

# THE INDICATOR

*Beckenham Methodist Church*



*A Christ Centred Community Church*  
*Summer 2025*



## **Musings on rest**

As I prepare to start my sabbatical, I've been thinking about what it means to be at 'rest'. Another way of putting it is to be 'at peace'. One of the hallmarks of this modern Western world is activity. We are always busy, always invited to be part of some or other activity. Even when we retire from our work, there are still demands made on our time, on our lives. Lots of these demands arise from us making ourselves available to others, and this also marks out the pace of modern relationships. Communication is often by email, by text or WhatsApp, with the implicit demand for a speedy reply.

I've recently finished a book called 'Algorithms to live by', written by Brian Christian & Tom Griffiths. It explores whether we can live more effectively by using similar algorithms as are used in computer programs, and the corollary – can our habits and methodologies teach computers to be more efficient? (As a warning, it is a fairly boring book, dense with technical jargon, so not an easy read). In this book, Christian explores the way in which modern lives are pressured in a way in which people living 30, or 50 years ago were not. With the change in the way in which we communicate, the expectation of an immediate response has come to be part of our social relationship. However, Christian relates this to the way in which a computer operates. In order to function most effectively, the computer operates as slowly as it can get away with. It can operate far faster than the human eye can perceive, but it doesn't. Instead, it operates fast enough so that the human doesn't perceive a delay, but retains the capacity for doing other tasks in the background, tasks of which the human is blissfully unaware, but which contribute to the efficient and effective running of the computer as a whole.

The lesson I have taken from this is to slow down. We could try to be all things to all (people), operating at 100% all the time, but this is both ineffective and inefficient. Rest (and the peace that flows from rest) is a deeply scriptural tenet. From the first chapter of the Bible, we see that God, even God, 'rests' on the 7th day. I don't believe that God did

‘nothing’ on God’s sabbath, but rather that the time was used to delight in their ‘very good’ creation.

I admit that I have always found rest difficult. This is why my experience of God-given peace was enough to affirm my belief in a living and present God. It was such a foreign experience to me that I had no choice but to believe in God. My next step was to start addressing the sins in my life. I wish I had understood then what I have now come to realise – that God was not just wanting me to stop sinning, but to fundamentally change the way in which I operate. Christian helped me to realise that rest need to be part of our programming; it needs to be part of our fundamental make-up. From rest flows peace. Jesus shows us this by his frequent example. Count for yourself the number of times that Jesus is recorded as taking himself away from people so that he could rest. Then look at what his response to people was after that rest – he was rejuvenated, expressing compassion through his actions.

A sabbatical is a gift from the church to its ministers, a gift for which I am extremely grateful. Above all, I will be using the time to reset my base programming to work as slowly as I can get away with (some may ask how they will notice a difference). Not to do less, but to avoid becoming harried and rushed. Peace is still attainable in our modern world with its demands for instant response. It just takes a little re-programming.

Love and peace,  
***Duncan***

***Please note:*** *Rev. Duncan will be on sabbatical from 1st June to 31st August. During this time Rev. Karen George will be our minister and pastoral lead.*

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## **EDITORS' NOTE**



We hope you find this Summer edition of The Indicator of interest. We wish to thank Sarah very much indeed for all the help she willingly gives us with the production each Quarter. We will always be pleased to receive articles or suggestions for the future.

Thank you.

*Valerie and Christine*

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## **FROM THE VESTRY**

You would not believe it has only been 6 months since the inauguration of the new larger Widmore Circuit. The experience of this exciting new relationship and fellowship with other churches has been uplifting and encouraging but not without its' challenges. We thank Rev Duncan MacBean, our Superintendent minister, for his support during this transition and also acknowledge the challenge for the church as he and Deacon Laura MacBean go on their Sabbatical leave. We wish them well, but they will be sorely missed. The formation of the Sabbatical Support Group will go a long way to ensure things run smoothly while they are away. Their absence has necessitated the need for a Local Arrangement service at church and the Stewards will be meeting to finalise the form this will take and will be in touch with church members who might be able to help.

