

Sept – Oct
2018

St John's
United Reformed Church

Record

Somerset & Mowbray Roads, New Barnet, Herts, EN5 1RH

This Time Tomorrow

Where do you spend most of your time? Unless you are very mobile, I'm guessing the answer will be: 'at home'. After that, you may spend some time at work or with family or volunteering or at regular interest groups and activities. If I were to suggest that these contexts are where you live most of your Christian life; this may seem so obvious as hardly to be worth mentioning.

Obvious, yes; but how often do we recognise these contexts when we meet together for worship? Not very often. This means that the majority of your life—humdrum and interesting, challenging and rewarding—is hardly ever mentioned when we meet together. During our 'News of the Church Family' those things that are mentioned most often are birthdays and anniversaries. While it is good to celebrate these, are such highlights the most important things we wish to share with others? Are we not at risk, inadvertently, of giving a false impression of what everyday life is really like? Whilst it is important that we respect one another's privacy, if we never share any of our struggles or joys we risk a merely superficial acquaintance with one another. Furthermore, worship risks being superficial if we never associate God with life as it is actually lived.

One of the earliest and shortest Christian confessions is: "Jesus is Lord." This means that Jesus is Lord of the *whole* of life. As God is sovereign over all as Creator and Provider, so Jesus, who has representatively died and been raised for the renewal of the whole of Creation, is Lord of all. Jesus indicated this lordship-over-all in his teaching about the hairs of our heads being numbered, and our heavenly Father's care for each sparrow (Matt. 10:29-31). The Psalmist also celebrated God's complete knowledge by affirming that that He who formed us in the womb also knows our thoughts, words, actions and resting (Ps. 139:1-16).

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As part of our emphasis on becoming whole-life disciples who recognise and celebrate God in the everyday, the Elders and I are considering introducing an exercise called 'This Time Tomorrow' as part of our pre-worship 'news' section. It involves asking an individual, in advance, to be willing to respond to the following three questions:

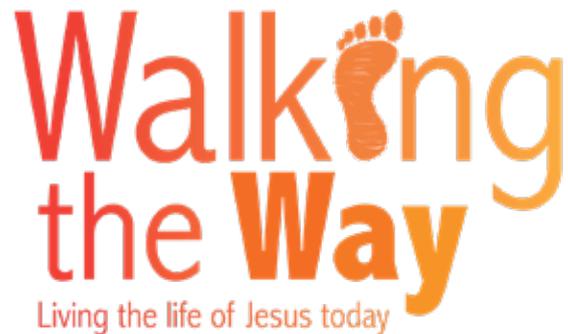
1. What will you be doing this time tomorrow? (i.e., 11:00 Monday, or another day)
2. What opportunities or challenges will you face?
3. How can we pray for you?

What we hope this will achieve, for those willing to share their responses (and we recognise that not everyone will), is the recognition that:

- (1) the whole of your life matters to God *and to us as a Church*
- (2) the ordinary and everyday is where we each live-out our Christian faith
- (3) our gathered worship is trying to connect with our daily living
- (4) we can pray for one another's opportunities and challenges and feel supported in them.

Now, for those who already feel their anxiety-levels rising in anticipation of suddenly being put on the spot and asked the above questions, may I reassure you that this will not be sprung on anyone! Rather, in advance you may be asked if you would be willing to take part; but it is not obligatory. I hope that there will be some individuals willing to share short responses to these questions. As we begin to learn more about one another's opportunities and challenges, and as we pray for one another, I hope we will feel supported and empowered to regard ordinary life as the main context for walking the way of Christian discipleship.

Julian Templeton



GALA CONCERT

for the Organ Fund

Saturday 6th October at 8pm

Save the date and tell your friends!

St John's will be hosting a Gala Concert to raise money for the refurbishment of our organ. There will be three organists, a host of other performers – including some familiar faces singing and playing lovely, familiar and not so familiar music including Handel, Bach and Britten among others.

This is an occasion not to be missed • Refreshments will be served after the concert.

Look out for more announcements



Hitched in Hitchin

Congratulations to Sarah Harvey and Paul Meacham, married on 28 July in Hitchin, seen pictured here with Richard, Janet and Christopher. What a handsome and happy group!

