

# Burnt Ash Methodist Church

## Newsletter



### Minister's Letter

Dear Friends,

Greetings in the name of our Lord Jesus Christ who is our strength and power in our weakness through His Spirit.

We celebrated the Pentecost Sunday last week in May and will be commemorating Trinity Sunday in the first week of June. Pentecost is when Jesus sent His Spirit according to His promise to the disciples to empower them for the mission. Jesus had asked them to wait and said: 'And now I will send the Holy Spirit, just as my father promised. But stay here in the city until the Holy Spirit comes and fills you with power from heaven.' Luke 24:49. We celebrate Trinity Sunday, though sometimes it is hard to understand the mystery of the 'Trinity.'

Trinity means our God is one who is not lonely, and we know Him as God the Father, God the Son and God the Holy Spirit. God the Father is the creator of the world, Jesus, who died on the cross and the Holy Spirit poured out on all the believers at Pentecost, shortly after Jesus ascended to heaven. The Holy Spirit is the very presence of God within us – these three are one and the same God. We see these three together at the baptism of Jesus.

“As soon as Jesus was baptised, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, “This is my Son, whom I love; with him I am well pleased.” Matthew 3:16-17.

Sometimes in our daily lives, we forget that God's Holy Spirit is at work in us and in our world, especially, when we go through the epidemic or any difficult time. This is because Pentecost is not a well-known festival in our culture and in our church as well. But it was a very significant and rich event in the life of the first-century church. Pentecost is the day when the church born by the coming of the Holy Spirit.

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After Jesus ascended and went to heaven, the disciples were all together in a room, praying and waiting for the helper to come, just like we wait for the daily government guidelines in this lockdown. I think, like the disciples, it is an opportunity for us to spend time in prayer and ponder on God's word. The disciples didn't show any signs of evangelism and talk about Jesus. In fact, they were waiting to be given power. They knew Jesus, they saw the risen Lord and they knew his presence in their lives. They were even commissioned to go out and preach the gospel. However, they were fearful and were waiting for the power to go out, but soon their fear was turned into an energetic mission. The losers became leaders, the fearful disciples became the powerful proclaimers. This was because the Holy Spirit filled their hearts and minds with a fresh passion for God and for people. They couldn't resist praising Him out loud and talking about Him to anyone who would listen. This is what Jesus meant when he said they would receive power through the Holy Spirit and be His witness.

“But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.” Acts 1:8

May God bless us with His strength and the power of the Holy Spirit as we live out our lives in faith and witness, His love through lips and living. Even though we are isolated, we are not disconnected from each other through our Christian faith and love. We are blessed with the power of His Holy Spirit and all other means of communication to witness and proclaim the love of God and His redemptive work in our lives.

Stay well and safe,  
God bless you.

*Rohama Asif*



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### Burnt Ash Church Family Virtual Coffee Morning

At the moment, as it is not possible to meet in person, there is a short meditation taken from 'The Rhythm of Life' by David Adam



### **Holy Spirit**

The Spirit of the Lord fills the whole world. **Alleluia! Alleluia!**

In him all things have their being. **Alleluia! Alleluia!**

**Come, Holy Spirit,** Restore the lives which without you are dead.

**Come, Holy Spirit,** Kindle the hearts which without you are dull and cold.

**Come, Holy Spirit,** Enlighten the minds which without you are dark and blind.

**Come, Holy Spirit,** Fill the church which without you is an empty shrine.

**Come, Holy Spirit,** and teach us how to pray,

**Come, Holy Spirit.**

PSALM 29

**God shall give strength to his people**

Ascribe to the Lord, you gods, ascribe to the Lord glory and strength.

Ascribe to the Lord the glory due to his name, worship the Lord in the beauty of holiness

The voice of the Lord is upon the waters; the God of gory thunders; the Lord is upon the mighty waters.

The voice of the Lord is a powerful voice; the voice of the Lord is a voice of splendour.

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The voice of the Lord breaks the cedar trees; the Lord breaks the cedars of Lebanon.

He makes Lebanon skip like a calf; and Mount Hermon like a young wild ox.

