

Belfairs Methodist Church

Where old friends meet and strangers feel at home

Newsletter

Issue 2023

June 2024

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Thought for the month

**A father is neither an anchor to hold us back
nor a sail to take us there
But a guiding light whose love shows us the way.**

Data Protection Privacy

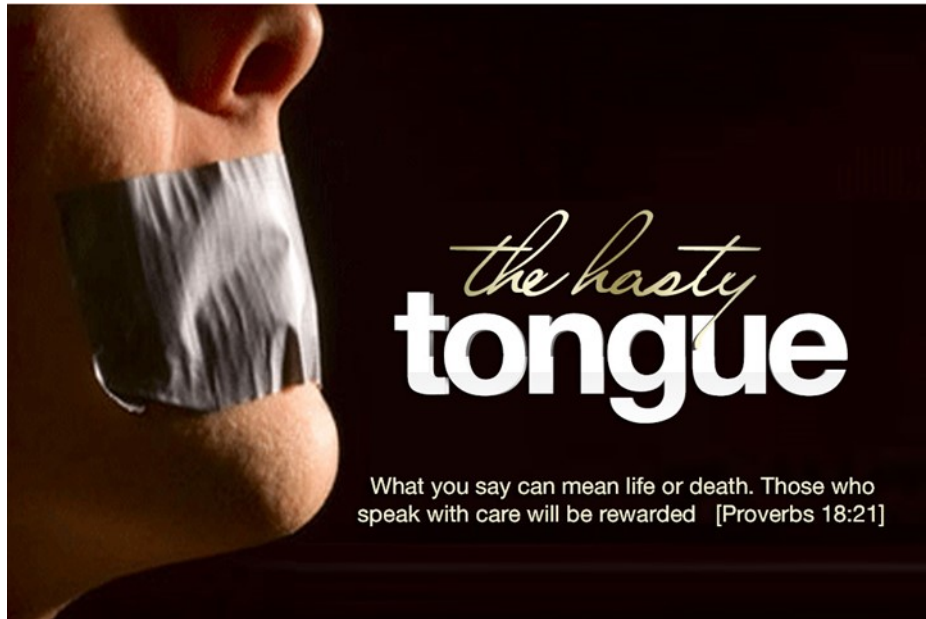
By submitting an article for publication in the Belfairs Newsletter, you are **consenting** to your name being attributed to the article which is made **publicly available** via the Belfairs Methodist Church Website.

If you do **NOT** want your name to be published, please advise the Editor when submitting the article.

Please read our Privacy Policy for further information. This can be found on the church website or on our church noticeboards.

Our mission is to provide an open, welcoming and accepting, living place of Christian worship and service in our community, in which we seek to serve and follow Jesus Christ.

www.belfairsmethodistchurch.org.uk



I have been reminded recently about the power of the tongue. James says in his book, in chapter 3:3-6; ³ *When we put bits into the mouths of horses to make them obey us, we can turn the whole animal.* ⁴ *Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go.* ⁵ *Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark.* ⁶ *The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell.* [NIVUK]

Our tongues can cause a huge amount of damage not only to those we come into contact with, but also to the wider church. Small negative, derogative comments can cause huge pain and division even though the tongue is one of the smallest parts of the body. James refers to the tongue as a ship's rudder or a horse's bit, able to affect a much larger object.

This portion of scripture is usually used to warn us about the damage our tongues can have when we use them unwisely. But what if we were to flip the coin, so to speak, and consider the massive amount of good that can also be achieved with the tongue.

Passing on positivity to others not only benefits them, but also gives us a sense of fulfilment and well-being.

Stopping for a moment when we are about to respond to someone, and then considering the consequences, may enable us to build others and the church up, rather than demolishing!

“Pick your words carefully as it has the power to make the sentence beautiful or ugly....” [Adil Adam Memon]

May God give each of us the wisdom and strength to control our tongues when necessary.

