



# +++ Good News!

**in this issue**

## THE Messenger



**Conversation with a  
stranger?**



**from YOUR ST PAUL'S  
Spring 2020**



**Sunday Service -**  
**every Sunday at 10 a.m.**  
and Sunday Church Club for children  
over 3 years old. You are invited to  
join us - no experience necessary!

### **Mothers' Union**

First Tuesday of each month at 19:30

### **Seniors' Coffee**

First Thursday of each month at 10:00

### **Special events -**

Praise Services, Lent Course,  
All-age Mothering Sunday and Chris-  
tian Aid Services, Open House  
and Garden, 'Breathing Space'



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[www.facebook.com/  
stpaulschurchwoodford](http://www.facebook.com/stpaulschurchwoodford)



# Conversation with a Stranger



Most of us have probably had the experience of striking up conversations with strangers – perhaps we start chatting when we're waiting in a supermarket queue; or perhaps we start talking to the person next to us on a long train journey.

The Gospel of Luke tells us the story of two people on a journey from Jerusalem to Emmaus; they met a 'stranger' along the way who struck up a conversation with them. The two on the road – Cleopas and his companion – were in a state of bewilderment and uncertainty, mixed with shock and sadness because of the crucifixion of Jesus. Perhaps they felt there was nothing more they could do, so they decided to go home. But the walk to Emmaus was going to be a journey that those two disciples would never forget. The 'stranger' is of course the risen Jesus, but the two on the road didn't recognise him until much later on.

The two travellers told this stranger about their shattered hopes, and he listened and let them talk. Like those two disciples, almost all of us have to face the experience of shattered hopes; some of us have to face shattered hopes on several occasions in our lifetime. It might be a broken relationship; a lost job; a serious illness which limits what we're able to do; a failed ambition, or a lost loved one.

But, like the two disciples, we can tell God just how we feel and share with him our feelings of disappointment, hurt and anger - and then open ourselves up to receive his response. He is willing to listen to us as we pray. He chooses his own time to reveal himself and sometimes he meets with us in unexpected ways or teaches us important things through unusual situations. Often God is right there, at work in our particular situation, even if we don't recognise his work at the time.

When the travellers arrived at Emmaus they invited their new friend to stay with them; he broke bread with them at the table and "their eyes are opened" – they recognised Jesus.

What a day it must have been for those followers of Jesus! First the despair they had felt since the day he was crucified; then the puzzlement about the empty tomb; then the sheer joy of meeting the risen Lord himself.

The followers of Jesus learned that God can turn around a seemingly hopeless situation; and he can do so for us as well. That doesn't mean we won't have to face problems and difficulties. But Jesus can meet with us in the darkest situations and transform the way we face them.

## **Baptisms this Spring.....**

**On Sundays, usually at 12:00**



29th March **Sequoia Mitchell**

26th April (12:30) **Leo Burton**

17th May **Morgan Vuoto**

## **Weddings this Spring.....**



28th March 12:00 **Isaac Cole and  
Jennifer Osei-Bobie**

23rd May 16:00 **William Russell and  
Theresa Kelly**

## **Open House and Plant Sale**

Many of you may remember that last year on Marrianne's birthday, 19th April, Len held an Open House and Plant Sale which raised £500 for the Kenyan Feeding Fund. This year's 3M - 'Marrianne's Memories Meeting' (and 3M was the favourite of the companies that she worked for) will be over the weekend of 8th, 9th, 10th May. The early May Bank

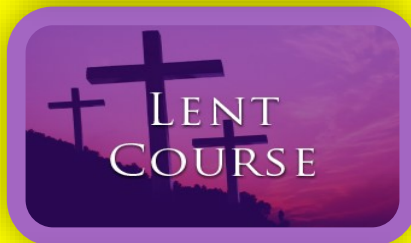
Holiday is on Friday 8th since it is exactly 75 years since VE day, so Len will be at home each day from 12:00-18:00 with tea, cakes and plants. Everyone is welcome at 78 Ashgrove Road Goodmayes IG3 9XD and it's all for the Kenyan Fund.



