



Emmanuel Life

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April 2026

**EMMANUEL UNITED REFORMED CHURCH
THE GROVE, WEST WICKHAM, KENT, BR4 9JS**

**www.emmanuelww.org.uk
0208 777 1150**

SUNDAY WORSHIP

Gathered family worship (in-person) and also broadcast on Zoom on the second Sunday of the month where possible.

See next page for details.



Minister: Vacant

Church: 020 8777 1150 (checked 2-3 times a week)

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April 2026 Services

2nd Maundy Thursday	7.00pm	Elmers End Free Church Communion service led by Rev Dr Elaine Colechin
3rd Friday	11.00am	Churches Together service at St Francis Church
5th Easter Day (see below)	10.00am	Messy Church Breakfast
	10.25am	Worship on the Green
	10.40am	Communion Service in the Sanctuary led by Rev Bryn Thomas or Messy Church in the Richmond Hall
12th (see below)	10.30am	Worship led by Rev Bryn Thomas
19th	10.30am	Worship led by Marion Moore
26th (see below)	10.30am	Worship led by Clive Timehin

(Start of) May 2026 Services

3rd (see below)	10.00am	Messy Church
	10.30am	Worship led by Rev David Graham

- 5th April—Easter Day: see full details in ‘Secretary’s Notes’.
- 12th April— This will not be a Communion service, as Communion will be celebrated on Easter Day.
- 26th April—A welcome return by Clive Timehin, a local Methodist Lay Preacher.
- 3rd May—Rev David Graham is a retired Church of England Vicar, whose former Parish was St Mary’s, Hayes.

HOLY WEEK

Everyone is welcome to any or all Easter Celebrations

Palm Sunday 29th March 10.30am

Sanctuary service led by Revd Dr Elaine Colechin



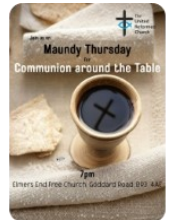
Maundy Thursday 2nd April 7pm

Everyone is invited to join Elmers End Free Church in Goddard Road, Beckenham, at 7pm



Good Friday 3rd April 11am

Everyone is invited to St Francis Church, Ravenswood Avenue, for this CTWW service, with activities in adjacent hall for children.



Easter Saturday 4th April 10am

Make the Easter garden & join in the Easter egg hunt from 10.00am in the Sanctuary



Easter Day 5th April 10am

The whole church family is invited to gather from 10am for Easter Breakfast hosted by Messy Church, followed by worship on the Green led by Marion and Pat including decorating the cross. From around 10.40 there will be a choice to join Pat for further Messy activities in the Richmond Hall, or Bryn in the sanctuary for a more traditional service including communion.



Pastoral Letter

Dear Friends,

I am, of course, writing this letter in March, ready for April's Emmanuel Life.

I am told that we are now officially in Spring. Today I could just believe it as the sun is shining, the sky is blue, and there are all sorts of flowers showing in the garden – daffodils, hyacinths, blossom on the trees. It really is beautiful. How our spirits are lifted when the day is bright! Grey day, drizzle - troubles are hard to cope with. Bright day - everything seems lighter and easier to get through.

Of course, the whole of March is the season of Lent, leading to the death and resurrection of Jesus Christ.

Did you manage to keep up the 'no's' you decided on? No chocolate, no sweets, no alcohol. So the list goes on. The children, of course, are waiting for the Easter eggs. Then when we reach Easter, we can look forward to amazing songs and hymns we will sing – old and new – and how they will lift our spirits.

Do you remember:-

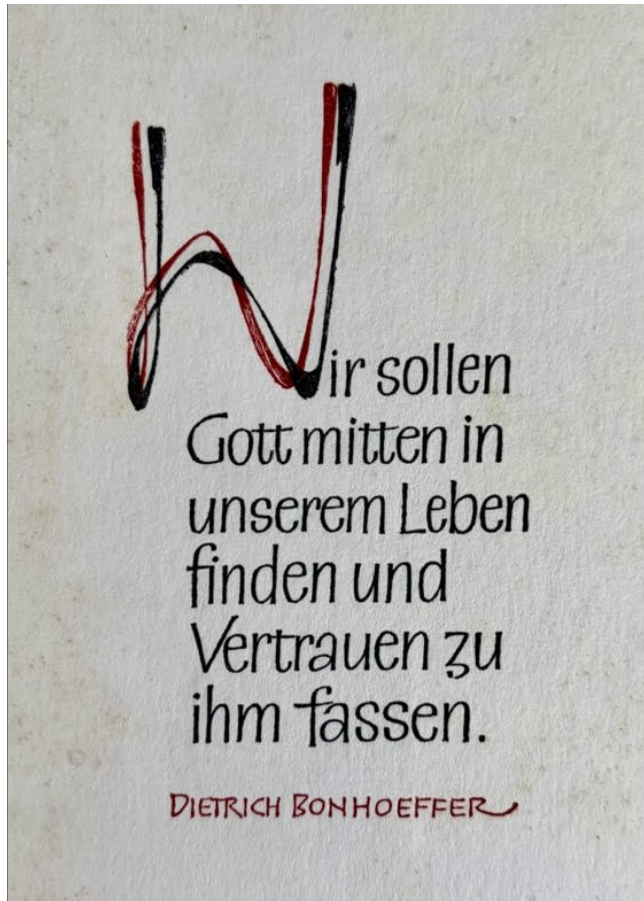
*'Lo in the grave he lay
Jesus my Saviour
Waiting the coming day
Jesus my Lord.'*

Then the triumphant chorus:

*'Up from the grave he arose
with a mighty triumph o'er his foes.
He arose a victor from the dark domain
and He lives forever with his saints to reign.
He arose! He arose!
Halleluia! Christ arose.'*

I wish you all a very Happy Easter.

Chris Cutler



We should find God in the midst of our lives and place our trust in him.

(Dietrich Bonhoeffer; a well-known anti Nazi preacher killed for his faith)

Thought for the Month

Search me

Does anyone remember singing: -

*'Search me O God, and know my heart today,
Try me O Lord, and know my thoughts I pray.
See if there be some wicked way in me.
Cleanse me from every sin and set me free!'*

(Mission Praise 587)
Based on Psalm 132 v23 and 24

When I read those words and thought about each line, I was very glad to reach the last line of cleansing and being set free.

