

KEEP IN TOUCH

Newsletter

20th May 2021



Martin writes...

Serving one another

Dear friends,

How good it will be when we can once again meet one another physically in All Saints Church after such a long time apart. On Sunday 23 May (Pentecost) it will be great to worship the God and Father of our Lord Jesus Christ, with one another. Our service will be at 9.30am, though the earlier CV19 restrictions will apply – face

coverings, social distancing, communion in one kind only, and no congregational singing. I invite you to book in to services through the office, as this makes it easier for our stewards on the day. Nobody will be turned away. It is wonderful that we can be with one another.

But what sort of Church do we want to be? In other words, what does our meeting together as Christians mean in practice? At Hebrews 10:25 we read, '*Do not neglect meeting together, but encourage one another*'. Our aim should be to encourage one another to find and follow Jesus.

The New Testament has many "one another" sayings, and it is worth pondering them as we begin to meet together again:

Welcome one another. Show hospitality.

Serve one another.

Bear one another's burdens.

Comfort one another.

Forgive one another. Love from the heart.

Wash one another's feet.

Pray for one another.

Love one another. Our love for one another shows others that we are the disciples of Jesus.

I am reminded of John F Kennedy's famous words, "*Ask not what your country can do for you – ask what you can do for your country.*" This is good; we should put the needs of others before our own needs. But our responsibility towards one another as Christians goes even deeper, for the Hebrews verse quoted above calls on us to encourage one another in faith and obedience to Jesus. It simply is not true that we can be Christians on our own – we not only need one another, but we should do all we can to help one another to be Christians in daily living.



Another saying goes, 'The meeting place is the learning place for the market place'. In other words, when we meet together as Christians, our purpose is to learn together how we can live out, in an unbelieving world, our faith in Jesus.

I do hope that when we meet together for worship on Sunday 23 May, and on following Sundays, we shall each find it a very enriching and enjoyable experience, and go home with uplifted hearts. But my prayer goes beyond this; I pray that all of us in All Saints Church will learn more and more how we can encourage one another – through practical ways of welcoming, serving, comforting and loving.

Keep on telephoning, visiting, inviting, offering lifts and volunteering. If we sincerely ask God, he will provide us with practical new ideas.

Brother, sister, let me serve you; let me be as Christ to you... We are here to help each other, walk the mile and bear the load.

With my prayers and best wishes,

Martin

[Look up the bible references:

Romans 15:7,
Galatians 5:13,
Galatians 6:2,
1 Thessalonians 4:18,
Ephesians 4:2,
John 13:14,
James 5:16,
John 13:34]



Thank you

Sandra and Jeremy would like to express sincere gratitude for all the cards and kind messages of support following the recent death of Sandra's mother.

We were overwhelmed with the love and care - thank you!

from the Groombridges

"Serve one another in love"



Early Morning Easter Sunrise

The story in the churchyard continues..



He is risen!



"And you shall have power when the Holy Spirit comes upon you..."

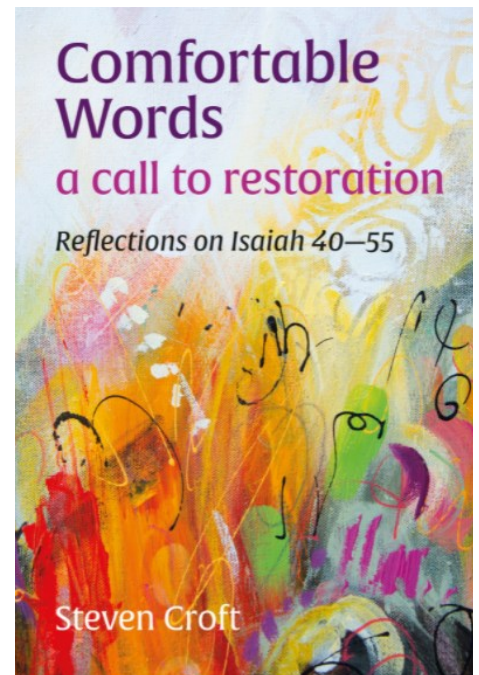
Jesus

Book Recommendation, and more...

May I recommend: "Comfortable Words" by Bishop Steven Croft £7.99.

He published, last March, "Comfortable Words." Coinciding with the anniversary of the first lockdown it compares the exiles in Babylon rebuilding their lives with our current situation, asking how are we going to rebuild our lives, our churches, our society and God's world in the coming months?

Everyone is hurting and certainly tired, and our world is hurting and tired. Bishop Steven explores themes of fear, bereavement, leadership and call and what it means to be a disciple today using Isaiah's songs of comfort in nine short reflections.