The voices of the Lord splits the flames of the fire; the voice of the Lord shakes the wilderness; the Lord shakes the wilderness of Kadesh.

The voice of the Lord makes the oak trees writhe and strips the forest bare.

And in the temple of the Lord all are crying, 'Glory'!

The Lord sits enthroned above the flood; the Lord sits enthroned as King for evermore.

The Lord shall give strength to his people; the Lord shall give his people the blessing of peace,

**God shall give strength to his people**

### **Romans 15:13**

May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.

**The Song of the Spirit:** Isaiah 61:1-3

**The Spirit of the Lord God is upon me.**

The Spirit of the Lord God is upon me, because the Lord has anointed me:

He has sent me to bring good news to the oppressed, to bind up the broken-hearted.

To proclaim liberty to the captives; and release to the prisoners.

To proclaim the year of the Lord's favour, and the day of vengeance of our God; to comfort all who mourn;

To provide for those who mourn in Zion – to give them a garland instead of ashes,

The oil of gladness instead of mourning, the mantle of praise instead of a faint spirit,

**The Spirit of the Lord God is upon me.**

The Spirit of truth lead you into all truth, and give you grace to confess that Jesus Christ is Lord, and to proclaim the word and works of God.

**Amen**

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### **“It’s life, Jim, but not as we know it ....”** By Ruth Potter

I work for the BBC Concert Orchestra, and have been working at home now since 17 March. We just managed to squeeze in a recording with Crouch End Festival Chorus at Alexandra Palace on 13 and 14 March before everything really started to turn upside down. I was in the office on Monday 16 March, and when we heard how things were going, we packed up our laptops and files at the end of the day, and took it all home.

We were very busy for some weeks dealing with the inevitable fallout of having to cancel all our concerts and recordings – contacting conductors, agents and soloists, liaising with venues, our sound engineers, and colleagues in the Music Library and in the Rights department, as well as trying to come to terms with the fact that we wouldn’t be doing anything (or seeing each other) for quite some time. Although it was extremely busy at that point, the days went really slowly – I can only describe it as being like when you go on holiday and at the beginning you feel that you’ve got ages, and then as you get used to being away, the days start to go faster. But of course, it’s not at all like being on holiday... 10 weeks later, the weeks actually go by quite quickly – just because we are all now used to this strange new way of life.

Even though a lot of our projects have been cancelled, we are keeping busy, trying to reschedule things for later in the year and into 2021. It’s a big jigsaw puzzle! Things take longer to do at home because I’m relying on my own broadband and wifi instead of a BBC network, but despite this, the BBC systems are holding up well, which I think is pretty amazing, considering that about 90% of the workforce (c16,000 people) were working at home a few weeks ago. I don’t think it’s much less than that now. Each week we have at least three Zoom meetings – one with our immediate team, an all-staff webinar which Tony Hall (Director General) leads, and the other with James Purnell (Director of the Radio & Education division, which we are

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part of). These big meetings help us feel more connected with all our colleagues across the BBC, which has been really great.

I also try to speak to at least one person on the phone each day, rather than emailing all the time. For those of us who live alone, it would be quite easy to spend a whole day without speaking to anyone. The Concert Orchestra team is very supportive, and we are also a fun group of people, so we try to have a bit of a social gathering once a week over a cup of tea, just to help us feel more together. We've had a couple of quizzes, a caption competition, Countdown and Give Us A Clue.

Of course, we were all wondering what would happen with the Proms, and this morning (28 May), we have heard that the first six weeks of the season will be filled with performances from the huge archive of previous Proms, which go back decades of course. I'm sure there will be some very special concerts, which will be a treat to hear again. The Proms are hoping that some live concerts will be able to take place in the final two weeks of the season, but it will depend on what the social distancing rules for that period turn out to be.

I am also one of the BBC's Mental Health First Aiders, so I have been trying to support colleagues and the members of our orchestra, emailing information about where to find help if people need support. I've also sent round photos of my garden, and shared links to clips on YouTube which people hopefully have found uplifting and enjoyable. Here's a clip I particularly like, which I hope you will too: <https://www.youtube.com/watch?v=fqxyfEb1Bb0>

So, that is a bit of an insight into what my working life has been like in these strange times. I'm not particularly missing the daily commute into London, but I do miss the camaraderie of being in the office and seeing all my colleagues and friends in person. But I count myself very, very fortunate to be working for the BBC and therefore still have a job. And I have always been proud to work for the BBC – ever since I started in 1988!

