



THE HATCH HERALD



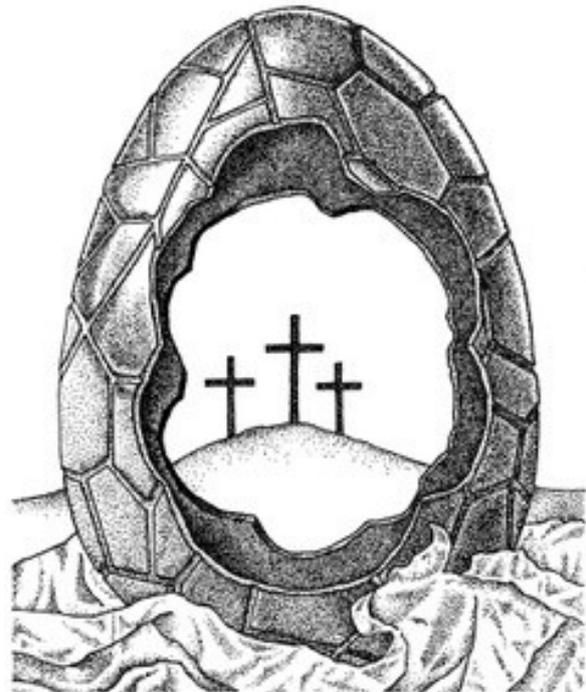
APRIL 2018

Inside this Month

Welcome to the April edition of the Hatch Herald

As well as our usual articles, smile lines and children's page, we have Bishop Stephens Lent appeal raising money to purchase a bowser in drought stricken Kenya.

We also have the PCC report, for January and information on the AGM and forthcoming events.



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 1st April Friday 6th April	10:00 10:00	Parish Eucharist Holy Communion
Sunday 8th April Friday 13th April	10:00 11:45 10:00	Parish Eucharist Parish AGM Holy Communion
Sunday 15th April Friday 20th April	10:00 10:00	Informal Eucharist Holy Communion
Sunday 22nd April Friday 27th April	10:00 12:30 17:30 10:00	Parish Eucharist Simple Lunch Informal Service Holy Communion
Sunday 29th April Friday 4th May	10:00 10:00	Parish Eucharist Holy Communion
Sunday 6th May Friday 11th May	10:00 10:00	Parish Eucharist Holy Communion
Sunday 13th May Friday 18th May	10:00 17:30 10:00	Parish Eucharist Informal Service Holy Communion
Sunday 20th May Friday 25th May	10:00 10:00	Informal Eucharist Holy Communion
Sunday 27th May	10:00 12:30	Parish Eucharist Simple Lunch

Regular Events at St Anne's

For information on the study/prayer groups please see your weekly newsheet or speak to Jenny Howland

If you have any news or articles you would like to share for the May issue of the Hatch Herald, please submit by 15th April 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



Diary dates for April

Tuesday 3rd -8pm MLT

Sat 7th 10-12 noon in aid of Mildmay Mission

Sunday 8th -11.45 Parish AGM

Monday 9th -8pm Plant Committee

Wednesday 18th -8pm Pastoral Committee

Monday 23rd -8pm projects & Events Committee

Saturday 21st -Film Night
3.30pm Walt Disney's 'Frozen'
7.30pm 'Dracula- Prince of Darkness'

Sat 5th May 10-12 Mini Market in

COFFEE ROTA



The coffee rota is available at the back of the church

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

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

News from the Vicarage



Greetings and a very happy and joyous Easter to all our readers. This is not going to be a long letter – I’ve saved that for the article on ‘This-ness’ elsewhere in the Hatch Herald. I just want to spend these few lines saying a huge thank you to all of you for – well just being you! For my fellow ministers; Mick and Jenny for all the hard work and profound insights they have provided not only over Lent and Holy Week, but all year round – Easter in ordinary. The community of St. Anne’s has something very special, something very warm. The Quakers, for whom I have huge respect and admiration, refer to themselves as ‘The Society of Friends’. I often think that would be a rather good description of St. Anne’s; a society of friends. As a community we manage to hold together a number of different theological outlooks, a number of ways of seeing the same thing. All of which is good – let a thousand flowers bloom. And it is all held together by the bonds of friendship. The warmth in which the love of Christ flows. We have numerous committees – some of which I have even been known to turn up to – yet for all our planning, what underpins it all is not only common purpose, the furthering of the kingdom of God in Chingford Hatch, but the friendship which is ready to overlook faults and frailty and focus on the good. A friendship I believe is grounded in the love of Christ and the recognition of that love in the other person.