It's easy, isn't it, to sing away lovely words without thinking about what they really mean.

The above words are verse 1 of a hymn.

Verse 2 starts: –

'I praise Thee, Lord, for cleansing me from sin'.

Verse 3: –

'Lord take my life and make it wholly Thine.'

Verse 4; –

'O Holy Ghost, revival comes from Thee.

Send a revival – and start the work in me.

Thy word declares Thou wilt supply our need.

For blessing now O Lord I humbly plead.'

What a lot to discover in these words and thank God for hymn writers and music makers.

Chris Cutler



Spring Synod Together

Saturday 14th March at Christ Church URC Petts Wood

After a short hop on the train and a walk in glorious sunshine I arrived at Synod, where I met with Bryn and chatted to some others I recognised. Ian was there as Green Apostle for Southern Synod.

Spring Synod Together was chaired by Revd Russell Furley-Smith, Synod Council Convenor, as there is still a vacancy for Moderator. He acknowledged that many there were carrying burdens.

Revd Martin Knight led our opening worship on the theme of Christian Nationalism and the rise of division, exclusion and warfare. We are diverse and different but God is glorified, his Spirit is with us. We sang As we are Gathered with extra pertinent verses written by Martin. We must be faithful to our calling and listen to the Word. The prophet Micah reminds us to Do Justice, Love Mercy and Walk Humbly with our God. Jesus says that where 2 or 3 are gathered he is with us. The challenge is to go and not try to separate politics and prayer.

Tom Hackett reported on Youth Assembly, Wise Words-Wise Actions. They had felt the Holy Spirit and the presence of God the whole weekend. One young person told him it was a 'truly amazing and life changing experience and they had made new life-long friends'.

Tom told us of other opportunities for young people, and training that is available.

A date for your diary. Southern Synod Big Day Out on Saturday 20th June at the Shires Oast Hop Farm, Tonbridge. It looks good with something for everyone. Watch out for plans for Emmanuel. Tickets are £5. Travel to be arranged. We heard about property and finance, with a big 'Thank you' for the M&M contributions so essential to the URC.

Ian Moore as Green Apostle gave an excellent presentation on Healthy Churches. He spoke of Heroes, or Hope Makers. Hope is mentioned 30 times in Psalms and over 70 times in Paul's letters. Although the Mission Criteria list

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addressing issues of justice, peace and the environment as number 8, a number of churches have achieved some goals. Ian handed out awards and encouraged us to share ideas with someone we did not know. As communities we can do more than as individuals, such as contacting our MP. We can learn from the CofE who are further along the way and have demonstrator church buildings we can visit and learn from. Ian asked us to send him our church's gas and electricity consumption in kWh, type of tariff and readings for 2024. Apparently he has already contacted the church treasurer for Emmanuel! We played 'higher and lower' as Ian encouraged us to think about our carbon footprints of travel and food. He then reminded us that Hope is an active verb, to take action, do justice.

Revd Martin Hayward is retiring as Synod Clerk and was presented with a large card and a gift to which Emmanuel contributed. He thanked those he had worked with and asked us to focus on what we can do, to guard against being self-absorbed, to follow Christ because it is the right thing to do and to engage in unity with people who are different.

He reminded us the most dynamic areas of our world are the most diverse and that stable rocks have fossils. God wants dynamic churches. Then came our closing worship and the conclusion of Synod Together. May we be a visual, vocal and practical witness to the world.

Pat Best



Secretary's Notes

MESSY CHURCH



Messy Church meets on **5th April starting with breakfast**, moving on to **the Green at 10.30am** with Classic Church, continuing in the Richmond Hall for Easter activities afterwards.

EASTER SATURDAY 4th APRIL

Easter Egg hunt & making the Easter garden in the Sanctuary – all welcome!



EASTER SERVICES in April

Maundy Thursday 2nd - 7pm at Elmers End Free Church
led by **Revd Dr Elaine Colechin**
Good Friday 18th - 11am at St Francis Church with activities in the hall



EASTER DAY



You are invited for **breakfast at 10am**, moving onto **the Green at 10.30** for a short worship and filling the cross with flowers. Followed by service in the sanctuary led by **Revd Bryn Thomas with communion** or join **Messy** in the hall.

WORSHIP LEADERS for APRIL at Emmanuel

5th - EASTER DAY - Revd Bryn Thomas with communion
12th - Revd Bryn Thomas (no communion)
19th – Mrs Marion Moore (church meeting after)
26th – Clive Timehin



CHURCH MEETING



Grab a coffee and stay after the morning service for the Church Meeting on Sunday **19^h April**

Rosemary

Emmanuel Fellowship

Dear Friends,

I wish you a very Happy sunny, warm, Spring and Easter. Why such an adjective -full description? It's because I will be away in the New Zealand Autumn.

It's amazing and a wonder that will never be diminished in my mind and heart, that our southern neighbours are always in the opposite season to us. Spring – Autumn; Summer – Winter. While my family in New Zealand delight in the colours of Spring as the world literally springs to life, we are settling into the brilliant colours of Autumn. When we are experiencing hot summer days, they are wrapping up warm for the winter.

Two of my family members were born a day apart, though different generations: one born in Spring and one in Autumn. That's a riddle for you to unravel. Answers to me when we begin our Summer programme, please!

Our **April** programme is a bit sparse, but we aim to please with some great entertainment:

There will be no meetings on the 7th or 14th

21st – Bob Ogley makes a welcome return with a talk entitled '**Spirit of Invicta**' It's all about Kent in the 20th Century.

28th – Mid Life Crisis Band will be performing familiar, easy-listening songs. Come along for some very enjoyable entertainment.

Please note that most of you have received the Summer term programme with 2025 as the year. That was an error. It should be 2026. Likewise, the last meeting of the Summer term, is the 21st, not the 22nd. I apologise for my mistakes.

May you all have a very blessed Easter.

Sue Thomas and the Fellowship Committee



Church Family News

Some Emmanuel folk will remember Margaret Tringham who died on 29th January at home aged 95. Although blind and frail, her mind was bright and she was still answering quiz questions in her last week.

