



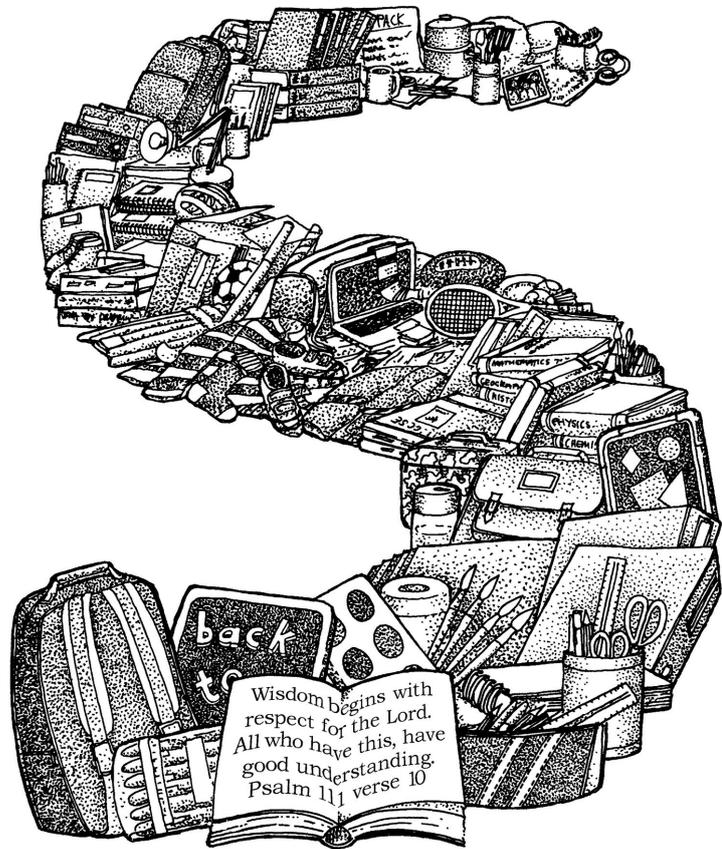
THE HATCH HERALD



September 2017

Inside this Month

- Thoughts on Mindfulness
- What does it takes to succeed?
- Holy Day for Sept - St Lioba
- God in the Arts
- Church News
- The discovery of Insulin
- Smile Lines, Quotes
Children's page & more



The Monthly Magazine for Members and Friends of
St. Anne's Church Larkshall Road Chingford
(CHURCH OF ENGLAND)

SERVICES AT ST ANNE'S		
DATE	TIME	SERVICE
Sunday 3rd September Friday 8th September	10:00 10:00	Parish Eucharist Holy Communion
Sunday 10th September Friday 15th September	10:00 10:00	Parish Eucharist Holy Communion
Sunday 17th September Friday 22nd September	10:00 10:00	Informal Eucharist Holy Communion
Sunday 24th September Friday 29th September	10:00 17:30 10:00	Parish Eucharist Informal Service Holy Communion
Sunday 1st October Friday 6th October	10:00 10:00	Parish Eucharist Holy Communion
Sunday 8th October Friday 13th October	10:00 10:00	Parish Eucharist Holy Communion
Sunday 15th October Friday 20th October	10:00 10:00	Informal Eucharist Holy Communion
Sunday 22nd October Friday 27th October	10:00 17:30 10:00	Parish Eucharist Informal Service Holy Communion
Sunday 29th October	10:00	Parish Eucharist



For your Diary

September

Saturday 2nd
10 am—12 noon
Mini Market for Haven
House

Monday 18th
8pm PPC Meeting

Saturday 23rd
Quiz Night

October

Saturday 14th
Quiet Day

Sunday 15th October
Harvest Service followed
by a Parish Lunch

**Thurs 30 Nov & Sat 2nd
Dec**
Christmas Bazaar

SPIRITUAL DEVELOPMENT AND PRACTICE SERVICE

**Chingford Old Church, 121 Old
Church Rd, London E4 6ST**

The first Saturday of the month at
5.30pm

ALL ARE WELCOME

Jan Hawkins



Regular Events at St Anne's

For information on the study/
prayer group & healing service
please check your weekly ser-
vice sheet