Every blessings,

Pastor Steve

pastorstevemayo@gmail.com

01702 483827

Sunday Services June 2024

2nd	11.00 a.m.	Pastor Steve Mayo
9th	11.00a.m.	Rev Peter Perone - including Holy Communion
16th	11.00 a.m.	Mr. Bob Briant - Parade Service
23rd	11.00 a.m.	Mr. Phil Gladman
	6.30 p.m.	Circuit Service - Pastor Steve Mayo 'Sri Lanka' (see poster on notice board)
30th	<u>10.00 a.m.</u>	United Service at Highlands - Pastor Steve Mayo

Other June dates for your diary

1st	Coffee morning at 10.00 a.m. - British Heart Foundation (see poster for more information)
13th	Thirsty For?? at 7.00 p.m. - Café style worship - all are welcome.
15th	Coffee morning at 10.00 a.m. - Ann Kendall & Ami
15th	Trooping the colour
16th	Fathers Day
27th	A.C.T.I.O.N at 2.00 p.m. - All are welcome
29th	Church Council at 10.30 a.m.

Advance notice: Church Anniversary - Saturday 13th/Sunday 14th July - please see article for more information

Point of Contact

Below is shown details of the Sunday Stewards, Communion Stewards, Musician, Flower Rota and coffee/tea stewards relevant for this month.

Sunday 2nd June

Sunday Steward a.m. - Mike Spaul

Musician a.m. - Sue & Mike Spaul

Coffee/tea stewards a.m. Sue Spaul & Ann Kendall

Sunday 9th June

Sunday Steward - Jan Andrews

Musician - Patrick Dromgoole

Communion Stewards Jim Halstead & Dawn Howard

Flowers - A.C.T.I.O.N - in memory of past members - arranged by Marion

Coffee/tea stewards Jan Pope & Jackie Heinrich

Sunday 16th June

Sunday Steward a.m. - Phil Gladman

Musician a.m. - Mike/MIDI Box

Coffee/tea stewards Mike Spaul & Phil Gladman

Sunday 23rd June

Sunday Steward a.m. - Mike Spaul

p.m. - Phil Gladman

Musician - Sue & Mike Spaul

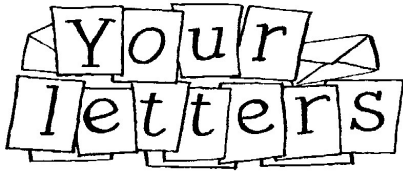
Flowers - Smitha & Harun Thomas - for wedding anniversary - arranged by Smitha

Coffee/tea stewards Margaret Bailey & Sue Spaul

Sunday 30th June

United Service at Highlands Methodist Church at 10.00 a.m.

Letters Page/Church family news



Plant Sale

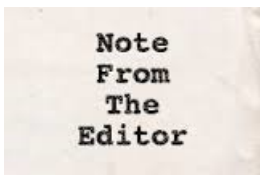
Just want to say a huge thank you for all those who supported the Plant Sale and coffee morning on Saturday 4th May. A total of £304 was raised towards church funds. It was good to see so many people there, especially those that don't usually come, so it's a good way to reach out to the community.

Neeltje

Christian Aid Brunch and Coffee Morning

Also I want to thank those who supported the fundraising efforts for Christian Aid especially Tony and Barry for making delicious Bacon and Sausage Rolls, not to mention all the other helpers which is much appreciated. A total of £265 was raised on Saturday 18th May which will be added to the total collected from the envelope scheme. Once more my grateful thanks for all your support.

Neeltje



Note From The Editor

Please note that the next edition of the Belfairs newsletter will be for the months of July and August, due to my involvement with the Youth Camp.

Sue

June birthdays

For all of you who celebrate birthday/anniversaries, or remember loved ones during this month, the following is for you, although of course everyone can read it!

J esus' blessings be upon you

U nderstanding from God's word guide you

N urturing you in his loving care

E very day of your life

Ed.



Please remember you are free to put your prayer concerns on the board at the back of the church. If it is not for you, please make sure you have the named persons consent .

Please add your name and date to the request on the reverse of the white cards provided which are by the board. These will be removed after two months, but can be updated if necessary
(please make sure you re-date the update).