It was encouraging to see the attendance for the Churches Together in Beckenham Walk of Witness on Good Friday which began at St. Edmund's church and ended with an open air service on Beckenham Green just by St. George's church. On Easter Saturday church members brought flowers to decorate the Cross placed in front of the church. Tea/coffee and hot cross buns were served. Thanks to all those who participated.

As part of Christian Aid Week, a coffee morning, good-as-new stall and book sale was held on Saturday 10th May 2025 to raise money for Christian Aid. Thanks are due to Sandra Storch and all those who helped to organise this event and support it on the day. This was followed by a Christian Aid/ECO themed service on Sunday 11th May 2025 as part of the effort to attain an ECO church Silver Award.

The current Stewards are Sandra Storch, Judith Reep, Barry Stewart, Margaret Toronka, Paulette Fuller and Theo Farmer. This August marks the end of the term of office for two of our Stewards, namely, myself and Paulette Fuller who will be standing down. A few church members have been nominated and approached to see whether they would be willing to join the Vestry team and this conversation is still ongoing. I hope you will all pray and support the team as they continue their efforts to get this matter resolved by September.

*Theo – Senior Steward*

**Future dates to note - more details later in the year**

28 September - Church Anniversary and Gift Day

12 October - Harvest Sunday

**BIRTHDAYS**

We wish all those with birthdays in June, July or August a very enjoyable day. Valerie adds - not forgetting my brother, Don, a former member, celebrating his 100th on 27th June!

## FUND FOR HUMAN NEED



The valuable work of this fund continues, so do our after Sunday Service donations for tea/coffee. The amount for 2024/25 will be given in the Autumn Indicator.

*Valerie*

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## SENsational Church

### A new community

Fun Fellowship Crafts Music  
Refreshments Dance Play

Sensory Room Prayer Tent  
Chat & Chill

Singing & Signing  
Creative Worship

Venue: Bromley Methodist  
Church, BR1 1SB (North St.)

Time: 2-4pm

Sundays: 16 March

22 June 16 November

for all ages and abilities

To register, please email: [SENsationalchurch@proton.me](mailto:SENsationalchurch@proton.me)  
or leave a message via: 020 8313 1029



## **A REMINISCENCE FROM ONE OF OUR GARDENERS**

"I was doing some gardening at the Bromley Road Church on a day when a wedding was about to take place. We were round the side, out of the way where the present car park is now. (Previously it was a large rose bed with a border all along Bevington Road).

Our minister was Rev Ralph Waggett (as you will know from his photo in the New Room, our Minister from 1981 to 1986) and our organist at that time was Alan Camp, who was going to play at this wedding. Alan played the organ for us, very well, for about 15 years. I still have some of his music, which I still use. He had a habit of making a note on the music when he played a piece, which I have continued. His earliest note in one piece of music is 12/12/70!

However, as Alan had not turned up to play, Ralph asked me to help. So, I took off my wellingtons, and wondered what I could or should do. I had no music with me, which I need. The first hymn was "Praise, my soul, the King of heaven", so I thought I would play that when the bride was walking in, which I did. After all, if I had to continue it was good practice for when I had to play the first hymn! Luckily, before it was time to play the first hymn, Alan appeared, and fortunately took over!!! He had got his times wrong,

I am not sure if the couple getting married were put off by an "unusual" piece of music at the start of the service. At least there was some music at the start of the service, (even if a gardener had to play it!)"

*David K*

### **PRAYER TIME**

Prayer Time meets on Sunday mornings before Service in the Wesley Lounge between 10.10 a.m. and 10.25 a.m.

*Valerie*





## **ZIMBABWE VICTIMS' SUPPORT FUND**

You will remember that I wrote about ZVSF's Appeal in last summer's Indicator. ZVSF's Treasurer, Caroline, now writes in her 2024 Report. "In April (2024) we launched our Special Appeal setting ourselves the target of doubling the funding for mealie meal to 30 tonnes a month. I am happy to say that through your wonderful on-going support, we have managed to sustain this target despite all the monetary challenges of the last year. This resulted in ZVSF being able to send £122,832 to provide vital support to the people of Matabeleland during one of the worst droughts the country has experienced. This was 28% higher than the previous year. We were also able to support the feeding programme at six primary schools in the Lupane district where, without this critical assistance, our Bulawayo Team tell us, the children would have been too weak, due to malnutrition, to attend school.