Night Shelter News Together in Barnet



Autumn is almost here and preparations begin for the Night Shelter once again. As in previous years the shelter will run from mid October until the end of April, and St John's and St Peter's have been asked to host the Saturday nights from **13th October to 16th December**, a total of 10 nights, 2 of which will be held at St Peter's.

I do hope that those who volunteered last year will feel like getting involved again this coming winter and of course we would be delighted to welcome new recruits, so do ask your friends if you think they would enjoy being involved. Eileen Brandrick from St. Peter's and I will be gathering lists of volunteers very shortly as October will arrive all too soon.

At the end of the last shelter season the coordinator wrote a report summarising what had happened to the guests and I thought you would all like to read it as inspiration for the coming season:

"There have been 53 guests staying at least one night at the winter shelter this year. These are the reasons that they stopped coming;

- 6 were housed
- 2 returned to their home countries
- 3 started work
(for 2 accommodation was provided)
- 1 returned to live with his family
- 2 stopped engaging with HAB
- 10 were excluded
- 19 no reason given
- 10 were still in the shelter when it finished

(The coordinator) saw a guest a few weeks after he had left the shelter without giving a reason. He thanked the Shelter for his stay. He said that it was exactly what he needed at the time and he is now 'sorting himself out'. We don't know exactly what has happened to him or why he stopped coming without explanation but know that he is grateful that he had a warm place to stay when he needed it.

The 10 guests who remained in the shelter continue to work with HAB to receive the help that they need and hopefully find housing. Two of these guests told (the coordinator) that they were securing a rental property the week following the shelter closed. HAB expected at least one other guest to be housed within the month.

The guests were asked to fill out feedback forms on the last night of the shelter. All the guests said that they appreciated the kindness of the volunteers. Here are some of their comments:

- "Thank you, very friendly people. (You) always said morning and chatted".
- "All I can say is that we are very lucky to have a lovely shelter to stay at".
- "Volunteers are very pleasant and giving of their time."
- "I liked that there were some people to talk to and there was hot meals."

Thank you for helping with the winter night shelter!
You have made a big difference in people's lives!

Lesley Calder

Walk in Their Shoes Sponsored Walk

Together In Barnet is holding a sponsored walk on **Sunday 16th September** which will start at St John the Baptist in High Barnet and end at Golders Green Church, visiting a number of the Winter Shelter venues (including our church) for

refreshments along the way. The money raised will help pay for the coordinator who works with HAB, the venues, and the guests to make sure the shelter runs smoothly. If you would like to take part in the walk do let me know and I'll give you the details.

lesleycalder@googlemail.com Lesley Calder

Church leaders open letter to Home Secretary

calling for end to hostile environment

Twenty Church leaders have called for an end to the hostile environment in an open letter to the Sajid Javid MP, the Home Secretary. United Reformed Church General Assembly Moderators joined representatives from the Anglican, Catholic, Church of Scotland and Methodist Churches, who argue that the destitution deliberately inflicted by the government is 'inhumane' and leads to racial discrimination.

Dear Home Secretary

We are writing as a group of Churches and Church Leaders to express our deep concern about the impact of the government's 'hostile environment' policies, and to support calls for them to be dismantled. We welcome the recent report from the Baptist Union, the Church of Scotland, the Methodist Church and the United Reformed Church: "Destitution, Discrimination and Distrust: the web of the hostile environment" and support its conclusions.

The injustices of the hostile environment alarm us. It deliberately prevents people who cannot provide the right documentation – for whatever reason – from getting work, renting a home or accessing the kinds of services we all need to live. As the report shows, this is leading to poverty, homelessness and avoidable suffering. We believe it is inhumane to use destitution, or the threat of destitution, as a policy tool to encourage people to leave the country.

We are also concerned by the mounting evidence that hostile environment measures are causing racist discrimination. People who do not look or sound 'British' are now facing increased difficulty in finding homes and employment, because landlords and employers are being asked to play the role of border guards.

This is not about who we do or do not allow into the UK, but about how we relate to one another inside our borders. Due process, justice and the proper implementation of immigration policies should not require us to live in suspicion of our neighbours.



As Christians we assert the importance of offering welcome to the stranger and caring for the vulnerable, whoever they are. Many of our churches support those who have suffered hardship because of the hostile environment. Our churches include some of the very people who are at risk of destitution and discrimination. We hear many stories of how the system has failed people and the harmful human impact of these policies.