The Big Church Read

I have also recently come across <https://thebigchurchread.co.uk/>

The Big Church Read was founded in 2020 as a joint initiative from St Andrew's Bookshop and Hodder & Stoughton to encourage a culture of reading good Christian books within the UK Church. It's no exaggeration to say that books change lives and we all know the feeling of wanting to share a book that we've really enjoyed with all our family and friends. The Big Church Read brings together this passion for good Christian books from the UK's biggest booksellers and publishers to create a national Church bookclub that we can all take part in for free.

Churches, groups, organisations or individuals can take part – absolutely free of charge – and join to read through a chosen book together.' It seems a very effective, imaginative and enjoyable way of learning with free resources, suggested questions and backup videos.

Best Wishes,

Rosemary



Anne and Mike Fixter's walk for The Royal Marsden



On Sunday 23rd May 2021 we will be walking 15 miles to raise money for The Royal Marsden cancer hospital.

As many of you will know, Anne was diagnosed with breast cancer in October 2018 and again in November 2020 and on both occasions received superb care and treatment at The Royal Marsden in Sutton. We signed up to do this walk last year but it was cancelled due to the pandemic and so this year we are doing a 15 mile walk starting and finishing from our home.

If you would like to sponsor us, online giving can be found at : <https://marsdenmarchathome.blackbaud-sites.com/fundraising/TheBanhamMarsdenMarch2020-AnneandMike> or alternatively please put your donation in an envelope and either drop into our house or leave at the parish office.

Many thanks in advance,

Mike and Anne Fixter

10 Onslow Gardens
Sanderstead
Surrey, CR2 9AB



The ROYAL
MARSDEN
Cancer Charity

REVD JEREMY HAS WEIGHED IT UP

After a succession of really dire diabetic reviews, I have finally decided to rid myself of a few stones. Inspired by Captain Sir Tom's 100 day Challenge, I've embarked on a diet and am aiming to lose at least 2 stones (12.7kg) over the next 100 days. I may achieve more than this, but certainly cannot afford to lose less given my current blood/sugar levels. I'm not going to use any especially elaborate technique or programme - I reckon if I reduce what I eat by one-third, I'll be able to reach the target (and, hopefully, more).



I could do with some encouragement, because I'm a foodie and dieting does not come easily! The first week has already been a struggle, but I haven't cheated - so far! It is a great help that Sandra has agreed to "mirror" my diet - so we are doing it together.

One way you could support would be by sponsoring me for every kg I lose. All money raised will be collected by the Reedham Children's Trust. Reedham has a track record in providing life-changing help and support to some of the most vulnerable children in our country. We've adapted our services as times have changed always seeking the most innovative ways to meet the needs of vulnerable children. We began as one of the first orphanages for fatherless children, developed into a residential school in 1950, and after the closing of the school in 1980 we offered a unique grants programme supporting vulnerable children with their care and education at boarding schools. Now we are embarking on new projects in collaboration with a number of local groups supporting children in the Croydon area. Quite literally, we are able to transform the life-chances of young people.

You can see more of our work on www.reedhamchildrenstrust.org.uk

I will circulate a giving page very soon - at this stage, you can begin to save your pennies ready for the final weigh-in on 20 August. I know that seems a long way away - but the task ahead is weighty, and therefore gradual!

And the question you're all asking: What was the starting weight at the beginning of this project? Well, I'm ashamed to admit it, the GP weighed me in at a horrific..... 126 kg! So, as you can see, anything achieved over the next 100 days will be worth it.



Transforming the lives
of vulnerable children

Jeremy

Lending a "Listening Ear" at Riddlesdown

We have been working with staff at Riddlesdown Collegiate for some time now, providing a unique service to staff by lending a "listening ear" to them at times of pressure and anxiety. This has proved to be a much-valued service, and is simply what it says: an opportunity for staff to talk in confidence to an independent person who will listen and allow them time and space to unload some of their anxieties. The teaching profession has faced extreme pressures over the past year or so, and having someone other than a line manager to talk to has been greatly appreciated by many of the staff. We are not "counsellors" and we do not "preach" to them - we simply listen, and are able sometimes to signpost them to other sources of help.

