

St Mildred's Church Newsletter



January 2021

Daphne's Deliberations

Read Daphne's personal reflections on how and why life is a marathon not a sprint.

Pages 2-3

St. Mildred's Christmas

A selection of photos, thanks and greetings for the new year.

Pages 9-12

A New Positive You

Gus encourages and challenges us as we enter 2021.

Page 18



St. Mildred's Christmas pages 9-10

The call of God on our lives at St. Mildred's is to make and equip disciples of Jesus Christ locally and globally in the power of the Holy Spirit.

www.stmildreds.org.uk

Daphne's Deliberations ...

Inside this issue.

Daphne's Deliberations...	2-3
Mission and Evangelism	4
Mission Partners Update	5
Preparing for 2021	6
2021 Vision	7
Poems	8
St. Mildred's Christmas	9-12
Prayer Page	13
Diary ~ January 2021	14-15
Acts 435	16
A prayer of thanks and blessing for Jean Hems	17
A New Positive You	18
Notices	19
The Back Page	20



Daphne's deliberations – it's a marathon, not a sprint!

Well, hello 2021! So many people have been writing and posting that they can't wait to say goodbye to 2020 with a final 'good riddance to bad rubbish', before moving into 2021 that offers greater fortune. Yes, 2020 was extraordinary for all of us and unbearably painful for many, especially those who lost loved ones to Covid-19 or a death, which they could not share with close family and friends due to the '30 at funerals' rule.

I was thinking back to March and the first lockdown – Tom and I were saying, "it's a marathon not a sprint" as we all rushed in with new ideas of new things to do by way of support for neighbours. We asked people to chime in with the local community, at the same time as we carried on with planned activities – CAP and Alpha being two successful online courses that ran once we were fully Zoom proficient.

Newsletter Articles

Anyone who regularly attends St Mildred's can contribute articles to the newsletter.

Articles should be sent to the editors no later than Wednesday 27 January for the February 2021 edition, which will be available on Sunday 7 February 2021.

Newsletter editors:

Edna Petzen

Elisabeth Harris

Email: newsletter@stmildreds.org.uk

Daphne's Deliberations ...

Our tech team moved us almost seamlessly to livestreamed services and those with no internet receiving CDs of the service each week. What we achieved, with the help of God, was quite extraordinary, if exhausting much of the time.

As Christians we will have heard many people quote the Bible at us, or have been quoting the Bible like some sort of magic potion. If one more person told me I didn't believe the Bible and more specifically, Psalm 91, if I wore a mask, I was going to scream!

As responsible Christians, I hope we will continue to stand on God's word to us, to study and pray over it with our current context and its own contexts in mind. Paul's letter to the Romans has been coming to my mind regularly this week and as I start to ponder 2021, I am thankful for a faithful God who was with me throughout 2020 and never left me – as promised! During the harshest of times, I was sure of God's love for me, in Christ, and many times I felt the warmth of his love through those around me, as well as through reading the Bible.

One day, feeling particularly wretched at home, living alone, I decided the only course of action was to walk; to get out of myself, physically and at least make 10,000 steps that day. Grrr..... off I went! Through Manor House Gardens and up to the parish with some deliveries. Of course, I bumped into about five members of St. Mildred's for a chat, which started to cheer me no end. Tom popped out as I walked past the church, and we had a super, impromptu 'business walk and talk' to discuss the finer details of our Christmas plans. An hour later and all was well with the world and I was happy to be home alone again, fired with enthusiasm for Christmas and the celebrations for the birth of Christ. Thanking God for the St. Mildred's

Church family and our love for one another.

Peace with God through our Lord Jesus Christ and joy in the hope of the glory of God – that is what we've been celebrating and remembering at Christmas; Emmanuel – God with us. Life is a marathon not a sprint, it requires a different mindset to run a marathon than a 100m sprint and Covid-19 is here to stay, with or without a vaccine. As we step into the new year, we can 'forget what is behind and strain towards what is ahead' as Paul tells the Philippians; 'press on towards the goal to win the prize for which God has called me heavenwards in Christ Jesus'.

I don't know what 'greater fortune' is for the world, but I do know the only thing we, at St. Mildred's, can be certain of is that we worship a faithful God, who loves and cares for each of us as his own. Alleluia! Happy New Year!

"Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us."

(Romans 5:1-5, The Holy Bible)

**Daphne Clifton
(Curate)**



Mission and Evangelism



Yes, I'm going back to theological college in January!
I have prayerfully decided to convert my Diploma in
Theology, Mission and Ministry to a degree.

It will take about two years and include Zoom classes, essays, reflections, thinking and an extended project. As I receive an alumnus discount, I shall continue at [St. Augustine's College of Theology](#).

