

THE LORD'S PRAYER

Praying it, meaning it, living it

A Lent Course in five parts

Prepared by

John Young

Anerley Methodist Church

Thursday 14th February	Our Father
Thursday 21st February	Thy will be done
Thursday 28th February	Our Daily Bread
Thursday 6th March	As we forgive
Thursday 13th March	In Heaven

All sessions are from 8.00pm to 9.30pm

Including Light Refreshments

A Handbook is available at £2.75 from Valerie

We look forward to seeing YOU

To obtain a pack of 10 weather-proof route cards, send a cheque/PO for £3-50, payable to 'Greenwich Council', to Green Chain Project Officer, SE London Green Chain, PO Box 22119, London SE18 6WY.

Andrew T.

Need a helping hand?

Vanessa Anaman is trying to raise £4,000 in Summer 2009 in order to go on a World Challenge expedition to Belize, Guatemala and Mexico. While there she will be helping local communities as well as broadening her horizons in this once in a life time experience.

Services include

Car Washing

Babysitting

Helping with Shopping

Support and/or tutoring primary school children (Maths and English)

Contact details Home: 020 7274 6294 Mobile: 07932268751

Email: v-anaman@hotmail.com

the left hand side going up is an imposing stone porch-way dated 1814, originally the entrance to the London School Board offices on the Victoria Embankment, re-erected here in 1930. Some pavement walking followed before I crossed the branch line to Bromley North and reached a footpath squeezed between allotments and Sundridge Park Golf Course. Then along New Street Hill to another railway bridge at the edge of Grove Park cemetery, where the way heads into the attractive Elmstead Woods. This is soon followed by Marvels Wood, and the crossing of a large recreation ground, where several children's football matches were getting underway. I reached the entrance to Eltham College (10.05am) to the sound of a jazz band promoting the School's Open Day.

For the next twenty minutes I must have appeared intelligent and knowledgeable (!), for I received no fewer than three enquiries for directions—"Which way to the Blackwall Tunnel?" "Is this the way to Mottingham Village?" And from a delivery driver, "Is there a church down this road?"

At Mottingham Lane I joined the GCW route from Beckenham Place Park via Downham, then negotiated the busy A20, and ascended King John's Walk, which offers good views of the London skyline. However, instead of continuing to Eltham Palace, I turned off towards Mottingham Station and passed alongside a field of horses, reaching The Tarn at 10.30am—7¾ miles completed and time for a coffee.

The Tarn is a delightful small lake surrounded by woods and gardens. It has a beautifully restored Ice Well. There was not another soul about. As I crossed the wooden bridge at the end of the lake there was a grey heron sitting on the

handrail—I got to within 15 paces before it flew away.

Off once more at 10.40am passing through Fairy Hill and Southwood Parks, before reaching New Eltham. A spell of pavement walking then brought me to Charlton Athletic's Training ground and into the extensive Avery Hill Park, where more football games were in progress. On leaving the park there was a further paddock with horses and ponies. Next along leafy Gravel Pit Lane which threads its way between another golf course and the grounds of a secondary school, and out to Falconwood Station. The GCW then dips into Shepherdleas Wood, where the route via Eltham Palace is briefly joined. Across Rochester Way and into Oxleas Woods where a dozen volunteers were busy at work clearing a reedy pond. All the woods are a delight to walk in at this time of year, not just because of their rich colours, but also for the deep carpet of fallen leaves, which I happily scuffed through. These particular woods were under serious threat 20 years ago when there were proposals to route the East London Crossing this way.

Across Shooters Hill the GCW enters the site of Woodlands Farm, once a piggery and abattoir for the Co-op. There are plans to re-establish it as a working farm, and indeed there were some sheep in one of the fields. However, I had to make a detour by road, as a kissing gate on my route was padlocked and carried a sign warning of animal disease.

Next came East Wickham Open Space where at 12.45pm I stopped for lunch (13½ miles completed). Apparently this is still known locally as 'Fanny-on-the-Hill', having been the name of a pub (now demolished) at the top of the hill, and which legend has it was used by the notorious highwayman,

Dick Turpin.

Suitably refreshed I was on my way again by 1.10pm and soon entered Bostall Woods, which led up to Bostall Heath. This is followed by more glorious trees in Lesnes Abbey Wood. From the path there is access to the abbey ruins, indeed the GCW route to Thamesmead passes that way. However, my route to Erith climbed steeply above the ruins and provided respective views of the skyscrapers at Canary Wharf. On reaching Belvedere I was surprised to see a kilted Scotsman (a rarer sighting in these parts than the grey heron!). At Franks Park I took a ten-minute stop (2.35pm—17½ miles completed), then downhill to the riverside at Erith, arriving at 3pm (18¼ miles).

It was low tide and a muddy shoreline was exposed. Nearby was moored a blue-hulled tanker and further along two tugs were waiting on station. Downstream I could see the QE2 Bridge at Dartford.

It just remained for me to walk the last ¾ mile to the train. At the station a survey was being conducted. My interviewer asked how frequently I used the station, and appeared incredulous when I explained that this was a one-off visit, having walked from Beckenham. I don't think he had an appropriate box to tick on his questionnaire!

During the day I only passed three people who were obviously engaged walking the GCW. There were a fair number of dog-walkers, especially in the formal parks, and the recreation grounds had youngsters playing football, but the woods were largely deserted, and it was often difficult to believe that I was in London and not in the depths of the countryside.