Margaret's funeral was held at Bluebell Crematorium on 20th March, led by family friend of many years and fellow Scot, our former minister Revd Bill Bowman. We offer our love and sympathy to her daughter Barbara and son-in-law David who cared for Margaret at her home and daughter Donna, son-in-law Henry and granddaughter Olivia. Donna travelled frequently from Hampshire to see her mother.

Tracy Dawkins has had further surgery in the PRUH and is doing really well, given great work by the medics and her own resilient personality. She is now back home and awaits further treatment, which is well-planned and thorough. We send her our best wishes for this next stage towards a full recovery – and more kind thoughts for her mother Janet and sister Carol.

You will know of others for whom you wish to pray, but do remember:

- Tim Mott in Canada, and his wife Nancy
- Christine Jackson
- Monica Duncan
- Julie Lord's mother and father
- The many among us who mourn the passing to glory of a loved one.

How about our general well-being? How do you react to news? Does your horror colour your life? You can guess that the man in charge in the USA has never been a top-of-the-list favourite of ours. Did you hear his claim that an offshore Iranian island had been 'completely obliterated', but, if need be, they might have another go at it 'just for fun'? We find it hard to get over that. It was on the BBC, so unlikely to be AI-generated fiction.

So how can we use our faith positively to help our thinking about world events? Simply our rejection of that sort of utterance is a good start, but it goes on bugging us. It is all the opposite of the approach of Jesus.

Maybe He requires us to go on feeling 'bugged' – maybe that is what keeps us praying for a just outcome. At least we can give thanks that our church keeps us tuned in to the saving grace of Jesus and our quest for God's will.

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Sue is in New Zealand now, with two sisters and a brother in Auckland, approaching southern-hemisphere autumn just as we welcome spring. She is so glad, given the Middle East conflict, that she booked with Singapore Airlines, so does not have to land or change planes on the Persian Gulf...

Please let us (=Bryn) know your news, whether about yourself or about people close to you, or ask for a lift (see below): 020 8462 5860 (with answer -phone) or 07957 858 878. Or email brynthomas@uwclub.net.

Bryn & Sue

There is an 'away match' coming up: our commemoration of the original Last Supper, the model for our monthly Lord's Supper – symbolically the most significant service of Holy Communion of the year. Traditionally we have shared this service with other local churches: this year it is at Elmers End. May we encourage you to attend this service, which is just as much 'ours' even if held elsewhere? We shall also be supporting our friends at Elmers End Free Church (URC). *Transport? Do ask for a lift!*

Bryn

Emmanuel, Hayes, Bromley and Elmers End URCs

**Service of Holy Communion
Maundy Thursday 2nd April at 7pm
Elmers End Free Church, Goddard Road BR3 4BN**

**Led by Rev Dr Elaine Colechin, organist: Bryn
Parking in Goddard Road or across the road in the big Tesco's**

Children & Families at Emmanuel

Update from Julie, our Children and Family Worker and Emily, our Youth Worker

Messy Church

During Messy Church in March, we told the story of The Prodigal Son / Loving Father.

Breakfast was served as usual at the beginning and then we made musical instruments for the end of the morning.

Everyone listened to the first half of the story and then enjoyed making and decorating cakes, played with the play-doh, decorated hearts, made the fathers arms which welcomed his son back home.

We came back together for the last part of the story and then enjoyed a party to celebrate the Fathers Son returning home with party food and lots of wonderful singing!



Giggles and Grow

For those with babies who are crawling and not confidently walking (or only walking a little) then join us on a Tuesday morning 10.30-12noon in the James Todd room. Babies can explore new toys and play with little ones of similar ages.

Giggles and Grow will not run on Tuesday 7th or 14th April 2026.

Blissful Beginnings

This group gives Parents / Carers the chance to meet others who have little ones too. A lovely group where everyone sits and chats while the babies can play!

This group is on a Wednesday morning from 10.30-12noon in the James Todd Room.

Blissful Beginnings will not run on 8th or 15th April 2026

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Time Together Thursdays

This group is for 2,3 and 4 year olds to enjoy fun, games, craft activities and lots of toys.

Each week I have a different theme, some examples are Mothers Day, Spring and Easter activities.

We end the morning with a snack made by the children, story and singing (if time allows!)

This group is on a Thursday morning 10-11.30am in the James Todd Room. Time Together Thursdays will not run on 2nd, 9th and 16th April 2026

Youth Club

I have been so grateful for the warm welcome I have received since starting in my role as Youth Worker, and I am especially thankful to Julie for keeping things going in the interim.

Youth Club is for any young person of secondary school age and our next Youth Club will be held on Sunday 12th April, I'm really looking forward to sharing all the exciting things we get up to in the next edition of the magazine.

If you would like to come along, please do get in touch - I would love to hear from you! You can email me at youth@emmanuelww.org.uk for more information.



WE REQUIRE YOUR HELP!

With all these groups running, we **need** some volunteers to help us – making tea, playing games, chatting with families, playing with the children. This can be once a week, once a month, once a term – we would love you to join us when you can!

Please speak or email either Julie (child.family@emmanuelww.org.uk), Emily (youth@emmanuelww.org.uk) or speak with Sara Stocker or Pat Best on a Sunday.

Emily

Christian Aid Week - 2026

This year Christian Aid Week runs from the 10th - 16th May. As a church, along with many other churches across the country, we are undertaking fundraising to ensure that the vital work of Christian Aid can continue. Emmanuel is organising two ways to raise funds.

e-envelopes

Following the success of last year's e-envelope scheme, a new one has been set up for 2026, enabling people to click and give, and for Christian Aid to collect any Gift Aid due. The e-envelope may be accessed by typing in this address or clicking here:

<https://caw.christianaid.ie/envelope-2026/emmanuel-urc-west-wickham>

or you can use this QR code;



Also the church email circular will email around the link to our e-envelope giving page at the start of Christian Aid Week.

The e-envelope invited us to set a target, so we have a target of £500.

Emmanuel Life will report on whether we reach or even exceed our target!

Donations at Church.

Alternatively, you may send a cheque to our Treasurer, Marion Moore or leave a donation in an envelope marked Christian Aid in a plate in church on any Sunday in May.

