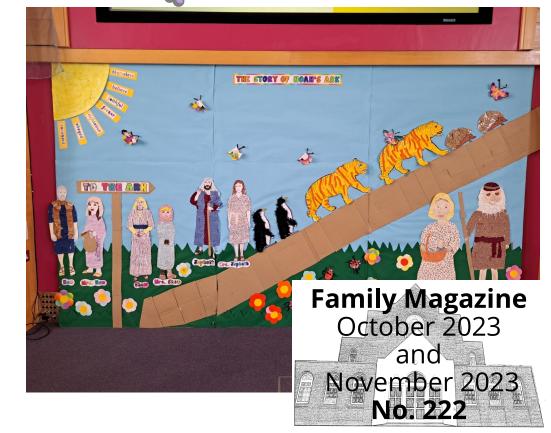


Thanks to technology, replacing the wornout hymn books didn't cost a penny









From the Editor

It seems, every year, to come as a big surprise that it is "getting dark of a night", as an old friend used to say. We recently celebrated Harvest, and sang the wonderful hymn which reminds us of all the seasons and stages involved from sowing to reaping. We see that the success of this is due to "God's almighty hand" providing the perfect growing conditions.

> We plough the fields and scatter the good seed on the land, but it is fed and watered by God's almighty hand; he sends the snow in winter, the warmth to swell the grain, the breezes and the sunshine and soft refreshing rain.

Ecclesiastes tells us there are seasons for different events, actions and emotions.

For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; ... a time to weep, and a time to laugh; a time to mourn, and a time to dance... Ecclesiastes 3:1. 2 & 4 ESV

As we read through this edition of GV, let's bring our current situations to God.

Praise be to the God and Father of our Lord lesus Christ, the Father of compassion and the God of all comfort. 2 Corinthians 1:3 NIV

Cheryl Schulte

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Our purpose is to take the life-changing message of Jesus Christ to all, with the goal that they become His loyal disciples.



Current Church Activities



Monday

9:45am

12:00-2:00pm

9:30am Amaze support group for parents and carers of children with additional needs (usually 1st Monday in the month)

Morning Wellbeing Walk (usually 3rd Thursday in the month) Foodbank (donations can be dropped off at other times)

1:00-3:00pm Friendly Faces

Tuesday

10:00am Needlecraft Group

Amaze Adults support group for adults with additional 10.30am

needs

2:00-3.30pm Treasure Times

Prayer meeting on Zoom 8:00pm RBC Worship Team meet 8:00pm

Wednesday

9:45-11:15am Parent and Toddlers

12:45pm Praver

7:45pm Wednesdays @ RBC

Thursday

10:00am Thursday morning Life Group, alternate Thursdays

(please call church office for dates)

'Come and join us for a chat', 1st and 3rd Thursdays 10:00-11:00am Holiday at Home – for over 65s, usually termly 11:00am-3:00pm

7:30-9:00pm Youth Club (alternate weeks)

Friday

10:00am Craft Group in the Meeting Place

Sunday

Morning Worship in the building and online 10:30am Student Social (alternate weeks as announced) 12:15-2:00pm Evening Worship in the building and online 6:00pm

> If you have any regular church activity which you would like to have included, please let the editor know.





Pastor's page

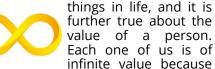
All is fragile, handle with prayer.....

You, like me, may have seen on programmes such as Antiques Roadshow, some pottery, a vase or a plate which because of the maker's mark is worth

an eye watering amount of money. And as we gasp our breath to the value, I have often thought, 'what if they drop it', it is a thing of such value, yet so fragile.



And we can say that about so many



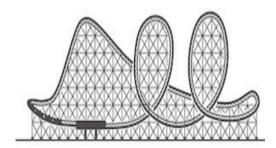
we have the maker's mark on our life, yet in the same way as the piece of pottery, we are also very fragile and can so easily be broken. Not just in an accident or through trauma, but sometimes just through the events of life. Often our brokenness can be restored, sometimes it takes a little longer or is not really possible to fully repair. Unlike the pottery though, our brokenness does not reduce our value. We are still of infinite value. As we see people through the eyes of God, we too see people who are loved and of infinite value, loved by God.