As a parish we are on a journey. After Easter we will be starting an after-school club on Tuesdays (from 24th April) and our hopes for this journey will be to grow our community, that we may serve the wider community more effectively. Please pray for this new venture – taken in partnership with ‘Red Balloon’. Also, after Easter we hope to have the church open on Thursday afternoons, so people can just come and be still, pray, talk, be silent. And of course, looking ahead there is a film night and Chingford Hatch day, all community focused. All part of the journey we, as a society of friends, are making. If you haven’t already – join us!
To finish – a quote from Pope Francis.

‘I think this is truly the most wonderful experience we can have: to belong to a people walking, journeying through history together with our Lord, who walks among us! We are not alone; we do not walk alone. We are part of the one flock of Christ that walks together.’
Amen to that

Pax et Bonum

Jude

'This-ness'

For so many of us, the Easter experience can be whittled down to one word: Salvation. And, likewise for many of us, that word summons an imagery (drawn more from hymns than the Bible) of death's great seal being broken, the gates of the new Jerusalem being flung wide – and all who would so enter, let no one be denied. All well and good. And that has certainly been the dominant understanding. But it is not the only one. And for good reason.

There are inherent problems with the idea that the meaning of the cross and empty tomb is 'all about going to heaven.' Not least of all the question; what is so wrong with God's creation that we need to be saved by God from it? The problem with the word 'salvation' is the implication that what we are and where we are is so bad that real life only begins somewhere else. Now, of course, at one level, a brief squint at the behaviour of the human family and the sheer misery we seem as a species to be able to inflict on each other, coupled with our devastation of the earth cries out for something better. But even then, the problem is not with us as thinking flesh and blood products of the processes of evolution nor is there a problem with the universe. We do not need to be saved *from* being flesh and blood – if anything we need to be saved *to* being flesh and blood. And the assumption that there is somewhere better than the universe is not merely illogical – there cannot be somewhere other to that which is infinite – it also suggests that the universe was God's second best. So much for 'God saw all that he had made, and it was very good.' Perhaps we need to think more deeply about we actually mean when we use the word 'salvation.'

The dissident theologian Matthew Fox once said: 'In our obsession with original sin, we forget original blessing.' He has a point. Christianity is an incarnational movement. What that means is the locus of the Divine is to be found within 'flesh' not as messages beamed down from

somewhere else. And all flesh is matter/energy, instances of the processes of evolution. Our human ability to think, be self-aware, reflect, worship, explore spirituality, develop ethics and so on has not occurred because lurking inside our flesh and blood is some kind of ethereal thing that does not really belong to this world. Just the opposite. Thinking etc, is what matter does when it reaches a particular level of complexity – which, to date, is the human level. The tragedy of sin – original and otherwise – has not been to cut us from another world, but to separate us from the world of which we are made. Salvation, I would tentatively suggest, is not to be saved from this world but to be saved to it.

In the high Middle Ages, theology and philosophy were dominated by three extraordinary minds. John Duns Scotus, Thomas Aquinas and William of Ockham. Interestingly they were all friars. Scotus and Ockham were Franciscan (and British – yay!). Aquinas was a Dominican. As a matter of historical record, the thinking of Aquinas (Thomism) became the effective orthodoxy of the Latin Church until the reformation – where it remained the orthodoxy of Roman Catholicism. The reformers had other ideas. I mention the big three because of an idea that was central to Scotus' thought. One of the big questions which occupied the intellectual glitterati of the high middle ages was: What is it that makes something – anything – different from anything else, given that the matter/substance of things which are similar is common to both as is their nature? What is it that makes one daisy different from one which looks exactly like it? And if the answer was; well there is nothing which makes daisy 1 different from daisy 2 then the question would be answered in the same way if we asked what is it that makes one person different from another. Now, of course, I am simplifying a much larger discussion which to be perfectly honest is very difficult these days to get into, let alone understand. I am more interested in Duns Scotus' answer. He developed an idea which most theologi-

ans, or anyone else for that matter, has ever heard of. Which is a shame because it makes sense today – probably more so today than in the 13th century. The idea is known as **Haecceity**.