If you have any news or articles you would like to share for the **October** issue of the Hatch Herald, please submit by **Sunday 24th September** preferably by EMAIL TO: janicegar@talktalk.net
I look forward to hearing from you if you have any comments to make regarding the Hatch Herald or would like to share any news,, tips, recipes etc

News from the Vicarage



Dear Readers

A short letter this month. More of a plug really. Starting in October we will be having another 'themed' year exploring spirituality, prayer and what it means to be a disciple in the 21st Century. Each month one of the Eucharists will be according to the theme – which will be following the liturgical seasons and there will also be talks and activities as the year unfolds. All welcome. Although the 'creation season' technically ends with the feast of St. Francis of Assisi on the 4th October we will be celebrated creation during October especially with the Harvest festival and lunch on October 15th – again all very much welcome.

If you have been away I hope you had a restful and enjoyable break. If, like me, you had a 'staycation' then likewise I hope it was a time of refreshment and renewing of the batteries.

Pax et Bonum

Jude

Observations on life in the 21st century...

"What do we worship? I think future anthropologists will take a look at the books we read on self-help, self-realisation, self-esteem. They'll look at the way we talk about morality as being true to oneself, the way we talk about politics as a matter of individual rights, and they'll look at this wonderful new religious ritual we have created. You know the one? Called the 'selfie.' And I think they'll conclude that what we worship in our time is the self, the me, the I." *Rabbi Lord Sacks*

If you think you're too small to have an impact, try going to bed with a mosquito in the room. *Anita Roddick*

Millions long for immortality who don't know what to do with themselves on a rainy Sunday afternoon. *Susan Ertz*

Thoughts on mindfulness and walking on the water -

taken from a sermon preached on the 13th August

Last Sunday, for the first time in a long time, I had the choice of where to and indeed whether to go to church. So, I decided to do something I have been wanting to do for ages. And that was to take myself off to a Quaker meeting house – the one in Wanstead to be exact. Having spent a lifetime immersed in vocal liturgy, I thought it would be good to experience a very different style of worship. One that involves stillness and silence. Of course, living in a house with 4 kids, 3 of whom are not the quietest of individuals especially when trapped indoors because of the weather, had absolutely nothing whatsoever to do with it. The reason why I mention what was quite a profound experience of worship has much to do with the story of Elijah not encountering the Lord in the sound of earthquake, wind and fire but in the sound of sheer silence.

We live in a noisy world. Nothing wrong with that. The clamour of the market is the primary locus of human meaning, the basis of relationship, culture and society. Language, the very building blocks of meaning, unless we suffer from hearing loss in early childhood, is transmitted through sound. Without noise, we would not even be able to know we are who we are. And although we often use the word ‘noise’ to mean unpleasant or loud sounds, for those of us able to hear, it would be next to impossible to imagine a world in which there was none. As a great fan of Classic FM and the dulcet tones of John Suchet introducing the most mellifluous melodies ever composed, some sounds are ravishingly beautiful. As are the sounds of nature; the babbling brook, the sound of songbirds, the rustle of wind through leaves on a tree, the laughter of a child. There is little doubt that God can be encountered through sound. We hear the word. We sing his praises. We listen and respond to the liturgy. We speak words of peace to each other. We hear prayer and respond by vocalizing, ‘so be it’ or ‘Amen’ for short. Things we have heard move us to later reflect and nurture and grow our faith. All of which is good. And yet Eli

jah encounters God in the sound of sheer silence.

Within the Christian tradition there is also the wilderness as well as the market place. And the wilderness is not only a place but a metaphor for alone-ness and silence. Alone-ness should not be confused with loneliness. Alone-ness is something chosen. The first monks – a word derived from the Greek meaning ‘one alone’ did not live in community. They lived solitary lives in the desert. And today many, many, hundreds of years after St. Anthony the great of the desert, contemplative monasteries are characterized by long periods of silence. Jesus spent much time alone in prayer, like Elijah on a mountain, far from the clamour of the market place. As the hymn beautifully puts it: ‘Where Jesus knelt to share with thee the silence of eternity, interpreted by love.’ There is something about silence and stillness which discloses the holy in a way that speech and music do not.

