

The Pauline

April 2020



A Prayer for our World

God, You alone are worthy of honor, glory, and praise. With you, we can overcome every storm-including the global impact COVID-19 is having on our world.

Right now, we are asking You to:

- Heal those who are sick and protect those who are not.
- Give our leaders extra wisdom as they navigate this pandemic and economic uncertainty.
- Strengthen Your global Church. Reveal to us how we can partner together to reach the needs of those around us.
- Calm our fears. Fill us with Your hope, joy, and peace as we continue to trust in You.
- Use this pandemic to pave the way for spiritual renewal. We want Your glory, power and healing to be on display.

Come Lord Jesus Come
In Jesus' Name, Amen

Kindly supplied by Dawn

YouVersion

Rainbows of Hope



Artists

Joshua

PJ

Leo

Natalie



In and Out Update March 2020

Wow! What a great night the Beetle Drive was! Thank you to all those who came and supported this event. It was great to see people of all ages come together and I have never seen such a focussed bunch! Thank you to Cathy Heath for leading the event and to all who helped bring the event to life. We raised a fantastic amount of £306 which will go towards the Youth room refurbishment.

As you will probably be expecting, we will be postponing upcoming events until the end of June in light of the current COVID-19 situation. This includes the Easter Breakfast and Egg hunt, the Christian Aid 'Big Brekkie, the Model Railway Exhibition (postponed to 2021) and the St Paul's Tea Party. The team will ensure that as soon as we are able to be out and about again, we will ensure we have an event organised so we can come together and enjoy each other's company.

The team will continue to look at ways of ensuring we reach out to our Church and local community. Thank you to Fran for setting up the Church WhatsApp Group. It's so important that we pick up the phone to each other, video call, text, email, write letters during these unchartered times and I know we will navigate the situation together. AS the late Bob Hoskins said "it's good to talk!".

In the meantime, I will leave you with a few pictures of the beetle drive to enjoy!

The In and Out Team



Junior
Church
Children's
Service

15th March
2020



We came along to the Beetle Drive not really knowing what to expect - of course I remember playing the game as a child but wasn't sure how it would work in a big group. It was great fun (even though I didn't come anywhere near winning)!

It really was fun for all ages. Some of us are really quite competitive though and I was told to hurry up and throw the dice more than once!!! It was also a great chance to have a chat with everyone. Well done team. x

Pastoral Letter

From the Manse

Tuesday 24th March 2020



St Paul's
**United
Reformed
Church**

My dear friends,

Fellow ministers and I have been discussing how our ministerial training failed to equip us on how to be ministers during a pandemic! This is new ground for all of us.

The unprecedented threat of Covid-19 has resulted in sweeping changes to society, including the temporary closure of church buildings for public services, meetings, community activities and all lettings. During this worrying time, I want to reassure you all that we continue to be church, even if it feels very different.

You will know that I have been signed-off for six long months as I manage the new degeneration in my neck. On Monday I was able to meet with URC Occupational Health via online conferencing and am pleased to say that a process of phased-return is being worked out. Ministry, for all of us, will be in a new, sometimes unnerving, sometimes creative and exciting way.

It feels hugely important for me to reach out to you and to encourage you as we face this new world, strengthened by the God who is ever-faithful and ever-present.

The Elders have been working hard to make sure that we keep contact with each other, via email, whatsapp, facebook, online conferencing, and letters where necessary. We are very aware of our need to support each other during these difficult times, so the Elders and I will be making contact to see how you are coping and if there is anything you need.

If you want to talk, don't hesitate to contact me. I will continue to hold each of you in prayer as we all seek to follow Christ in these days.

The URC Daily Devotions, which I write for, now also offer a form of Sunday Worship, which you can sign-up for, listen to and read here: <https://devotions.urc.org.uk>

As I gradually return, my presence online will increase, hopefully with a video worship for Easter. We can encounter God in many and various ways!

In these times, I would ask that you continue to pray for each other – for the lonely and anxious, for the key workers fighting the virus, and for the healing of God's world. Find ways, despite the limitations, of being the face of Christ – of being church, for our communities.