By giving through the e-envelope scheme or by making a donation via church, you will enable us to total up all donations from Emmanuel.

In addition we will also be organising a Quiz Night on the 16th May run by Anna Seabrook in support of Christian Aid. Please see the details elsewhere in Emmanuel Life.

If you have any questions about Christian Aid or Christian Aid Week please contact Jim Lord.

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How Christian Aid Helps

Where hardship means hunger ...urban farmers can grow hope.

In the crowded and bustling settlements of Nairobi, most parents wake every single day knowing that they must go and earn money, otherwise their children won't eat that evening. Fridah Moraa, a recently widowed grandmother lives with her twin sons, daughter and grandson in Dagoretti, a sprawling settlement that's among the biggest in Kenya. Fridah lives in a corrugated metal shelter. There's no running water and only shared toilet facilities. It's a precarious and frightening daily struggle that no family should have to face.

But with tools and training from Christian Aid's partner, Beacon of Hope, parents are farming vegetables in a small city plot to feed their families and earn an income.

Jim

**In aid of
christian
aid**

QUIZ TIME!

Saturday 16th May - 7pm doors, quiz 7.30pm
Emmanuel United Reformed Church, the Grove, BR4 9JS

£5 per person, payable by cash or card on the night.
All money goes to Christian Aid, prize for winning team!

Teams of 8 maximum, BYO drinks and snacks. For queries or to reserve a table contact Anna on 07900 744383 or community@emmanuelww.org.uk

It would be great to see as many as possible at this event to support this great cause, have fun together and have an opportunity to invite friends.

If you'd like to know more please contact Anna Seabrook on 07900 744 383 or via email at community@emmanuelww.org.uk

All are Welcome!

Elders have recently approved new wording for the website which sets out something of what we believe and makes particular reference to the welcome we offer to people who may not always find themselves welcomed unconditionally in every church. The website is largely aimed at people who may be enquiring or looking at what's available in the area (as opposed to those who are already members or friends) so it's good to be clear about who we are. Here's what we will now say:



God is love. As followers of Christ we aim to spread that love around. We understand God as the great creative power behind the whole universe, and Jesus Christ as the living expression of God's love, who came to reveal God to the world.

We believe that we can get closer to God through prayer, through the Bible, by singing the great treasury of Christian hymns and songs, by responding to sermons, by seeking forgiveness for what we have got wrong, by participating in Holy Communion, by feeling strengthened by worship on a Sunday and simply by being together as followers of Jesus.

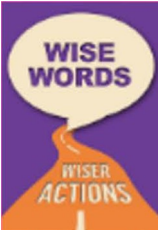
We are an inclusive church, so everyone is welcome, regardless of your background, your family, your age, your sexuality or gender, your past experience or your present situation. We offer baptism to people of all ages, and we are licensed for the conduct of weddings, including the marriage of same-sex couples.

Women and men are equal in opportunities available to them, including ordained ministry: we are proud of the fact that the first ordination in our tradition of a woman minister was as far back as 1917.

Strengthened by a sense of God's love, we see our task as Christians as going out to serve God and other people according to the requirements of Jesus, and in encouraging others to follow Jesus, too. We find contentment by loving and serving Jesus Christ, the Son of God, whom we can know as Lord and Saviour and Friend.

Marion

Youth Assembly 2026



Youth Assembly 2026 has come and gone, and it was great to gather again as URC Youth. The theme was Wise Words, Wiser Actions, which we explored through the worship, workshops and keynote talks.

It was initially quite strange to return to Youth Assembly having not been on Youth Exec this year! But it was lovely to see so many of my friends from URC Youth again and to catch up on the past year. I had to adjust to just being a participant, not the Mod leading the whole event, but that meant I could have a much more relaxing Youth Assembly this year!

Business this year focussed on changes to URC Youth following the Church Life Review, ensuring that we establish a place for URC Youth within the new structures of the church so that young people can continue to have a voice. We also discussed providing more support for young carers in our congregations. Something new that Youth Assembly has started doing is collecting the issues that young people care about into a manifesto for Youth Exec to take forward into the year. This is a great way to get the views of young people outside of formal motions, and is a very enjoyable session discussing multiple important issues in our world. The three priorities selected for the manifesto are: social injustices for young people, international partnerships and collaboration with Christian youth, and environmental issues.



Youth Exec 2026!

As always, the worship was beautiful, and very youth led, the workshops were engaging, and the time spent in community invaluable. We enjoyed a ceilidh, midnight communion and a lovely induction service for the new exec. My good friend Maya was the outgoing moderator, and has been on exec for six years since she was 14 so it was very emotional as she moves on to pastures new. The new exec all seem brilliant, committed, and I have every faith that they will do an excellent job. They remain in my

prayers. It was also emotional to see Sam Richards at her last Youth Assembly as she steps away from the role of head of Children and Youth Work in the URC. She has been such an amazing advocate for young people in the URC, and an incomparable guide and support to the exec. It was such a pleasure to work with her during my tenure as moderator, and I wish her every happiness as she moves on.

URC Youth is in a great place. It is vibrant, joyous, and growing in faith and conviction. Youth Assembly was a wonderful example of that. Long may it continue!

In Christ,

Heather

Just a thought

On 8th February we simply read through the two chapters of Matthew's gospel that give us the last two days in the life of Jesus. Our communion was at its simplest, as, like those twelve disciples, we responded to Jesus' invitation to take the bread and the wine. Many people found it moving.

Somehow, compared with a sermon, it touched a different aspect of our minds. There was a 'thinking' side to it, because we had to concentrate just to keep following the narrative with all its detail, but it was not the same sort of thoughtfulness needed for a sermon. We were left with intense sorrow, horror, maybe even shock, when we took in the depth of anxiety, anger, rejection, anguish, abandonment and sheer physical pain suffered by Jesus. As the saying goes, you couldn't make it up...

On the human level, the men who had benefitted for three years from his leadership, healing and teaching slept through his anguish in Gethsemane, and then deserted him. The group leader asserted that he would never deny his Lord, and then, when challenged, did precisely that. And one of them used a kiss to identify Jesus in the darkness, thus betraying him into the hands of those intending to have him crucified. If their behaviour illustrates human behaviour in general, then that lands us with some pretty negative thoughts about the humanity we belong to.