**Sundays 16th March,  
19th April and 17th May  
at 17:00**



**Wednesdays, 4th, 11th,  
18th, 25th March,  
and 1st April at 19:45  
"CONFIDENCE IN A  
COMPLEX WORLD"**



## **ALL-AGE WORSHIP SERVICES**



**MOTHERING SUNDAY  
Sunday 22nd March  
at 10:00**



**CHRISTIAN AID  
Sunday 10th May  
at 10:00**





**PALM SUNDAY**  
**Sunday 5th April at**  
**10:00 Informal Communion**



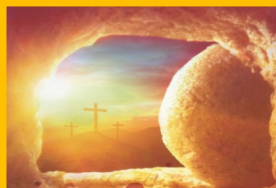
**MAUNDY THURSDAY**  
**Thursday 9th April at**  
**20:00 Holy Communion**  
**and Vigil**



**GOOD FRIDAY**  
**Friday 10th April at 10:00**  
**Morning Worship**



**EASTER DAY**  
**Sunday 12th April at 10:00**  
**Easter Day Communion**



**breathing  
space**

**at your  
St. Paul's**



## **offering rest and quiet in a busy world**

We're all familiar with today's pace of life — our 24/7 existence. We know that stress can be devastating. We feel pressure to achieve in all walks of life. What can we do? At the end of each month take a little while out.

St. Paul's Church will be open for you - to think or pray quietly, or to talk with someone should you want to. Nobody will pressure you in any way.

No Christian belief is necessary - you may be a prayer-resistant atheist but carving meditative spaces into the day certainly has a soothing effect!

Light refreshments will be available, and there will be reading material to help you think or pray should you want to use it. And you may take as long or as little time as you wish.

We look forward to welcoming you, any time from

**10:00-12:30 on Saturdays**  
**28th March, 25th April, 30th May**

**My doctor  
asked me if  
I had ever had  
a stress test?  
"YES" I replied  
It's Called  
Life!**



# Lent.

a season of renewal

## What's it really all about?

The first thing to get clear is that it's nothing to do with borrowing! 'Lent' is a shortened version of the old English word 'lencten' which means 'Spring season' so doesn't really have much to do with Christian belief - simply 'the time of year leading up to Easter'.

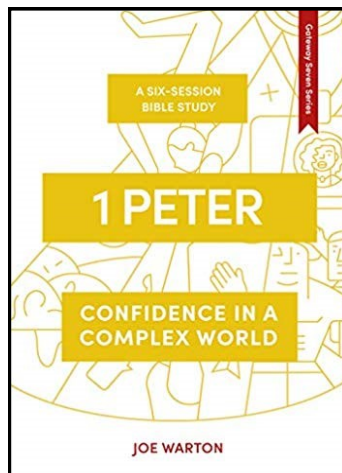
So what's Lent really all about? Traditionally Christians have 'given up' things during Lent - chocolate is probably the favourite! In church we give up singing the Gloria, we don't have flowers, and the colour is dark purple. All these are signs of sorrow that Jesus had to die, so on Good Friday we remember the death of Jesus so our sins can be forgiven and on Easter Sunday we remember Jesus rose from the dead. So Lent is the forty days leading up to all that happening.

All this might help with self-discipline - or it could make people think Lent is a time of morbid sorrow - which is shouldn't be. These days we try to make Lent a time when we reflect more deeply on what we believe and how we live. One of the things we do is to give up a couple of hours of T.V or another pastime each week to explore just that in something called '**Lent Courses**'. These cover many different things in many different ways, but usually will be informal and relaxed, will start and end with a time of quiet and prayer, and will include much discussion and sharing of thought and ideas. The people who come will have a variety of viewpoints to contribute, and will be at many different stages of belief, sometimes with more doubt than belief!