The literal translation of Haecceity is ‘this-ness’. Duns Scotus writes:

“You ask me, what is this haec? What is this thing from which the individual difference is taken? Is it matter or form or the composite? I give you this answer: . . . It’s just this.”

The idea is that every entity including each human person is endowed by a unique, non-replicable, individual ‘this-ness’. And ‘this-ness’ is bestowed by the creator to all creation – not as an organic mass in process, but to the individuals which comprise this process, whether the individual be a blade of grass, the exemplary daisy, or you, or me.

Well so what? Exactly what does a medieval argument have to do with faith in the 21st century? Well it is the difference between lamps and mirrors. Mary Beth Ingham in her book ‘Scotus for Dunces’ explains:

“Haecceitas points to the ineffable within each being. . . According to Scotus, the created order is not best understood as a transparent medium through which divine light [from the outside] shines (as Aquinas taught) but is itself endowed with an inner light that shines forth from within. [This is like the] difference between a window (Aquinas) and a lamp (Scotus). Both give light, but the source of light for Scotus has already been given to the being by the creator. Each being . . . possesses an immanent dignity; it is already gifted by the loving Creator with a sanctity beyond our ability to understand. . .

Once we recognize the value of nature, of others, and of ourselves, we are called to act in imago Christi, as images of Christ who embodied divine love.”

It is the recognition of this inner light which shines out not only of human beings, but of everything which is the primary experience of the mystics. What sin does is blind us to the light

that is all around us and within us. The this-worldly focus of Haecceity makes sense to me. Salvation is not solely about eternal destiny – which is not being denied btw – it is about ‘this’ moment. ‘This’ here and now. ‘This’ person, ‘this’ dog, ‘this’ tree, ‘this’ river. The life blood which flowed from the cross, flows in each and every being. All that is, is alive with God. The life of faith discloses not another world. It discloses this one as it really is. As has been said from the St. Anne’s pulpit a number of times: The point of the incarnation is not to put people into heaven, but heaven into people. Haecceity reminds us that heaven is already here. It always has been, it always will be. The salvation experience is a life long journey of faith where our blindness is gradually cured, and we can see each other and the magnificent world which finds its voice in us – as it really is. To finish with a glorious Easter quote from that mystic of our times, Thomas Merton:

“I have the immense joy of being a [human being], a member of a race in which God became incarnate. As if the sorrows and stupidities of the human condition could overwhelm me, now I realize what we all are. And if only everybody could realize this! But it cannot be explained. There is no way of telling people that they are all walking around shining like the sun.”

Jude



Please remember the food bank when shopping they continue to be in need of the following

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

Film Shows – Saturday 21st April



The Project and Events Committee are arranging 2 film shows for Saturday 21st April in the Church Centre – we hope, something for everybody!

At 2.30pm – Walt Disney's **Frozen** “ the biggest animation hit of all time” – the Sing Along Version

Tickets £3 in advance or £4 on the door. Under 10s to be accompanied by an adult, please.

At 7 for 7.30, in a change of mood, **Dracula, Prince of Darkness** (Hammer – 15) – Christopher Lee and others in a cult Hammer horror film.

Tickets £5 in advance or £6 on the door.

Cinema style refreshments will be on sale at both showings, but adults please bring your own drinks for the evening showing.



Chingford Hatch Day - Saturday 30th June 2018-03-19

Plans are developing fast for our 3rd Chingford Hatch day on Saturday 30th June, in and around St Anne's church centre and gardens. As before, there will be a mix of arts and crafts, performances, local community groups, children's activities, refreshments and more.

A number of old friends from previous years will join us again – including the Ukele Band from CH Day 2016, back by popular request!

So please put the date in your diary. And if you'd like to help, or have an idea for a special attraction, do have a word with Anthony Sullivan, Val Woodward or Heather Gwynn.