May we know God's peace in the chaos.
Every blessing,

Martin

Church Website: <https://stpaulsurc.org.uk>

Church Facebook page: <https://www.facebook.com/stpaulsurc/>

Church Whatsapp Group – contact Fran Boto

Events Calendar 2020

Due to the current COVID-19 Situation many upcoming events have been postponed. We will keep you updated in future Pauline Editions and look forward to getting these back on track very soon!

April

12th – Easter Breakfast at 9am and a Children's Easter Egg hunt after the Service – Cancelled

May

17th Christian Aid Big Brekkie at 9am – Cancelled

June

Model Railway Exhibition – Date TBC (Likely the 6th or 13th) – Postponed until 2021

27th St Paul's Tea Party with Organ Concert & Photography Exhibition – Postponed to later in the year TBC

Sept

Wine Tasting or similar event – TBC

Nov

7TH Card Sale with Open Church and Christmas Tree Completion

14TH Tearfund Quiz Night

Dec

19th Christmas Party



Palm Sunday is coming up - like other churches, it would be good for you to make a cross out of whatever you have to hand and share your pictures on Facebook or Whatsapp on Sunday. Here's an example:
I hope you can take part!



Hello from the Wirral!

Rev. Barbara Exley sends her love and best wishes for Easter to everyone at St Paul's. She is busy helping out at a food bank and community supermarket at her church amongst other things but hasn't been called back to work in the NHS yet!

Working From Home Top Tips!

These are difficult times for many and lots of us are now working from home whether because of social distancing or social isolation. It can be a difficult transition moving from a work environment to working in relative isolation in your house. These tips should prepare you both physically and mentally to work in a productive manner and environment.

Some of these tips are also useful for those not working too!

Get Ready!

Get up, get showered and get dressed!

This seems obvious and something that most of will do anyway, but it is really easy when working from home to fall out of your usual routine. Trying to get up at the same time as you normally would and stick to your normal morning rituals. It will help get you in your 'work' headspace and focus you for the day. I don't think we need to go as far as getting dressed in a shirt and tie or usual work attire, but having a clear distinction between what you wear to relax in and what you wear for work can be a small but important psychological switch.

Carve out a specific workspace

It can also be very easy when working from home to sit with your laptop on your knee on the sofa. It will help you be more productive and focused if you have a very specific space for work. It doesn't need to be an office by any means (Kitchen table for example!) but having a space that is separate from 'home life' is important. Having an area that feels like 'work' will help with concentration and can give a feeling of normality to the working day.

Mental Health

Don't mix work & leisure activities

When you work from home, your work can bleed into your private life very easily. This links to the point above. Having a specific work area keeps your work life and your home life separate which is really important for your mental health. It can be easy to sit down for 5 minutes in the day and watch a bit of TV or get distracted by something on the radio and slip into things outside of the realm of work. This often means you can end up working later and are still doing emails or projects after your normal working hours which leads on to the next tip.

Stick to your normal working hours

As alluded to above continuing to work at your kitchen table or in your office is an easy habit to fall into because you are already at home. Having a clear separation between work and home needs to be maintained. At the end of your working day refer to point 1; get changed! Getting changed out of the clothes you work in, into something to relax in, or to work out in, can symbolise a clear shift between work and home.

Maintain human contact

It will be really difficult for us all having reduced contact with other humans, particularly if you are used to being surrounded by people all day. When you can, call someone don't send an email! Even better if you can have a video call with someone, have a video call with someone! Continued regular interaction with your colleagues will make work feel more 'normal'.

It's good to talk – Bob Hoskins was so right!

Whilst it's important to maintain contact from a work perspective as above, it's also really important that we are sharing our stresses and worries with our colleagues where we feel comfortable. The people we work with can be a brilliant support network and many of us will miss out on the 'non-work' conversations we have on a regular basis. We need to try and not lose this. Be open with your friends, talk about your worries and try to support one and other where we can.

Physical Health

Ergonomics

When considering your set up at home the key here is comfort! Have your laptop in a position where you can see the screen easily, have the things you use regularly (notebook, pens, phone etc) within easy reach and don't have all things on one side. If you are right side dominant it's easy to have all things (mouse, phone, pens, paper etc) on the right side. Spread the load a bit and have things on the left and right so we can maintain some movement variability. We know that posture is very poorly linked to pain so do not fear sitting in a new chair

or in a new way. The key here is varied movement which leads me onto the next, and probably most important point!

