



# roundabout



The Parish Magazine of St. Augustine's Church, Southborough Lane with St. Luke's Church, Bromley Common

Issue 532 May 2022

## God's gift of rest

*'The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.'*

These words of Psalm 23 are possibly the most famous verses in the Bible. But when you read them slowly and deliberately, what do they mean? What if life didn't have to be so rushed? Do you ever find yourself longing for a break or even wishing you could find a place to hide? For the average household, days are made up of long to do lists, even longer work hours and so many activities it can be difficult to find time to breathe, much less rest. When was the last time you sat outside and just listened to birds sing or the wind in the trees? Even though I often forget it, I believe that rest is not just a suggestion given from God but a command.



God worked hard when he created the world, and then he rested. As the all-powerful Creator of the heavens and the earth, he did not suffer from tired muscles but he chose to rest. He chose not to be a workaholic. God rested on the seventh day as an example for us. It is so important that it is mentioned in the Ten Commandments. Perhaps God knew our tendency towards over-working. A constant stream of the busyness of life can slowly wear away at us over time: physically, mentally, emotionally and spiritually

Rest is more than a nap. Real rest is about experiencing the peace of God deep within. God tells us that it is important to stop our physical work... to take a day of rest. It doesn't matter what day it is. The point is making a choice to stop and find that inner peace that we may be missing. That might mean going for a walk in the woods, sitting on the bench in your garden, or walking along the river. Where is it that you can go to refresh your body and your soul?

When we allow God, our Shepherd, to guide us, we have contentment and refreshment. Our Shepherd knows the 'green pastures' and 'quiet waters' that will restore us. We will reach these places only by following him obediently. Ignoring the Shepherd's leading is actually ignoring or rebelling against our own best interests. We live in a time that pressures us to be productive 24/7. Everything we do has to look good and accomplish something. Nothing encourages us to stop. The word 'Sabbath' literally means stop, pause, cease, desist. This month I urge you to rest more, spend at least a day a week without 'work' - without needing to get something done. A day free of multitasking, free of striving for perfection and productivity. A day to rest in God's goodness. In the words of Erica Layne 'Rest is not idle, is not wasteful. Sometimes rest is the most productive thing you can do for body and soul.'

Now, sit back and relax!

**Helen Baker, Youth and Schools Minister**

**As members of St. Augustine's with St. Luke's, we seek to follow Jesus' command  
— to share God's love with our community.**

## *The Guild of Church Flower Arrangers June Flower Demonstration*

St Augustine's with St Luke's will be hosting the next meeting of the Guild of Church Flower Arrangers on Monday 13 June at 8 pm.

The Guild began in 1966 with the aim 'To further the knowledge of flower arranging in churches and places of worship'. It is an ecumenical group. Meetings are held four times a year in various churches in and around Bromley. During the meeting an experienced demonstrator will explain and create beautiful floral designs suitable for worship spaces. The arrangements are then left in the host church as a 'thank you' for providing the venue.



If you love flowers and would like to find out more about flower arranging, do come along to St Augustine's in June. You will be made most welcome.

The Guild's membership fee is usually £10.00, and visitors pay £5.00 per visit.

Looking forward to a most enjoyable evening,

**Cathy Fyfield**

## *Transformation Now!*

On a brilliant, sunny Saturday members of Mothers' Union in Rochester Diocese made their way to the cathedral to celebrate Lady Day and the commissioning of Diocesan Officers.

Locally, Liz Carter remains as Administrator, Mary Margaret Yates from Holy Trinity church was appointed Diocesan President and Tina Fatcher-Smith Vice President for Bromley and Bexley Archdeaconry.



It was good to be able to meet each other again as we celebrate this year and its theme 'Transformation Now'. Inspired by the biblical example of Mary's willing obedience, we seek to be transformed by God personally and – as a movement – serve him in the world Christ was born to serve..

If you would like to know more about our branch at St Augustine's with St Luke's speak to Liz Carter on 020 8467 8155.

**LizCarter**

**We are the body:** Discussion of our parish outreach and finances is discussed at the Annual Parochial Church Meeting at midday on Sunday 8 May. Do join us as we are all the 'body of the church'.

## MEMORIES OF A *Purple Pinky Man.*

In 1985, when a thousand children a day were maimed or died from polio, Rotary initiated a programme of mass vaccination of children in the Philippines.

That programme was the spearhead of the Global Polio Eradication Initiative when the World Health Organisation, UNICEF, and national governments joined together to eliminate the scourge of polio followed by the support of charities and philanthropists.