I find it interesting that Matthew, Mark and Luke do not theorise about it in a positive way – they just tell the story as best they can, gathering material from times past, and presenting the events as they understand them. If we look for any hope, it is seen, not in the cross itself, but in the resurrection appearances to his followers, for they imply 'you thought He was dead – but, tell you what, you ignorant lot, He is very much alive!'

Of course Paul is the great thinker who transforms the meaning of the cross from complete disaster to an amazing vindication of God's love for humanity: 'You traditional Jews can't imagine the messiahship of a crucified failure; you Gentiles just think it is ridiculous to see triumph in a crucified loser; but I, Paul, see crucifixion as the very basis for my faith, for He gave his life *for me and for us* – and that shows God's forgiving love.

Read that in the first chapter of 1 Corinthians – but then the whole of Paul's thinking is based on this insight. Offering a sacrifice in the Temple was in Judaism a hugely significant act, in which the human being showed repentance

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and God gave forgiveness. *That*, says Paul, is the way to think of the sacrificial death of Jesus of Nazareth – *that* is what confirms his high status as Messiah to Jews and Lord to all the world. So Paul, writing before any of the gospels, gives the world a way of understanding *the depth of goodness and love that transcends anything the forces of evil can do to it.*

While the Putin war in Ukraine and the Netanyahu/Trump war in the Gulf continue, that is the thought we need just now. Hold on to it. Stick to the goodness and love. We are right to do that. Keep hope alive and well. Light overcomes the darkness. And somehow, as humanity responds to God's requirements, the evils will be overcome.

From 5th April we are in resurrection time – or all the year round, if you prefer! – so we return to that glorious theme next month.

Bryn

CIUDAD PERDIDA

Recently I have been watching on TV some travel documentaries presented by Simon Reeve and also Guy Martin about their travels and experiences in Columbia, South America.

These programmes reminded me that in 1999 our daughter Tanya who was teaching in Cali, Columbia, invited Rita and me to travel with her around this beautiful country during her school holidays. We thought that not many O.A.P's would get such an opportunity and so set out on a months travel by local buses around this amazing country.

In our travels we included a six day trek to Ciudad Perdida a lost city in the Sierra Nevada mountains. The Sierra Nevada Mountains rise swiftly from the Caribbean Sea to 16,000 feet and were once home to over a million Indians. The Indians were decimated by raids from the Spanish invaders and by the diseases they brought with them to which the Indians had no resistance. They now number just a few thousand.

Our trip commenced from Santa Marta on the Caribbean coast. In the Landrover with us were our two guides, Wilson and William and Tanya and two of her friends. We were soon driving on a very rough mountain track where we bounced around like ping pong balls. After three hours we reached a village where we alighted and shouldered our rucksacks and the guides organized the carrying of our food, cooking pots, hammocks etc.

Because of recent exceptionally heavy rainfall it was not long before we had to make difficult river crossings. Wilson and William were like iron men and several times carried us in the fireman hold across rivers with no consideration for our dignity. During that six day trip we saw no other people other than some Kogi Indians and this added to the sense of adventure.

On the second day we entered the cathedral like tropical forest where water, insects and birds sounded all around us and vegetation proliferated, struggling up towards light.

There was a air of mystery reminiscent of Conrad's description of the forest, in Heart of Darkness. We could see Tarzan like lianas, creepers, ferns, lichens, fungi, shrubs, palms, bamboos and trees like giants. That night we were again on our own in a small encampment with basic toilets and just a roof of corrugated iron to sleep under. We bathed in a river while William

cooked up a tasty meal of chicken and rice over a wood fire. We talked, played cards, and ate by the light of an oil lamp and by 9pm were ready to sleep in our hammocks under mosquito nets.

Early in the morning of the third day William and Wilson fixed ropes over a river so that we could abseil precariously across. After three hours of trekking, Tanya suddenly shouted out "We've made it". I had to look long and hard to see across yet another river and steps rising up into the forest. We gingerly edged across a slippery tree trunk that acted as a bridge across the river and then began ascending the 2,000 steps to The Lost City.

We could see that the forest soon takes over once man abandons such dwelling places. At the very top, sitting on one of the old walls with a splendid view of the river valley were two very dignified Kogi Indian Elders and the black administrator in charge of the city. Later we found out that these Kogi Elders or 'Mamas' are brought up in a very special way so that they experience and interpret visions. They preach the idea of living in tune with nature and believe the outside world is heading for self destruction.

John Manuel

Quiz—No. 13

Supplied by Lawrence White

1. When and where did Queen Elizabeth I die?
2. Who wrote the sitcom 'Bread'?
3. When Queen Victoria gave birth in 1853 to Prince Leopold (Duke of Albany) she used an anaesthetic. What was it?
4. What is the name of the simplest carboxylic acid? It is found in ants.
5. Which English stage director married Ewan McColl (1915-1989) a Scottish folk singer in 1930?
6. Who became the Governor of the Bank of England on 16th March 2020?
7. What is the largest African landlocked country?
8. Which element in the Periodic Table comes last alphabetically?
9. Mint sauce usually accompanies which meat?
10. Who from 1875 produced the first operettas by Gilbert and Sullivan?
11. Who crowned Queen Elizabeth II in Westminster Abbey on 2nd June 1953?
12. What is the first name of the Beatrix Potter character Miss Puddleduck?
13. Which organisation was established in 1860 by Mary Tealby as the temporary home for starving and lost dogs?
14. Who is the patron saint of music?
15. Which animal did Jesus ride into Jerusalem the week before his crucifixion?
16. What are the three most populated cities in Yorkshire?
17. As Jesus rode into Jerusalem what word of praise did the people shout at him?
18. Apart from the City of London, what is the smallest English city?
19. How many pairs of chromosomes are there in human cells?
20. Which UK coin was withdrawn from circulation in December 1964?
21. Who were the founding members of the Pre-Raphaelite Brotherhood? 1845-1853
22. Who said 'Men seldom make passes at girls who wear glasses.'?
23. What rodent was the signature of Robert Thompson, the designer of furniture (1876-1955)?
24. Who formulated in 1869 the first Periodic Table of the Elements?
25. What occupation links Susie Dent, Noah Webster and Samuel Johnson?
26. Why did the skeleton decide not to go to the ball?
27. What are the 2 types of camel?
28. Which country in 1893 first granted women the right to vote in parliamentary elections?
29. What is an old name for croquet? It is also a square in Monopoly (London version).
30. What river does Chepstow Castle overlook?