Move Regularly

This is potentially the *most important point* regarding physical health when moving to home working. When at home you have reduced interaction with colleagues and reduced need for all the 'incidental' movement that happens usually when you are at work. Less time walking to get a cup of tea, to go to the printer, walking to a meeting, walking to speak to a colleague etc. It is essential we try to build this into our new lives working from home. If you are taking a phone call, get up and take the call walking if possible. If you need a tea or coffee, walk around the kitchen as the kettle is boiling. **Take every opportunity to add movement into your day!**

Exercise

Working from home at the moment maybe much different to how we might usually work at home. Due to social distancing or social isolation it reduces our ability to use a gym as we normally would. It is important we try to get into a regular exercise routine as soon as possible. The easiest way to start is to add in a walk at lunch time (this is still allowed for those not in the high risk group). Giving yourself some time away from your desk is not only good for mental health but our physical health too. There are some great online exercise resources that can give us some good ideas for exercising from home (especially if you don't have any equipment); the NHS has an excellent online 'Fitness Studio' if you need some guidance. Try to stick to your usual exercise routine once again, so if you usually exercise before work for example, try to do the same. Get in touch with a colleague or a friend and get on a facetime or a skype call and exercise together to keep morale up!

Snacking

Working from home plus reduced opportunity for incidental movement and exercise can be a dreaded combination. Trying not to rapidly increase the amount of food we eat can help to maintain our usual weight. Try to eat foods that are going to aid our immune system such as citrus fruits which are rich in vitamin C, along with foods like broccoli, garlic, ginger and spinach.

Hopefully these tips will help you to maintain some **normality** as well as **mental and physical health**. So, in summary keep moving and it's good to talk!

Helen Dean

Notice about the Walk of Witness

"Regrettably after much prayer we have decided to cancel the Walk of Witness this year. The preparations were going excellently and so this decision has not be taken lightly, but we need to protect the Residents at the Alms Houses, and the many of those taking part who fall within the vulnerable categories, plus the walkers and shoppers. We know that God walks with us through this dark valley, and we pray that you will each experience the love of God in a very personal and special way this Good Friday.

We will of course resume the Walk of Witness next year.

Many thanks

Toni Suffolk

Walk of Witness



Progress continues at church with the fitting of the Youth Room secondary double glazing which will make that room more cosy for everyone.

“Money Matters”

Hoping you are all OK and supported – we may be physically isolated but not, I hope, (anti)-socially isolated!

Our church buildings are ‘mothballed’ until we can worship and meet together again but we are still ‘being church’ in new and interesting ways.

Our priority is of course is looking after ourselves, our families, our local church fellowship and, however we can, the community we serve. We will however be losing considerable income whilst we are unable to let the halls, but apart from heating, lighting and loo rolls our other expenses (insurance, M&M, utilities) continue, and Robert set out our financial position at the AGM a fortnight ago. For each and all of us, our personal giving to St Paul's is an expression of our discipleship and this income is vital to maintain our ability to develop our vision and maintain our church – physically and spiritually - through all the work that we do together in Christ's name.

Some of you may be facing hardship as a consequence of the current COV-19 crisis but some could perhaps increase giving during this time; perhaps now is a good time to review what you can spare to enable us to emerge from this period of isolation as a strong, welcoming and dynamic community.

Although we are not of course circulating the collection bag on Sundays please could we ask that you maintain your freewill offering or Sunday contributions either by

- Making a transfer from time to time to the church account – or sending a cheque
- Setting up a standing order to donate regularly
- Keeping your filled collection envelopes for when we meet again or someone from the church can collect them.