Your funding has also provided continued support for the self-help Intuthuko community garden project. Thanks to the continuing generosity of one of our supporting churches, we are now funding a second borehole, and it is hoped that this will enable the expansion of this project and encourage more families to take part in the scheme.

Although the rains have come, the challenge still remains to support these vulnerable people in difficult times. The cost of food is spiralling, we have seen the price of mealie meal rise by 16% within the last two months and there is little relief available. In short our programme of relief feeding is vital to the survival of the local population. It is only through your amazing generosity that we can continue to supply this support to our brothers and sisters in need and for this we thank you."



Should you wish to donate the Account Name is: Zimbabwe Victim's Support Fund and donations should be sent to Caroline Hastie-Smith, 155 Elm Road, Kingston-on-Thames, Surrey, KT2 6HY Tel: 07747 794934

*Valerie*

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## MUSICAL NOTES BY DJ

The South London Singers are busy preparing their Summer Concert of lighter music to be presented at Bromley Road at the **earlier time of 7pm** on Saturday 12<sup>th</sup> July. ( The traditional time of 745 originated because of catching the free parking after 730 in St George's Road carpark, but sadly that no longer applies. )

You are invited to enjoy **Another Op'nin', Another Show** by Cole Porter in the **Summertime** with George Gershwin. Visit Vaughan Williams in **Linden Lea** and, Tallis, **If ye Love Me**, bring Farmer's **Fair Phyllis**. We can't guarantee the weather though, as Elgar reminds us, **As Torrents in Summer** may occur and **My Love Dwelt in a Northern Land**.

After having a break for refreshments, **Come Where My Heart Lies Dreaming** and do **Somethin' Stupid**. Feeling tired? Then **Draw on Sweet Night** and dream of **The Silver Swan** as **The Long Day Closes**. Rogers and Hart point out the **Blue Moon** and that's the story of **Night and Day**, according to Cole Porter.

Tickets can be booked in advance, with no surcharge, on line through the SLS website, or may be purchased at the door by cash or card. Plans are now progressing for the next programme of concerts with our Director Christopher Braime and Accompanist Jack Stone, looking forward to the choir's 44th Season.



*DJ*



## **A MESSAGE FROM JOY'S KITCHEN – Summer 2025**

We have been enjoying the sunshine here at Joy's Kitchen, even if it does make reading the till rather difficult! We will be setting up our outside tables and chairs whenever we have this lovely weather, so do come down and enjoy the sunshine and the lovely flowers in the courtyard.

Thanks as always to all of the people who are baking for Joy's Kitchen, we have a varied selection of cakes on offer now and often have two or three different choices a day which is great.

Since the last Indicator, we have welcomed a new volunteer to our Monday team, Andrea. She is fitting in well and now brings us to a total of 20 active volunteers who help to run Joy's Kitchen. We are still looking for a Thursday volunteer, someone who would be willing to commit to the first two Thursdays of the month and who could be trained to use the coffee machine, prepare food and would be happy working in a somewhat busy environment. Do let me know or chat to Sheila G, Mimi or Sandra in church if you are interested.

During the summer we will have some specials on the menu including the Joy's Kitchen iced coffee special, iced latte and iced tea. We will also be offering strawberries and cream or ice cream during Wimbledon fortnight. We look forward to seeing you all soon.

PS – last day before the summer break is Thursday 24 July.

***Chloe, Joy's Kitchen Manager***

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## **EASTER 2025**

Once again we celebrated Easter at home and with Churches together in Beckenham. During the run up to Easter Sunday these are the events.

### **Maundy Thursday**

8pm communion service at Petts Wood Methodist Church

### **Good Friday**

- In the morning we joined in with the local Churches together in Beckenham on the annual Good Friday walk of witness. As usual the walk started at St Edmunds and finished at St Georges where we were able to hold a service on the Green.
- In the afternoon a Circuit Service and tea was held at Chislehurst Methodist Church

### **Easter Saturday**

A drop in coffee and hot cross bun morning was held on Easter Saturday morning. As in earlier years we were asked to help decorate a cross with flowers for display outside the Church. Numbers attending this year were higher than in 2024. Everyone enjoyed the morning and produced a wonderful cross, see the photo to show to Beckenham.