This term I will be following a module called, "The Bible and Christian Faith" and we have already had a Saturday Zoom school, before Christmas. It is a challenging module but I'm sure, the Lord being my helper, I'll manage.

In the Summer Term I will be doing a module, "**Mission and Evangelism**" and THIS IS WHERE YOU COME IN!' I have to look at some missional frameworks and write a reflection, in May, which will feed into my extended project at the end of year 2.

Here's the summary my tutor has agreed I can follow:

"I would like to engage a small team to agree the missional framework, that for St. Mildred's, must be biblically based, which is why I like the 'Listening in the neighbourhood' idea. We have, in the congregation, several business owners and people interested in supporting local business, who I pray, and hope will have the time and inclination to join in.

My plan is to have a group formed by mid-January, which will give us 4 months to get going and have enough for my theological reflection in May.

I would like part of the outcome to be that our congregation (and me!) has a greater understanding of the difference between mission and outreach."

The red bit is for you and me! Please, if you are remotely interested in engaging and stretching your brain about MISSION & EVANGELISM, having some fun and learning together at a safe distance Please call me on 020 8318 3857 or email me daphne@cliftonconsulting.com I will then be able to tell you what might be involved, as we decide the resources we have between us. I will print the outcome of the reflection in the June newsletter.

THANK YOU!

Mission Partners

Starfish Christian Trust

We received a copy of a letter sent to the trustees of Starfish Christian Trust from Pastor Samuel Joshua in India to express his personal thanks for the support received to rescue 5 more children to Hope Ministry in India. Pastor Joshua said:

“We are so thankful to the trustees once again for having compassionate hearts for rescuing these 5 innocent children in which two suffered with COVID-19 recently and now they are ok but need ongoing treatment and support. The children also send their love and thanks.”

The work of Hope Ministry continues to be at the cutting edge of the many challenges facing India. Pastor Joshua gives an insight in his letter which continues:

“The doctor says when he went for screening of COVID-19 in the villages he saw 10 children begging on the streets and under the control of a drug mafia owner who is known to also murder them as well. The doctor made a secret operation and searched for the parents of the children and discovered that they sold their children for 60,000 rupees each. The mafia owner’s assistant met the doctor as he was infected with COVID-19, so the doctor said to this man that it is a crime to do such things with children and he says he would negotiate with mafia owner and after negotiations, the children would be released at 35,000 rupees for a child. Keep praying for our work as we always find the innocent children to save them from bonded labour, slavery and sexual exploitation.”

Your loving brother

Samuel Joshua

Open Doors

Covid-19 videos: messages of hope from the persecuted church

Around the world persecuted Christians are helping their communities in numerous ways during the Covid-19 pandemic. And, despite the difficulties that they face, many have been praying for us too.

The Open Doors website provides regularly updated collection of video clips from the persecuted church to hear their inspiring stories and words of encouragement.

Visit <https://www.opendoorsuk.org/resources/church-at-home/covid-19-videos/>

Preparing for 2021

After the strangest of years, it is nearly time to bid farewell to 2020, and less of the 2020 vision than many of us were hoping for.

Before we write 2020 off as a bad job, it is worth closing out the year without a set of rose-tinted spectacles. (I remember childhood holidays always being sunny – they weren't!)

I have tweaked this popular business exercise and you can try it either in your office or in front of the fire with a glass of wine. You can include family members and do it together. Enjoy!

***These are the steps, with the obvious inclusion of, “Where did I see God at work?”
“What is my prayer for this?” “How can I become more Christ-like in 2021?”***

1. Leaf or scroll through your 2020 diary, looking a month at a time.
2. Say to yourself, “I accomplished this...”, “I’m thankful for this...”, “I was upset about that...” Write a list if it helps.
3. This year you might like to consider what you have learned about yourself (character/habits) during the time of a pandemic.
4. What am I worried about for next year?
5. Who or what are you leaving behind or taking with you into 2021?
6. Think about what you want to take forward into the new year – new ways of doing life and work; being more Christ-like.
7. Go through each month until the end of December 2020.
8. Once you have brought your year to a close you will be ready to move in to 2021. Wrap up the old and open the new!

Daphne X



2021 Vision



Just after Christmas I was having a 'Zoom' with a friend in far flung Bedfordshire and they said, "What are you looking forward to in 2021?" So I rattled off a few things; getting back to going to the cinema and theatre, getting a haircut, going to a hospitable tavern, seeing friends in person, going to see my latest great-nephew, hugging, kissing, the usual things. Then he said, "What are you looking forward to in your spiritual life?" Unfortunately my friend is quite wise and the question took me by surprise. So I said, "I don't know, same old, same old."