Bank details are: **NatWest PLC, 111 South End, Croydon, CR9 1ZY**

Sort Code: 60 19 34 Account Number: 41239482 Account name: St Paul's United Reformed Church

Please use your initial and first part of your surname as a reference for direct transfers and standing orders

Cheques payable to St Paul's URC for Freewill Offerings can be sent to Caroline Corfield, 5 Castlemaine Avenue CR2 7HU so she can keep tabs, or let her know by email (above) if you have done a transfer, might take a few days extra to bank cheques. Thank you, and may God bless all of us and our wider community. Sue

Sue Eardley

Joint Church Secretary

St Paul's United Reformed Church

Croham Park Avenue CR2 7HF

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Eardleys@virginmedia.com

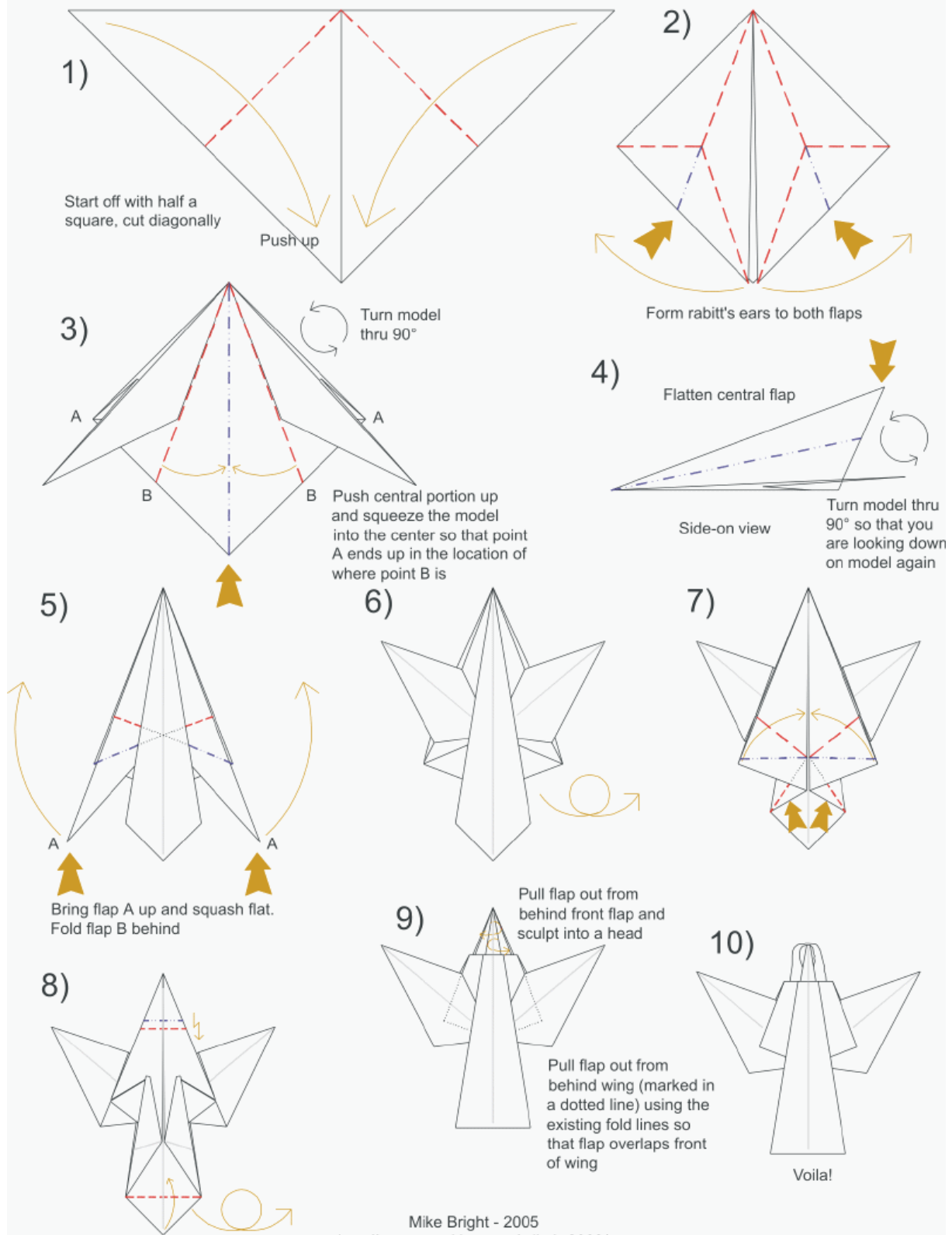
[www. stpaulsurc.org.uk](http://www.stpaulsurc.org.uk)



Things to do when self-isolating

Angel

July 2005



Church Action on Poverty Sunday lunch

– 23rd February



Church Action on Poverty is a UK Ecumenical charity which aims to build a movement that can loosen the grip of poverty in the UK through:

- Tackling unjust Government policies
- Amplifying the voices of people who have been marginalised
- Challenging harmful business practices and
- Holding the church to account.