A Message from St Anne's pre-school to everyone who has nominated them while shopping at the Hatch Co-op.

So far they has received £1,240.03 which is the first of four payments and will go towards the new sensory garden.

Anyone who has a co-op membership card can nominate a local charity when shopping at the Hatch Co-op

*So a big **thank you** and please keep shopping at the co-op and nominating St, Anne's pre-School*

Our Annual Meeting – Sunday 8th April – 11.45

Our Annual Parochial Church Meeting (APCM) is coming up on Sunday 8th April. As usual, it will follow the Sunday morning service, after a short break for coffee and a comfort stop.

There are some important and necessary formalities – elections of churchwardens and PCC members, approval of the annual accounts, and so forth. But in essence the meeting is a chance to review the past year, and to look ahead.

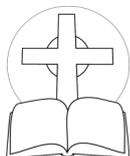
Very importantly, it is also an opportunity to say thank you to the many people who do so much week by week to keep things running smoothly and ensure we offer a warm welcome and reach out to those around us. As churchwardens, it is our particular task to put forward the names of our sidesmen to the meeting, and to recognise their role in welcoming people to St Anne's each week and helping with the running of services. Like our servers, readers, intercessors, and those on the coffee and car rotas, they are there faithfully week by week – something of a challenge at times this winter! – and we are hugely grateful.

The APCM is a time when we think too about challenges for the year ahead and the part we can all play. As well as new ventures like the after school club and open church, that have been in the News Sheet recently, we are keen to recruit more people to our small teams of sidesmen and servers. Our current sidesmen range from teenagers to over 90, so there really is a place for everyone! If you'd be interested, do please have a word.

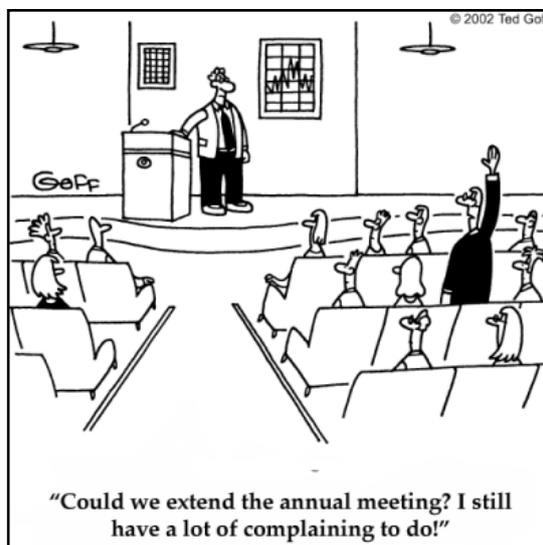
Please come along to the APCM if you can – it's not a long meeting (usually not more than an hour) and we keep the formalities to the necessary minimum. And if you can't make it, do pick up a set of the meeting papers, and have a look at the reports about all the different activities that make up St Anne's. Above all, whether you can make it on the day or not, please consider yourself thanked for the part you play in making St Anne's what it is.

Val Woodward
Heather Gwynn

Bible Verse



In him the whole building is joined together and rises to become a holy temple in the Lord. And in him you too are being built together to become a dwelling in which God lives by his Spirit.' (Ephesians 2: 21,22).



CHURCH NEWS



General Synod welcomes move towards communion with Methodist Church

The General Synod has recently welcomed a report containing proposals which could bring the Church of England and the Methodist Church in Great Britain into communion with each other.

Members backed a motion welcoming a joint report published last year, which sets out proposals on how clergy from each church could become eligible to serve in the other.

The report, 'Mission and Ministry in Covenant', which was co-written by the two churches' faith and order bodies, also sets out how the Methodist Church could come to have bishops in the historic episcopate.

The motion acknowledges that there is further work to do to clarify a number of areas, including how the proposals would be worked out in practice. It also calls on the Church of England's Faith and Order Commission to update Synod at its next group of sessions in July of this year on this work.

But an amendment to the motion speaks of "confident hope" that outstanding issues can be resolved quickly. Speaking during the debate the Archbishop of Canterbury, Justin Welby said: 'I want to support this motion very strongly indeed.