If you have any questions or queries, please speak to Sue.



Belfairs Youth Camp



We will be having a Youth Camp at Littlehampton Baptist Church, Littlehampton, West Sussex starting on Sunday 28th July until Friday 2nd August and we would like to ask for your support regarding items of food as this has greatly helped with finances in previous years.

There will be a list of foods in the foyer together with an approximate cost against each item and we would ask you to write your name against a food item and put the money in the box duly marked Youth Camp 2024.

We are taking 21 children and 9 staff who need to be fed. This means 5 days of breakfast, lunches and dinners which amounts to a large shopping bill!

To give you some idea of the types of food required, below is an example of some of the meals provided.

Breakfasts: Fruit juice, cereals, toast, spread, jam, marmite, chocolate spread etc.

As alternatives on some days we provide croissants and on one morning bacon sandwiches.

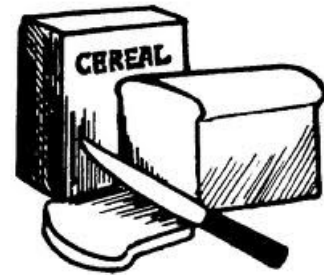
Packed lunches: Rolls, eggs, ham, tuna, cheese, crisps, fruit, mini biscuit packs.

Dinners: BBQ (Burgers/Sausages), Meat balls, sausages with Yorkshire puddings, vegetables, chicken dippers, salad.

One night we give them a takeaway from the fish and chip shop - Cook gets a night off, well almost, still pudding to prepare!

This is just an idea of the meals provided while we are away and the amount of shopping we have to do. Although we take the majority of food with us, we obviously need to buy some foods almost daily for freshness.

We thank you in advance for your support and we will be thinking of you as we tuck in at meal times!!



Youth Camp Staff

Barry, Andrea, Mike, Sue, Steve, Jan, Matt, Tony and Siobhan

Southend & Leigh Methodist Circuit

Reflections on Sri Lanka

You are invited to our Circuit
Service to hear Pastor Steve Mayo
reflect on his visit to Sri Lanka

Sunday 23rd June

6:30pm

Belfairs Methodist Church

www.southendandleighcircuit.org



BEATING HEART DISEASE TOGETHER

**ANTHEA and ALIX'S ANNUAL
CAKE SALE AND COFFEE MORNING**

in aid of

THE BRITISH HEART FOUNDATION

is on

SATURDAY JUNE 1st

FROM

10.00-12.00

There will be.....

A STORE CUPBOARD TOMBOLAfrom basics to luxuries.
A PRE-LOVED CHILDREN'S CLOTHES STALL...good as new!
A CAKE STALL..... always delicious
A BOOK STALLanything from Ladybirds to War and Peace
A PLANT STALL.....last chance to stock up for summer
SOME GAMES AND PUZZLES ?????