This year the elders agreed to support the charity with a simple soup and bread lunch after the service. We were blessed with lovely soups made by Fran, Bea and Jean to choose from, together with bread, rolls and cheese, and ate together round two large tables which built fellowship and lively discussion with everyone feeling included.

Overall around 20 people came along and we raised a magnificent £141, with £124 of that attracting gift aid, increasing the amount received by the charity. Huge thanks to all who participated!

The Art of the Possible.....

Exploring faith and politics

This discussion course developed by a consortium (the Joint Public Issues Forum) has run for five sessions so far - missing a week when the church 'went virtual' on 22nd March, but continuing as an online video group last Sunday. The final session is on Palm Sunday, 9am.

So far we have explored a range of issues about how we as Christians and we as church interact with the political decision making and values in this country. We have explored famous people and groups in history who were changemakers and stood up for their values - Mother Teresa, Dietrich Bonhoeffer, the Amish people; we have explored how God and Jesus are portrayed as gentle and forgiving, tough and vengeful, persecuted and political; we have considered where Christianity fits in the justice system, and in forms of government and Kingship, and underpinning it all we have looked at bible verses and chapters, highlighting the breadth and complexity of views and representations.

It's been a great set of discussions - but a pity that only about ten of us have come along - why not join us this Sunday in our 'Zoom' discussion, or ask us about joining something later in the year.

Sue Eardley

St Paul's URC Annual General Meeting – 15th March 2020



Present: 18 Members. Apologies: Rev Martin Knight, Rev Alistair Hutcheson, Sandie Savage, Gill Rutter, Heather Catling, Pat and Dennis Simmonds, Heather Richardson, Pat Granville-Overton. David White. Stuart and Janet McCormack, Sandy Savage, Wendy Gilbert, Peter Sutcliffe, Pam Oubridge, Dawn D' Souza and Stuart Dean.

Sue Eardley opened the meeting with a prayer, and shared greetings from the Minister who remained on sick leave but hoping for a phased return around Easter. .

- 1 **Notes of previous meeting:** 19th January was agreed as an accurate record. There were no matters arising not covered elsewhere.
- 2 **General Reports for 2019:** Taken as read, taking stock of our achievements. Highlights and questions included:
 - The Ministry report outlined significant changes to elders, committees and groups that had bedded in during 2020 and the establishment of our Vision to be a Welcoming and Child Friendly Church.
 - Thanks to the Inreach and Outreach group and all the helpers who had built our church community, supporting our events and external activities.
 - The Spirituality and Worship group had supported services, refreshed the church environment and helped Bea and the Minister in leading worship and pulpit supply.
 - Practical work by the Maintenance and Resource group had kept our buildings safe, warm and watertight, with the insurance and URC surveys needed clear documentation and completed actions, plus boiler repairs and opening the lovely new office.
 - The Junior church had been busy despite small numbers with leaders always prepared with resources and ideas. Plans are under way for a refurbished youth room based on ideas from the young people. The youth council scout groups remain very active but the Ranger guide unit has now closed. Local Beaver scouts visited the church for their faith badge.
 - The Guild has had a steady increase in members and a range of interesting speakers and charity fundraising alongside its regular knit and natter sessions.

Thanks to all who contributed to the reports – and the work. Reports were accepted unanimously.

- 3 **Treasurer's report and accounts:** Robert Spurgeon presented the accounts, noting that the deficit of £13,210 this year (£6,945 last year) was mainly due to slightly reduced income and an increase in repairs and maintenance such as on the boiler. It was covered by transfer from the capital fund; share values had increased by £15,600 over the year. Work at the manse to replace the cavity insulation would be refunded by Synod in 2020.

Adoption of accounts was proposed and seconded and agreed unanimously.