The pass mark for eradication was set at three consecutive years without any new cases.

Over the past decades there have been stops and starts but gradually countries achieved non-endemic status and last year there were just two new cases; one each in Afghanistan and Pakistan.

The campaign is simple but huge — immunise every child in the world. I have been fortunate to help in Delhi in National Immunisation Days (NID) when 70 million children throughout India receive the two drops of vaccine in one day.

In all the medical areas throughout the country the pattern of a NID is the same. The central government decides on the day; there is a period of careful planning of resources prior to a three day event. A day to advertise, the Day itself and the third to follow up.

The event is over a weekend so on Saturday there will be a parade around the district with children from two or three schools, with dancers, with choirs, with youth groups, with visiting dignitaries and with Rotarian helpers wearing yellow T shirts and caps whose pale faces attract attention. There will be chanting----- “Kick polio out of India” or “Keep India polio free”! It is noisy and jolly, traffic is held up far and wide but onlookers smile and applaud and wave; there is no doubt the NID is coming to town.



The National Immunisation Day is run as a pyramid; medical centres have a given area divided into sections and subsections, vaccination stations (a table, a couple of chairs, a notice) are set up in the entrance to a temple or some flats or perhaps on a street corner and are ready for business. Children are brought to the stations by parents, by grandparents or siblings and suddenly you are waist deep in children keen to receive the vaccine. The little open mouths are swiftly given two drops and the *purple pinky man* is there to dab a purple dye on the left hand little finger nail to show the drops have been given.



The day is busy and tiring but oh so satisfying.

DAY 3 is to follow up to trace children who have not visited a station. Small teams go into the slum areas (narrow, cramped winding alleys seeking children known to be there by record or by local knowledge for vaccination) indoors or a doorway or in the street; even more tiring but just as satisfying to have participated in such an event.

The purple crocus has been adopted as a logo for the campaign so when I see the purple crocus outside St. Augustine's, planted by the Rotary Club

of Bromley, I am reminded that the fight goes on but also I remember the children, the open mouths, the two drops and so many little fingers. One day when eradication is achieved the purple crocus will no longer be a logo but a simple flowering herald of spring; remembered but not forgotten.



**Let it be soon.**

**John Lee**



## What do we know about the Scripture Union?

I suppose most people know that the Scripture Union produces Bible notes and has a long history of running missions, camps and children’s holidays, but over the years in which I have been using SU’s ‘Encounter with God’ daily notes and receiving its ‘Connecting You’ prayer and news diary, I have found out a great deal more about the organisation and its almost endless **activities**. One of its priority aims is to reach the ‘95’ ie the 95 % of children in Britain who have no connections with any churches, yet many of whom say: “I don’t go to church but I do believe in God”. This it does by sending teams into schools, running sports days, and training young people to become ‘Faith Guides’ to others through a ‘Revealing Jesus’ mission framework. Also for schools it has produced ‘It’s Your Move’ - described as a survival guide for children going from primary to secondary schools. (I believe Helen has introduced these into our local schools).

Perhaps the most exciting innovation is the ‘Guardians of Ancora’ a *free* downloadable video game introducing Bible characters to 7 – 11 year olds. If you have children or grandchildren who do not yet know of this, why not tell them about it? ‘The Diary of a Disciple’ - Acts as told by Dr. Luke, is another production – which now has holiday club material based on it. But it is not all modern ideas which are used: ‘Lifepath’ takes groups of schoolchildren on ‘journeys’ following the lives of saints and heroes of old, eg. John Bunyan in Bedford.

Does SU only work in the UK? No way! I must admit being surprised to learn of their activities in such far flung places as Canada, New Zealand, DR Congo, Kenya, Pakistan, Switzerland and Romania – and I am sure that’s not all. So join me and many others in praying for all they do in outreach from local parks in poverty stricken areas, to week long sailing camps, from helping to provide food and other goods where needed, to a concern for mental health in schools - and of course you can always find out more about them.

**Christine Regas.**



### Christian Aid Week 15 – 21 May

This year’s appeal focuses on Zimbabwe and people like Jessica Mwedzi, a rural farmer. In times of drought she can’t grow enough food and often she and her family can afford only one bowl of porridge a day. Your donation will help to provide a water supply, drought-resistant seeds like sorghum or millet and training to adapt to a changing climate.



You can donate at [caweek.org](http://caweek.org). In addition, envelopes will be available at church during the week.