'It seems to me that in voting for it we respond to the word of God in the scriptures where there is a clear command to unity in diversity and in responding to this paper positively we respond to the Spirit who is already working in both of our Churches bringing us together.'

The Bishop of Coventry, the Rt Revd Christopher Cocksworth, Chair of the Church of England's Faith and Order Commission, said the proposals would be a step towards 'healing a tragic division in the Church of England' when the two churches separated almost 200 years ago.

The report builds on the theological convergence established by 'An Anglican-Methodist Covenant', signed in 2003, and the subsequent work of the Covenant's Joint Implementation Commission.

In 2014 the General Synod of the Church of England and the Methodist Conference mandated the faith and order bodies to bring forward proposals that would enable the interchangeability of ordained ministries in the two churches.

Follow him

God desires a unique destiny for your life, not a run-of-the-mill destination. There's no way to know where He intends to lead you, but there's one way to get there: follow where He leads and leave the rest to Him. *Anon.*

Report from January's PCC Meeting

At this month's meeting we looked back at the conclusion of 2017 and forward to plans for 2018.

Andy Crawford, our Treasurer, reported on the newly completed accounts for 2017. The accounts now need to be reviewed by our Independent Examiner, and will be covered in Andy's report to the parish Annual General Meeting (on Sunday 8th April, after the morning service and coffee) so I won't go into more detail here.

Jude reflected on the Christmas season. There had been a welcome increase in the numbers of people who had joined us for the carol service, Christingle, Midnight Mass and Christmas Day eucharist. Jude thanked Cathy Pryor for her hard work on publicity, and everyone who had helped prepare for the Christingle and other services. Christmas had been a difficult time for some longstanding members of the church who have been in hospital or unwell, and we continue to remember and support them.

Care of our buildings continues, so that they provide a warm and safe welcome for all. It was good to have the Centre heating repairs completed before Christmas. Repairs to part of the flat roof of the Centre should take place shortly. And the Plant Committee will be looking at proposals for a new security system (cameras around the site and a video recorder) to provide better protection around the site.

Looking ahead, St Anne's, like all churches and charities, will be affected by changes from May 2018 in data protection law. These are designed to improve transparency and make sure we contact people in the ways they prefer. The Ministry Leadership Team and PCC will check what exactly we need to do to make sure we are in line with the latest requirements, so watch this space!

Looking forward to the next stages in the Year of Seasons, Jude talked of themes for the coming months and for a Lent course – again, there will be more on this to follow.

Heather Gwynn

Working too hard? An odd way to find out

Do you wonder if you are working too hard? There is a simple way to find out: how cold is your nose?

Scientists have recently discovered that when people focus hard on demanding mental tasks, their nervous system diverts blood flow into the brain, and extremities like the nose suffer first. In tests using thermal imaging cameras, it was discovered that those feeling mentally overwhelmed had a nose temperature that had dropped by about one degrees centigrade. The research was carried out by doctors from the Bioengineering Research Group at Nottingham University.

So, if the old adage of 'cold hands, warm heart' is true, perhaps we could add another: 'cold nose, warm brain'.

Diocese of Chelmsford Lent Appeal 2018



Dear sisters and brothers in Christ,

I want to first thank you for your generosity in supporting the 2017 Lent Appeal. It is a joy to know that we raised more than £28,000 to equip the maternity wing at the Mount Kenya Hospital and dig a borehole for the medical clinic in Isiolo in northern Kenya.

The 2018 Lent Appeal will be supporting the work of the Diocese of Marsabit in northern Kenya as it seeks to make its people more resilient in the face of drought which affects the region on a regular basis. We are planning to buy a bowser which will enable water to be transported across this vast Diocese. This means its more remote communities do not have to move around - with the impact this has on the education of the children - and so that the cattle upon which they rely for life can survive. The drought this year led to some groups losing 70% of their livestock.

At this time when we recall the life, death and resurrection of Jesus Christ, it brings to mind a call to act, a call of hope, and a call to mission by coming alongside our partners in Kenya as they seek to witness to Jesus in a hostile and difficult region. Please give generously to enable our brothers and sisters in Kenya continue to meet the very real needs of the people they serve in the name of Christ.