### **Easter Sunday**

10.30 am at Bromley Road, Beckenham. Holy Communion.





## A LITTLE LIGHT MUSING

You have a moment, Lord? If you're busy, it'll keep – nothing big, nothing important. Just something that made me think. It's about spiders. Well, sort of. It happened like this.

I was in the garden, just after a drop of rain, and then the sun came out. And there it was. A spider's web. Beautiful, Lord. An intricate jewel of creation, sunlight glinting off each wonderfully woven strand. I just stood and looked at it. Amazed at its simple glory, and that anything so short lived could be so beautiful.

But that's the problem, Lord, short lived, and often because of me. Just the other day, there had been another web. But indoors, hanging from a lamp shade, and I'd just brushed it away, broken it down, and left the spider that had made it scuttling across the floor. At least, Lord, I didn't squash it this time. But confession time now, I have done in the past. That piece of woven art, a piece of nature, of your creation, and I just cast it aside.

Yet, and here's my problem, Lord, I give pounds to protect a panda, or I'll willingly give a donation to save a tiger's habitat, and I get really angry (and I expect you do too) when I hear about trophy hunters shooting big game to boost their ego. But a spider, I toss away, and most people wouldn't raise a finger to protect them. Can you imagine, Lord, an SOS fund? Save Our Spiders. Wouldn't raise much, would it – less than last weeks' offertory. And if it came to snakes, well, don't get me started – they wouldn't get a look in.

But you get my drift? Why do I fight for some bits of your creation and show so little concern for others? But it's all your creation, isn't it, Lord? So even if I don't really like some, can you help me to at least respect them and see them in a different light? I need to think this one through again, Lord.

Thanks for listening.

*(Written in the style of the late David Kossoff)*

The Beckenham Methodist Church Eco Group continues to meet every two or three months and continues to provide weekly Eco Tips or Eco News via the weekly newsletter. Do read for lots of useful hints and interesting information.

In between meetings, the group is working on the 100 or so challenges which are the tasks to be completed to attain the Silver Eco Church Award. There is still some way to go.

It is hoped that solar panels can be installed on the roof of the Bevington Hall and the Epworth Room in due course. Work towards obtaining the various permissions needed is ongoing.

With Christian Aid focusing much of its attention on climate change in recent years, the Eco Church Group decided to mark this year's Christian Aid Week with a coffee morning and sale on 10 May and a special Sunday service on 11 May, alongside the usual envelope donations, to raise awareness of this work and also to try and raise some extra funds to support the work that Christian Aid does.

Thanks to everyone's efforts and generosity, we were able to raise over £900 and with many people opting to Gift Aid their donation too, this means that Christian Aid will receive well over £1000. Thank you all and see below a couple of photos from the coffee morning sale.



## **IT'S NOT IN THE BIBLE**

There are a number of things we think are in the Bible, but aren't. Here are the facts:

1. “God helps those who help themselves” is probably the most often quoted phrase that is not found in the Bible.
2. The Bible does not say Eve sinned by eating an apple. It says that the woman ate a fruit from the forbidden tree.
3. All animals did not come to Noah in twos. Some came in sevens.
4. The Bible does not say that Jonah was swallowed by a whale. It says a large fish.
5. The Bible does not say that there were three wise men who visited the child Jesus. It only names the three gifts that they brought. Really there could have been any number of Magi visiting the Christ child.
6. Jesus did not just feed five thousand with the loaves and fish. The Bible says that besides about five thousand men, there were women and children who also ate.
7. “Money is the root of all evil” is not far off the actual verse: For the love of money is a root of all kinds of evil.
8. “Charity begins at home” is not actually in the Bible. It was said by the 14th century British theologian John Wycliffe.
9. “Cleanliness is next to Godliness”, again, not in the Bible. The phrase was used by Charles Dickens in his book Great Expectations.
10. “This too shall pass”. This is actually a misinterpretation of a line from “The Lament of Deor”, an Old English poem.