Answers can be found on page 43



FOOD BANK DONATIONS...PLEASE

When I was hungry, you gave me food...

As usual, please don't feel under any obligation to give in any way, but this is simply a little guidance for any of you who would like to give at the moment. We are short of the following items, and ask you to consider these in your donations:

- Easter eggs
- Squash
- Instant hot choc/coffee
- Tinned fruit
- Puddings
- Ham
- Pasta
- Pasta sauce
- Rice
- Cooking oil
- Corned beef
- Tinned meals (esp. beef/chicken meals)
- Soup
- Shampoo
- Empty washing up bottles that we can refill!
- Carrier bags

Items can be left just outside the church vestry or at Sainsbury's on the high street (not on Station Road), even if they are not bought in-store. Also note that there are two donation boxes but only one is for the Salvation Army. You are also welcome to donate to our JustGiving page:

<https://www.justgiving.com/fundraising/newaddingtonsalvationarmy>

Please note our donations delivery times; Tuesday evenings 7pm-8pm, and Saturday mornings 9am-10am.

The Vine is located in Salcot Crescent New Addington CR0 0JJ. We are down a narrow driveway between houses 11 and 13, next to Tharreo House school.

MANY THANKS once again for all your help - we really couldn't manage without our public donations!

Flora

Personal Thanks & Announcements



Congratulations to Phil Wall

We are delighted to hear that Revd Dr Phil Wall has been appointed as Head of Ministries Learning and Development for the United Reformed Church.

Phil spent some time at Emmanuel during his training, leading worship and engaging with all the groups, and members of Emmanuel went to his ordination in Pontypridd.

Phil served for eight years in pastoral ministry in the valleys of South Wales. More recently, he has served as a chaplain in Milton Keynes with young people aged 12–18 in a young offenders setting, ministering among those whose lives are often marked by vulnerability, exclusion and complexity.

Revd Nicola Furley-Smith, Deputy General Secretary (Ministries) was impressed during the appointment process with Phil's clear understanding of the needs of the URC for the future.

May God bless him in his new role.

Pat

There is a Southern Synod URC Fun Day at The Hop Farm in Tunbridge Wells on Saturday 20th June, with inflatables, choirs, creative activities and space for prayer and worship together. Entry is £5 including a burger and drink, with other food and refreshments available to buy.

We will arrange transport also if enough people want to come so if you are interested please let Anna Seabrook know as soon as possible –

community@emmanuelww.org.uk / 07900 744383

A Rocha UK's Easy Eco Tips

Celebrate new life this Easter and have a go at growing something! April is the perfect time to try to grow something edible or, if you are a seasoned gardener, to encourage someone else to try. Salad leaves or herbs are a great place to start and will reduce your reliance on those oh-so-convenient supermarket salad bags.

For indoor space, try 'micro-greens' (vegetable leaves harvested soon after they open)

For greenhouses, try sowing salad leaf seed mixes.

For outdoors, beetroot, lettuce, onion and pea plants are frost-resistant so can all be planted outside in April.

As you sow, thank God for the opportunity to grow food, and pray for those communities that are facing food shortages and famine.

"This Christian Aid Week, your support could help mothers in Nairobi, Kenya, facing the devastating reality of urban poverty and the daily struggle to feed their children.

By funding urban farming projects alongside specialist training from our partner Beacon of Hope, we can help parents fight food insecurity, grow fresh vegetables in small city spaces and earn an income to support their families."

Anna



Join us on

Maundy Thursday for Communion around the Table



Thursday 2nd April, 7pm

Elmers End Free Church, Goddard Road, BR3 4AE

Elmers End Variety Show

Saturday 18th April

6:30pm

Tickets £10 at the door

All ticket proceeds to Médecins Sans Frontieres

Elmers End Free Church, Goddard Rd, BR3 4BN



christian
aid

Freedom Walk LONDON 2026

**Join The Family
Fundraising Walk
To End Global Poverty**

**Saturday
9th May**
12 noon until
5pm

START:
12 noon
St Martin-in-the-Fields
Charing Cross
(London Underground
or main line station)

END:
St Paul's
Cathedral
for Evensong

**New route
for 2026**



End poverty step by step

Why join the London Freedom Walk?

The London Freedom Walk takes place at the start of Christian Aid Week, when people across the UK come together to fundraise, act and pray to end global poverty and injustice.

Join us for this fantastic sponsored walk from St Martin-in-the-Fields to St Paul's Cathedral, visiting historic churches along the way.

Christian Aid Week 2026

Intense urban poverty in Nairobi is robbing mothers of the ability to protect their children from hunger. It's a precarious and frightening daily struggle that no family should have to face.

But with tools, seeds and specialist training from Christian Aid's partner, Beacon of Hope, Fridah's now making the most of a small space in the city to grow a steady supply of fresh vegetables that she can cook for her family or sell on her market stall.

Together, we must support families like Fridah's to escape the cruel grip of urban poverty. Will you join us this Christian Aid Week?



Christian Aid Freedom Walkers at St Paul's

Register
today



You can make a donation at:
[fundraise.christianaid.org.uk/
fundraiser-2026/london-
freedom-walk](https://fundraise.christianaid.org.uk/fundraiser-2026/london-freedom-walk)

Any questions?
email hello@christian-aid.org

Event
sponsors



Fridah Moraa in her urban garden near her home in Dagoretti, Nairobi.
Credit: David Macharia/Christian Aid



churches
together
in West Wickham

Pentecost Sunday 24th May 2026

5.15

Tea on the Green
outside Emmanuel Church

The Grove WW indoors if wet

6pm

Service of Worship
to celebrate Pentecost
as Churches Together

then **CTWW AGM c.6.45**





JOIN US FOR THE

SOUTHERN SYNOD BIG DAY OUT!