*Ruth Potter*

Here are some links to information which may be helpful:

- Samaritans: <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
- MIND: [www.mind.org.uk/information-support](http://www.mind.org.uk/information-support)
- Article from The Guardian: <https://www.theguardian.com/lifeandstyle/2020/mar/17/silver-linings-how-to-stay-positive-during-the-coronavirus-crisis>
- Information for carers: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>
- Advice for the elderly: <https://www.ageuk.org.uk/information-advice/health-wellbeing/>
- Children and Coronavirus: [www.bbc.co.uk/newsround/51896156](http://www.bbc.co.uk/newsround/51896156)
- Postural care when working at home: <https://togetherinmind.nhs.uk/in-mindcast/lucy-swift-managing-screen-time/>

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### Church member's news

Jenny and Jack are delighted to announce the birth of their daughter. Sophie Leila Jessie Williman was born on 22nd March (Mothering Sunday) weighing 7lbs. She was named after Jenny's nanny Jessie Mitchell who many of you know was a much-loved member of the congregation. George is infatuated with his baby sister and is a loving and very helpful big brother!



From Ruth Potter:

My mum, Hilda Potter, would like to thank everyone who sent cards and visited her to help her celebrate her 95th birthday on 26<sup>th</sup> May 2020. She had a lovely day, and we sat in the garden in the afternoon so all her visitors could come to the garden gate to wish her happy birthday and have a chat. She asked me if I could get in touch with people to thank them, as she really appreciated it.

Many congratulations to Pearl, Paul, Mark and Chiori on the safe arrival of Edward Eiji (Japanese name - pronounced Age). Born on 2 May 2020.

Pearl and Paul, proud grandparents, asked me to include this lovely photo of Edward



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### Recipe Page

#### Jeannette's **Almond Fingers** *\*contains nuts*

Cooking time 20 minutes

Oven temperature 350 degrees F/gas mark 4

4 oz semolina	½ tsp almond essence*
4 oz SR flour	1 small egg
4 oz butter	apricot jam
4 oz castor sugar	1 oz blanched split almonds*

1. Sift semolina, flour, sugar into a basin & rub in butter.
2. Add beaten egg & essence.
3. Mix to stiff paste and divide in two.
4. Press half mixture into a greased swiss roll tin & spread with jam.
5. Roll out the remaining paste and place on top of jam.
6. Decorate with almonds halves.
7. Bake for 20 minutes or until golden brown.
8. Allow to cool and cut into fingers

PS The egg must be small otherwise the mixture is too sloppy to work with.  
I replace butter with Stork cooking margarine  
I prefer to use 2x 7" round tins, so divide mixture into 4.

#### Zoya Asif's **EASY FAIRY CAKE RECIPE**

Fairy Cakes:

2 medium eggs  
Self-raising flour  
Caster Sugar  
Unsalted Butter

Buttercream:

75g of unsalted butter  
150g of icing sugar

Preheat the oven to 180 degrees. Measure the weight of the two eggs - this will now be the amount for each of the ingredients (e.g if your eggs weigh 120g, then you would use 120g of flour, sugar and butter). Mix the dry ingredients first and then add the eggs and butter. Whisk for about 2-3 minutes until all ingredients are properly mixed. Then spoon out the mixture into fairy cake cases and put in the oven for 10-12 minutes or until cupcakes are golden brown. Once cooked, put the fairy cakes on cooling rack to cool down. In the meantime, whisk the butter and icing sugar on high speed until you reach a fluffy consistency (please note if you need more icing to use double the amount of sugar than butter). Ice the fairy cakes and enjoy!

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### Mary's **Quick Easy Chicken Curry**

Serves 4.