We believe that the hostile environment should be brought to an end, not simply given a new name. As a first step towards that, we are calling for a full and independent review of immigration policy and practice to examine the damaging effect that the policies of the hostile environment are having on the whole of society.

The revelations earlier this year about the appalling treatment of some members of the Windrush Generation have thrown the spotlight on the failings of the hostile environment. They also offer an opportunity for a fresh start. We urge you to seize this opportunity and to adopt an approach to immigration that treats every individual, whatever their status, with humanity, dignity, respect and fairness.

Yours sincerely

**The Revd Nigel Uden, Mr Derek Estill,
Moderators of the General Assembly of the
United Reformed Church** (along with 18 other
representatives of Churches and charities)

**Did you know that the United Kingdom
is the only nation in Europe with no time
limit on detention?**

GREENBELT ACTS OF THE IMAGINATION

24–27 AUGUST 2018 × BOUGHTON HOUSE × NORTHAMPTONSHIRE × NN14 3AG

Julian and I went to Greenbelt again this year, but stayed for most of the four days, instead of just one. The Bank Holiday weather was rather cold and wet, which is not ideal when camping in a leaky tent. Despite that, we had an amazing time and look forward to going again next year.

We were totally spoilt for things to do and see. There was music of all sorts; many extremely thoughtful and inspirational talks; visual arts; worship; performing arts, choral recitals; food demos and comedy. When we had a fill of all this it was great to enjoy a pint of good ale in the Jesus Arms. This and the rest of the festival has to be the friendliest place I have ever been. Whenever we sat down a conversation would naturally take place. We met people from many different places and backgrounds. It was also a very safe environment where children could be free to explore and when you left something behind, it was still there hours later!

The over-arching theme of IMAGINATION, encouraged us to be creative and active, in order to change our world for the better. There were many highlights including Pussy Riot, the feminist protest punk rock group, whose brave stance against a corrupt Russian Church, landed them in jail, but has affected some positive changes.



Pussy Riot

which works to resolve conflict around the world and often sharing a platform with Pat. Although Pat carries the burden of knowing he had caused Jo profound hurt, they continue to explore their common humanity, recognising that war robs combatants of what it is to be human, of an essential capacity to empathise and to see the world through the eyes of others.

In complete contrast, I listened to Jo Berry whose father was killed in the 1984 Brighton bombing and Patrick Magee who was a member of the IRA imprisoned for killing him. Jo has founded a charity, 'Building Bridges for Peace'

Celebrating artistry and nurturing activism, Greenbelt Festival is an act of the imagination – inspirational, provocative and fun. Energised by a progressive Christian worldview, Greenbelt creates a festival that is inclusive, open-minded, participatory and generous in spirit.



Jo Berry & Patrick Magee

I also saw the very exciting show HYENA. This is a synchronised display of sisterhood, strength and power; the culmination of two years research fusing circus, dance and song. Using the Cyr wheel in a huge variety of ways, these women demonstrated their truthful fierce friendship and tribal solidarity with this thrilling physical ritual and a heart-wrenching need to belong.

I encourage everyone attend this festival, even for one day. It was stimulating, thoughtful, refreshing and helped restore a belief in the future of our world.