Then we think about the church, God's church which we are all a part of, that too is fragile, and for it to reach its full potential every part needs to be reaching its full purpose. Yet often it feels like we are struggling. At many times it feels like the whole thing could

break! I am sure the disciples of Jesus felt that too. Iesus never had an excess of resources to do things, but things got done when everyone was playing their part. At Romford Baptist Church, rarely a day goes by without a skin of the teeth moment. But that probably is the way it should be, we work towards our best potential for God's church, we give our best, our 100% best and see what God can do with it. We do not look at the maybes or the dangers, but keep our eyes looking forward, like Peter did when stepping out of the boat, and Hebrews reminds us in Hebrews 12:2 "To fix our eves on lesus".

Yes, it may be scary and it may feel fragile, which it is, but if we want to see God on the move through Romford Baptist Church, then get involved and get ready for the rollercoaster that is following Jesus in a confusing world! God calls us to be faithful people. Not necessarily successful people, or even highly effective, but to journey with him in vulnerability and faith. In Isaiah 41:13 it says "Do not fear, I will help you"! Let's be prepared to be vulnerable, and not fear, after all, God is our help!

Rev. Ian Bunce Team Leader





Eulogy for Cynthia Hogben's funeral - 08/09/2023



To me a funeral is a time for celebration and memory of a person's life and should not be centred on a death. For those who believe in Christ Jesus, death is not the end, the spirit of a person is raised to life with Christ.

Today we remember Cynthia Hogben, Mum, granny, great-granny, aunt, friend, neighbour or work colleague. who was born on 25th November 1930 to parents Bernard and Constance Hogben in Tottenham, North London, where her father had a radio spares shop, and was joined a few years later by her sister April. The family moved to Rayners Lane, Pinner, when the girls were young and this is where they grew up. While in Pinner, Mum made lots of friends through school, Girl Guides and the local church, many of whom she retained contact with for many years, until they passed away. Mum remembered the start of the 2nd world war when she was 9 years old, with times spent in the Anderson shelter in the back garden during air raids trying to do school homework. Mum continued at the local primary school and later secondary school during the war years. Although not formally evacuated as a child, the girls were sent to relatives in Preston for 3 months in 1944 and it was here that mum joined the Girl Guides and attended a local church with the family. After matriculating from Haberdashers Aske School in Acton, Mum went to Teacher Training College in Retford, Nottinghamshire, where she trained as a Biology teacher. Having graduated, she taught at Headstone Lane Grammar School. North Harrow. It was during this time that Mum started courting our father Bernard Hamilton Hogben, who was her 1st cousin, and they were married at Rayners Lane Baptist Church on 27

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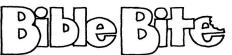


The <u>deadline</u> for the December 2023/January 2024 edition of the Grapevine is Sunday 11 November 2023

Please give any items to Cheryl Schulte, or email them to Cheryl at:

grapevine@romfordbaptist.org.uk





It can be read in the Bible in Genesis chapters 39:20-41:44

A short story from the Bible

Joseph's brothers had sold him as a slave and he had ended up in Egypt. Then he was wrongly accused and was sent to prison.



Joseph was trusted to look juice from the grapes after the other prisoners, and gave it to Pharoah...

Then Pharaoh's butler and baker were sent to the prison. One night they had strange dreams.

I made ... all the

bread in my baskets was eaten by birds.









So Joseph was cleaned up and sent to Pharaoh

and then the seven thin cows ate the seven fat cows but they were still thin.

God says there will be seven bumper years, then seven years of famine.





You must choose someone trustworthy to store the spare food in the goodyears

Pharaoh was so impressed he gave Joseph the job!









(Continued from page 4)

March 1954, the church mum had been attending with a number of her school friends. On marrying, they bought a house on a relatively new housing estate in Shenfield, Essex, and started attending Romford Baptist Church, along with another couple on the estate, Peter and Dorothy Brown.

Mum remained a member of RBC for nearly 70 years. In 1955 they were blessed with a daughter Jill, and within 6 years the family grew with 3 further children David, Dick and Liz born in guick succession. With the increase in family size, we moved house in 1961 to Gidea Park, the house Mum was living in till earlier this year. The move was however delayed because the owner of the house they were buying died, after contracts had been signed, so for 6 months, while awaiting probate, the family (mum, dad, 4 children, cat and dog) temporarily moved in with Mum's parents back in Pinner. While there, Iill and I attended Cannon Lane Primary School, the same Primary school that our mother had attended when she was young.