The Treasurer was thanked, and agreed to continue in post for another year and were duly elected with just one abstention, by the Treasurer

The examiners were also thanked for their work and Dennis Simmonds and Steve Savage agreed to be reappointed as examiners for 2020, passed unanimously.

The AGM closed at 12.40



St Paul's Church Meeting – 15 March 2020 – after the AGM

1. **Welcome:** 17 members present. Apologies from Rev Martin Knight, Rev Alistair Hutcheson, Sandie Savage, Gill Rutter, Heather Catling, Pat and Dennis Simmonds, Heather Richardson, Pat Granville-Overton. David White. Stuart and Janet McCormack, Sandy Savage, Wendy Gilbert, Peter Sutcliffe,, Pam Oubridge, Dawn De Souza and Stuart Dean.
2. **Minutes of last meeting** on 17January approved. No matters arising
3. **Matters Arising not covered elsewhere.** Sue updated progress on the key topics
Organ – Still awaiting St Mildred's response on our contractual proposals.
Teams Joint Meeting – scheduled for 8th March had been postponed to 10th May when the Minister was hopefully back
COVID-19 preparations – extra precautions were being taken around food, refreshments and social distancing following government advice about minimizing infection spread, awaiting further government guidance.
4. **Update from Maintenance and Resources:** The group is continuing to progress longstanding maintenance works, such as painting downpipes and secondary glazing in the youth room. The boiler problems seem to have been solved by Thermoserv. The defibrillator installation as awaiting someone to design and arrange installation of a signboard to which it could be attached. Sue will try to obtain the Floating Shelter device to store in the kitchen in the interim.
5. **In and Out team** – Details of events and plans were in the Pauline. The Church Action on Poverty soup lunch was a success raising £141 towards this important cause. A plea for ideas to spruce up the website was made – **please suggest content** or other churches which have good ideas to copy if we can, to Steve, Sue or Helen.
6. **Spirituality and Worship** – The lent Sunday 9am discussion group on faith and politics is going well – more participants would be very welcome. **Donations of small toys/books/distractions** would be welcome for the three bags Angela had made for visiting children in church.
7. **Youth room Upgrade** – there were a number of options for upgrading the room to be more child-friendly and a versatile space. A small working group would look at the options beyond secondary glazing and heating to choose decoration, furnishings and how its use could be broadened for children and young people. Anyone wishing to be involved to contact Helen Dean
8. **Any other business** None

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Next Church Meeting: AGM – 17 May 2020 after the service

The Prayer Beat team circulated this note to those in nearby roads



ST PAUL'S UNITED REFORMED CHURCH

Croham Park Avenue, South Croydon, CR2 7HF

<i>Minister:</i>	Revd Martin Knight	e minister1@stpaulsurc.org.uk
<i>Church Secretaries:</i>	Mrs Sue Eardley	e eardleys@virginmedia.com
	Mrs Bea Pollard	e ronandbea@btinternet.com

Dear Neighbour

You may recognize the heading from our neighbourhood prayer scheme whereby two of us would knock on your door and ask if there is anything you particularly wanted us to pray about. We are doing this again in these difficult times, but this time in a distanced way!

The request will remain anonymous and confidential within our wider prayer team. To request specific prayer please phone on 07969173457 – or email us at minister1@stpaulsurc.org.uk including the words “Neighbourhood Prayer” in the heading .

We will commit to pray for you for six weeks. Our public worship remains suspended at the moment according to government directives but we remain church in our community and can also direct you to virtual worship if you would like to contact us.

‘Cast your cares upon the Lord & He will sustain you.’

The Bible, Psalm 55, verse 22

Yours sincerely

Neighbourhood Prayer Group.

On behalf of St Paul's United Reformed Church

Please see overleaf

About St Paul's United Reformed Church:

We are a welcoming Christian community of ordinary folk, who in more usual times meet every Sunday morning at 10:30am to worship God and to follow the ways of Jesus.

Would you like us to pray for anything that is worrying you at this particular time?

We believe, and have experienced for ourselves, that when we give our concerns to the God who loves us, we always find help. We are not necessarily given a quick solution or what we think we want, but God always does something – whether it is to give us a sense of sacred presence, of greater peace of mind or knowing that others care for us. Prayer makes a difference!