Now I want to be a little clearer about alone-ness, stillness and silence. We are so used to the world of sounds that when we manage to grab a few moments away from noise. There is a great temptation to fill the void with internal sounds. Reading words, very holy words from the Bible or great spiritual writers maybe, talking to God in our heads. Again, none of that is bad – just the opposite, it is very good. The practice derived from evangelical spirituality of a daily quiet time with a reading and reflection as in the Bible Reading Fellowship notes is an extremely valuable prayerful exercise, as is praying the office of morning and evening prayer. For those with a smart-phone or tablet there is the Anglican daily prayer app. Again, a highly valuable and good habit to acquire. There is however a part of wilderness or desert spirituality which suggests no sounds at all: No words - neither external nor internal. A conscious, wordless, waiting on God. Just as Elijah in the story when he heard the sound of sheer silence went and stood at the mouth of the cave and waited for God to pass by and talk to him – not the other way around. In

private prayer, we are all tempted to talk to God and tell God what He is, how sorry we are for what we have done wrong, and let him know of the things which matter most to us, rather than simply allow God to be God. The Quakers define their approach to worship in a slender but rather beautiful booklet called 'Advices and queries.' which describes their waiting on God in the following words:

'Worship is our response to an awareness of God. We seek a gathering stillness in our meetings for worship so that all may feel the power of God's love drawing us together and leading us.'

For those who practice meditation or have meditated you will know what I am getting at. It is interesting that the practice of wordless, awareness, mindfulness, can be found in every faith in all the world's great religious traditions. Which brings me to the Gospel passage of Jesus walking on the water after spending time in alone-ness, stillness and prayer on the mountain. I want to suggest another way of seeing this very familiar story.

In Buddhist and Hindu thought the mind is often compared to a lake in rough weather. It is choppy and full of debris, the constant movement of the water disturbing the ground beneath so it becomes muddy and with all sorts of junk being tossed to and fro. The spiritual path as such in those traditions is about consciously allowing the storms to subside and the waters to become clear, still and peaceful: so, to see things and ourselves as they and we really are.

A simple experiment – try to sit for two minutes and instead of thinking about anything observe your thoughts, as though they are clouds passing by. Don't consciously think them or grab hold of them – observe them arising. One thing you will notice (although it sounds easy, it is in fact quite difficult to do if you're not used to it) is that most of the thoughts which come into our heads we are not consciously causing – our heads are full of thoughts that are just there swirling about to and fro with very little, if any, conscious control over them. This is perfectly natural and it is the way we are. The problem is that unchecked

those thoughts control us and not us them. We quite literally cannot see the wood because of the trees. And we can go much further than that. Some of the swirling thoughts and ideas floating around in our heads prevent us from being the person we could be – just think how subtle resentful thoughts can be and how they affect our behavior, without us really noticing. You do not have to be the second Sigmund Freud to realize that many of the ideas we have about ourselves were not caused by us but bequeathed by others in the way we were once treated. Also, all of us have parts of our minds that we do not like to visit. We are afraid of what we might find. Rather like a locked room in a house that you go past every day but never enter. The practice of alone-ness and cultivating an empty wordless silence and stillness, allows God the opportunity to walk on the waters of our minds. That image of a boat on a stormy lake, is quite a powerful one. The boat is rather like our conscious awareness, the stormy lake is the whirlpool of our minds. Seemingly out of our control. Spending time in wordless open-ness to God allows that still small voice of calm to still the raging seas and even more inspire the faith not to huddle in the boat afraid of ourselves but to walk out to the one who has both the power and will to create within us what we are called to be. After all – where else is the kingdom of God if not within you? In the story, when Christ stepped into the boat. All was calm, the wind ceased. Silence, stillness – the presence of God. The endless voices, noise and chatter quietened and He was worshipped.

I am going to finish with another quote from the Quaker 'Advices and queries' which I think is rather profound.

"Do you try to set aside times of quiet for openness to the Holy Spirit? All of us need to find a way into silence which allows us to deepen our awareness of the divine and to find the inward source of our strength. Seek to know an inward stillness, even amid the activities of daily life. Do you encourage in yourself and in others a habit of dependence of God's guidance for each day? Hold yourself and others in the light, knowing that all are cherished by God."

Amen to that.

What it takes to succeed

Ever wonder why some people are more 'successful' than others? It may be because they have the five 'life skills' that are critical in achieving any kind of sustained success.

According to scientists at University College, London, the five critical 'life skills' that you need to succeed are: emotional stability, determination, control, optimism and conscientiousness.