A few years after moving to Gidea Park Mum was asked by the local Primary School, Squirrel's Heath, if she would come and teach there, as there was a severe shortage of teachers in the area following the post-war baby boom. Although trained as a secondary school teacher, Mum agreed to teach Junior age pupils and in her first class she had me (aged 7) as a pupil. Liz who was age 3 at the time, attended pre-school in the morning and had to amuse herself quietly at the back of the classroom in the afternoons. Mum stayed at Squirrel's Heath for several years, but later went on to teach Biology at St Edwards Secondary School in

Romford.

Mum had a love for Botany, always using the Latin name for plants as opposed to common names. We have fond memories of family holidays on Dartmoor when we were young and there are photos of mum giving us our first Botany lessons. When we as children were in our mid to late teens and mum was in her mid-40s, she decided that since she hadn't had the opportunity when she was young, she would leave school teaching and take the bold step of going to University at Bedford College London to study her beloved Botany. She gained first a BSc and then a PhD degree. From then on Mum insisted on being addressed as Doctor Cynthia Hogben.

After graduating Mum did some lecturing in Botany at Bedford College and later at the Chelmer Institute in Chelmsford. She was also approached and asked to become a Justice of the Peace in Havering and until the age of 70 served at the Magistrate's court voluntarily as a JP and Magistrate, and in particular served on the Youth Bench.

Even after that she was not ready to retire, but worked a further 10 years in a medical practice, putting patient records onto computer and only truly retiring when she was 80.

Mum was always a very determined person and certainly was the one who made the decisions at home. She was always a great planner and she enjoyed entertaining guests. We regularly had more than 20 people over for lunch on Christmas day, both wider family and guests, and she later held summer church events in the garden, including an annual garden party for

Continued on name 6)





(Continued from page 5)

the Women's Meeting, the Tuesday Fellowship, which she used to run at church. For these events Mum would have lists of everything that needed preparing and would tick things off when completed.

Mum was involved in many activities at RBC over the years, including Sunday School teaching, leading the girls' Bible Class, singing alto in the choir, leading the Women's Meeting on a Tuesday afternoon for many years and speaking at women's meetings in other churches when asked.

Mum always excelled in a crisis situation, taking a lead and making decisions or enabling others to make decisions.

Mum loved to travel and enjoyed going to many places round the world, both with our father and later with friends.

Mum found it hard when Dad died in September 1997 and made the decision to stay at the house in Gidea Park where she knew people, rather than to move closer to one of her children, although she still visited all of us and took a keen interest. For the last 5 years of mum's life her health and particularly mental health deteriorated. Carers were called in to look after her for the last 3 years and in April 2023 after a spell in hospital Mum was moved into Romford Care Home in Harold Hill where she finally passed away on 2nd August.

I have to give a few words of special thanks to some people who have gone beyond the call of duty to look after Mum. Firstly Grace, who acted as Mum's main carer over the last few years and always treated Mum as if

she were her own family. She looked after Mum with great patience and dedication and we have come to love Grace as a sister. Grace has said she thought of Mum as her grandmother, being unable to look after her own grandmother in Kenya.

Also to Martin Nunn, whom we first met on a Highway Holiday party in Austria in the 1960s. Martin was a faithful friend over the years to both of my parents and has regularly visited and supported Mum up to the end, going out for walks, sharing each other's love of Botany/Geography - notably taking daily weather readings.

And I know others, especially from RBC, retired Havering magistrates and friends gained over many years have also faithfully kept in touch with her in the last few years, through visits and phone calls. Thank you to you all for being here in support of our mother and to remember her life.





Holiday Club 2023 Noah's Ark Mural







Congratulations to Rita and Bert Gearing who are celebrating their 70th

wedding anniversary on 26th September 2023.



Yuk! Don't brush teeth with Volterol

When I was young and active, I never thought of getting old Or of a creaking, ancient body That would do as it was told.

I want to do the things I did, Like romping up the hills, Not feeling so exhausted, As I shovel down the pills.

Alas I'm too unsteady, To go wobbly on my bike, But I suppose I could look silly, And buy myself a trike.

My memory is failing, I put things in wrong places I am forever searching, To find objects in strange places.