## **CHURCHES TOGETHER in BECKENHAM**

Since my last report a Lent course has taken place at St Johns Eden Park. CTiB arrange this every two years and, as usual, it was an excellent course with 4 group choices to join in with. The course was well attended from across the churches in Beckenham and I am pleased to say that we were well represented.

A **Walk of Witness** was again undertaken on **Good Friday, 18th April**. We were blessed with good weather and an excellent attendance. A service was held on The Green at the end of the walk which was led by Rev Neil Draisey from Beckenham Baptist Church.

A CTiB picnic is being arranged for late June or early July. Full details will be in the weekly notices in due course.

Don't forget that if you would like more information on CTiB speak to either Rita or myself.

*Christine*

# **FLOWERS IN CHURCH**



## **ROTA for June, July and August**

### **JUNE**

Sunday 1st  
Sunday 8th  
Sunday 15th  
Sunday 22nd  
Sunday 29th

### **Flowers provided by:**

Comfort Lawson  
Paulette Tomlinson  
David & Angela Keall  
Margaret Cornwell  
Barbara Kyei

### **Flowers arranged by:**

David Dingley  
Richard Phizacklea  
Margaret Hazlewood  
Mary Jackson

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### **JULY**

Sunday 6th  
Sunday 13th  
Sunday 20th  
Sunday 27th

### **Flowers provided by:**

Ben Alcock  
Ena Hamblyn  
Sheila Priestman  
Comfort Lawson

### **Flowers arranged by:**

David Dingley  
Margaret Hazlewood  
Margaret Cornwell

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### **AUGUST**

### **by:**

Sunday 3rd  
Sunday 10th  
Sunday 17th  
Sunday 24th  
Sunday 31st

### **Flowers provided by:**

Jenny Nichols  
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\*  
Brenda Hotham  
Marie Gittings

### **Flowers arranged**

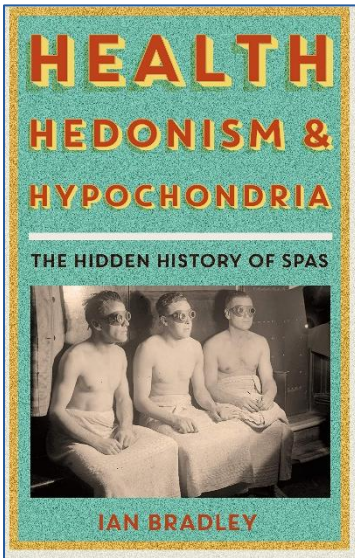
Mary Jackson  
Richard Phizacklea  
Irene Antwi  
David Dingley  
Margaret Hazlewood

**Flowers arranged by providers unless otherwise stated.**

\* You will see that there is no provision of flowers on 10th & 17th August and if there is anyone willing to provide flowers on these dates, please speak to me soon. Thank you

***Margaret H***

## **BOOK SHELF**

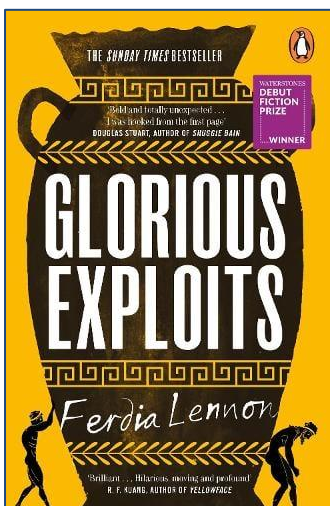


**Health Hedonism & Hypochondria** – Ian Bradley  
Back in the mid-1980s, living in East Berlin, I became aware of the concept of ‘taking a cure’ or ‘Kur’ as part of the rehabilitation process after surgery or serious illness. I was vaguely aware of English spa towns, like Bath and Harrogate, but ‘taking a cure’ was an alien concept and actually, something very different from drinking a glass of mineral water from its source. The purpose of a German ‘Kur’ was to aid recovery, through a personally designed programme of sport, exercise,

diet and culture. A ‘Kur’ typically lasted two or three weeks and was paid for by the state in what was then East Germany, or from your health insurance in what was West Germany. Other European countries had similar systems, although, in the UK, medical scepticism and the popularity of the seaside, meant that any traditional spas left in the UK after World War Two had disappeared by the early 60s.