Rt Rev Stephen Cottrell

Bishop of Chelmsford

More information about the Bishop's Lent Appeal and ways in which donations may be made are available from the following link:
www.chelmsford.anglican.org/lentappeal

Some hymns for people over 50

Give Me the Old Timers' Religion
 Precious Lord, Take My Hand, And Help Me Up.
 Just a Slower Walk with Thee.
 Go Tell It on the Mountain, But Speak Up.
 Nobody Knows the Trouble I Have Seeing.
 Guide Me O Thou Great Jehovah, I've Forgotten Where I've Parked the Car.
 Count Your Many Birthdays, Count Them One By One.
 Blessed Insurance.
 It Is Well With My Soul, But My Knees Hurt
 Leave us, Heavenly Father, leave us.

 *
 * **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.* *
 *
 *

VALENTINE SINGERS

Friday 27 April 7.45pm
OPEN REHEARSAL
featuring
Vivaldi Gloria
 Seven Kings High School, Ley Street, Ilford IG2 7BT
www.valentinesingers.org


Arbutus Music
WORKSHOPS

Tuesday 1 May 10am-4pm
Sing the Songs of Andrew Lloyd Webber
 in Fryerning, nr. Ingatestone

Thursday 21 June 10am-4pm
Sing the Proms in Blackmore

Wednesday 25 July 10am-4pm
Sing the Show: The Gondoliers
 at Copped Hall, nr. Epping

See www.arbutusmusic.net

Further info for ALL events: 01708 688 572

Smile Lines



Family pride

It was a posh parish. Over drinks in the church hall, the church warden informed the visiting archdeacon: 'My family can trace its ancestry back to William the Conqueror.'

'Well,' ventured the archdeacon with a smile, 'my ancestors were in the Ark with Noah.'

'Well, mine weren't,' came the quick reply. 'My people had a boat of their own.'

**

When you mix children and religion...

You get some unexpected gems. The following are extracts from religious exam papers...

In the first book of the Bible, Guinness, God got tired of creating the world, so he took the Sabbath off.

The Jews are God's chosen people, but throughout history they've had trouble with unsympathetic Genitals.

The Seventh Commandment is: Thou shalt not admit adultery.

Solomon, one of David's sons, had 300 wives and 700 porcupines.

Jesus enunciated the golden rule, which says do unto others before they do one to you. He also explained a man doth not live by sweat alone.

The people who followed the Lord were called the twelve decibels.

St Paul cavorted to Christianity down the Damascus Road. There he preached holy acrimony, which is another name for marriage.

All in the month of April

90 years ago, on 25th April 1928 that the first budget was broadcast in the UK. Chancellor of the Exchequer Winston Churchill's annual budget speech in the House of Commons was broadcast live on BBC radio.

80 years ago, on 9th April 1938 that the first football match was broadcast on television: Scotland beat England 1 – 0.

75 years ago, on 5th April 1943 that the renowned German theologian and anti-Nazi dissident Dietrich Bonhoeffer was arrested by the Gestapo. He was imprisoned for 18 months, including two Nazi concentration camps. He was executed in April 1945.

70 years ago, on 3rd April 1948 that the USA's Marshall Plan for European recovery after WW2 went into effect.

Also 70 years ago, on 7th April 1948 that The World Health Organisation (WHO) was founded.

60 years ago, on 4th to 7th April 1958 that the first Aldermaston March was held. Members of the Campaign for Nuclear Disarmament (CND) walked from Hyde Park Corner, London to the Atomic Weapons Research Establishment at Aldermaston, Berkshire.

50 years ago, on 3rd April 1968 that American Baptist minister and Afro-American civil rights leader Martin Luther King, Jr. gave his famous 'I've Been to the Mountaintop' speech at a rally in Memphis, Tennessee. It was his last ever speech, as he was assassinated next day, aged 39. Noted for his promotion of non-violent civil disobedience, including the march on Washington. In the days after his death there were race riots in dozens of major US cities.

30 years ago, on 23rd April 1988 that Michael Ramsey, Baron Ramsey of Canterbury, the 100th Archbishop of Canterbury (1961-74), died.