The charity Christian Aid is at work throughout the year in many parts of the world. The address is: PO Box 100, London SE1 7RT and [www.christianaid.org.uk](http://www.christianaid.org.uk)



**Rob Hutchings**

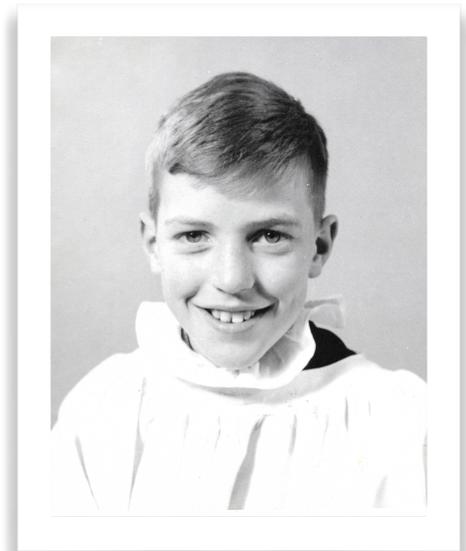
### ‘Yesu amefufuka kweli kweli’

Pastor John Sinda who leads our link parish of Mwaikisabe in Tanzania sends Easter greetings to us all in the parishes of St Augustine’s with St Luke’s. The outlook for their community is uncertain as they are waiting for much needed rain and he asks for our prayers and support in the knowledge that ‘**Jesus is risen indeed**’.

Following Sue Goodger's article on 'Messiah' in the April edition of Roundabout, John Murray shares...

## Some Memories of a Choir Boy

I was blessed when I was eight to have my school teacher, Miss Morpew, suggest that I joined All Saint's Church Choir, Plumstead. Her friend Olive Stainer was Organist and Choir Mistress at the church. I joined the choir in 1955, and was to remain for over five happy years. As for memories they are many including: fun with the other choir boys ranging in age from 8 / 13; Christmas parties with lots of food and silent films; the enchanting mural of the 'Ascension' painted by the famous German artist Hans Feibusch for when the new church was opened in July 1957 – the old church being bombed in 1944; singing wonderful music that has stayed with me throughout my life.



The choir boys practised on Thursday nights starting with scales and breathing exercises. Olive Stanier gave us a wonderful feel for music and kept a group of exuberant boys in check in a kind manner. We were expected to sing twice on Sunday and had the bonus of singing regularly at weddings.

At Easter 1958 the choir of just over 20 sang the Messiah. I remember we had a Bass who I cheekily called 'Old Gravel Voice' but his voice was completely transformed when he sang solos. We also had a young trainee opera singer and I still remember the beauty of her rendition of 'I Know that my Redeemer Liveth'. I sang a solo of 'How Beautiful are the Feet' – the words and tune are with me to this day.

The choir boys took part in a concert by young musicians and singers at Salle Erard in London. I sang a solo from the Messiah and we sang 'Brother James's Air' and 'O Lovely Air'. Disaster almost struck at the start of my solo because after the introduction I opened my mouth and not a sound came out. I had a cough and a splutter while the introduction was re-played and everything was fine. The lesson I learnt was not to eat a Mars Bar before performing.

John Murray

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## *It Seemed Like A Good Idea At The Time!*

Just as the February half term was about to start A Little Girl I Know had an idea. She asked if she could change her bedroom, not as she has previously done by moving her bed to the opposite wall, but changing the study and her bedroom over. It seemed a bit of an odd request as her current bedroom was bigger and had a better view from her window, but she was sure that was what she wanted to do.



Before long the study was emptied, books, desks, computers, printers, all stored temporarily downstairs. She then presented me with a sketch of the planned layout of her new room. It looked good and practical as work space and sleeping area. I was impressed with her ability to work these things out.

Two days later her room was finished, bed in place, books on the shelves, CDs in order and her desk under the window for maximum light. It would need to be painted and have a new carpet later, but she didn't mind. She was pleased to be in her new bedroom.

I, on the other hand, was far from excited at the prospect of having to wait for the walls to be painted, new carpet laid and then the task of putting everything back into its new home. The words of my dear Nana kept filling my mind, 'It seemed like a good idea at the time!' She was so right. I had to remind myself that it would be worth it in the end when the room was finished. Every day I sorted through books, papers, pens and pencils, it seemed never ending. Bags were filled for the tip, the charity shop, to give away and things to keep. Many things thought to be lost forever came to light including a small Snoopy toy that Nana had given me a couple of years before she died. I cried as I held it in my hand again remembering just how special she was to me and how suddenly she had left us.