I have cleaned my teeth with Voltarol, Conditioned hair with Savlon cream, Once I was so efficient, Those days are not a distant dream.

Whenever I go shopping, I may not get the things I need As with the list I wrote gone missing, How on earth can I succeed?

As if the ageing process, Is not really quite enough, They've thrown technology at us, Which is really very tough.

With the High Street banks all closing, Online banking is the game, But if you can't understand it, Hackers search for accounts to drain.

Should you wish to travel, And don't possess a clever phone You can be absolutely scuppered, Then may wish you'd stayed at home.

Shopping can be done online, To get food at all you need, But you must understand technology, If your order is to succeed.

Deliveries can be interesting, You may not get what you expect, Sometimes your goods can go astray, Then what on earth do you do next?

Due to my advancing years, Alas I am confused dot com, I can't cope with this cyber world, And nearly always get things wrong.

We were almost perfect in our youth, Taking all things in our stride, I'm afraid the world is changing fast, Our hard-earned wisdom's not required.

However we must keep on smiling, And pretend that we don't care, Having survived some amazing times, We are so lucky we are still here.

We will got old disgracefully And may drive the youngsters mad, But we can feel smug and superior, Remembering the wondrous times we've had.

> Barbie M. Miller Grantown-on-Spey, Moray

> Submitted by Ruth Henson

BMS Birthday Scheme

Thank you to all the people who are part of the BMS Birthday Scheme. The following extracts from a letter from the BMS Supporter Engagement Team shows how we have changed lives.

Thank you so much for the medical mission work you've made possible through the BMS World Mission Birthday Scheme. Today, I'd love to update you about the far reaching impact members of Romford Baptist Church have had by giving faithfully on their birthdays every year.'

Thanks to our & others generosity: 'In 2021 Guinebor II (hospital in Chad) welcomed an incredible 14,000 people into their outpatient clinic, with a further 5,000 being treated in the emergency room. They performed 65,000 lab tests, diagnosing deadly diseases and infections such as Malaria, HIV and hepatitis. A wonderful 1,949 babies were also brought safely into the world'.

You can find more information online at www.bmsworldmission.org or I would be happy to answer any questions regarding the scheme.

Please join us and help to transform more lives.

Christine Brown Birthday Scheme Secretary

BMS Birthday Scheme Birthdays October 2022

10th Cheryl Schulte



Postage stamps

Iris Hooper recently received the following letter from one of the volunteers with St Francis Hospice (see extracts below):

13 September 2023

I am the person who helps to raise money for St Francis Hospice from the used stamps that are donated to them...

It is quite a dauntless and very time consuming task to sort through everything that they receive as you must know, and I just wanted to thank you (and possibly others who help you) for being involved in making my job that much easier.

Reducing them down to just one thickness of paper with a small margin around each one makes my job a great deal easier, and reduces the overall bulk, which is important.

So thanks to you (and your team) for your help.

Best wishes. Your sincerely A.C.

Iris would like to remind you that she is still collecting used stamps, so if you have any, please pass them on to her. Stamps should not be torn or damaged, so it is important that a wide enough margin is left around the stamps. Iris will send them on to St Francis Hospice to support their fundraising through postage stamps.









<u>Baptisms</u>

6th August 2023



Mrs Michelle Benjamin

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10



Bradley Asumang

"The Lord said to me, "Do not say, 'I am too young.' You must go to everyone I send you to and say whatever I command you. Do not be afraid of them, for I am with you and will rescue you," declares the Lord."

Jer 1:7-8

Karema Cheray Kasa-Vubu

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." Prov 3:5-6"



Miss Sophia Benjamin

"I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you." Psalms 32:8



(Continued from page 12)

charge disposable batteries. And do not dispose of batteries in the waste bin as they leach heavy metals in landfill. Many supermarkets have recycling bins.

- For babies' nappies, female sanitary wear and unisex incontinence, try washable nappies, knickers, pads or a menstrual cup. These last for years and will save you a small fortune. Again, this may take some trial and error to find what works for you.
- Here are some websites for more information
- https://www.havering.gov.uk/ download/downloads/id/81/ recycling in havering.pdf
- https://www.greenpeace.org.uk/ news/plastic-recycling-exportincineration/
- https://www.havering.gov.uk/ info/20093/reducing_waste/106/ real_nappies
- https://www.refill.org.uk/refilllondon/#:~:text=There%20are% 20currently%205000% 20Refill,about%20in%20the%20Big% 20Smoke.

