

# THE BRIDGE

Winchmore Hill United Reformed Church



February, 2021

## BREAKING CHAINS

At the time of writing we have just finished recording a series of “Thoughts for the Day” for the second full week of January and have been looking at the theme of **“Loosing our chains, Breaking chains”**.

We are particularly conscious that many of us probably feel confined and/or restricted, that we are in chains in some way, because of the impact Covid 19 is having on our communities and we may be feeling very fragile. In thinking about the sort of chains we may feel are restricting us, we have taken hope and strength from the words of Psalm 68:-

*“A father to the fatherless, a defender of widows, is God in his holy dwelling.  
God sets the lonely in families, the Lord leads out the prisoners with singing” (verses 5 & 6)*

For us loneliness, solitude, living alone, is probably one of the biggest challenges that many have faced over this strange period for all of us and this fact that **“God sets the lonely in families”** reminds me strongly that this is something that we in our churches have a role in doing, leading in the creation of spaces, creating places that all people can be welcomed and can join the family of God. How can we do this when we are “locked-down”?

We are not sure that we have any better ideas than anyone else but we have been delighted and encouraged by the way in which so many have helped in the last few weeks with the Food Hubs and distribution of food to those in most need (reported elsewhere in this magazine). THANK YOU. But if you have any thoughts, any ideas about how we can reach out to the community we live in over this period then please do share those thoughts with others.

We are also encouraged by the words of Psalm 68 because we are looking forward to that time when we can again sing in our church buildings (or outside) and the sense that we will be like those prisoners God leads out with singing, ‘at that time’ is something we are looking forward to – even though some of us may not be in tune as much as some others! (Seriously, it will not matter!) As each of us thinks about what we are doing and can do, then keep on praying, keep on serving and sharing with one another and keep the faith!

May God bless you richly as we progress slowly through the year ahead.

Your ministers,  
*Mark and Melanie*



## WORSHIP

To join our ministers via Zoom on Sundays, please use this [link](#) from 10.45 to begin our service at 11.00. If you need it, the Meeting ID is 896 6724 3831 and the Passcode is 026706. To join by phone please ring 020 3901 7895.

Also, resources will continue to be provided by post and e-mail, prepared by those shown in the calendar below.

7th	<b>'What Demons?'</b> also on Zoom with <b>Holy Communion</b>	Rev Jim Gascoigne
14th	Next before Lent	tbc
21st	First in Lent	tbc
28th	Second in Lent	Rev Martin Legg

**LENT 'COURSE'** for Enfield URCs (and open to the Local Area Group and Churches Together) available via Zoom. Parallel sessions will run at 7.30pm on Wednesday evenings and 10.30am Saturday mornings, and if you need to switch between the two, that would be possible.

Week 1: Wednesday 24th and Saturday 27th February

Week 2: Wednesday 3rd and Saturday 6th March

Week 3: Wednesday 10th and Saturday 13th March

Week 4: Wednesday 24th and Saturday 27th March

Please do put these dates in your diary, and joining / log on information and more details will be circulated soon.

If these times are inconvenient, we are invited to St Paul's for the activities described on the web site <http://www.spwh.org/lent>.

## WORSHIP BY ZOOM

Love it or loathe it, Zoom enables us to come together, preserve fellowship, build faith and make friends with people from around our group of churches. Although it has been some time since we have worshipped together in our church buildings, many people are finding worship live with us really helpful on Sunday mornings. Some ring the changes using Zoom and pre-recorded services on YouTube to visit other congregations where they have some connections, which is interesting and nice to do. Others have yet to put their toe in the water. To everyone, please worship with the 'home team' sometimes. If you haven't been able to Zoom for worship or anything else and would like to, Melanie, Mark and Jim would be happy to guide you. If you have tried Zooming but it doesn't quite 'work' for you ... here are some ideas.

When she was Training Officer for the Synod, the Revd Anne Sardeson who is also a musician and hymn writer visited us to lead worship and explore new ways of using music in worship. Now church-based again, as someone said, you can take the minister out of her training officer role and into pastoral ministry but you can't stop her teaching. Here are some useful tips for participating in Zoom worship which she has shared.



If you work at your computer a lot during the week it might help to find somewhere else to sit for worship so that you don't feel you are still 'at work'.

Likewise, even if you don't work at your computer a lot during the week, you might find that you need to sit somewhere different for worship to give a sense of setting the space and the time aside for this particular event.