The Lent Course at St. Paul's is a five-session Bible study guide - **"Confidence in a Complex World"** with a blend of real-life practicality, biblical scholarship, and a whole-life discipleship focus. The sessions will happen from 19:45 on Wednesdays 4th, 11th, 18th, 25th March, and 1st April in church and all are welcome, whatever your belief or not! The themes will be: Confident in the Gospel, Confident in Identity, Confident in The World, Confident in Relationships, Confident in Witness and Confident in the Community.



In his letter to scattered groups of Christians in what is modern-day Turkey, the apostle Peter ignites imagination and inspires hope for the possibilities of everyday life in a complex world. This Course aims to help you to discover Peter's trove of wisdom for everyday living. This is a letter that is both exhilarating in its scope and intensely grounded in the grittiness of real life. Like those who first received Peter's letter you will be challenged to see your daily context afresh and deeply encouraged to live confidently – Monday to Sunday – wherever you are. In each session there will be time for personal reflection and for group discussion – all viewpoints and backgrounds will be valued.



It may be that Wednesday evenings are no-go for you or other courses in the area would be more convenient. If so there are other opportunities with our Barkingside Bridge Partner Churches.

On **Tuesdays** 3<sup>rd</sup> March - 7<sup>th</sup> April  
13:00 St. Francis Barkingside -

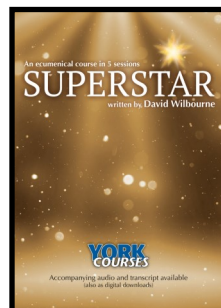
York Course 'Superstar'

20:00 St. George Barkingside- 'Jesus' in Sidney's Bar (three doors from Gants Hill Sainsbury's)

On **Wednesdays** 4<sup>th</sup> March - 8<sup>th</sup> April  
19:30 Holy Trinity Barkingside -

York Course 'Superstar'

20:00 St. Andrew Ilford - 'Opening the Scriptures'





## Are you an Easter Egg-Head?

### Try these questions

1. What was the Jewish feast which was being celebrated the week Christ was crucified?
2. When Jesus entered Jerusalem during what is known as His Triumphal Entry, what animal was He riding on?
3. Why is the Sunday before the resurrection called Palm Sunday?
4. Which disciple cut off the ear of the high priest's servant in an attempt to protect Jesus from being taken as a prisoner?
5. What was the name of the high priest's servant who had his ear cut off by the disciple and subsequently reattached by Jesus?
6. How many times did Peter deny Christ after he abandoned the Lord?
7. How many pieces of silver did Judas trade the life of Jesus for?
8. How did Judas identify Jesus to the soldiers?
9. In repentance Judas returned the money to the priests that he was given as the price of betrayal of the Lord and then did what?
10. The priests took the money that Judas had returned to them and did what with it?
11. Who was surprisingly released before Pontius Pilate sentenced Jesus to death?
12. What did Pilate's wife counsel him to do concerning Jesus?
13. A man named Simon was compelled to carry the cross of Jesus. In Mark 15 we are told the names of Simon's two sons. What were their names?
14. What was the inscription above the cross?
15. Can you quote 4 of the 7 statements recorded in the Bible that Christ said from the cross?
16. Following the statements of Jesus on the cross, there was a statement by a Roman soldier concerning Christ. What was it?
17. What happened in the Temple as a sign that the death of Jesus had made way for the individual believer to approach God?
18. When Jesus died there was darkness in the land. How long did it last?
19. In John 19 two men helped prepare the body of Christ for burial. One is said to have been a secret disciple and another secretly came to Jesus early in His ministry to ask question. Who were these men?
20. Who was the first person to see the risen Christ?