**SATURDAY
20TH JUNE
10.00AM TO 4.00PM**

**TICKETS
£5**

**SHIRES OAST AT
THE HOP FARM
TUNBRIDGE WELLS
TN12 6PY**

WORSHIP TOGETHER

INFLATABLES FOR ALL THE FAMILY

PRAYER & REFLECTION

POP UP CHORUS

CREATION STATIONS

TICKET INCLUDES A BURGER & SOFT DRINK, WITH
ADDITIONAL FOOD & DRINKS AVAILABLE TO BUY AT THE BAR



Emmanuel's Annual Summer Fair

Sunday 5th July 2026

Everyone is warmly invited to come along to Emmanuel's Annual Summer Fair, which will be held outside on the Green after the church service between 1200 and 1400 on the 5th July or in the church halls if it rains.

There will be live music, a bouncy castle, a raffle, games, stalls and refreshments.

We look forward to seeing you all there.

As you may already be aware, this year the fair will be raising funds for our church's nominated charity - **Tools With A Mission – www.twam.org.uk**

Help Needed

We are particularly looking for someone that could organise and run a 'plants' stall. If this is you, or if you would like to help in any way then please get in touch with either Jim Lord or any member of the Community Outreach Group. They would be delighted to hear from you.



Coffee and Get-together

Sunday Coffee

No coffee service on the first Sunday of the month, however, Messy Church would be pleased to welcome you at 10am for a cuppa.

On the other three Sundays in the month we will be looking forward to welcoming you in the Hewitt Room, after the service for coffee, biscuits and fellowship.

We can remain at tables or spill into the vestibule, the sanctuary or outside, so there will be plenty of space.

Janet Pickering and Pat Best



We run a 'Warm Welcome' cafe on Fridays at the church from 10am -4pm

Come and join us
on the 1st Sunday of the Month (excl. August)



**Emmanuel Church,
The Grove, West Wickham**

Messy Church starts with breakfast at 10am
(enjoy croissants, cereals, yoghurts and fruit).

Then join us for an interactive retelling of a
Bible story and lots of activities for all ages
to take part in!

Messy Church is Christ-centred, for all ages, based on
creativity, hospitality and celebration and each
month there are plenty of ways everyone is involved!

We finish the morning at 11.30am with
a group activity and the Messy Grace.



For more information, email:
child.family@emmanuelwv.org.uk
07444998312

Emmanuel
Faith, Hope and Love in West Wickham
(part of the United Reformed Church Family)



Giggles & grow



Is your child crawling,
but not confidently
walking?



Then join us on

Tuesdays 10.30-12.00
at Emmanuel Church, The Grove, West Wickham
For playing, chatting and stories!

Contact: Julie Cook
Children and Family Worker
child.family@emmanuelwv.org.uk
07444998312
Donations welcome
No need to book!



Blissful Beginnings



Every Wednesday
10.30am - 12.00noon

For ages 0 to
confidently crawling

Emmanuel Church The Grove, West
Wickham

Bring your little ones along and join
other parents for a drink and a chat.



CONTACT
Julie Cook
Children and Family Worker
child.family@emmanuelwv.org.uk
07444998312
Donations welcome, no need to book

TIME TOGETHER THURSDAYS

FOR 2, 3 & 4 YEAR OLDS

Every Thursday (term time only)
10.00-11.30am

Emmanuel Church, The Grove,
West Wickham

Connect with other parents/carers
and bring your child for themed
activities, sing a longs, stories, play
time and much more ...



Contact
Julie Cook
Children and Family Worker
child.family@emmanuelwv.org.uk
07444998312
Donations welcome, no need to book



Join Hayes Wick Primary Care Network at

Connected Living Café

Are you interested in how we can help community wellbeing?
Do you need assistance with accessing NHS digital services?



This café is designed for the over-60's registered with a GP in the Hayes and West Wickham area. We offer activities and refreshments with a programme of speakers including clinicians and other local service representatives as well as help and support accessing NHS digital services with our NHS App Ambassadors.

Free
Join us – no need to book!

Every 1st and 3rd Tuesday

11am – 1pm
Medhurst Hall, West Wickham
BR4 0JX



GROWING TOGETHER

COMMUNITY GARDEN



COME AND JOIN US

THURSDAYS 10AM | 1 PM
ST FRANCIS CHURCH
86 RAVENSWOOD AVENUE
BR4 0PW

LIGHT REFRESHMENTS
AVAILABLE

FOR FURTHER INFO CONTACT - 0333 335 5209



Sponge Kitchens

Established 1938

Beckenham 020 8650 0062

Hayes 020 8462 1352

Downham 020 86978848

Your Local Master Bakers

- What we have to offer:
- Selections of Fresh bread
- Cakes and patisseries
- Platters for any occasion
- Sandwich bar

Kelsey Park round the corner from our Park Langley branch is perfect for walks with the family, why not come for a coffee and a cake or some light lunch in the newly refurbished store. All our branches would love for you to come in for breakfast, lunch or even a quick snack.

Our staff will always try to make you welcome and answer any questions you may have.

Check out the website for more details on bespoke cakes and all of our other ranges.

Beckenham 106 Wickham Road
Downham 473 Bromley Road
Hayes 38 Station Approach

<http://spongekitchens.co.uk>

Beckenham
Kent, BR3 6QH

Downham
Kent, BR1 4PQ

Hayes
Kent, BR2 7EJ

EMMANUEL ART GROUP

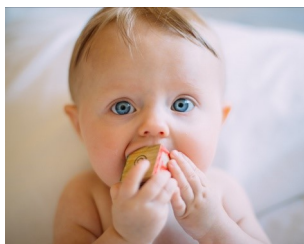
The Emmanuel Art Group usually meets on Thursday afternoons, 1pm to 4pm at Emmanuel URC Church, The Grove, West Wickham, BR4 9JS.

A friendly group, new members always welcome.

Please contact us before coming so that we can discuss what you would like to do and how we can help you.

- Sheila 02086882707 or
- John 07708194093 john.band3@gmail.com

Community Baby & Toddler Group



Where: Emmanuel Church, The Grove, West Wickham

When: Wednesdays 9.30am - 11.30am, term time

Fee: £3.00 per family

Contact: Zoe Favata

Email: zoe_04@hotmail.co.uk

Mobile: 07852 153115

We meet each week in the Richmond Hall, which is a large safe place. Mums, dads, grandparents and carers have a chance to catch up while watching their children play, build friendships and develop alongside their peers. There are many toys and resources allowing the children to play freely, as well as structured activities, story time and songs with actions.