Laura Templeton



HYENA presented by Alula Cyr

Calendar

September 2018

	Sunday 2nd	10:00am	Informal Prayer in Memorial Room
		10:30am	Elders' Meeting, Vestry
		11:00am	Worship with the Lord's Supper led by Julian Templeton
	Wednesday 5th	8:00pm	Junior Church Leaders' Meeting, 37 Greenhill Park
	Saturday 8th	10:00am - 1:00pm	<i>Action on Climate Change</i> . St. John's Church. Talks, videos, information and refreshments. See new website: www.climatechange.co.uk
	Sunday 9th	11:00am	Worship – led by Paul Elsdon
	Tuesday 11th	7:45pm	Elders Meeting, Vestry
	Wednesday 12th	4:00pm	Weds 4 Kids Club
		4:00pm	Finance Committee Meeting, Vestry
	Friday 14th	2:30pm	Community Café
		3:30pm	Short Service
	Sunday 16th	11:00am	Worship led by Julian Templeton
		12:30pm	Church Meeting
	Tuesday 18th	8:00pm	Prayer Et Discussion Group at 37 Greenhill Park
	Wednesday 19th	4:00pm	Weds 4 Kids Club
		8:00pm	St. John's Fellowship – T'ai Chi by Simon Watson in Sanctuary.
	Saturday 22nd	7:00pm	Fellowship Quiz sponsored by Barnet Rotary in Large Hall
	Sunday 23rd	10:00am	Singing Practice
		11:00am	Harvest Festival Worship led by Julian Templeton
		1:00pm	Shared Harvest Lunch
	Tuesday 25th	2:00pm	Dementia Club
		8:00pm	Justice and Peace Meeting
	Wednesday 26th	4:00pm	Weds 4 Kids Club
	Thursday 27th	7:30pm	North London Area Group Meeting at Union Church Totteridge
		8:30pm	Men's Group – The Railway Bell, New Barnet
	Saturday 29th	10:30am	Coffee Morning, Large Hall
	Sunday 30th	11:00am	Worship led by Tony Shepherd
		3:00pm	Causeway, Small Hall

SEPTEMBER

SEPTEMBER

Calendar

October 2018

OCTOBER	Wednesday 3rd	4:00pm	Weds 4 Kids Club	OCTOBER
	Saturday 6th	8:00pm	Organ Fundraising Concert	
	Sunday 7th	10:00am	Informal Prayer in Memorial Room	
		10:30am	Elders' Meeting, Vestry	
		11:00am	Worship with the Lord's Supper led by Andrew and Valerie Mills	
	Tuesday 9th	7:45pm	Elders Meeting, Vestry	
	Wednesday 10th	4:00pm	Weds 4 Kids Club	
	Sat-Sun 13-14	pm - am	Night Shelter + Breakfast (St. John's)	
	Sunday 14th	11:00am	Worship led by Julian Templeton	
	Tuesday 16th	8:00pm	Prayer & Discussion Group at 37 Greenhill Park	
	Wednesday 17th	4:00pm	Weds 4 Kids Club	
		8:00pm	St. John's Fellowship – London Fire Brigade by Steve Leader, in Sanctuary	
	Friday 19th		Copy Deadline for next edition of Church Record	
	Sat-Sun 20-21	pm - am	Night Shelter + Breakfast (St. John's)	
	Sunday 21st	10:00am	Singing Practice	
		11:00am	Worship led by Julian Templeton	
	Tuesday 23rd	8:00pm	Justice and Peace Meeting,	
	Wednesday 24th	8:30pm	Men's Group – Ye Olde Mitre Inne, High Barnet	
	Friday 26th	2:30pm	Community Café	
		3:30pm	Short Service	
	Sat-Sun 27-28	pm - am	Night Shelter + Breakfast (St. John's)	
Sunday 28th	11:00am	(BST ends: clocks back 1 hour) Worship led by Tony Shepherd		
	3:30pm	Causeway, Small Hall		
Tuesday 30th	2:00pm	Dementia Club		
Wednesday 31st	4:00pm	Weds 4 Kids Club		
NOV	Saturday 3rd	9:30-12:30	World Day of Prayer Conference, St John's Sanctuary	NOV
	Sat-Sun 3-4	pm - am	Night Shelter + Breakfast (St. John's)	
	Sunday 4th	10:00am	Informal Prayer in Memorial Room	
		10:30am	Elders' Meeting, Vestry	
		11:00am	Worship with Lord's Supper led by Julian Templeton	
	Wednesday 7th	10:00am	Pastoral Team Meeting	
	4:00pm	Weds 4 Kids Club		

Nature, wild spaces and physical activity benefit both body and mind

First published in *The Scotsman Online* 13 August 2018

Life for young people can be tough. The immediacy of digital media ensures that judgment is constant and unavoidable. This leads to pressures to conform; look good; have a great life; be your best you; succeed effortlessly! This often leads to the creation of a curated, adapted presentation of a self that may appear to be living 'that' life. A self that is constantly alert and fragile to being judged, evaluated and influenced by others. The zenith of this pressurisation is reached at a time in life when the transition from a child to an adult identity is under way. We all know this as adolescents. The adolescent mind is rapidly detaching from its parental base, preparing for independence, and this can be a stressful enough process. Add online bullying, strained relationships, academic expectation and it is little wonder young people are struggling.