I realised instantly that was a poor answer (he raised his eyebrows, well one of them) but indeed I had not thought about it at all. It's a good question and a challenging one. You may look forward in the New Year to becoming fitter or slimmer or take more heed of friends and family or change the curtains in the lounge, a myriad of resolutions, but what about your ongoing faith? What about your progress, pilgrim?

Or put another way, how can I deepen my relationship with God in the New Year? One way, the obvious way, the way that has been preached endlessly, the staring you in the face way, the yes I know but haven't quite got round to it seriously way is getting to know the Bible better. One thing I realised even more this Christmas is how beautifully the Bible hangs together as a whole.

Many hands wrote it but God inspired it, for our benefit.

Another way and yes this is blindingly obvious again but needs repeating to me just as much as you is prayer. The only truthful answer a believer should give to the question, "How much do you pray?" is "Not enough." If you can talk to a friend or relation or stranger you can talk to God. Hopefully one thing we all have learned from 2020 is the crucial need for prayer. (Isn't it interesting that the word 'crucial' derives from the French word for 'cross'? But that's another article.)

Reading the Bible and praying leads to a better relationship with God because through both things He talks to us. I find that completely staggering. But have also found it to be true. In the Bible God says, this is what I am like and praying is engaging with what He is like.

There is the story of two children going to the seaside, one of whom had never seen the sea before. That child looks at the gently rolling sea in awe as it stretched to the far horizon and said breathlessly, "That's wonderful" and the other child says "Yes, and that's only the top of it!" May we all in 2021 go deeper into the fullness and richness and awesomeness of our wonderful God.

Henry Girling

Romans 8:28

Poems

AND WE KNOW

*What precious knowledge is embodied in this word
That despite mistakes and trials, we can trust our precious Lord
Know the one sure source of knowledge, know the font of sweet relief
Know the comfort of the Saviour,
Sinner, though I am the chief*

ALL THINGS

*What a precious cover, no assurance quite like this
Covering all my incidentals, guaranteeing final bliss
All things his, my Lord and Saviour
All things mine through precious blood
All things now are in his keeping, he will bring me safe to God*

WORK TOGETHER

*Work together wondrous working, woven by his hand of love
He alone controls all problems, shaping us for life above
Sickness working great recovery, problems working quiet restraint
Trouble working great deliverance, hence to pray and not to faint*

FOR OUR GOOD

*What wondrous goodness, not what I want, but what I need
Jesus our great intercessor, at the throne our case to plead
For our good our present portion
For our good our future store
For our good our satisfaction, his good name we must adore
So we know all things are working and together for our good.
All we have to do is trust him, to enjoy this heavenly food
Trust him where we cannot trace him
Trust though we cannot see
Love him 'till the plan mysterious
Is no longer a mystery.*

Author Unknown - Thank you Iris Gibbs for this contribution

The Gate of The Year

*And I said to the man who stood at the gate
of the year: "Give me a light that I may
tread safely into the unknown.
And he replied: "Go out into the darkness
and put your hand into the Hand of God.
That shall be to you better than light
and safer than a known way."*

*So I went forth, and finding the Hand of God,
trod gladly into the night.
And He led me towards the hills
and the breaking of day in the lone East.*

*So heart be still:
What need our little life
Our human life to know,
If God hath comprehension?
In all the dizzy strife
Of things both high and low,
God hideth His intention.*

*God knows. His will
Is best. The stretch of years
Which wind ahead, so dim
To our imperfect vision,
Are clear to God. Our fears
Are premature; In Him,
All time hath full provision.*

*Then rest: until
God moves to lift the veil
From our impatient eyes,
When, as the sweeter features
Of Life's stern face we hail,
Fair beyond all surmise
God's thought around His creatures
Our mind shall fill.*

Minnie Haskins 1908

St. Mildred's Christmas

Things I've been grateful for this Advent and Christmas season:

- An amazing tech team, who have kept us worshipping live and livestream.
- The creativity of 26 families and individuals, who gave us a thought for each day of Advent.
- Kate and Georgia, of The Feasting Beast, who cheerfully provided hot drinks on a chilly evening.
- Our outdoor Community Carol Singing – went home with huge joy in my heart that evening.
- A 'Blue Christmas' tree and service that reached more people than in previous years – praise the Lord!
- The beautiful outdoor crib scene and variety of Christmas posters.
- Micah's solo and then 'chair athletics' all in the same carol!
- The 'auditory hug' of the singers in our services
- The kindness, cards and gifts from many members of the congregation.
- The peace of God, which passes all understanding.



Thank you Daphne for this contribution and for expressing the thanks we all have in our hearts.