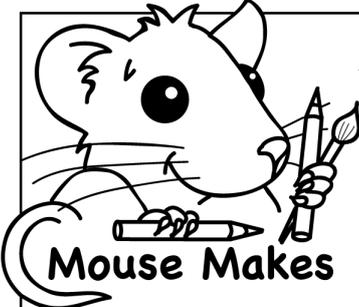
25 years ago, on 26th April 1993 that NASA launched its space shuttle Columbia on mission STS-55. It landed safely on the 6th May. During this mission the space shuttle passed one year in space.

Also 25 years ago, on 29th April 1993 that Queen Elizabeth 2 announced that Buckingham Palace would open to the public for the first time, to raise funds to repair fire damage at Windsor Castle

Just for Kids



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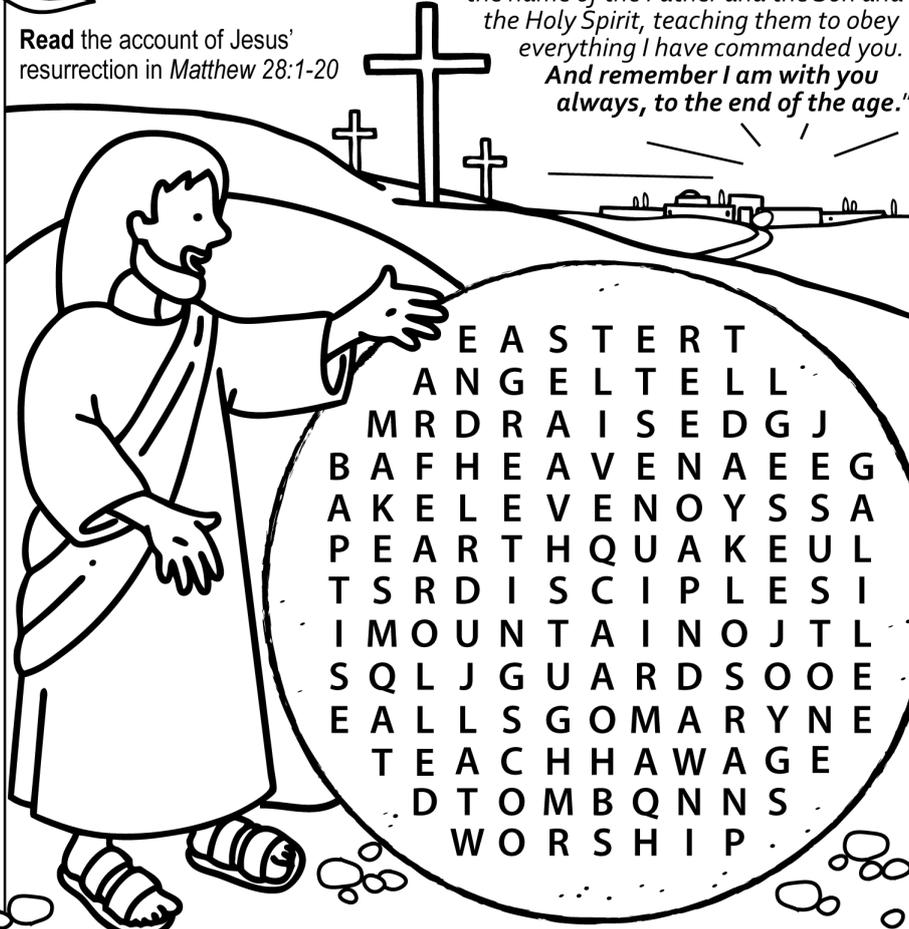
Mouse Makes

Read the account of Jesus' resurrection in *Matthew 28:1-20*

JESUS IS ALIVE!

After Jesus had been raised from the dead He met Mary and Mary Magdalene "Greetings," He said, "Do not be afraid. Go tell my brothers to go to Galilee. They will see me there."