**Answers** .... at the back of church, at-

[www.whatchristianswanttoknow.com/easter-bible-quiz-20-trivia-questions/](http://www.whatchristianswanttoknow.com/easter-bible-quiz-20-trivia-questions/)  
or from Mac at [macleonard@virginmedia.com](mailto:macleonard@virginmedia.com)

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in for a pound



## *St Paul's Toilet Fund*

### *We need your help .....*

At the moment we have no toilets in the church building - the nearest are at the bottom of the churchyard in the church hall. This is very inconvenient for baptisms, weddings, funerals, our other church Services and social activities beneficial to the local community.

So we're planning to have two toilet cubicles, one fully accessible for mobility impaired users, installed in church at a cost of around £80,000 - costing this much largely because the church building hasn't got a sewer pipe outlet and the nearest connection for one to be laid is at the church hall.

### *How you can help us .....*

1. make a Bank Transfer donation to Barclays, Woodford Broadway Branch sort code 20-52-74  
account no. 10775215
2. put your donation in a blue gift-aid envelope available in church and mark it 'Toilet'  
(cheques payable to ST. PAUL'S PCC)
3. contact St. Paul's Treasurer Len Stevens  
[Lenstevens9@aol.com](mailto:Lenstevens9@aol.com) for further information.

# St PAUL'S SPIRELIGHT TESTIMONIALS



## March

- 1st David and Linda Savage  
Andrew Lee
- 3rd Ellis Williams  
Dennis (Tom) Savage
- 4th Oliver Ayres
- 6th Paul Lodge
- 8th Sarah Hodges
- 13th Alfred Ewen (WW1)
- 17th Trish Turner  
Jessie Duncan
- 18th Peter and Valerie Hodges
- 19th Andrew Longstaff
- 21st Charles Blunt (WW1)  
John Thurston (WW1)
- 23rd Annabelle King  
William Thompson (WW1)
- 24th Frederick Fenn
- 25th James Simpson (WW1)
- 26th Irene Thorpe
- 27th Olive Hall  
David Michaels,  
Barnard Clapham (WW1),  
Olivia Cottrell
- 29th John Green  
James Mahoney
- 30th Marrienne and  
Len Stevens  
Albert Perfect  
Thomas Ewens (WW1)

## Light up St Paul's Spire!

**Anyone and  
everyone is  
welcome to  
join the  
Spirelight  
Testimonial  
Scheme.**

**Choose a  
date which  
is special to  
you - for  
example  
your  
birthday or  
that of a  
loved one,  
or your  
marriage  
anniversary.**

**Then  
contact Len  
on 020  
8590 8815  
for a  
Dedication  
Form - or  
drop into  
the Sunday  
Service at  
10:00**

## April

- 3rd Harry Yates
- 4th Stephen and  
Clare Hodges
- 5th Canon Rodney Matthews
- 9th Ivy Lewis
- 14th Mary and Des Wood
- 17th Bessie Howie  
Mollie McCafferty
- 18th Sydney Bodger (WW1)
- 19th Marrienne Stevens
- 22nd Len Stevens  
David Stevens
- 26th Leonard Stone
- 28th John and  
Constance Gardner  
Pat Elgar

## May

- 1st Laddie Savage
- 4th Elizabeth Hodges
- 9th Matthew Lee
- 10th Mary Wooden  
Edward Back
- 12th Evangeline Beth Pierce
- 14th Amelia Burke  
Elizabeth May Allen
- 18th Fay Warrington
- 19th Frank Diamond (WW1)
- 20th Walter Carter (WW1)
- 21st Linda and Alex Wilby
- 22nd Harry Saunders  
Nick Nickelson
- 27th Andrew Hall
- 28th Doris Stevens  
Owen Sharpling  
Thomas Talbot (WW1)
- 29th Amanda Sharpling
- 30th Alex Wilby  
Ken Elgar
- 31st Margaret Sanders  
Keith Self





Many thanks to all of you who have contributed non-perishable food and toiletries to the Foodbank.

Most weeks I have been able to take these items to the Foodbank in Ilford.

As well as food for the needy folk in the Borough

they also provide cat and dog food to those who have these pets.