Together, these habits are thought to form a firm bedrock on which to build your life. The team from UCL looked at data from the English Longitudinal Study of Ageing, and found that highly skilled people even walked more quickly than others, and rate their health very highly.

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Demographics on the change...

Muslim babies will begin to outnumber Christian babies by 2035, according to a new study. Recent research from The Pew Research Centre has found that followers of the Muslim faith are projected to be the world's fastest-growing major religious group in the coming decades.

In 2015, Christians were the largest religious group in the world, making up almost one third of the Earth's 7.3 billion people. Muslims were second, with 1.8 billion. In the period 2010 to 2015, Muslims made up an estimated 31 per cent of all babies born around the world. In contrast, Christian populations are ageing, and in Europe deaths are expected to outnumber births in the years to come.

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No shame in a doggy bag

Next time you are eating out, and have more food than you really want, don't let the restaurant bin it – ask for a doggy bag. In Scotland, the Good to Go campaign is aiming to introduce doggy bags in all restaurants, and thus cut down on the enormous waste in uneaten restaurant food. According to research, 75 per cent of us would like to ask for a doggy bag, but 42 per cent admit to being too embarrassed to do so.



From John Wood's Library

The earth is the Lord's: he made it, he sustains it, he will redeem it, he asks us to take care of it. Christians should be the most enthusiastic environmentalists in the world.

Stephen Rand

Humility, often not easily achieved, allows one to be comfortable for each situation and circumstance as necessary.

Jeanie Gibson

Discussion is an exchange of knowledge; argument an exchange of ignorance.

Robert Quillen

BIBLE QUOTE:



Lord, thou hast been our refuge
from generation to generation
Before the mountains were brought forth,
or earth and world were born in travail,
from age to age everlasting thou art God.

Psalm 90 va 1&2

The Barking School of Discipleship

As part of the diocesan theme of discipleship in 2017 a series of sessions will be held on Tuesday evenings from 19th Sept to 28th Nov from 7.30. pm to 8.15pm at St John's Stratford, Further details are at the back of the church.

Holy Days for September

St Lioba - a memorable woman

What really gets a woman remembered? Loved? Respected? Lioba the abbess of Bischofsheim is the patron saint for any woman who wants to make the most of her life.

Lioba was born in Wessex early in the 8th century. Her family was noble, her mother was a relative of the monk Boniface (the Billy Graham of the day, in that he was the apostle and then archbishop of Germany).

Lioba was educated first at the nunnery of Minster-in-Thamet and then at Wimborne, Dorset. She became a nun. After some years of correspondence with Boniface, he invited her to Germany to help him evangelise the people by establishing convents. Convents were sort of the 'Fresh Expressions' of church in those days.

And so Lioba left Dorset with 30 nuns and went to Tauberbischofsheim, where she established a convent. She was a wonderful 'ambassador' of Christianity, for people found her both beautiful and accessible, intelligent and patiently kind. She became so highly esteemed that soon her advice was sought by magnates of both Church and State.

Lioba's convents followed the Rule of St Benedict: all her nuns learned Latin as well as manual work in scriptorium, kitchen, bakery, brewery, and garden. Above all, the regular public prayer of the Church was upheld.

Learning, hard work, and love of God: those were the factors that made Lioba who she was. Her walk with God was evident in her inner strength and dignity, her goodness and kindness. No wonder that even 50 years after her death in 782, the local people were still talking of her with great affection.

A prayer for all those preparing to start at University this month



Prayer for a new student

We hold you, at university,
at the heart of every prayer,
And we ask our God who loves you
Just to hold you in His care.

May He make His presence known
To you in every way He can
And may you know His blessing
As you grow within His plan.

Where your life journeying will lead you
In the future is not clear,
But we pray that God will guard you
From all danger and all fear.

By Millie Carver



at the moment the Foodbank is in need of the following

- Cereal
- Coffee
- Fish
- Tinned Potatoes
- Tinned Vegetables of all kinds
- Tinned Meat
- Rice
- Pasta and Spaghetti Sauces
- Sugar
- Soya Milk

Are our local children getting breakfast?

As the back to school rush begins, how many children will be going to school on an empty stomach? According to recent research by the Trussell Trust, it seems that nearly half of children needing help from food banks last summer were in primary school, and more than a quarter were under the age of five years old.