In Wilderness Therapy there is an analogy that says: "Whilst an adult's attention can be focused like a torch, a child's attention is more like the ambient light from an oil lamp trying to illuminate everything at once." Digital and social media just smashed that lamp on the ground and are watching the house burn down. Young people are overwhelmed. For the first time in history children have a lower life expectancy than their parents. Studies show that in the UK there has been a sharp decline in childhood wellbeing, as well as increased cases of childhood obesity, depression and behavioural difficulties. Young people are spending less time in nature, less time enjoying activity outdoors, and less time in face-to-face relationships. Nature, wild spaces, and physical activity have many proven physical and mental health benefits. But in today's world, nature is all-but deleted from our urban 'landscapes'. Young people today are more disconnected from nature than ever before despite the long-held knowledge being immersed in natural surroundings makes us feel better. In 2015, 58,000 young people were prescribed anti-depressants. This is ever-increasing, along with an even greater number of parents that are struggling to access appropriate psychological help for their child.

Anti-depressants and other prescription drugs used to treat depression, ADHD, mental health issues and anxiety can be initially helpful. But for many families, medication alone is not proving to be the answer. Many parents have also tried traditional therapeutic support such as counselling, psychotherapy, CBT, and CAMHS for their child but have not been able to make the changes they were hoping for.

There is an alternative; one that is well established in America as an effective form of support for troubled young people; something that is proving to have long-term sustainable benefit – Wilderness Therapy. A progressive, developmental and therapeutic programme, balancing activity and reflection, Wilderness Therapy can reach a young person in ways that are long-lasting and life changing. Venture Mòr has pioneered this approach here in the United Kingdom. Through Wilderness Therapy participants develop awareness and insight that will help them when faced with difficult situations after returning home. Getting outdoors into a wild and unfamiliar landscape is the first step; often an uncomfortable one. All electronic devices are checked in before departure to maximise the potential of 'the embodied and relational experiences' – removing distractions and focusing on relationships. Free from the daily pressure, stress and anxiety that is so familiar, the raging fire can be extinguished and the lamplight restored in a safe, contained, and supportive community. Perspective is everything and for a teenager looking at where they have just come from (their campsite, or problems back home) allows them



Andy Hardie (Meg Hardie's son)

to see and understand the topography and ecology differently. The journey continues as a multi-week wilderness expedition on land and water, guided by experienced psychotherapists and skilled outdoor instructors. Every achievement – lighting a fire or putting up a tent – builds confidence in a participant's own abilities. Every activity has a purpose: sharing in a reflective group; taking responsibility for cooking their own meal or navigating across a mountain plateau. It all develops focus and resilience but most importantly, self-awareness. A recent study by the University of Essex found that 83 per cent of

young people who undertook a wilderness therapy programme went on to successfully gain employment or get back into education. In that, there is hope. And we hope to be able to support many more families through Wilderness Therapy.

Andy Hardie (Meg Hardie's son) is head therapist at Venture Mòr – the social enterprise owned by parent charity Venture Trust – offering Wilderness Therapy programmes in the Scottish Highlands.

James's wife, Rebecca Hardie, has just launched a CD of worship songs called *Dust to Diamonds*, with a sample song 'Familiar stranger' on youtube.com

St JOHN'S CHURCH COFFEE MORNING

You are invited to a Coffee Morning at
St. John's Church Hall,
Mowbray Road, New Barnet

Saturday 29 September
10.30 till 12 noon

There will be no admission charge but
a donation plate for the
North London Hospice & church funds
will be left by the entrance.

Table stalls around the hall will give the
opportunity to purchase
small gifts & cards to support both
national & local charities.

Please tell your friends & come & support
this fundraising event.

St John's URC Fellowship invite You to a

TEA DANCE

At St John's United Reformed Church in Large
Hall, Mowbray Road entrance/Somerset Road,
New Barnet, Herts. EN5 1RH.



Saturday 27 October

2.30pm – 4.30pm (doors open 2.00pm)

Entrance £5 (inc. refreshments & raffle)

With popular, local musician, Chris Sausman on
keyboards/vocal. Come enjoy music, don't have to
dance. Have a cup of tea/coffee and cake.