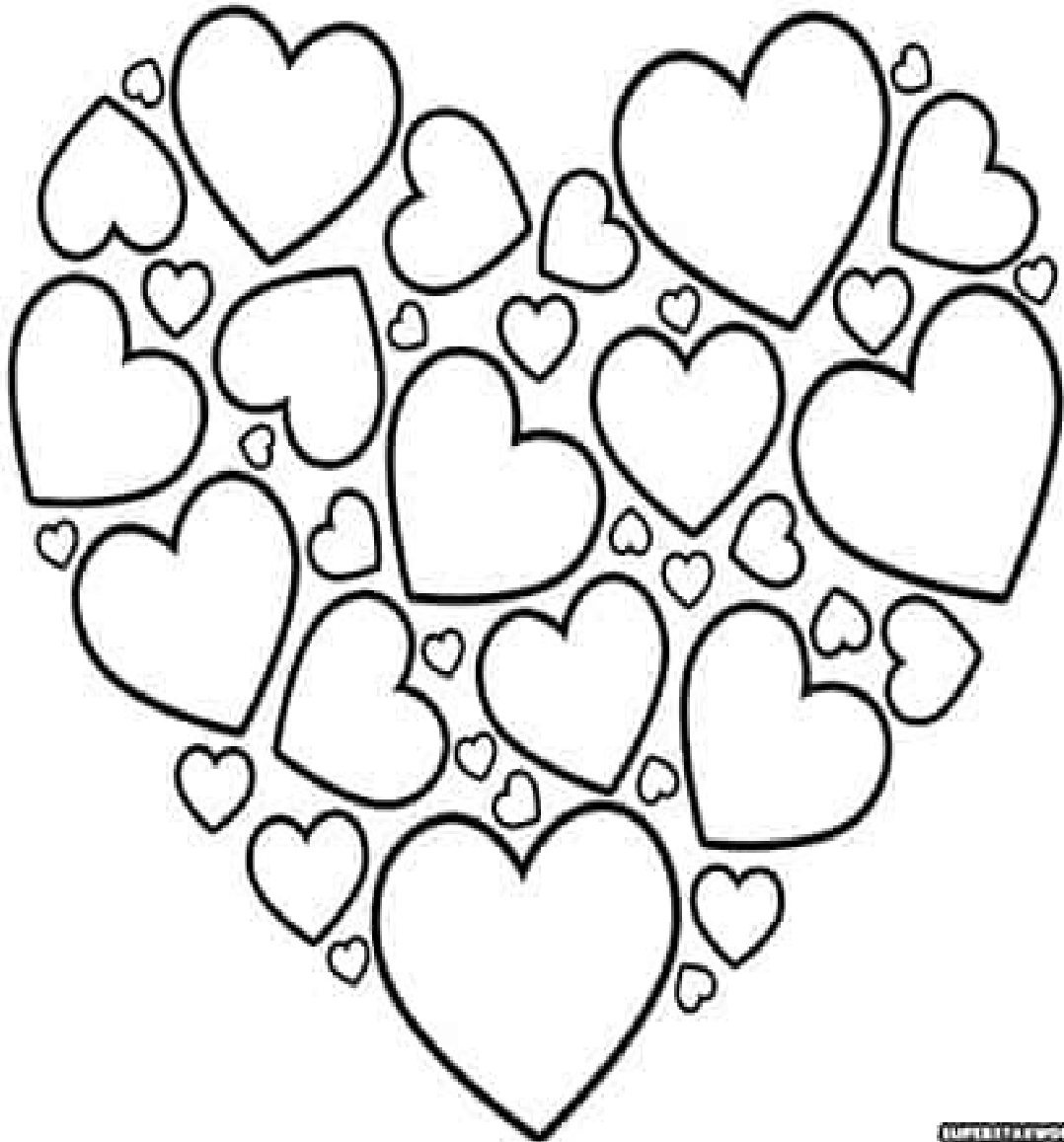
AND



some fabulous cakes will be raffled at 12.00 pm!!

**Many of us have reason to be grateful for the research
carried out by the BHF, and our donations keep this work
going.**





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**It's heart rhythm awareness
week.....check your pulse.....see next
page**



How to check your pulse

You can check to see if you might have AF by feeling the pulse at your wrist.

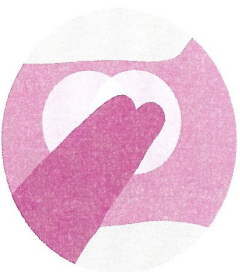
Checking your pulse



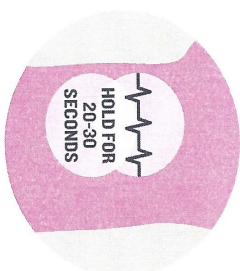
1. Put one of your hands out so you're looking at your palm.



2. Use the index finger and middle finger of your other hand and place the skin of these fingertips on the inside of your wrist. You should place them at the base of your thumb near where the strap of a watch would sit.



3. Press lightly and feel the pulse. If you can't feel anything press slightly harder or move your fingers around until you feel your pulse.



4. Once you've found your pulse, continue to feel it for about 20-30 seconds. Feel the rhythm of the pulse to see if it's regular or irregular.