It can be helpful to create a worship space wherever you sit for worship. One way to do this is by laying a special cloth or piece of fabric on a table and having things there that help you focus on God. For example you could have a cross or a picture or an open bible or a candle to light as we gather for worship.

Because we are in our own homes, sometimes we miss the things we associate with going to church, so you could think about what you could do to prepare yourself, for example:

- Go for a short walk round the block to give the impression of 'going to church'.
- Sit quietly for a few minutes before you join the Zoom call so you are not rushing straight from tidying up after breakfast or cleaning your teeth.
- Listen to some music before you join to remind you that this is a particular time.
- Think about the particular things that you did on a Sunday morning before going to church: Are there any of those things you need to make sure you do now so that you mark the day as special? (For instance, I always have toast on a Sunday, usually with marmalade. I don't often have it other mornings, so it marks Sunday as different.)
- Think about what you hope for in worship on a particular Sunday. It might be that something has happened in the week that has gone, or something you are struggling with or particularly thankful for. Even though we are not together in a physical sense, remember the community can still hold us in our separate places and God is still speaking now.
- Think about the things that can be blocks for worship at this particular time. Offer them to God and open yourself to how you could see them differently.

Perhaps one of the biggest issues in all of this is that we don't always see our homes as 'holy' and so we miss the church because it can feel holy even when we don't. But remember, everywhere is holy. Here are some words that are from a hymn by Fred Kaan which are good to reflect on when we are not sure where 'holy' is.

Holy is the setting of each room and heart,  
lecture hall and kitchen, shop and ward.  
Holy is the rhythm of our working hours;  
hallow then our purpose, energy and powers.

This time is not easy, but it is not forever and it is also God's time.

Grace and peace to you all, Anne.

*Some people join on their computers, but a growing number are able to phone in. All you need to do is dial 0203 901 7895 and then, when prompted, put in an ID number of 896 6724 3831 and then passcode of 026706. You are invited to dial in between 10.45 and 11.00 on a Sunday morning, when we greet each other, and at 11.00 there is a moment's quiet before our prayers and bible readings, music for reflection and hymns and songs are played. It is only the cost of a local call, which is free for most people, and so it would be lovely if you could join in!*

## COMMUNITY FOOD HUBS AND PAM'S PANTRY AT PONDERS END

Our friend, Chris Hall, keeps us in touch with developments at Ponders End, "The last year has brought us challenges and obstacles to overcome but there have also been opportunities to share the love of Christ with our friends and neighbours. At Ponders End we have been searching for ways in which we can serve our community despite our limited resources. Our first project was to be a place where a little Free Pantry could be sited (this is still happening) but events have overtaken it. For one day during the week after Christmas a joint venture with the Felix Project meant that we became a Food Hub. This encouraged us, with the support of the Zebra Charity, to open our doors once a week to people who are struggling to put food on the table. To honour one of our members who died in January this project is now called Pam's Pantry."

The bigger picture is that on the 29th and 30th December 2020, three of the six URCs in Enfield became community food hubs as part of the Council's provision of free school meals. Working in partnership with Enfield Council and The Felix Project (a charity which redistributes surplus food to charities), Ponders End URC organised and hosted a hub for families to receive food parcels on the Tuesday. This was only able to happen thanks to a wonderful team of volunteers from Bush Hill Park, Christ Church, Lancaster Road and Winchmore Hill URCs and Gospel Temple Church, an independent congregation which holds services in Ponders End.

A large delivery of non-perishable foods had been delivered the week before, which consisted of tins of sausages and beans, corn flakes, soup, meatballs, gift hampers, and, strangely, several large, fresh celeriac. This was supplemented by a cash and carry shop, toiletries from the charity In Kind Direct, a selection of socks/tights/gloves, fresh food and some other basics delivered by the Felix Project on the day of the food hub. You will recognise some of the helpers in the hall at Ponders End.



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Ponders End URC was one of six initial venues invited to host a foodhub yet, before long, the Council realised that further venues would be helpful and other Enfield URCs were able to offer up two venues, with outside charities organising. Christ Church URC was used as a venue by Edmonton based charities BASE and TOCs Enfield. In all, eight venues across the Borough operated over a space of four days, families in receipt of free school meals were offered a time and venue so that they could collect their food parcels, which were made up in accordance with family size and dietary needs.



Albanian charity, Nene Tereza,  
at Palmers Green URC

At Ponders End, along with basic packages assembled, including milk, oil, tea, pasta, rice and lentils, families were encouraged to take a selection of extras including Indian snacks, socks, toiletries and fresh fruit and veg – there were more parsnips than anyone had ever seen before, and a small quantity of Brussel sprouts. Although the sprouts were beautiful, they are not people's first choice! Luckily, a good supply of potatoes, onions and tomatoes were well received.