All Welcome

Proceeds: For St John's URC Building Funds

World Day of Prayer Conference



Saturday 3rd November

9.30am – 12.30pm

St John's Sanctuary

Marjorie O'Connor (WDP Sec)

Mollie Wright RIP

I would like to thank everyone at St John's most sincerely for the many expressions of sympathy received following the death of my mother. The support and kindness shown at this time not just to myself but also to Malcolm and the girls, has been a great source of comfort and has been very much appreciated.

Alison Bond

In Memoriam

Jeanette Mulchansingh 1 February 1934 – 30 June 2018

With sadness we record the death of Jeanette Mulchansingh, whose funeral service took place at the Islington Crematorium Chapel, Finchley, on 12 July, and whose Memorial and Thanksgiving was included in morning worship on 22 July at St John's Church.

Jeanette had lately been a resident of the Kenwood Nursing Home in North Finchley. Although we had had only sporadic contact with Jeanette in recent years due to her failing health, the Memorial and Thanksgiving was a good opportunity to remember and give thanks to God for the many ways that she and her late husband Hamlin and family contributed to the life of St John's Church.

Son, Russell, and daughter, Joanna, with sons Gregory and Anthony and families also present, shared with us their tributes to a courageous and loving mother. Her courage was demonstrated in Biafra, Nigeria, where during the war she was helicoptered to the front line and worked for the Red Cross. She sustained a bullet injury but did not allow this to prevent her finding Hamlin and the children, who had to flee when the conflict arrived. After moving from one part of Nigeria to another for a year, they managed to find space on a cargo plane bound for Portugal. Eventually they made it to London and settled in New Barnet. Jeanette worked as a school teacher, eventually becoming Deputy Head. Her courage was also demonstrated in standing up to racism; and this was before the time when 'institutional racism' was acknowledged as a problem.

Her love was demonstrated in her marriage to Hamlin, the mothering of her children, and the way in which she would cater for large numbers of family and friends. She also loved our Lord Jesus Christ, as demonstrated in her Christian faith and commitment to the Church. St John's Church was the main beneficiary of this commitment. For many years Jeanette and Hamlin organised and led the Easter Workshops that were very popular with children. At the centre of Jeanette's approach was her love for children and her valuing of each child. Jeanette was also the driving force behind many of the Musicals that were produced and performed in the Church. It was delightful to



see the reactions of the Mulchansingh family and congregation when watching the slide show of photos at beginning and end of the Thanksgiving Service. They recognised younger versions of themselves in musicals and activities, and we also saw photos of the large colourful mobiles that used to be suspended from the ceiling.

David Skitt, who was unable to be present, emailed me the following story of an encounter that I shared during the sermon:

"I know you," said the female funeral director.

"How?" I asked.

"When I was a little girl, I went to Mrs. Mulchansingh's Easter Workshop.

I started this firm out of a vocation to care.

And I always feel that it all stemmed from those mornings:

The fun, the love, all emanating from Mrs Mulchansingh.

I do what I do today in the way I do it all because of her."

Please pray for Russell, Joanna, Gregory and Anthony and their families in their loss. We commend Jeanette to the grace and mercy of God, her Redeemer: let her rest in peace and rise in glory.

Julian Templeton

Manse Garden Party

Saturday 21 July

We were again blessed with fine weather for this annual event. The food was amazing as ever and Julian worked his magic with the Pimms. Sadly Pebbles our cat disgraced herself yet again. Last year she caught and played with a mouse in front of our guests, but this year she moved onto larger prey and attacked Alice Mujtaba. Luckily they've both survived!

Laura Templeton



Action on Climate Change

... behind the headlines

Saturday 8 September
10 – 1pm

FREE Refreshments



Arranged by local churches as part of the World-wide

"Rise for Climate Change" events

"Do they actually recycle stuff?"

"When will it rain?"

"What's wrong with our Weather?"

"Can we change things?"

Get Current Information - No Fake News

Add your Questions

Get beyond The 'Plastics'

Hear Expert Speakers

Ask about the Facts

www.climateconcern.co.uk

More Details from Ants: tel 07990 793 046 • email: ants8424@gmail.com

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