Come along to our friendly inclusive group and try us out.

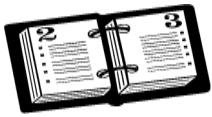




Church Diary for April

Wednesday	1st	10.30am— 12.00noon	Blissful Beginnings babies up to crawling (details on page 36)
Saturday	4th	10.00am	Easter garden and Easter Egg hunt (details on page 4)
Easter Sunday	5th	10.00am	Messy Church Breakfast followed by Worship on the Green
		10.40am	Indoor Communion Service in the Sanctuary led by Rev Bryn Thomas or Messy Church in the Richmond Hall
Friday	10th	10.00am—4.00pm	Warm Welcome (details on page 35)
Sunday	12th	10.30am	Worship led by Rev Bryn Thomas
			Youth club (please contact Emily Dubourg, Youth Worker, for more details)
Friday	17th	10.00am—4.00pm	Warm Welcome (details on page 35)
Sunday	19th	10.30am	Worship led by Marion Moore

Continued on next page



Church Diary for April continued...

Tuesday	21st	10.30am— 12.00noon	Giggles and Grow for those crawling, but not walking (details on page 36)
		2.15pm	Emmanuel Fellowship (details on page 11)
Wednesday	22nd	10.30am— 12.00noon	Blissful Beginnings babies up to crawling (details on page 36)
Thursday	23rd	10.00am—11.30am	Time Together Thursdays For age 2-4 years (details on page 36)
Friday	24th	10.00am—4.00pm	Warm Welcome (details on page 35)
		<i>Last day for Emmanuel Life articles</i>	
Sunday	26th	10.30am	Worship led by Clive Timehin
Tuesday	28th	10.30am— 12.00noon	Giggles and Grow for those crawling, but not walking (details on page 36)
		2.15pm	Emmanuel Fellowship (details on page 11)



Church Diary for May 2026

Friday	1st	10.00am—4.00pm	Warm Welcome (details on page 35)
Sunday	3rd	10.00am	Messy Church Breakfast
		10.30am	Worship led by Rev David Graham
Tuesday	5th	10.30am— 12.00noon	Giggles and Grow for those crawling, but not walking (details on page 36)
		2.15pm	Emmanuel Fellowship (details on page 11)
Wednesday	6th	10.30am— 12.00noon	Blissful Beginnings babies up to crawling (details on page 36)
Thursday	7th	10.00am—11.30am	Time Together Thursdays For age 2-4 years (details on page 36)

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Quiz Answers

Quiz on page 24 supplied by Lawrence White

1. She died on 24th March 1603 at Richmond Palace.
2. Carla Lane (Romana Barrack)(1928-2016)
3. Chloroform, CHCl_3
4. Formic acid or methanoic acid, HCOOH
5. Dame Joan Littlewood DBE (1914-2002)
6. Andrew Bailey, born 1959
7. Chad (495,624 sq miles)
8. Zirconium, a metal, highly resistant to corrosion
9. Lamb, the flesh of a young sheep
10. Richard D'Oyly Carte; the operas were performed at the Savoy Theatre which he built
11. Geoffrey Francis Fisher, Archbishop of Canterbury 1945-1961
12. Jemima
13. Battersea Dogs and Cats Home, patron Queen Camilla
14. Cicilia
15. Donkey
16. Leeds, West Yorkshire, Sheffield, South Yorkshire and Bradford, West Yorkshire
17. Hosanna
18. Wells. Its cathedral was built in the 12th and 13th centuries
19. 23
20. Halfpenny
21. Gabriel Charles Dante Rossetti, (William) Holman Hunt and Sir John Everett Millais.
22. Dorothy Parker, née Rothschild (1893-1967)
23. Mouse
24. Dmitri Ivanovich Mendeleev (1834-1907)
25. Lexicographer (a person who writes and compiles dictionaries)
26. He had no body to go with
27. Bactrian, Central Asia, 2 humps and Dromedary, Arabian, 1 hump
28. New Zealand
29. Pall Mall
30. It is at the mouth of the Wye (Welsh Gwy) length 130 miles.

Emmanuel Church Contacts

ACTIVITY	MEETING	CONTACT
Emmanuel Fellowship	Tues 2:15pm	Sue Thomas
Baby & Toddler group	Wed 9:30 am	Zoe Favata zoe_04@hotmail.co.uk
Emmanuel Art Group	Thurs 1.00pm—4.00pm	Sheila John john.band3@gmail.com
Rainbows	Fri 5:30pm—7:00pm	Jess Wright westwickhamrainbows@gmail.com
Brownies	Fri 5:30pm—7:00pm	Carole Douglas brownowlcarole@gmail.com
Guides and Rangers	Wed 6:30pm—8.00pm	Jo McGee jojmcgee@hotmail.co.uk
Squirrels <i>(4-6 years old)</i>	Thurs 5:30pm—6:15pm	Niels Rump glv@8thwestwickham.org.uk
Beavers <i>(6-8 years old)</i>	Thurs 6.00pm—7.00pm	Niels Rump glv@8thwestwickham.org.uk
Cubs <i>(8-10½ years old)</i>	Mon 7.00pm—8.15pm	Niels Rump glv@8thwestwickham.org.uk
Scouts <i>(10½-14 years old)</i>	Tues 7.45pm—9.00pm	Niels Rump glv@8thwestwickham.org.uk
Explorers <i>(14-18 years old)</i>	Tues 7.45pm—9.30pm	Niels Rump glv@8thwestwickham.org.uk
Caretaker (shared)	Monday-Wednesday Thursday-Friday	Tony Stephen Zhanna Tkach
Commitment for Life		Pat Best
Communion Secretaries		Keith & Rosemary Daniels
Cradle Roll secretary		Karen Florence
Fabric Adviser		Ian Moore
Halls Manager		Katy Macmillan halls@emmanuelww.org.uk
'Reform' Agent		Gill Childs
Safeguarding		Gill Chamberlain safeguarding@emmanuelww.org.uk
WW Churches Together		Pat Best