God in the Arts

The portrait of the calling of Matthew, by Caravaggio.



'He gave us eyes to see them': Caravaggio's Matthew in the Contarelli

21st September is the feast day of St Matthew the evangelist, and his call by Jesus is described without any embellishment in chapter 9 of his Gospel. It was a bold step for Jesus to call a tax collector, someone so hated by the people. And it was an equally bold step for Matthew to respond – to turn from the security and profit of his lifestyle and step out into the unknown.

It is the subject of one of three paintings on Matthew's life that Caravaggio produced for the Contarelli Chapel of the church of San Luigi in Rome in 1560. The group of tax collectors are about their daily routine of counting money. They are dressed in rich 16th century Italian costumes. Jesus and Peter break into that scene on the right wearing ordinary cloaks. They are even barefoot by contrast. But it is Jesus in the shadow who brings light onto the canvas, and that play on light and darkness heightens the dramatic intensity of the scene. We see simply the face of Jesus and his right hand pointing. But pointing to whom? Is it the bearded man who seems to say, 'Is it me?' or is He pointing to the younger man at the end of the table engrossed in his money?

Perhaps Caravaggio is saying that Jesus can call any and all of us. His call to follow can break into our daily routine at any time of day, whoever we are, whatever we have to commend ourselves, and whatever our faults and worries. As He says in that same chapter, 'I have come to call not the righteous, but sinners.' We can take heart that His church is not a museum of saints: it is a kingdom of sinners who have the courage, like Matthew, to follow.

Revd Michael Burgess

Portion creep

Bet you didn't notice this, but dinner plates have got bigger. In the 1950s, a dinner plate measured 25cm across; now the usual is 28cm. And take a look at those very old wine glasses in the charity shops: our grandparents served wine in what looks like liqueur glasses to us now. These days, many wineglasses seem to hold nearly half a bottle



The vicar's scheme to make the church more appealing to men seemed to be having a degree of success

Church News

General Synod backs ban on conversion therapy

The Church of England's General Synod has backed a motion calling for a ban on the practice of Conversion Therapy aimed at altering sexual orientation.

Members of the Church's national assembly, which was holding its annual July sessions in York, voted to endorse a Memorandum of Understanding on Conversion Therapy signed by The Royal College of Psychiatrists and others condemning the practice.

The joint statement describes Conversion Therapy as unethical, potentially harmful and having "no place in the modern world". The votes in the House of Bishops were 36 for and one against, with no abstentions. In the House of Clergy 135 backed the motion with 25 against and 13 abstentions. In the House of Laity 127 supported the motion with 48 opposing and 13 abstentions.

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Bible Society launches 'hybrid' magazine

Bible Society has just launched what it calls a "unique hybrid of magazine, journal and workbook - to help enhance and inform your spiritual life." It is called the 'Lyfe Journal', and aims to help Christians with little time to read full books, to still discover insights from theologians, art and experiences. The first issue looks at Prayer, and costs £4.99. Details at: <https://www.biblesociety.org.uk/product-search/lyfe+journal/>

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Methodists respond to cholera outbreak in Yemen

As Yemen continues to struggle with one of the largest cholera outbreaks in recent recorded history, the Methodist relief and development agency 'All We Can' has extended its work in the country.

A recent joint statement of the World Health Organisation and Unicef warned that suspected cholera cases in Yemen could exceed 600,000 by the end of 2017. Yemen's health systems are collapsing. Water, sanitation and access to food is precarious. It is now estimated that 18.8 million of Yemen's 28 million people need humanitarian assistance and over seven million are on the brink of famine.

As a result of generous giving to its East Africa Famine Appeal, over £450,000 was raised for its East Africa Famine Appeal, and 2000 very vulnerable people in Yemen are benefitting from the distribution of food baskets. Tens of thousands more across East Africa in countries including Somalia, South Sudan, Ethiopia, Uganda and Burundi are also receiving food aid and healthcare. Visit: www.allwecan.org.uk/famine

The Discovery of Insulin



Fred was born in Alliston, Ontario, in 1891. When he was a teenager he had a school friend called Jane who became ill with a mystery disease. Within a few months she was dead.