Over the few weeks it took to transform the new study A Little Girl I Know would often say that, 'It seemed like a good idea at the time'. She made me laugh! I was starting to see the end and was working hard to achieve that.

Maybe on arrival in Heaven we will be called to account for those moments in our lives when it had seemed like a good idea but didn't quite go to plan. Also, those moments when we did get there because God's hand had been guiding us through and it had been worth it in the end. **Yippee!!**

Keep your news coming to me either by seeing me in church on Sunday morning or alternatively, you may like to email it to me at [jackysskinner@gmail.com](mailto:jackysskinner@gmail.com). Thank you.

### FORGET ME NOT CAFE



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# Jubilee Celebrations

The unique events surrounding the extended Bank Holiday for the Queen's Platinum Jubilee will prompt lots of our readers to take photos. If you have a photo and a few words you would like us to include in Roundabout, please send **by email only** with unformatted text to Sue Goodger or Mary Plummer at

[sue\\_goodger@ntlworld.com](mailto:sue_goodger@ntlworld.com) or [maryaplummer@hotmail.com](mailto:maryaplummer@hotmail.com)

by 10 June



## Special Dates for your diary May 2022 ~

A number of special services & events have been planned by our Worship & Outreach teams. For further details see weekly e/news or church website: [www.st-augustines.org.uk](http://www.st-augustines.org.uk)



Date	Service/Event	Where	Time	More Details
Wednesday 4th May	Hot Chocolate on the Green 	On St Augustine's Green	From 3.00pm	Free hot chocolate served for any passers-by
Sunday 8th May	APCM ~ followed by Parish Lunch & Outreach & mission showcase	St Augustine's Church	At midday	Parish Outreach & Mission annual update 'showcase'
Saturday 14th May	"Messy Church"	St Luke's Hall	3.00pm ~ 5.00pm	Children with their adults creatively explore 'church'
Saturday 14th May	Prom Praise	Albert Hall 	7.30pm	Contemporary and classical worship at Prom Praise!
Sunday 22nd May	Taizé Service	St Luke's Church	5.30pm	Join our reflective worship evening Taizé service
Thursday 26th May	Ascension Day Service	St Augustine's Church	7.30pm 	Join us for Holy Communion on this special day
Saturday 28th May	Youth Connect	St Augustine's Church	6.30pm	Year 7+ connect with each other in a fun evening
Sunday 29th May	Café~Style Church	St Augustine's Church	10.00am	A light breakfast whilst worshipping worship together in an informal church setting
Tuesday 31st May	Merry Pilgrim Walk	Jubilee Park 	10.30am Thornet Wood Car Park, BR1 2LN	Join us as we stroll along and learn about the beautiful local flora & fauna

Staff Contact Details		
Vicar	Rev Steve Spencer	020 8467 1351
Curate	Rev Rachel Winn	07311 330202
Youth and Schools	Helen Baker	07576 233119
Licensed Lay Minister	Alan Mitchell	07985 070734
Licensed Lay Minister	Verity Mitchell	07379 294826
Churchwarden	Hilary Chittock	07884 195700
Parish Office: Mon-Fri 9.30 am - 1.30 pm	Linda Spencer Victoria Bouwer	020 8295 1550 <a href="mailto:office@st-augustines.org.uk">office@st-augustines.org.uk</a>

**You are welcome to worship with us, our regular Sunday Services for May are:**

**Sunday 1 May 10.00 am** **St. Augustine's Morning Worship**

**Sunday 8 May 10.00 am** **St. Augustine's Holy Communion**

**Sunday 15 May 10.00 am** **St. Augustine's Family Worship**

**Sunday 22 May 10.00 am** **St. Augustine's Holy Communion**

The 10 am service will also be live streamed on our You Tube channel.  
 St. Augustine's Church Rooms and St. Luke's Hall have reopened for hire for activities which are permitted under current rules, contact Liz Carter on 020 8467 8155  
 Our vicar Steve Spencer can also be contacted at [revsteve.spencer@btinternet.com](mailto:revsteve.spencer@btinternet.com)

**ROUNABOUT May issue: Editor Mary Plummer, Layout Adrian King.**  
 The June 2022 issue will be printed and published on the St. Augustine's and St Luke's website.  
 Editor: **Ann Hanrahan** Layout: **Karen Palmer** - [kajpal@live.com](mailto:kajpal@live.com)  
**Please send all articles in plain unformatted text and all photos separate from the text to be received by May 23**

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