We are now ready to expand this service to sixth-formers at Riddlesdown as well as staff. Over the past few weeks we have trained ten "listeners" who are now ready to listen to a wider group of people. Youngsters in Year 13 face a variety of problems and issues - what am I going to do after I've left school? How will my last year's work be assessed? Will there be a job for me after all this? We are there to listen to them at a crucial time of change in their lives. So our listeners have been through training sessions led by Hilary Fife (formerly Chaplain at Croydon University Hospital), Andrew Wilson (formerly Chaplain at Maudsley and Bethlem NHS Trust) and our own Katheryn Hewitt. The training has gone really well, and everyone has been DBS checked. So we are ready to proceed with the next stage of this work. In a couple of weeks time Katheryn and I will be meeting with the Head of RE at Riddlesdown to discuss how and when we can begin this stage - we will keep you up to date with developments but please do pray for this important part of our outreach.

Revd Jeremy Groombridge

Problems with a Green Business

Toby Moynihan and his wife have recently set up an online furniture shop using recycled pallet wood. Due to Toby's parents moving house, they will soon be without a workshop. As they are young and this is a new business, they cannot afford to rent anywhere. If anyone knows of a suitable space for a small workshop, please contact Toby on Email: TM12358@outlook.com

Their business is very much in line with the "green agenda" and recycling.

"Serve one another in love"

I can do all this
through him who
GIVES ME STRENGTH.
Philippians 4:13



**BUT I TRUST IN YOUR
UNFAILING LOVE...**

PSALM 13:5



**TRUST IN THE LORD WITH
ALL YOUR HEART AND
LEAN NOT ON YOUR OWN
UNDERSTANDING...**

PROVERBS 3:5

**O ~~WORLD~~,
HELP ME
TO TRUST
YOU IN
TIMES OF
DIFFICULTY
AND
OPPOSITION**

Take courage!
I AM.
Don't be afraid.

Matthew 14:27

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

Children & Families Corner

Hi everyone,

As Covid restrictions are relaxed I have so much news to share, including a plea for help at the end of this update.

FAMILY FUN / MESSY CHURCH

Firstly, this month's Family Fun / Messy Church video is available to view; to take part in this month's crafts, you'll need some paper and card, scissors, paints or felt tips, sticky tape or glue (a paper plate could be useful too).

<https://youtu.be/hU-rhs8nXqs>

This will be the last video as we will be back in All Saints' hall with a fully rebranded Messy Church on **Sunday 20th June from 4pm till 5.30pm** with craft, stories, songs, and food. This will be free, but we do appreciate donations towards the cost of the food and craft supplies.

TODDLERS

Toddlers will be restarting on **Tuesday 8th June** and will be held every **Tuesday and Friday** (in term time) from **9.30 – 11.30am**. To cope with anticipated numbers (we are still only allowed 15 adults in the hall, not including helpers) we have purchased a large marquee which will be a semi outside overflow in the garden at the rear of the halls. Social distancing will still need to be observed if possible. Songs and Bible stories will happen towards the end of the session in the marquee for those able to stay. No need to book, just turn up!



REFRESH

A new family friendly service called 'Refresh' with crafts, games and music will be introduced on the second Sunday morning of the month in All Saints' halls. Adults are welcome to stay, or they can join the Parish Praise service which will be running simultaneously in the church. The first Refresh will happen at **9.30am on Sunday 13th June,**

please pre-book if possible on the church's website. Or click on this link...[REFRESH, a family-friendly service \(13-Jun-2021\) · ChurchSuite Events](#)



HOLIDAY CLUB

Sanderstead Superheroes Academy

A date for your diary: Holiday Club, Sanderstead Superheroes Academy, **Tues 24th – Thurs 26th August 10am – 2pm**, ages 5-11 more details will be coming soon.

Can you help?

Can you help us spread the joy? We have many exciting plans, for the future, including a youth group, a separate Messy church for St. Anthony's Hamsey Green and Family Movie Nights to mention a few, but to do these we will need more volunteers to join our team. If you think you might like to learn more just let me know and I will send you a Zoom invite to our next team meeting, where we will be discussing our future plans.

To be a helper we do ask for a DBS check and that you receive some basic safeguarding training.

There is more to tell, but that's probably enough information overload for now.

All the best,
Chris Newman,

*Children and Families Pastor
Parish of Sanderstead and Hamsey Green*

Sunday Lunch at All Saints' Church Hall

If you are a senior citizen, would like to meet new people and at the same time enjoy a relaxing lunch

Come and Join Us!

Once a month, on the first Sunday of the month, a hot main course with dessert and coffee is served at

All Saints' Church Halls in Sanderstead

Cost £5.00



**For more information and to book a place please contact
Sanderstead Neighbour Care 0208 657 8289.**

**Places need to be booked by 12 noon on the previous
Wednesday. Lifts can be booked at the same time.**

RESUMES SUNDAY 4th JULY 2021

SUNDAY LUNCH

We are planning to restart Sunday Lunch on **Sunday 4 July** and then every first Sunday thereafter as usual.