This well-written, informative and at times very humorous book recounts the history of taking the waters and everything that went along with that, from ancient Minoan civilisations via the Greeks and the Romans, through to the heyday of places like Baden Baden (Germany), Spa (Belgium), Vichy (France) and Karlovy Vary (Czechoslovakia) and right up to the ‘wellness’ industry of the 21st century

For such a niche subject, this is a surprisingly accessible book and not dry at all (no pun intended). As well as the very well researched spa information, it’s also very much a social history of Europe from the 17th century onwards and I enjoyed it very much.



**Glorious Exploits** – Ferdia Lennon

Sicily BC412, and the Syracusans (during the Peloponnesian War) have herded their Athenian prisoners of war into a rock quarry and left them to rot.



Lampo and Gelon, two unemployed Syracusan potters, with a soft spot for poetry and drink, head down to the quarry, to feed the Athenians, but in return, the prisoners must recite a few lines from their great playwright, Euripides.

Before long, the two men hatch a plan to stage a full-blown production of Medea in the quarry, with the prisoners taking all the lead roles. As they say, you can hate the invaders but still love their art. What could possibly go wrong with this Glorious Exploit?

This novel is truly original. It's also very funny and deeply moving and like nothing else I've ever read. Love, friendship, and art itself reveal both the worst and the best of what humans are capable of. Highly recommended.

*Sandra*

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### **A SUMMER PRAYER**

As we rejoice in summer recreation,  
bless, loving God, those whose lives feel destroyed.

As we find a stillness for rest and refreshment,  
bless, loving God, those whose lives are defined by relentless care.

As we delight in new places visited on holiday,  
bless, loving God, those imprisoned by poverty of wealth or ambition.

As we find adventure in activities both fun and frightful,  
bless, loving God, those for whom illness and incapacity have become barriers.

As we find refreshment from routines and daily rituals,  
bless, loving God, those whose lives can never find free space or time.

Amen.

## **SUNDAY SERVICES**

**Beckenham Methodist Church, Bromley Road**  
**at 10.30am (unless otherwise stated)**

<b>Sunday 1st June</b>	Christina Messenger
<b>Sunday 8th June</b>	Rev Michael Cassidy
<b>Sunday 15th June</b>	Deacon Laura MacBean
<b>Sunday 22nd June</b>	Rev Hannah Faal-Heim
<b>Sunday 29th June</b>	Local Arrangement
<b>Sunday 6th July</b>	Jim Holman
<b>Sunday 13th July</b>	Rev David Morris
<b>Sunday 20th July</b>	Mike Tinson
<b>Sunday 27th July</b>	Susan Cope
<b>Sunday 3rd August</b>	Rev Derek Stanworth
<b>Sunday 10th August</b>	Maggie Ayres
<b>Sunday 17th August</b>	Roli Degazon-Johnson
<b>Sunday 24th August</b>	Bennie Harms
<b>Sunday 31st August</b>	Dr Clive Timehin

# **USEFUL CONTACTS**

## **Beckenham Methodist Church**

(Registered Charity No. 1138006)

**Bromley Road Church BR3 5JE**

**0208 650 2763**

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**Minister:** Rev Duncan MacBean is currently on sabbatical until 1<sup>st</sup> September.

Please contact Rev Karen George during this time on

**Tel:** 02084600669

**Email:-** [office@bromleymethodist.org](mailto:office@bromleymethodist.org)

**Senior Steward:** Theo Farmer 07944 803186

**Church Administrator (including room bookings):**

Sarah Reed

**Tel:** 07570 230555

**Email:-** [beckenhammethodistsbr3@gmail.com](mailto:beckenhammethodistsbr3@gmail.com)

*n.b. Normal working week is Tuesday to Thursday 10.30am to 2.30pm, with Mondays from home.*

**Brownies:** Karen Millican 0208 650 6248

**Guides:** Karen Millican 0208 650 6248

**Rangers** Karen Millican 0208 650 6248

**Beavers:** Mandy Allen

**Cubs:** Robin Woodrow

**Scouts:** Gordon Wilson 0208 650 1035

**Web Site:** <http://www.beckenhammethodistchurch.co.uk>