I also collect any monies given which Len, our Treasurer, banks until we have a sizeable amount to hand in to them so that they can purchase items required when needed. On the 13<sup>th</sup> October last year I was able to take a cheque for £300 to them.

## **Redbridge Voluntary Care**

Redbridge Voluntary Care continues to support the elderly and disabled in our Borough by befriending them where needed e.g. by visiting, shopping, providing transport and by basically being a good neighbour to them.

At the moment we are in need of more Volunteers, so if you know of anyone who you think might like to help us please ask them to contact us on 020 8514 0980.

Many thanks! I do hope you all had a good Christmas and are enjoying this New Year. God bless you all.

***Vera Hunt***

# **Thinking about Baptism? Wanting a Wedding? Need to arrange a Funeral?**

We believe that God's love is there for us 24/7, but St Paul's is available and delighted to help with those 'special love' times in life.

## **BAPTISMS (Christenings)**

usually happen at 12:00 on a Sunday, but may be arranged at other times where appropriate.



## **MARRIAGES**

God has given us a beautiful setting for marriages - and we can offer support before, during and after the 'big day'.



## **FUNERALS**

Saying goodbye to a loved one is never easy - but we find that handing them to God's eternal love helps.



We shall be delighted to share God's love and support - in the first instance please

**contact Vicar Ola Franklin  
on 020 8506 0662  
or at [ofrank@btinternet.com](mailto:ofrank@btinternet.com)**



# St. Paul's Contacts.....

<b>Vicar</b>	<b>Revd. Ola Franklin</b> <a href="mailto:ofrank@btinternet.com">ofrank@btinternet.com</a>	020 8506 0662
<b>Curates</b>	<b>Revd. Ian Monks</b> <a href="mailto:irquemonachi@hotmail.co.uk">irquemonachi@hotmail.co.uk</a>	020 8550 2390
	<b>Revd. Alan Bolding</b> <a href="mailto:apbolding@onetel.com">apbolding@onetel.com</a>	079327 97983
<b>Licensed Lay Minister (Reader)</b>	<b>Mr. Mac Leonard</b> <a href="mailto:macleonard@virginmedia.com">macleonard@virginmedia.com</a>	07831 744999
<b>Authorised Local Preacher and Pastoral Assistant</b>	<b>Canon Jill Leonard</b> <a href="mailto:jillianleonard@virginmedia.com">jillianleonard@virginmedia.com</a>	07778 013047
<b>Churchwardens</b>	<b>Mr. Paul Malam</b> <a href="mailto:paul.malam@gmail.com">paul.malam@gmail.com</a>	07803 278365
	<b>Mr. Len Stevens</b> <a href="mailto:Lenstevens9@aol.com">Lenstevens9@aol.com</a>	020 8590 8815

## Organisations and contacts .....

<b>Organist</b>	<b>Mac Leonard</b>	07831 744999
<b>Treasurer</b>	<b>Len Stevens</b>	020 8590 8815
<b>Nicola's School of Dance</b>	<b>Nicola</b>	07956 479334
<b>Playgroup (Delia Ware)</b>	Daily 09:15 -12:00	020 8504 5465
<b>Mothers' Union</b>	1 <sup>st</sup> Tuesday in month 19:30	020 8590 8815
<b>Guides</b>	Thursday	020 8491 6431
<b>Brownies</b>	Thursday	01708 768496
<b>Weekly News Sheet:</b>	<b>Pam Varughese</b> <a href="mailto:pamvarughese@gmail.com">pamvarughese@gmail.com</a>	020 8550 3406
<b>'Good News' Editor</b>	<b>Mac Leonard</b> <a href="mailto:macleonard@virginmedia.com">macleonard@virginmedia.com</a>	07831 744999
<b>Church Halls Hire</b>	<b>Pauline Bolding</b> <a href="mailto:pbolding29@gmail.com">pbolding29@gmail.com</a>	07946 606943.

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