A normal pulse should follow a steady beat.

If you have AF your pulse will usually feel irregular, unpredictable and possibly fast, and its strength may come and go. If your pulse feels like this, or if you're worried, see your GP.



Name: _____

The Healthy Heart Word Find

M P U Y B X S J Z W X T Q P P V J P R S R E L I
N W L X J W A W D L B V M D J F D G J E V L H K
P I F H J O V Y Y O C G B V E I N T Z L P E M M
H G C Y M W W P M L O S I R S B X W D F A Y T V
K X C H G D V M U D S L V B E F H N I R A T A N
S S S D Z O Q R N M Z V B X P Q D B T K Z D N J
U M G B Y K L L O J P G M I T X W B X I H T O S
J K C U E J D O D W C P U F U S E X G B I J I D
C A L Q A V N V I K D U I M M A L X R H J O T E
H O Y C C M R K J D P S R F T U T J C Z H I A M
U R H O D M A T Q S R P T R I G X E H G M M L V
P T P H W T B E F B Y A A Q J Z N X H N N C U I
U A T B X R B I R P G P C Y C H G E B X S M C A
O B E F E V R V M T U F X S T U Y A D M B N R C
X M O E N B E V M G S L L E M W E E E L C M I L
S I H U C V C S L Z V D M Q V R J G W S R Q C D
D T N C A N Z J S K L V O O T L I C Z E A V T O
P Z R F H D N R Q E H C K O N Y A I T I D K U N
C R G A I C E A L W L S W R L A A V W D H T A F
M C H E E N G F R S S T M R I B R D D L P T A T
C V W K B H Y H U T Q W B L O R G Y P U A U I Z
F T I U Y B X H G L E X R F P X O K P L S S G W
L F L O X I O A J B V R L P F U B X U I Z U S I
R H P Q L K R U F W N R Y T Z V H G F Q S X V P

BLOODSTREAM
HEARTBEAT
ATRIUM
VESSEL
HEART

CIRCULATION
PULMONARY
OXYGEN
AORTA
VALVE

CARDIOLOGY
ARTERY
SEPTUM
BLOOD
VEIN

Are you a budding Photographer? Do you like taking photo's on your mobile?

The "Who's who" board, in the rear foyer, desperately needs updating and we would like a duplicate in the front foyer too. We really need someone to take photos, of those people in key roles, and then display them along with their name and job role i.e. Andrea Clarke – GB Captain & 10 O'clock club leader. They photos will need to be updated when someone changes role or needs an updated photo for whatever reason.

Is there anyone who could undertake this for us? It could even be one of you teenagers!

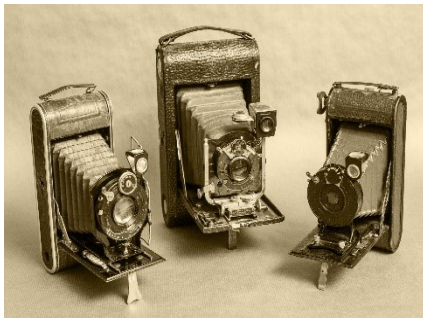
If you could do this, please see myself, or email / ring me, and I can give you a list of people. How you display the photos and details, are entirely up to you. It will be good to have something different.

Many thanks

Tina

TinaGowers@sky.com

Mobile 07713179111



A.C.T.I.O.N.

On Thursday 27th June A.C.T.I.O.N. is meeting at 2pm. Eileen Simms is going to tell the members about her time together with her husband in Tanzania. All are welcome to come along for a social, friendly afternoon in fellowship.

Neeltje

Southend Pier and D Day. June 1944

On June 6th this year we will celebrate 80 years since the D Day landings successfully invaded France en route to defeating Hitler and ending the 2nd World War in Europe in May 1945.

But did you know the immense part played by our very own pier, not only on D Day but throughout the war?

Most piers in the country were destroyed at the outbreak of war, but our pier was retained due to its strategic position at the mouth of the Thames. It was designated "HMS Leigh" and came under the control of the Royal Navy.

