



All Saints

Shooters Hill

www.allsaintsshootershill.org

Newsletter

October and November 2018

Health

I hope you've all had time recently to do some evaluation across the different sections of your relationships, your contribution to the mission of the church and your walk with God. During Autumn, we are faced once again with the usual challenges of the time; - flu epidemic and many unknown inflections hide around the corner. Time and time again we civilised humans mistakenly sacrifice health for something that never seems to help in times of crisis. We all talk about Health about what is health? The dictionary says it "is the state of being free from illness or injury", but I like this definition "*True Health is the strength to live, the strength to suffer and the strength to die. Health is not a condition of my body; it's the power of my soul to cope with the varying conditions of my body.*" {Jurgem Moltmann in the Power of the Powerless 1983}

Does the bible say anything about health? Yes, it does say a lot about health, wholeness, stress, strength, hope and healing in a broader sense. For instant, it does address issues like who is responsible for our body, stress and health, sin and health etc.

Our Responsibility to Care for Our Body: Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So, you must honour God with your body. 1 Corinthians 6:19-20 (NLT). A peaceful heart leads to a healthy body; jealousy is like cancer in the bones. Proverbs 14:30 (NLT)

Stress and Health: Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls." Matthew 11:28-29 (NLT). As pressure and stress bear down on me, I find joy in your commands. Psalms 119:143 (NLT). Anxiety in the heart of a man weighs it down, but a good word makes it glad. Proverbs 12:25 (NAS)

Sin and Health: "Because of your (God's) anger my whole body is sick; my health is broken because of my sins. My guilt overwhelms me - it is a burden too heavy to bear. My wounds fester in stink because of my foolish sins. I am bent over and racked with pain. My days are

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| commitment to serving God, the community and one another. |

filled with grief. A raging fever burns within me, and my health is broken. I am exhausted and completely crushed. My groans come from an anguished heart.” Psalm 38: 3-8 (NLT).

Next to having a good conscience, Health is the strength that able us to face the varying conditions of our body and must be valued most; but we don't. Like many good and perfect gifts God granted us, health is the least recognised. Health is like a stepchild of our lives, when mistreated or misunderstood, it will exist without any encouragement or serves without reward, and when it loses its cool, it will refuse to stay silent, and its frustration reaches a fevered pitch and screams loud for our attention. If we are honest to ourselves, we know that when it comes to maintaining good health, we are notoriously negligent. For example,

REST: - do you take rest or do you rather burn out then rust out? Good health depends upon proper rest, and compromising here is just plain murder. Rest can be as spiritual as hours in prayer.

FOOD: - we know that our body and mind cannot be better than the food we use daily to nourish, strengthen, and rebuild them. God never intended that we function on a constant diet of refined food, inundated with preservatives, or other poisons. You may be the best of the best but if you depend only on junk food; your health will go down the tube. Good and the right amount of food can be as spiritual as teaching the truth.

EXERCISE: - No amount of worship, witnessing or bank balance, can substitute for regular physical exercise. Vigorous exercise stimulates the mind, the blood, the muscles, and the senses because your cells and organs tend to increase in efficiency through exercise. Physical exercise can be spiritual as attending a Church service.

As you take time to gain a new perspective include these three questions in your reflection box: -

- ***Where is the temple of the Holy Spirit?***
- ***How are you to glorify God?***
- ***What are you presenting to the Lord as a living sacrifice?***

One thing true, it will not be our deep prayers, lengthy bible studies, or wonderful church services, that will cause God to smile at out bad health habits, but our **BODY**.

So, keep your balance, while you improve on the condition of the temple of the Holy Spirit. Why not try and shake off those pounds before Christmas, take up some sport or exercise programme for a month or choose two or three of those refined food you can't do without and not eat them for one month.

Whatever you decide to do, may God grant you the wholeness of body, mind and spirit which is his will for you and fill you with his peace as you take time to care for His temple during this season of reflection. Amen.

Shoe boxes

As last year, rather than collecting toys at a Toy Service, we're supporting Samaritan's Purse Shoe Box scheme. We have empty shoe boxes in church. Fill a shoe box with small gifts, add £5 to cover transport and your box will be transported to a child somewhere in the world for Christmas. Poundland has lots of suitable things.

Lots more information is at <https://www.samaritans-purse.org.uk/what-we-do/operation-christmas-child>.

Please bring your boxes to church by 11 November so we have time to get them to the collection point.

Gift Suggestions



TOYS

Include items that children will immediately embrace such as dolls or stuffed toys (with CE label), toy trucks, harmonica, yo-yo, skipping rope, ball, small puzzles etc.



SCHOOL SUPPLIES

Pens, pencils & sharpeners, crayons or felt pens, stamps & ink pad sets, writing pads or notebooks & paper, solar calculators, colouring & picture books etc.



HYGIENE ITEMS

Toothbrush and toothpaste, bars of wrapped soap, comb or hairbrush, flannel.

Please note: 2018 will be the last year that toothpaste can be included, due to increasing customs regulations.



OTHER ITEMS

Hat, cap, gloves or scarf, sunglasses, hair accessories, jewellery set, wind up torch, wrapped sweets (best-before-date must be at least March of the following year).