Submitted by: Peter Feinson

What is COP28, and why should we pray about it?

COP28 is the global meeting on Climate Change in Dubai, 30 November to 12 December this year. Most, if not all, the world's governments will be represented. The purpose of these annual meetings is to coordinate and boost action to prevent a global heating (the UN Secretary General Antonio Guterres said 'global boiling') catastro-

phe. This summer, out-of-control wildfires in many countries (although, thanks be to God, not this one) have underlined that the problem is getting rapidly worse.

Already governments are negotiating, and having international meetings (eg the Africa Climate Summit at the beginning of September) to prepare for the meeting. This means that it is relevant to start praying about this now.

In preparation the United Nations recently published its 'Global Stocktake' report on progress the world's governments have made over the last five years in fighting global heating. This report recommends that governments scale up clean energy and phase out fossil fuels.

Alok Sharma (the UK Government minister who chaired 2021's CoP 26 in Glasgow) said that he welcomed the report's call to scale up renewable energy and phase out fossil fuels. He said: 'It would be a significant achievement, and a win for people and the planet, if at Cop28 the world agreed to consign fossil fuels to history.'

Some governments, and many oil companies, will try to prevent much being agreed. It is rather worrying that the meeting is being held in an oil-producing country, although the chair of the meeting, Mr Al Jaber, has said that he wants to get agreement on phasing out fossil fuels (that emit Carbon Dioxide) and increasing renewable energy. This is a particular point we can pray about.



Submitted by: Peter Feinson





Reducing our environmental impact: it's more than just recycling!

Many of us already try to 'do our bit' and recycle some of our rubbish to reduce damage to the environment. However, recycling is the last of the six 'Rs' of waste management:

- 1. Refusing packaging and single use products where possible
- 2. Reducing the amount we use to minimise of waste
- 3. Re-using things/ using things for
- 4. Repairing things/ clothes instead of throwing them out
- 5. Rotting waste (especially food waste) in a garden compost bin
- 6. Recycle when none of the above can be achieved, to create new items from waste



Recycling is still generally better than simply throwing things in the dustbin, but there are drawbacks, especially as it is very energy companies that

Many intensive. claimed to re-cycle plastic were (and maybe still are) actually shipping it to dumps in poor countries, causing environmental and health problems there. Over the next few editions of Grapevine we will look at how practically we can do this. This time we will start by thinking about **Refusing** single use items and finding alternatives.

Some ideas for how you can refuse single use products:

• Take your reusable plastic bags to shopping, even your morning loaf of bread and newspaper! Make sure to return your store 'bag for life' when

- it's no longer usable to where it originated to be given a new bag
- Carry refillable water bottles. Cafes will now refill them free of charge, even if you are not purchasing from them – just ask.
- Buy a reusable coffee mug and offer it to the barista when buying your takeaway coffee - and most cafes offer a discount for this so you'll soon recoup the cost of the mug even ask at The Meeting Place.
- Buy loose fruit and vegetables. Supermarkets now have reusable bags for these too but where store do offer the clear plastic bags, reuse these too. At Romford Market, refuse their blue plastic bags and simply ask for loose items to go in brown paper bags (which can then be composted!).
- In the bathroom, try solid bars of soap for your hands, body and hair. This may take a while to find a brand you like but no more plastic bottle!
- Try refill stores for kitchen store cupboard items, household cleaning and toiletries. Locally, try The Pantry Shelf in Emerson Park, MilkandMore (the milkman) and Summer Hills garden centre on A127.
- Stop using wet wipes for babies and personal care. Use flannels with soap and water - less chemical for your skin too. And definitely do not flush down the loo - a fairy does not make them disappear - rather they build up in sewers as disgusting 'fatbergs'!
- Rechargeable batteries take about 12 hours to recharge and again will save a small fortune. Do not try to

(Continued on page 13)



It can be read in the Bible in Genesis chapters 39:20-41:44

A short story from the Bible

Joseph's brothers had sold him as a slave and he had ended up in Egypt. Then he was wrongly accused and was sent to prison.



Joseph was trusted to look | juice from the grapes after the other prisoners and gave it to Pharoah...