If you are of another Faith, please do not be offended by our approach – we are all neighbours and can pray for and love each other!

If you have no-one to offer you practical help at present such as with getting shopping, posting items we would be willing to help as long as our team have the capacity, are in good health and not self-isolating themselves and according to government directives. Do give us a call/ email. If we can help.

Helping our Community

Purley Food Hub continues to seek help supplying those in desperate need with food for their families. There has been a drop in donated food and increased demand due to the COVID-19 restrictions which has reduced the number of available volunteers too. Please continue to help the team meet the needs of local families by either



Volunteering (if under 70 and not self-isolating) – collecting donated food from supermarkets, helping with sorting or driving round to distribute food packs to families in Purley on Wednesdays

Food donations are being received only on Wednesdays between 10-12noon at Purley URC – there is a list on the website of preferred items

Donating money so the team can buy items that they are short of and keep the centre running.

Bank details are HSBC Bank plc, Wallington, Sort code 40-45-17, for the credit of Purley & Kenley Churches Together Food Hub A/C no 81652877. There is a gift aid and standing order form online.

[Download the Gift Aid Declaration/Standing Order Form](#)

For more information or for the address to send cheques please contact the team at

Purley & Kenley Churches Together Food Hub

Tel 07546 635295 Email: purleyfoodhub@gmail.com

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Community Library in the front garden of 46 Blenheim Crescent

An enterprising neighbour has set up a community books jigsaws DVDs and games for anyone who swap during the current times. These items are buy new on mail order!



library of wants to pricey to The



system is for exchange only, for South Croydon neighbours when they are out on their 'exercise trip'. It's unattended but watched by video camera.

Editor's note

You will have noticed the new format of the Pauline – hopefully in these difficult times it will be easier for everyone to have a copy that is not necessarily paper! I have to admit it's been a learning curve and a few rude words may have slipped out whilst getting to grips with it! Many of us have already joined our new Whatsapp Group St Paul's – It's wonderful to hear from everyone in the group. I have found it very comforting whilst self-isolating. There does seem to be a bit of a competition getting under way with some of us trying out our 'green fingers'! Dawn posted a beautiful Orchid on the group – it can be grown from seed (apparently) and several of us are getting the seeds – with promises of progress in due course - watch this Whatsapp group! (Details for the Orchid are below). If you are not in the group but would like to join please let Fran know.

There have been lots of messages, jokes, videos etc going round, I have to admit usually I have a quick glance and ignore most of them – but with a bit more time on my hands and with a need to feel connected I've been looking at some and now I will bore you with a few that have made me laugh out loud! Sorry, apologies but you can always just ignore this bit!

A frog goes into a bank and approached the teller – her nameplate says Patty Whack. “Miss Whack, I'd like to get a £30,000 loan to take a holiday” Patty looks at the frog in disbelief and asks his name. He says Kermit Jagger; his dad is Mick Jagger and that he knows the bank manager. Patty explains that he will need to secure the loan with some collateral. The frog says “sure I have this” and produces a tiny porcelain elephant, about an inch high, bright pink and perfectly formed. Very confused Patty explains she will have to consult with the manager and goes into the back office. She finds the manager and says, “There's a frog called Kermit Jagger out there who claims to know you and wants to borrow £30,000, and he wants to use this as collateral”. She holds up the tiny pink elephant. “I mean what in the world is this?” The bank manager looks back at her and says, “It's a knickknack, Patty Whack. Give the frog a loan. His old man is a Rolling Stone. ☺ Come on – who sang along!

<https://www.ebay.co.uk/itm/183474936210>

This is one of the orchid species named flower of the holy spirit. It starts blooming during pentecostal period once a year. Before bloom, it looks like praying saints, when the flower blooms, it looks like a flying dove. How amazing is God's Creation!



Our grandchildren were very disappointed that they couldn't see each other over Easter as planned but they have been keeping in touch by phone– this is Henry reading Livia a story. Livia is listening via mummy's phone – you can see her in the top left hand corner



Zoom Meeting



We have been trying to get to grips with new technology (new to many of us anyway) as we aim to stay in touch and hold meetings etc. This image kindly sent to the St Paul's Whatsapp group by Cathy Heath is so true. Not only think about how you look but what's in the background too!