Left over fresh food from Ponders End was taken to Christ Church and Palmers Green the next day to supplement their hubs. From there, surplus fresh veg were given to Enfield Health and Wellbeing Centre and Cooking Champions to support their work. Left over non-perishable foods have been retained by Ponder End and will become part of the Little Free Pantry that will help distribute food in the area. We are also able to use some of this food to supplement a project for helping families with fresh fruit and veg. which is being distributed from Lancaster Road URC on Wednesday mornings and Ponders End on a Tuesday morning. Both these initiatives are in collaboration with Zebras Children's and Adults' Charity. Palmers Green URC are opening their kitchen to Cooking Champions who have been working with the Council and other charitable groups to support local families on a regular basis, and also were able to distribute over 250 Christmas food hampers.

Thank you for all the support so far. To help maintain this for as long as it is necessary, you can help by

- Praying for the project and its development.
- Donating non perishable food items or money.
- Telling others about the project.
- Should you wish to volunteer please let Rev Melanie Smith know.

Sadly, the need to feed people does not end here, nor does the need for us, like Jesus, to challenge the causes of poverty. As we invite you to pray that these initiatives may make a difference to those we are able to help, please pray also that we are able to challenge the systems that do not fit with Kingdom value of fullness of life for all.

#### COUNCIL FOR WORLD MISSION (CWM)



**BUILDING LIFE FLOURISHING COMMUNITIES**  
A SERIES OF WEBINARS WITH CWM EUROPE

Zoom links from Sai and Michael, [cwmeurope@cwmission.org](mailto:cwmeurope@cwmission.org)



#### **REVD. DR. PETER CRUCHLEY**

**'WHITENESS AND ANTIRACIST PRACTICE: FROM TALK TO ACTION'**  
MONDAY 8TH FEBRUARY (14:00-15:30)

Can whiteness and white privilege be dismantled?  
Peter's presentation will aim to help participants move from talk to action regarding more effective antiracist practices in the church.



**REVD. MELANIE SMITH,  
REVD. DR. AL BARRETT &  
DAVID JONATHAN**

**A PANEL DISCUSSION ON LIFE-  
FLOURISHING ACTIVISM  
MONDAY 22ND FEBRUARY (14:00-15:30)**

The panellists will be exploring 'what would life-flourishing activism look like and mean'. This would include new ways of grassroots activism towards transformation. These three colleagues are involved in local community advocacy in a variety of ways.



**CAROL TROUPE**

**'LOOKING BACK: LOOKING FORWARD'  
MONDAY 8TH MARCH (14:00-15:30)**

Carol is a Research Associate on the CWM Legacies of Slavery project and has been exploring LMS mission magazine archives. She reflects on her journey so far, and wonders what, if anything, can be drawn from the archives to help the church reflect on issues of mission, race and justice in the present day.

**DR. EVE PARKER**

**WHAT WOULD A LIFE-FLOURISHING  
CURRICULUM FOR THEOLOGICAL  
EDUCATION LOOK LIKE?  
MONDAY 22ND MARCH (14:00-15:30)**

In her presentation, Eve will focus on case studies from her ongoing research - addressing the barriers to belonging in theological education, whilst exploring the liberative potential of engaged and transformative pedagogy and curriculum.



**ECO TIP – FAIRTRADE, CLIMATE AND YOU**



Farmers need help to put their voices at the heart of tackling the climate crisis and share the reality of their struggles. Our global trading system is balanced in favour of the powerful few. Trapped in this system, farmers already struggle to meet their immediate needs. More than ever, they need a fair price for their crops and their hard work. Fairtrade works to raise the voices of producers and prioritise what they need to respond to the environmental crises unfolding in already vulnerable communities. This Fortnight, you are asked to 'Choose the World You Want' and use your voice to tell others about the challenges that farmers face from climate change. Think environment. Think Fairtrade!

## FAIRTRADE FORTNIGHT 22 FEBRUARY – 7 MARCH 2021

### TIME TO CHOOSE THE WORLD YOU WANT

Fairtrade Foundation's CEO, Michael Gidney, reflects on a tough year, looking forward to a brighter 2021. He quotes Joe Biden in 1987, "For too long in this society, we have celebrated unrestrained individualism over common community," Those words still ring true.