That could have been the end of the story, but the young girl's tragic death made such an impression on Fred that he vowed he would conquer the disease we now know as diabetes. Perhaps you know his second name - Banting. Along with Charles Best he toiled away until they had learned how to prepare insulin and so save untold millions of lives, which would otherwise have been lost through diabetes.

A good illustration of the fact that when we react to misfortune in a positive way tremendous good can come out of evil. Thanks to the work of Banting and Best, countless diabetics - and amongst them could be you or one of your friends - are now able to lead full and healthy lives.

Autumn singing opportunities

VALENTINE SINGERS

Open Rehearsal at Seven Kings High School
Ley Street, Ilford IG2 7BT

Friday 15 September 7.45-9.45pm

- join us for a sing (or just listen)
- find out about our 2017-18 programme
- chat with choir members over tea and cake

www.valentinesingers.org



WORKSHOPS

Christine Gwynn and Frances Quintrell kick off the new season on Sunday 17 September, 2-6pm, with

Music! Music! Music!

at St Mary's Church, Stapleford Tawney RM4 1DQ
A light-hearted, afternoon session focusing on this popular number. Part-singing for those who wish.

All welcome - whether you haven't sung in years or you're an experienced singer who fancies a change and a nice afternoon out.

www.arbutusmusic.net

Enquiries for either event: 01708 688 572

Forest Recorded Music Society

(affiliated to the Federation of Recorded Music Societies)



Meets fortnightly on Friday evenings at 7.30

All Saints Church Hall

Church Avenue, Highams Park.E4

Contact : Andrew Golds 0208 531 2938
or V and A Books and Gifts 8531 5695

If you enjoy listening to classical/light classical music in the company of like-minded people then this society is for you.

Smile Lines



No men

An elderly woman died last month. Having never married, she decided to request that there be no male pallbearers. In her handwritten instructions for her memorial service, she wrote, '*They wouldn't take me out while I was alive, so I don't want them to take me out when I'm dead.*'

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Signs that say it all

On a maternity room door:
Push. Push. Push.

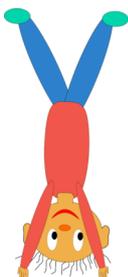
At an optometrist's office:
If you don't see what you're looking for, you've come to the right place.

Seen on a bin lorry:
Satisfaction guaranteed, or double your rubbish back!

On a church door:
This is the gate of heaven. Enter ye all by this door.
(This door is kept locked because of the draught. Please use side door.)

Sign warning of quicksand:
Quicksand. Any person passing this point will be drowned.
By order of the District Council.

In an office:
After tea break, staff should empty the teapot and stand upside down on the draining board.



All in the month of September

Also 50 years ago: on 30th Sept 1967 that the BBC reorganised its radio network. BBC Radio 1 was launched; the BBC Light Programme became BBC Radio 2; the BBC Third Programme and BBC Music Programme were merged and became Radio 3; and the BBC Home Service became Radio 4.

40 years ago: on 18th Sept 1977 that NASA's Voyager 1 spacecraft sent back the first-ever photograph of the Earth and Moon together in a single image.

25 years ago: on 16th Sept 1992 that the Black Wednesday sterling crisis took place. Britain crashed out of the European Exchange Rate Mechanism (ERM), raised interest rates from 10% to 15%, and spent billions of pounds buying up sterling that was being frantically disposed of on international financial markets.

Also 20 years ago: on 5th Sept 1997 that Mother Teresa of Calcutta died. She was a Macedonian-born Albanian Indian nun and humanitarian. She founded the Missionaries of Charity and was winner of the 1979 Nobel Peace Prize. Beatified October 2003.

50 years ago: on 1st Sept 1967 that Siegfried Sassoon, British poet, writer and soldier, died. He was one of the leading poets of WW1, particularly known for his anti-war poetry and autobiographical works.

COFFEE ROTA



The coffee rota is available at the back of the church and is looking at a bit sparse

Please sign up if you are able.

All are welcome to join us in the hall for a cup of tea or coffee after the service



September 29
Michael, Gabriel and Raphael

In the Bible, angels are messengers from God. The word 'angel' comes from the Greek word for a messenger and it appears hundreds of times in the Bible. But the only angels whose names we know are Michael, Gabriel and Raphael who are archangels, captains among the angels. Each of these three has a different task: Michael protects; Gabriel announces; Raphael guides.