6 Spring onions	400g boneless skinless chicken thighs
3 garlic clove	cut into 1 inch pieces
2 tabs. vegetable oil	100ml Greek-style natural yoghurt
Half a 400g tin chopped toms	Salt / pepper
2 tabs. mild curry powder	To serve
1 tsp. ground ginger	7oz long grain rice

#### Method:

1. Thinly slice onions. Peel and crush garlic. Heat in the oil in a large pan for a few mins. Add toms, curry powder and ginger - cook for 3-4 mins.
2. Add chicken and cook for 5mins moving it around in the mixture until it is beginning to cook.
3. Add 250ml water and bring to the boil. Reduce heat and simmer for 15-20 mins until chicken is cooked through.
4. Cook the rice in usual way.
5. Take curry off the heat, stir in yoghurt and seasoning
6. Serve on the bed of rice.

Delicious! You can always reduce the quantities for fewer people or make the curry and freeze portions for serving on rice another time.

### Isabel's **PARADISE SLICES**

6 ozs cooking chocolate.	4 ozs dessicated coconut.
2 ozs margarine.	2 ozs cherries
4 ozs caster sugar.	2 ozs sultanas.
1 egg.	

#### Method

Grease a flat baking tray with high sides. Cut up the chocolate and place it in the tray.

Put this at the bottom of a warm oven to melt.

Remove and spread evenly over the bottom of tray then put aside till set firm.

Cream the margarine and sugar till soft and creamy.

Add beaten egg, then coconut, cherries, and sultanas. Mix well.

Spread over the chocolate.

Bake in a moderate oven Gas Mark 4, 350 degrees for 25-30 minutes.

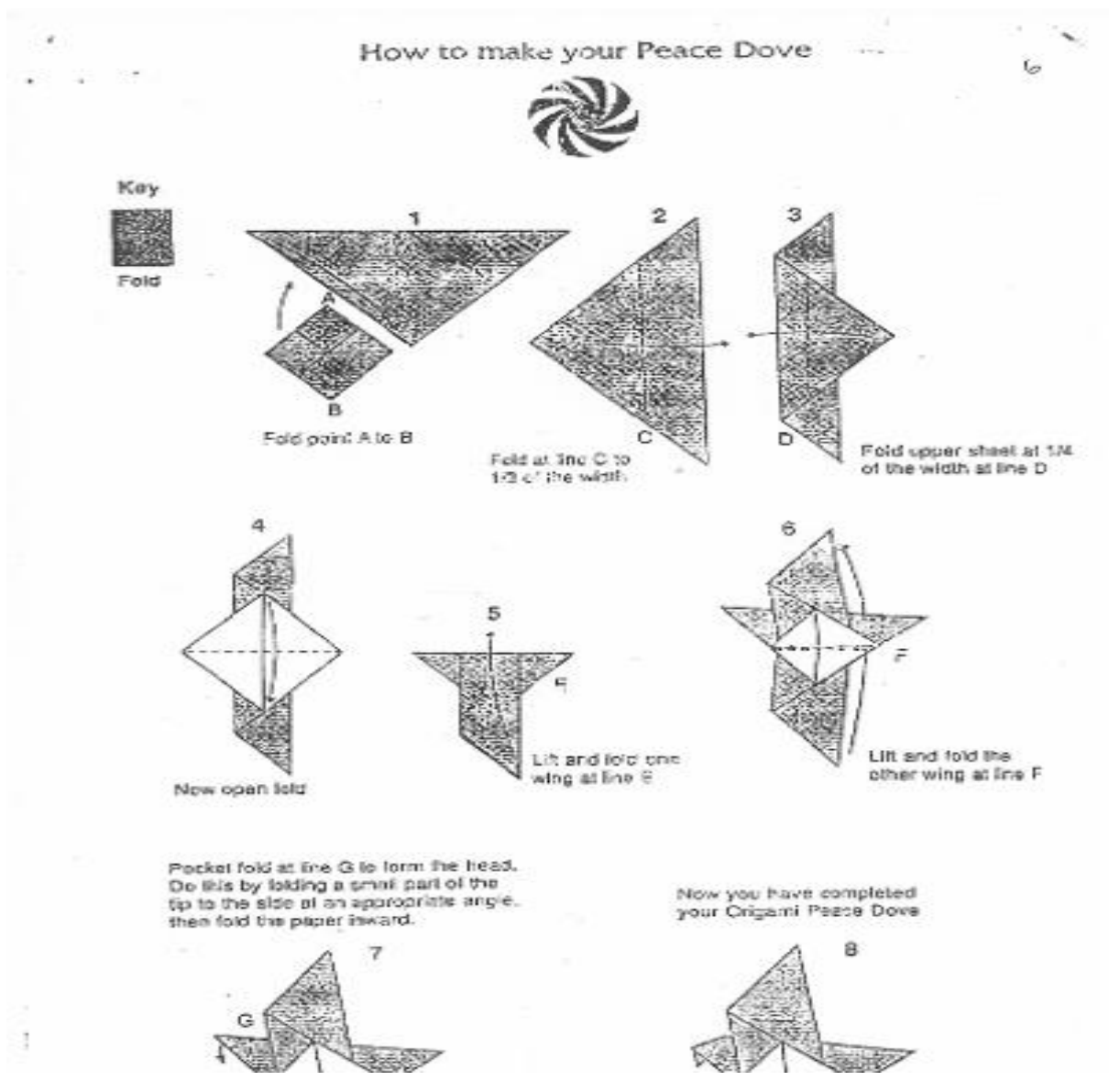
Allow to cool thoroughly before cutting into slices.