Could you offer some help?

With serving our guests, clearing tables and generally helping the cooks? We would love to see new faces.

If you feel you could do this please contact Fanny Smith on 8657 2967.

And Lovely guests!

Don't forget to book your place –just contact SNC on 8657 8289 by the previous Wednesday when you can also request a lift.

Look forward to seeing you all again. **Fanny**

ABBNEYFIELD HOUSE, SANDERSTEAD

WE CURRENTLY HAVE A VACANCY

*Abbneyfield Houses are designed for
active older people who no longer wish to live alone*



- Individual en-suite rooms.
- Delicious homecooked lunch and high tea every day.
- Beautiful garden to relax in — exclusive to residents. You can help with gardening if you wish!
- A friendly and welcoming family atmosphere where you can make new friends — maximum 9 residents.
- Visitors welcome (currently Covid restrictions apply).
- A programme of social events to please all tastes.
- Within easy reach of all local amenities.
- Rooms available at realistic rents.

We cannot offer nursing care, but residents may arrange carers if they become necessary.

Interested? For a friend or relative or yourself?

Contact the House Manager on 020 8657 6668 or e-mail aflds@tiscali.co.uk

Abbneyfield House, 2 Beechwood Road, Sanderstead, CR2 0AA

Welcoming the Newmans—Chris, Sam and Family

Saturday afternoon, 17 July

Further details to follow, but keep the date free.
There'll be activities and something for everyone.





Young at Heart Social Club

Our "Young at Heart Club" for the over 65s meets on alternate Fridays in the Small Hall at All Saints Church, Onslow Gardens from 10.00am.

Attendance costs £3 and £5 if you decide to stay for lunch.

We can arrange transport for those who would find it difficult to attend otherwise and who live in Sanderstead Neighbourhood Care Catchment Area.

For further details, please visit the Sanderstead Neighbourhood Care office at All Saints Church Hall or ring 020 8657 8289

Re-starting on Friday 9 July

ALL SAINTS 'COFFEE POT'

*Have you visited Coffee Pot?
Where we offer friendship - a lot
And time to reminisce and chat
Or exchange views about this and that.
Cakes galore we offer you
Coffee or tea is also made too
By All Saints' Team who care about you
Come and join us - please do.*

Friday 16 July 10.00 - 12 noon

Thereafter alternate Fridays

Margaret Quiney

"Serve one another in love"

Coffee pot

Coffee with FRIENDS



**Come and Meet new friends and enjoy
Chatter with fresh home made cakes
and Tea or Coffee, and have fun.**



**Why not come and join us at All Saint's very
own answer to the Lockdown blues
Fortnightly on Fridays at All Saints Coffee Pot
Held in the Small Hall between 10am and 12pm.
You will all be made very Welcome!
We promise not to weigh you before and after.**

**Resumes on
Friday 16th July**

Hugging

Feels good,
Dispels loneliness,
Overcomes fears,
Builds self-esteem,
(Wow! They actually want to hug Me!)
Slows down ageing,
Huggers stay younger longer,
Eases tension,
Fights insomnia,
Keeps arm and shoulder muscles
in good condition,
Is ecologically sound,
Does not upset the environment,
Is democratic,
Anyone is eligible for a hug,
Is portable,
Affirms physical well-being,
Is energy efficient, saves heat,
Makes impossible days possible,
Makes happy days happier.

Shared by Sally Nicholas



Psalm 23

The Lord is my Shepherd.
That's Relationship!

I shall not want.
That's Supply!

He makes me to lie down in green pastures.
That's Rest!

He leads me beside the still waters.
That's Refreshment!

He restores my soul.
That's Healing!

He leads me in the paths of righteousness.
That's Guidance!

For His name's sake.
That's Purpose!

Yea, though I walk through the valley of the shadow of death...
That's Testing!

I will fear no evil.
That's Protection!

For You are with me.
That's Faithfulness!

Your rod and Your staff they comfort me.
That's Discipline!

You prepare a table before me in the presence of my enemies.
That's Hope!

You anoint my head with oil.
That's Consecration!

My cup overflows.
That's Abundance!

Surely goodness and mercy will follow me all the days of my life.
That's Blessing!

And I will dwell in the house of the Lord....
That's Security!

Forever.
That's Eternity!