When the disciples met Jesus in Galilee He said to them, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptising them in the name of the Father and the Son and the Holy Spirit, teaching them to obey everything I have commanded you. **And remember I am with you always, to the end of the age."**



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B	A	F	H	E	A	V	E	N	A	E	E	G
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Can you find these words from the story in the word search above? EASTER • DAWN DAY • MARY • TOMB • EARTHQUAKE • ANGEL • HEAVEN • ROLLED • STONE • GUARDS JESUS • RAISED • FEAR • JOY • RAN • GREETINGS • TELL • DISCIPLES • SEE • ELEVEN GALILEE • MOUNTAIN • WORSHIP • ALL • GO • MAKE • BAPTISE • TEACH • END • AGE

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When do you grow up?

At what age did you reckon yourself to be an adult? Some scientists are now saying that people should be considered adolescents until they are 24, instead of 19. They point out that with delays in young people leaving home, leaving education, settling down, marrying, and becoming parents, moving the age of adulthood forward is merely accepting what is happening.



But extended adolescence is not meant to be a criticism. One academic from the University of Kent put it thus: 'There is nothing inevitably infantilising about spending your early twenties in higher education or experimenting in the world of work. Society should maintain the highest possible expectations of the next generation.'

Big change at meal-times

The chances of your family sharing a leisurely meal at the table each evening are nearly gone. Instead, busy work and leisure schedules mean that each one of us eats more and more on our own, and almost always on the sofa, in front of a screen. (Only 18 per cent of us use a dining table.) Even when we eat together, we tend to drift into the living room, and still watch television, computers, or hand-held screen devices as we eat. The survey, done by Co-op, also discovered that most of us eat our dinners in just 21 minutes.



MOT

while-u-wait



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NO FEE!!**



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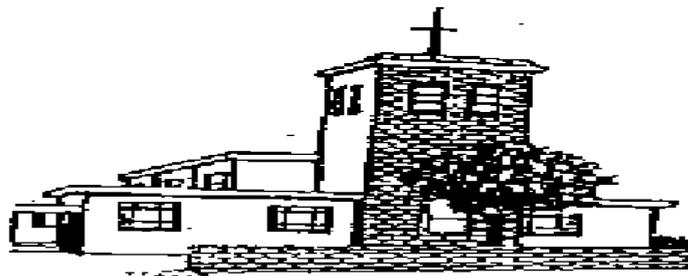
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From Monday 8th January 2018

	TITLE	HALL / CLUBROOM	TIMES	HOURS	WEEKS
Mon	Pre-school	C	0900 – 1500	6.0	36
	Line Dancing	H	1000 – 1200	2.0	40
	Women's F'ship	H	1345 – 1445	1.0	36
	'Footsteps'	H	1600 – 1830	2.5	40
	'Footsteps'	C	1630 – 1730	1.0	40
	Ju-Jitsu Club	C	1930 - 2100	1.5	48
	Yoga	H	1930 – 2045	1.25	48
Tue	Pre-school	C	0900 – 1500	6.0	36
	Weight Watchers	H	0930 – 1215	2.75	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	0900 – 1500	6.0	36
	Tai Chi	H	0930 – 1130	2.0	48
	Keep Fit	H	1345 - 1515	1.5	40
	Pilates	C	1930 – 2030	1.0	48
	Beavers	H	1730 – 1830	1.0	36
	Cubs	H	1830 – 2000	1.5	36
	Scouts	H	2000 – 2130	1.5	36
Thurs	Pre-school	C	0900 – 1500	6.0	36
	AA	C	1600 – 1730	1.5	48
	Brownies	H	1815 – 1945	1.5	36
	Rainbows	C	1815 – 1915	1.0	36
	Pilates	C	1930 - 2030	1.0	48
Fri	Pre-school	C	0900 - 1200	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)
	Yoga Workshop	H	1000 - 1200	2.0	(3 rd in the month)
	Karate	H	1700 – 1800	1.0	48
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)

10/3/18

WHO'S WHO AT ST ANNE'S

Our Clergy:

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

Associate Priest: 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	07377 404081
'Footsteps' Dancing School	Caroline Randall	01277 416253
Ju-Jitsu	Richard King	07884 233477
Karate	Sensei Dmitriy	07789 961674
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	07377 404081
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
Women's Fellowship	Beryl Stratton	8524 2655
Yoga (Monday/Saturday)	Mohini Chatlani	07903 397070

11/3/18

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Janice Gariazzo
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John Wood

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