Then Pharaoh's butler and baker were sent to the prison. One night they had strange dreams. .. all the bread in my baskets

was eaten by birds.



The two men left the prison. Don't forget me!





So Joseph was cleaned up and sent to Pharaoh [(and then the seven thin cows ate the (seven fat cows but they were still thin.





You must choose someone

trustworthy to store the spare food in the goodyears

Pharaoh was so impressed he gave Joseph the job!







<u>Prayer Diary 8th October – 7th November 2023</u>

Date	People to pray for	Event or other to pray for
Sun 8 th	McCULLOCH, Anthea	Pray for the emergency services
Mon 9 th	McSWEENEY, Bren	Dancing/singing for the brain, 3 outside bookings in the building and the leadership meet tonight
Tues 10 th	MILLER, Paul & Anne; Tom- my & Katie (Ridout)	Tuesday Amaze group meet today as usual
Wed 11 th	MOI, Sam & Cecilia	U3A use the building, London church leaders meet today too
Thurs 12 th	MOKAKE, Julie Enjema	Blood donors use the building today
Fri 13 th	MOTT, Wendy	Pray that the world's governments will be willing to take urgent action to avoid climate disaster at the global COP28 conference in November.
Sat 14 th	MURRAY, Paul & Susan	'If prison walls could speak', Artless Theatre Co. are at RBC with this true story of resilience.
Sun 15 th	NICHOLLS, Ruth	Pray for the residents and the team at Parkside
Mon 16 th	NJUHI, Hannah	The Foodbank continues to help many people, pray for the clients and the volunteers
Tues 17 th	NKENG, Cecilia	Treasure Times continues to meet
Wed 18 th	ODETOLA, Jide, Elizabeth; Arinola, <i>Damilola</i>	Rise Park Academy use the church for their Harvest Festival today
Thurs 19 th	O'DOHERTY, Janet; <i>Poppy</i>	Pray for staff in schools as they finish this half term
Fri 20 th	ODUYEMI, Caroline	The Youth weekend is this weekend, pray for a fruitful and fun time together.
Sat 21 st	OFORI, Gladys	Pray for the RBC social afternoon today
Sun 22 nd	OGUNLEYE, Adekunle	Causeway service this afternoon
Mon 23 rd	OGUNLEYE, Ronke, Maria	Pray for the youth and children as they start the half term this week

<u>Prayer Diary 8th October – 7th November 2023</u>

Date	People to pray for	Event or other to pray for
Tues 24 th	OGUNLEYE, Christabel	Music group meet tonight
Wed 25 th	OGUNLEYE, Emmanuel	Parksiders meet today at 3pm
Thurs 26 th	OKORIE, Johnson, CHUKWU- OKORIE, Gracious & <i>OKORIE, Hana</i>	Brewers group and NEFLT use the building today.
Fri 27 th	OLAWUYI, Anne & Abiodun, Chelsey & Clinton	Pray for the CMA team and the many who are on the waiting list waiting to receive help
Sat 28 th	OLIVER, Iris	Pray for university students who are part of our church
Sun 29 th	OLOFINJANA, Bunmi, Tobi, Dianne, Feyi (Bankole)	Pray for the church staff team
Mon 30 th	OLOKO, Mimi	Pray for the government
Tues 31 st	OLUFEMI, Ola & Esther, Em- manuel, <i>Jemimah & David</i>	Pray for Light Parties that take place and that the light of Jesus will shine through
Wed 1 st Nov	OLUSOJI, Moses, & STRAIN, Laura David & Toluwalope	Parent and Toddlers today and small groups meet tonight
Thurs 2 nd	ONABAJO, Yemi & Bukky, Ifeoluwakishi & Mofiolo- runtele	Blood donors use the building again today
Fri 3 rd	OPOKU, Peace; Nicholas, Victoria, Caroline & Aviel (Tetteh)	Pray for the older generation in our church
Sat 4 th	OSENI, Lara	Pray for all those who come into the Meeting Place, that they will meet God
Sun 5 th	OSHO, Adetola & Abisoye, Antonia, David & Victoria	Pray for the newcomers' gathering to- day
Mon 6 th	OSILLI, Dixon & KAGOSHA, Lorina; <i>Ailel</i>	Amaze support group meet today
Tues 7 th	Winter Gardens Baptist Church, Canvey Island	Needlecraft group meet as usual today