PARISH of SANDERSTEAD and HAMSEY GREEN

From 23rd May, our Services of Worship will resume in Church in person and will also be livestreamed

www.sanderstead-parish.org.uk



Sunday, 23 rd May Pentecost		9.30 am Parish Eucharist <i>The Spirit witnesses to Jesus</i>	IN CHURCH IN PERSON & Livestreamed	Please book**
Saturday, 29 th May		9.00 am Parish Prayer	On Zoom*	
Sunday, 30 th May Trinity		9.30 am Sanderstead Celebration	IN THE CHURCH HALL IN PERSON & Livestreamed	Please book**
Sunday, 6 th June Trinity 1		9.30 am Parish Eucharist	IN PERSON & Livestreamed	Please book**

To register for the "in person" services, either go to the website, telephone the Parish Office Tel: 8657 0665 or click on the following links:

Sunday 23 May [9.30am Parish Eucharist \(23-May-2021\) · ChurchSuite Events](#)

Sunday 30 May [9.30am Sanderstead Celebration, in the Church Hall \(30-May-2021\) · ChurchSuite Events](#)

Sunday 6 June [9.30am Parish Eucharist \(06-Jun-2021\) · ChurchSuite Events](#)

Sun 13 June: [9.30am Parish Praise \(13-Jun-2021\) · ChurchSuite Events](#)

For kids: [9.30am REFRESH, a family-friendly service \(13-Jun-2021\) · ChurchSuite Events](#)

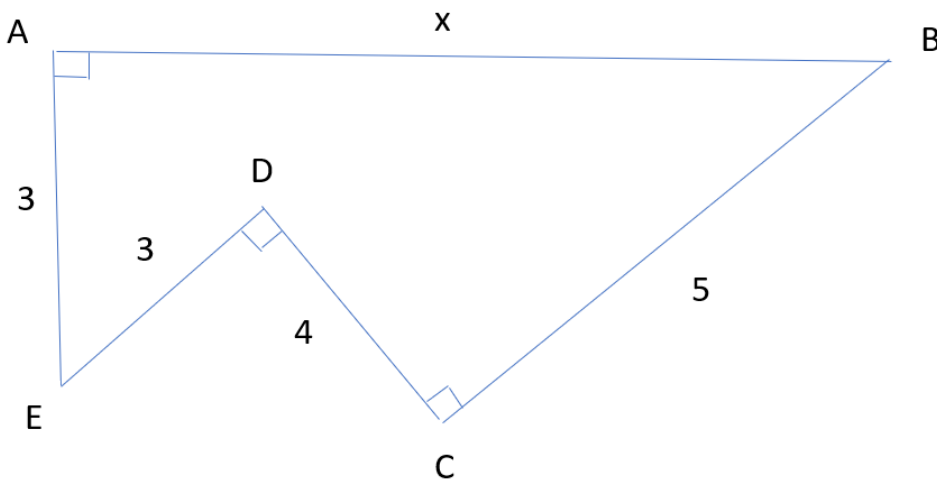
Sun 20 June [9.30am Parish Eucharist \(20-Jun-2021\) · ChurchSuite Events](#)

Sun 27 June [9.30am Sanderstead Celebration \(27-Jun-2021\) · ChurchSuite Events](#)

Please book by the preceding Thursday.

A Brainteaser for the Mathematicians still in Mental Lockdown

What is the length of "x" on the line A B ? (A, C & D are right angles)



not to scale

Answer in the next issue of the "Keep in Touch" Newsletter.

Brainteaser from David Chillman

A few jokes...

Why do atheists only choose haddock with chips?
Because they don't believe in cod.

The first mention of cannibalism in the Bible?
2 Kings 8:1

I went into Croydon to buy some camouflaged trousers.
Couldn't see any anywhere.

By the way, Weight Watchers is meeting on Tuesday night.
Please use the double doors.

Church services & updates are on the website...
www.sanderstead-parish.org.uk

Contact Us:

Rector: Revd Canon Martin Greenfield, rector@sanderstead-parish.org.uk,
020 8657 1366, day off—Fri

Asst Priest: Revd Jeremy Groombridge CB,
jeremy@sanderstead-parish.org.uk, 020 8668 7795, day off—Mon

Parish Office: Paul Shipley parish.office@sanderstead-parish.org.uk,
020 8657 0665

Rector's Admin Assistant: Rosanne Morris admin@sanderstead-parish.org.uk,
020 8657 0665 - Mon, Tues & Thu 10am - 2pm.

Can we pray 4 u?



Prayer Phone: 07486 033877 (*call or text*)
or email: prayer@sanderstead-parish.org.uk



With love,
Rosanne

Please continue to send me your
thoughts, articles & ideas.

admin@sanderstead-parish.org.uk