- True in the US, where the politics of division that so characterised the last four years have given rise to appalling racial violence.
- True also across the industrialised world, where 'unrestrained individualism' has brought increasing inequality, and long, opaque supply chains making the planet dirtier and people poorer.



Dah Oho, Fairtrade Cocoa Farmer, CAKOG co-operative, Côte d'Ivoire

Globalisation has undoubtedly been a force for so much good, but it has stored up problems for people and planet that have been ignored for too long. The shock of Covid-19 has shown us, more emphatically than any of us could have imagined, that life cannot carry on like this. This year, globalisation has literally been bad for our health.

And yet, 2020 has also shown us the other side. If there is one good thing to come from this tough, tough year, it's that we've recognised more than ever that we are all in this together. We cannot go it alone. That's why we've clapped for carers; why neighbourhood volunteering schemes have seen such support; why donations to food banks have reached unprecedented levels. It's a response to a crisis imbued with compassion and a determination to act.

Covid-19 has shown us how inter-dependent we are globally. The economic impact of the virus has been huge. People in developing countries who grow and make products for the UK have been particularly hard hit – reduced orders have meant produce has gone unsold and wages unpaid. Millions of farmers growing coffee, tea, cocoa and bananas for the UK have seen their incomes fall and are struggling to feed their families and send their children to school.



COMSA organic coffee co-operative in Honduras donated biosafety equipment to local healthcare professionals.

This is where Fairtrade comes into its own. A cornerstone of Fairtrade is the requirement for farmers to be organised at a community level. For many that's been a lifeline – Fairtrade producers have used their premiums to help their communities' pandemic response. Colombian farmers took the fight against Covid-19 to the streets using banana disinfectant, spraying the roads of their local towns. Flower growers in Kenya used Fairtrade-funded sewing machines to sew masks for the local community. Many

producer groups organised food distribution for vulnerable people in their communities. Fairtrade producers have proved to be more resilient, better able to bounce back: Important for the families involved, but also for providing us in the UK with the products we buy every day.

As we look forward to a brighter 2021, what kind of world do we want to see? I hope this is the opportunity to reset our economy to **Build Back Fairer**, and this means two things:

1. Remembering how much we depend on producers in low-income countries for the food and products we buy every day. It's scandalous that they should toil in poverty so we can have cheap products. We rely on farmers every day; shouldn't we then treat them as our partners and ensure they are able to earn a living income?
2. Committing as consumers to join the dots. If we are worried about the climate crisis, about child labour, about exploitation of women around the world, about racial injustice, we must make the link to what we buy. Poverty is the missing link in so many corporate 'sustainability' schemes. Fairtrade aims to tackle the cause, where others address the symptoms. We have the power as consumers to bring about amazing change.



There is huge value in working together. Fairtrade producers have shown it this year in how they've supported their communities. We've seen it in the million acts of kindness for others through the pandemic, here and abroad. We can see how we can make trade work for all of us. 2021 is a year to be hopeful, to carry these stories with us, **and buy Fairtrade**.



**CHURCHES TOGETHER** IN PALMERS GREEN,  
WINCHMORE HILL and GRANGE PARK

#### **PRAYING TOGETHER**

at the Baptist Church for the churches and the needs of our area.

First & third Tuesdays, 10.30-11.30 a.m.

2nd and 16th February

Zoom Link

<https://us04web.zoom.us/j/74680204904?pwd=TjJhQnBIYVVuUzNRY3ZXQTJ6MHEzQT09>

Meeting ID: 746 8020 4904 Passcode: 8zq1F7



## NORTH LONDON URC PREACHERS' CIRCLE

**Thursday 18th February @ 7.30pm**

**Worship Leading and Preaching for Mother's Day**

*John Campbell is preparing a short discussion starter paper which he will circulate about a week before the meeting.*

Zoom Codes:

<https://us02web.zoom.us/j/82367905339?pwd=NIZ4MHVmWDNyckdlZDhCUTJVVVEVWdz09>

Meeting ID: **823 6790 5339**

Passcode: **533991**

*You will be most welcome to join in, please, also pass on the information to any other interested preachers in our Synod.*

## MINISTRY

**Rev Melanie Smith**



is available on  
020 8374 0509 and  
079 4654 7695

If Melanie is not available  
and it is an urgent matter, contact  
**Rev Mark Meatcher** on 079 8361 4998

**The Ministers' weekly message by 'phone:**  
020 3389 6021

### Church Secretary

All enquiries should be made either by telephone to the Vestry answering service on  
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