Throughout the war it acted as a muster point for over 3000 naval vessels as they set off, often from Tilbury, to various destinations around the world. The locals got used to seeing these ships departing day after day, but were forbidden to use binoculars, and were very careful not to discuss anything at all, mindful of the constant slogan "careless talk costs lives"

But as April 1944 began it became obvious that something big was afoot, as hundreds of ships were seen moored off the end of the pier. Ships almost as far as you could see. The organisation of such a huge convoy was enormous, as each ship had to set off at the same speed and time, and the weather was not promising.



The pier acted as the water supply to the ships, the radio communications centre, and the re-charger for all the telegraph batteries.

An increased number of barrage balloons flew overhead to protect the ships from dive bombers, as the Germans had wind of an invasion but did not know where it would land. The anti-aircraft guns all along the seafront and right into Belfairs woods were on constant alert.

In the days before the invasion, a giant cotton reel was floated down on a barge. This would form part of PLUTO, the Pipe Line Under The Ocean, which would enable petrol to be pumped across the Channel to fuel all motorised vehicles.

Finally, on June 4th, 135 giant concrete landing piers [nick-named Mulberry Harbours] were floated down past the pier on their way to form artificial landing stages for the troops on the beaches of Normandy. We know one of them broke free and has remained roughly opposite the Roslin Hotel ever since. Again, the good people of Southend and Leigh kept silent.

And so, on the night before D Day, 203 ships sat waiting for the signal to go. They were vulnerable, but due to the many deceptions carried out in the weeks before, the enemy were certain the invasion would head for Calais. At 2 am they departed, deliberately bypassing Dover and heading for the Isle of Wight [nick-named Piccadilly Circus]

3 days later, some ships returned with German prisoners and signalling the success of the invasion.....and Southend Pier and its exhausted crew breathed again.

For almost another year thousands of tanks were shipped over to Europe to consolidate the invasion success, and over the whole course of the war there was only one significant casualty....the American munitions ship Richard Montgomery, still lying off the coast and still full of dangerous explosives.



Whilst the Army, Navy and Air Force bravely defended our island, Southend Pier played a not small part in keeping the Thames open.

[with acknowledgement to Jed Martin for his article in The Romford Record]

Anthea Meek



CHURCH ANNIVERSARY 2024

Our anniversary this year will take place over the weekend of 13th and 14th July.

Saturday 13th July

Coffee morning (10a.m. to midday) and
Gift time for Belfairs with Pastor Steve Mayo
(10a.m. to 11a.m.)

Barbecue from midday onwards open to all. This will take place (subject to weather) in the car park or the John Wesley hall. We will be entertained by the **Southend Brass Band** who will play two sessions.

Sunday 14th July

Pastor Steve Mayo will host our morning anniversary worship at 11a.m. followed by tea and coffee after the service.

**Please put these dates in your diaries
and we look forward to a wonderful weekend
of celebration together.**

The most beautiful things in life are not things,
they're people and places, memories and pictures
They're feelings and moments and smiles and laughter.

One of the most important things you can do on this earth is to let
people know they are not alone.

Life is short, live it
Love is rare, grab it,
Anger is bad, dump it,
Memories are sweet, cherish them.

To the one who needs to hear it
It's okay if you've needed to slow down
It's okay if things are taking longer than expected
It's okay if this week has been difficult
You are here and showing up and that's enough.

Don't close the book when bad things happen in your life.
Just turn the page and begin a new chapter.

Don't be afraid to go after what makes you happy.
Remember to laugh. Spend time with the ones who make you smile,
and don't let negative people bring you down.

Books rewritten on the cheap!
Alice in Poundland
Charlie and the chocolate biscuit
Around the garden in 80 days
The devil wears Primark
A tale of one city
Le miserable

The people who love you for who you are and not what you can do for them are
the BEST kind of people.

The average human walks 900 miles per year and drinks 22
gallons of coffee. This means that the average human gets 41
miles per gallon!

I'm not fat - God gave me airbags because I'm precious