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### Dove of Peace



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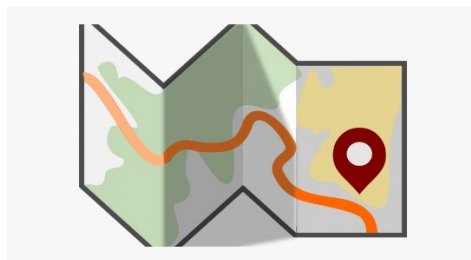
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### Puzzle page

#### Kent and South East London Place Names

Can you work out the places from these clues?:

- 1) Dark Chapel full of Syn
- 2) Large pebble carried by a young girl
- 3) Verdant sorceress
- 4) Oil carrying ship weighs a lot
- 5) 180! In a Capri
- 6) Faster than rotting Horse eats hedgerow fruits
- 7) If the dwarves all planted acorns
- 8) Heavy river crossing
- 9) Large wine barrel, on a river crossing, with deep water
- 10) Home of a humorous horse
- 11) The bottom of a hole in the churchyard
- 12) Not tight
- 13) Gander's seasick wife
- 14) Used to walk dogs
- 15) Eyre's hero
- 16) Used on top of a saucepan
- 17) Small piece of land with lots of cereal crops
- 18) Engraving a small mountain
- 19) Natural yarn produces magic
- 20) Chilly port



*Thanks to Beccie for this: answers next month!*

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### Bible Trivial: Answers

*With apologies, one of them which, unbeknown to me, was an abbreviation!:*

*Gal – Galatians*

Someone showed me this story and remarked that there are twenty books of the bible hidden here. They challenged me to find them. Sure enough, they're all here. Still, this thing's a "lulu" --- kept me looking so hard for the longest time! Some of you will get bogged down with facts. Others are hit by them like they were some kind of revelation or something! You may get in a jam --- especially since the names are not capitalized and often leap the spaces between the words. This makes it a real job to find them, but it'll provide a most fascinating few minutes for you. Yes there are some really easy ones to spot, but don't get the big head 'cause, truthfully, you'll soon figure that it would take most federal judges and preachers numbers of hours to find them all. I will admit that it usually takes a minister to find one of them, and that is not uncommon for there to be loud lamentations when it is pointed out. One lady says that when she is confronted with puzzles like this one, she brews a cup of tea to help her concentrate better. But, then, this gal's a real pro! (verbs, nouns, and all that stuff are her thing.) See how well you can compete. Relax! There are really twenty names of the Bible books in this story. If you fail to find them there's a penalty! You'll have to go fly a kite, sit on a banana, hum the Battle Hymn of the Republic, or hose a dog (a mean one) ..... Get to it!

Want another go? There are similar puzzles on the internet, see

<https://thesource4ym.com/bible-books-puzzle-2-25-hidden-books/>

or <http://home.snu.edu/~hculbert/hidden.htm>

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