Please note: 2018 will be the last year that sweets can be included, due to increasing customs regulations.



DO NOT INCLUDE

Used or damaged items, war related items such as toy guns, play soldiers or knives; chocolate or other food items; liquids or lotions of any type including bubbles; medicines; hand-made or knitted stuffed toys; anything of a political, racial or religious nature; sharp objects; glass containers, mirrors or fragile items; playing cards of the 4-suit variety; clothing other than as listed above.

Items packed from this list will be removed from shoeboxes. [Read more about this process.](#)

PCC Minutes Wednesday 12 September 2018

MISSION ACTION PLAN

At our 9 July meeting a small group discussed what to include in our Action Plan for the coming year and beyond. The full PCC discussed these suggestions.

Get to know each other better

A number of suggestions were made

We could exchange names during the Peace.

We could use the Newsletter to write brief pen-portraits of some members of the congregation who were happy to share in this way.

When celebrating birthdays, we should make sure the names are announced clearly.

Most children enjoy having their birthdays acknowledged

Margaret, Connie and others are already meeting and greeting new members informally.

We need to build on this. Some churches have postcards in the pews for new members/visitors to complete but this would need some kind of follow up.

“This time tomorrow”: In church someone introduces themselves and then e.g. give testimony or asks to be prayed for.

Social events like Beetle Drives, Welcome lunches, monthly breakfasts, and events in the hall get people to mix. It would be good to get a programme of events with a number of volunteers offering to organise one.

We have pencilled in an All Saints Day breakfast for Advent Sunday 2nd December.

Support children's church

A number of ideas were suggested but whether these were practical depended on how much the leaders could take on and how much extra help we could organise

Try to organise a rota for getting parents to volunteer to help

Integrate older young people into the church by getting them to read or lead prayers.

Maybe they could, with Herbert, plan and deliver a family service at least once a year.

Herbert would meet the older young people to discuss their ideas.

Keep informed about the proposed Deanery Youth services and, if appropriate, encourage our young people to attend.

Offer the Sunday school up to £1000 to buy things that would help them e.g. audio-visual equipment to allow them to sing songs and play videos, buy books of ideas for the leaders, buy consumable material, fund trips, buy Halloween treats and/or Advent calendars

The physical church building

Replace our notice board. Explore the possibility of incorporating an electronic screen.

Upgrade our sound system. A quote was given of about £10,000 from a contact from the DAC but this was based on two large loudspeakers that would probably not solve the lack of audibility of the current system caused by reverberation. Paul had contacted DM Music, a specialist in church PA systems. It would cost us £75 plus VAT for a site visit to assess our needs but the consultant had looked at our building on the internet and thought we would need to spend at least £20,000 to get a suitable system. This was more than we could realistically afford. Paul agreed to try to arrange for this assessment.

Services and other arrangements

A Season of Celebration Harvest 7 Oct, All Saints Sunday 4 Nov, Remembrance Sunday 11 Nov (also final date for bringing Shoe Boxes to church), Baptism 25 Nov, Advent 2 Dec. *Christmas* 9 Dec 5pm Band Christmas Concert for the Hospice, 16 Dec Carol Service, 23 Dec Children's Service, 24 Dec Christmas Eve Midnight Communion, 25 Dec Christmas Day

Other services Plaque dedication is still to be arranged. Unfortunately, no Bishops were available to come this Autumn.

FINANCE

Our current account is looking healthy. It was agreed that we pledge £21,000 for the Parish Support Fund for 2019 (£20,000 this year). This is our contribution to the diocese out of which the diocese pays for Herbert's stipend and his housing costs and other diocesan expenses. We pay only about half of what it costs the diocese to support All Saints.

Mereworth Drive We need to register our property with the Council following a change in regulations. Fire doors have been fitted and we need to fit fire alarms. We also need to get a certificate of Electrical Safety and a plan of the building to complete the application. This is in hand. Recently we have discovered problems with the 14-year old central heating and are getting quotations for that.

MUSIC AND WORSHIP

The Service books have been printed and are much better than the previous sheets.

BUILDINGS

Hall repairs: Key safe. A key safe had been installed near the hall door. When we have a booking, it gives us the option to leave a set of keys for the user. Normally it will be kept empty.

The builder who built the church kitchen and installed the heating in the hall has suggested ways to upgrade the hall

ARRANGEMENTS FOR THE FUTURE

The Vicarage site: The diocese decided that the existing plans did not meet the specification for a vicarage and are drawing up new plans to provide a 4-bedroom vicarage.

NEXT MEETING: PCC: 14 November 8pm in the Hall

Feed the Hungry

Dear Colleagues and Fellow Labourers in Christ,

I was very humbled by the support shown for those less fortunate than ourselves at the Feed the Hungry UK Packing event in Catford.

Our next packing event is taking place on **Friday 2nd November at Christ Church, East Greenwich, Trafalgar Road, SE10 9EQ 6.00pm - 8.30pm.**

We will meet together for food at 6.00pm with a briefing at 6.30pm from the Feed the Hungry UK team before we pack the food. Our target, once again, is to pack 10,000 meals that evening - so we need around 60-70 volunteers to make it happen. Could that be you?