In the New Testament, in the book of Revelation, Michael leads God's armies to final victory over the forces of evil and in the Old Testament he is in the book of Daniel, defending Israel against its enemies.

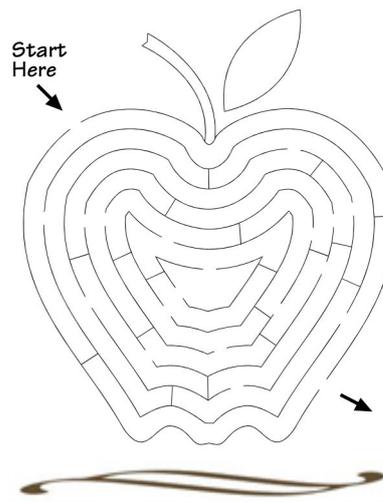
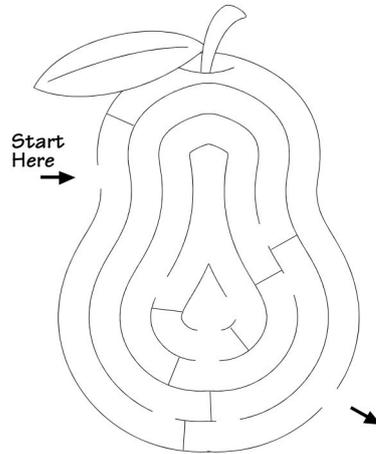


Gabriel is best known for his appearing to a young Jewish girl named Mary to tell her that she will give birth to Jesus.

Raphael is in the Old Testament story of Tobit where he guides Tobit's son Tobiah.

HARVEST PUZZLE

Can you find your way through these 2 fruit mazes?



What kind of nuts sneeze the most?
Cashews.

What's a vampire's favourite fruit?
Nectarine.

Some miscellaneous observations on our Christian walk....

The trouble is, we won't let God help us. - George MacDonald

Most people want to serve God, but only in an advisory position. - Anon

Suffering from truth decay? Brush up on your Bible. - Anon

Exercise daily - walk with the Lord. - Anon

Life without God is like an unsharpened pencil. It has no point. - Anon

Observations on cats

Behind every cat that crosses the street, there is a dog saying, "Go ahead, you can make it."

There is no snooze button on a cat who wants breakfast.

Flower Rota



*There is a flower rota at the back of the church
If you would like to make a donation to celebrate a special event or the life of a loved one, there are envelopes and prayer card available.*

 * **GREETINGS CARDS** *
 * *There is a lovely display of handmade cards for sale on the table at the back of the church* *
 * *Please feel free to look through them and if you find something you would like please give the monies to Eira* *
 *  *
 * *ALL PROCEEDS GO TO STANNE'S* *



MOT

while-u-wait



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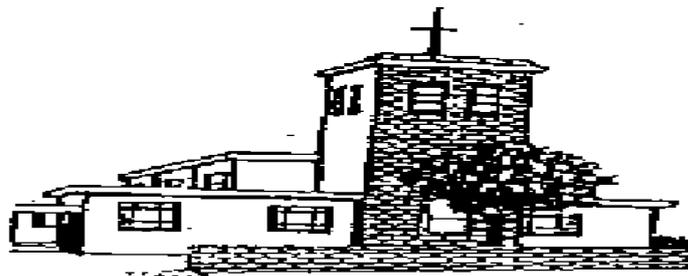
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Tel: 020 8559 3235

www.hlhawes.co.uk

For Hire

St Anne's Church Centre

Larkshall Road, E4



Main Hall or Clubrooms
For Private Use
For enquiries and/or reservations
Please call the
Booking Secretary on
07963 248384