I look forward to seeing you, your friends and your young people

With thanks for your partnership in the gospel.

Bishop Karowei

More information: <https://feedthehungry.org.uk/>

Being heard

Most of us suffer with the difficult acoustics in All Saints. Sadly, the system we have does not work well most of the time. Most of us will have had difficulty in understanding something in church. Sometimes it's that people speak quietly but often it's that the reverberation of the building means that the words run into each other and are difficult to make out. The PCC is trying to get a new system fitted but we want to make sure that a new system actually improves audibility rather than just making the mush louder.

In the meantime, if you're reading or leading prayers three things to remember are:

1. Speak more S-L-O-W-L-Y than usual. That will help the reverberation from the previous word to fade away and not interfere with the word you are now saying.
2. Don't be fooled by your words sounding fine to you. The acoustics of All Saints are very misleading.
3. Move the microphone if necessary until it is right next to your mouth. Think the position you'd have an ice cream cone. Our mics are those used by pop singers – they only pick up from a short distance.



The microphone will not pick your voice up if it is pointing away from your mouth and far away from it.

This position should pick up your voice. The closer the better. Move the mic if necessary and make sure it is turned on.

Geoff (PS If you can't hear **me** clearly in church, please tell me. I want to know!)

Weekdays and special events in November and December

Church office and cleaning group every Friday at 10am in Church

Short Service every Friday at 11:30am in Church

Fri	2 Nov 2018	6:00 pm	Feed the hungry. Packing food aid with Bishop Karowei. Christ Church East Greenwich, Trafalgar Road, SE10 9EQ. 8:30 finish
Tue	6 Nov 2018	8:00 pm	Bible Study at the Vicarage
Tue	13 Nov 2018	8:00 pm	Prayer group at the Vicarage
Tue	20 Nov 2018	8:00 pm	Bible Study at the Vicarage
Tue	4 Dec 2018	8:00 pm	Bible Study at the Vicarage
Sun	9 Dec 2018	5:00 pm	Greenwich Concert Band Christmas Concert in aid of the Greenwich and Bexley Hospice Help needed with refreshments Tickets from Paul Winslow £10 (Young people in full-time education £5) or online tinyurl.com/AllSaintsChristmas Please bring your family, friends and neighbours
Tue	11 Dec 2018	8:00 pm	Prayer group at the Vicarage
Tue	18 Dec 2018	8:00 pm	Bible Study at the Vicarage

An apology

The Newsletter has not appeared very regularly this year. There are many reasons including family illness and people away. Some of the information is on the Weekly Sheets now. Nevertheless, we will try to do better in future.

Church Office

For information about activities at All Saints (including weddings and baptisms) please contact the Priest in Charge, Revd Herbert Aparanga.

To get it touch with Revd Herbert Aparanga please email

vicar@allsaintsshootershill.org, write to him at 106 Herbert Road

London SE18 3PU, call at the **Church** on any **Friday morning** between **10am – 11am** (if the church door is closed look for the bell) or phone

020 8854 2995 (but this will only be answered and messages listened to on Friday mornings). General enquiries should be sent to **office@allsaintsshootershill.org**

For Hall Bookings see allsaintsshootershill.org and follow the links.



All Saints Shooters Hill: November 2018

We warmly welcome you to our Sunday Services

Let God transform you into a new person by changing the way you think.

Then you will know what God wants you to do." (Romans 12:2)

4 November 2018 All Saints Sunday

10:30 AM Holy Communion - A New Motivation Pt.1

Led by: Rev. Herbert Aparanga

Reader: H Nwolu: 1 Peter 2:22-25, Mark 8:34-38 | Prayers: S Nwolu

Sidespeople: M Popoola, B Jatta | Refreshments: M Oyebanji, N Nelson

11 November Remembrance Sunday

2018

10:30 AM Service of the Word - Don't Feel Sorry - Pray!

Led by: Rev. Herbert Aparanga

Reader: S. Ogundemi, Joel 2:12-17 | Prayers: O Ogundemi

Sidespeople: S Nwolu, M Nwolu | Refreshments: M Akpewrene, J Anyasi

18 November 2nd Sunday before Advent

2018

10:30 AM Holy Communion - A New Motivation Pt.2

Led by: Rev. Herbert Aparanga

Reader: R Taylor, 1 Peter 3:1-7, Matthew 5:21-25 | Prayers: M Olarewaju

Sidespeople: L Bailey, J Anyasi | Refreshments: B Jatta, C Benard

25 November Christ the King

2018

10:30 AM Family Service - Love the Light

Led by: Rev. Herbert Aparanga

Reader: S Nwolu, 1 John 1:5-10 | Prayers: H Nwolu

Sidespeople: H Nwolu, SM Nwolu | Refreshments: F Olarewaju, K Byfield

Every Friday at 11:30 am: A short service of morning prayer

If you are unable to do a duty can you let Kathy know as soon as possible.

The up-to-date rota is at <https://goo.gl/MyUDYR>

If a name has a * against it has been changed from the original rota.