ST ANNES CHURCH CENTRE – REGULAR USERS

Hall Bookings: 07963 248384

From Monday 20th February 2017

	TITLE	HALL / CLUBROOM	TIMES	HOURS	WEEKS
Mon	Pre-school	C	0915 – 1415	5.0	36
	Line Dancing	H	1000 – 1130	1.5	40
	Women's F'ship	H	1345 – 1445	1.0	36
	'Footsteps'	H	1600 – 1830	2.5	40
	Ju-Jitsu Club	C	1930 - 2100	1.5	48
	Yoga	H	1930 – 2045	1.25	48
Tue	Pre-school	C	0915 – 1415	5.0	36
	Weight Watchers	H	0930 – 1100	1.5	48
	Brownies	H	1745 – 1915	1.5	36
	Weight Watchers	C	1900 – 2000	1.0	48
	Bridge Club	H	1930 – 2230	3.0	48
Wed	Pre-school	C	0915 – 1415	5.0	36
	Tai Chi	H	0930 – 1130	2.0	48
	Keep Fit	H	1345 - 1515	1.5	40
	Weight Watchers	C	1730 – 1830	1.0	48
	Beavers	H	1730 – 1830	1.0	36
	Cubs	H	1840 – 2010	1.5	36
	Scouts	H	2015 – 2130	1.25	36
Thurs	Pre-school	C	0915 – 1415	5.0	36
	AA	C	1600 – 1730	1.5	48
	Brownies	H	1815 – 1945	1.5	36
	Rainbows	C	1815 – 1915	1.0	36
	Pilates Class	C	1930 - 2030	1.0	48
Fri	Pre-school	C	0915 - 1215	3.0	36
	Coffee	H	1030 – 1100	0.5	N/A
	Toddlers	C	1300 – 1400	1.0	36
	Toddlers	H	1400 – 1500	1.0	36
	Badminton	H	2015 – 2145	1.5	40
Sat	Larkswood Ward Surgery	C	1000 – 1100	1.0	(2 nd in the month Jan, Mar, May, July Sept, Nov)
	Mini Market	H	1000 – 1200	2.0	(1st in the month Jan-Oct)
	Royal British Legion	H	1000 - 1200	2.0	(4 th in the month)
Sun	Scramblers	C	1000 – 1100	1.0	
	Coffee	H	1115 – 1200	0.75	
	Simple Lunch	H	1230 – 1400	1.5	(4 th in the month)

19/2/17

WHO'S WHO AT ST ANNE'S

Our Clergy:

Vicar: Revd Jude Bullock 020 8529 4740
(Day off—Tuesday)

Assistant Curate: Revd. Mick Scotchmer 020 8504 7497
(Day off-Saturday)

Licensed Reader: Jenny Howland 020 8504 2348

Our Church Officers:

Churchwardens:

Heather Gwynn 020 8505 1364
Val Woodward 07831335419

Secretary to the Parochial Church Council:

Heather Gwynn 020 8505 1364

Treasurer: Andy Crawford 020 8527 6512

Useful local numbers:

Age Concern - 558 5512
Credit Union - 8520 8740
Chingford Police - 8529 8666
Library, North Chingford - 8496 1070
Longshaw Primary School - 8529 5693
Samaritans - 8520 9191
(24 hour emotional support line)
Waltham Forest Direct - 8496 3000
Whipps Cross Hospital 8539 5522

ORGANISATIONS MEETING IN THE CENTRE

ORGANISATION	CONTACT	TELEPHONE NO
Alcoholics Anonymous		0845 769 7555
Badminton	Susan Turner	8524 4679
Beavers	Barbara Rouse-Booth	07961 316389
Bridge Club	C G Mayhew	8527 4317
Brownies (Tues)	Sarah Harrington	8529 2668
Brownies (Thurs)	Caroline Rouse	8529 3688
Cubs	Alice Robinson	07826 556327
'Footsteps' Dancing School	Caroline Randall	01277 416253
Ju-Jitsu	Richard King	07884 233477
Keep Fit	Christine Hollington	8508 1590
Line Dancing	Janis Willingale	8502 5582
Pilates Class	Gemma Drake	07399 052084
Pre-School PG	Nicola Thurbon	07941 517751
Rainbows	Debbie Watson	8527 5016
Royal British Legion	Roy Verity	07832 110143
Scouts	Alice Robinson	07826 556327
Taoist Tai Chi Soc	Eleonora Spencer	8504 9808
Toddler Group	Beryl Stratton	8524 2655
Weight Watchers (Tues morn)	Terri Reding	07941 159634
Weight Watchers (Tues even)	Terri Reding	07941 159634
Weight Watchers (Wed)	Jane Rappoport	07984 880899
Women's Fellowship	Beryl Stratton	8524 2655
Yoga	Mohini Chatlani	07903 397070

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