St. Mildred's Christmas



Lloyd and Pauline present the story of the Woman at the well



Sara and her violin playing frog featured in our Advent Calendars.



On Christmas Eve Jenny shared the story of the shepherds hearing The Good News that a Saviour is born.



Laura shows us how Jesus touched the hand of the woman and she was healed.



Greetings for the New Year from Daniel.

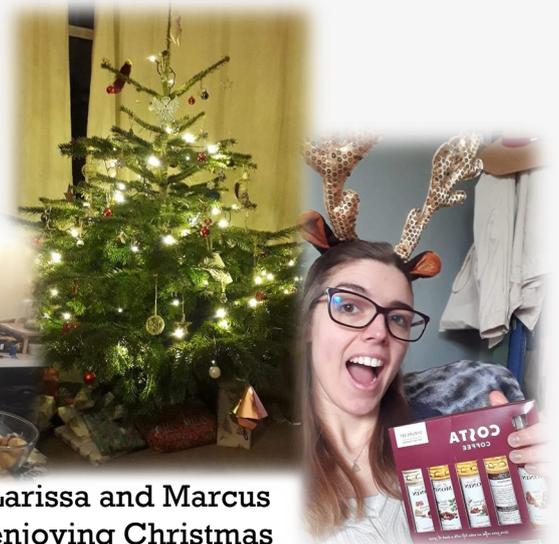
Tired ..but dressed for Christmas...Sue and Oliver x



Awake and Dressed... NOT as well dressed as the dog!



Larissa and Marcus enjoying Christmas





Timara?! ... a little poetic licence for a drama.



Gus read for us at the Carol Service... The angel Gabriel is sent to Mary. Luke 1:26



Who is this mystery woman, out delivering Christmas goodies by bike on a wintry morning?



May the simplicity of this Christmas, carry through into 2021. Blessings to you all from 'Huis de Villiers'.



Thanks to all - for keeping the services going, friendship and fellowship. Looking forward to seeing you all in the near future . Theresa



Some of my Christmas Cards - Maggie



My Christmas project - Japanese traditional fermented food - from the front - traditional pickles bed, Japanese Koji (mulled rice) seasonings, etc. Keiko



Greetings to you all for 2021! - It snowed December 28/29 in my hometown in the Midlands - here is a photo from the local paper. Thanks to God for families, friendship, fun, creativity and the natural world around us. May we all stay safe and connected in 2021. Sara X

St. Mildred's Christmas



**A big
"THANK YOU"
to all who worked hard to make
all of our Christmas services a
success, in different and
challenging circumstances.
In particular, thank you to
Matthew and his team of
helpers for organising the
evening carol service outside
in the church car park on 20th
December - from "mad idea"
to reality in only two weeks!!**



Prayer Page

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

Romans 8:28

Please continue to pray for Keiko and her parents and her sister that as Keiko abides in You The truth of your Word will be made know to them.

Building Project

Please pray that our planning appeal is allocated to a planning inspector who will be sympathetic to our objectives and determine the appeal fairly to all.

Brenda gives thanks for God's care for her and the prayers and kindness of St. Mildred's family.

Pray for Daphne - that new coaching clients will come her way.

Pray that our leaders, Churches and communities might respond promptly, creatively and effectively to the many issues effecting all nations as a result of this pandemic.

Pray for Covenant Homes in Kenya. Give Thanks that Ruth has now returned to University and we pray for her safety.

Please pray for Adrian's friends
Richard and Colin.

That God will bring physical and mental relief for long-term conditions. Come into their situations and bring your peace and healing.

Pray for North Korean Christians.

Thank You that You are sovereign and victorious despite this. Please continue to grow Your church and give solace to Christians who are in prison and courage to those who are secret believers and protection for all who are helping them.

Father God, you promised your Holy Spirit as our comforter. Please pull close, all those who are alone or lonely at this time. May your presence bring support and contentment in Jesus name.

We pray for healing for all suffering after effects of Covid. Renew them and fill them with your strength and love.

Keep our hearts and minds safe in the heart of Christ

Pray for governments around the world that they will think and act in compassion and wisdom.

We pray for Governments in countries that do not have the resources to deal with the covid crisis as well as they wish.

We pray for our Mission Partners...

That together we will be the hands of Christ in prayer and action.

Give Thanks

For Christmas events and for all who worked to make them happen. Bless all those who attended with your Love and Peace.

We say thanks and pray for all those caring in difficult circumstances and all Key workers

We give thanks for the NHS. We pray that you will guide and provide for them May they be strengthened and put their trust in You Lord.

Pray for Alpha and CAP courses

starting soon. We pray for those organising these courses and for all planning or considering attending.

We pray that we will take the time to quieten and listen to You Lord. Amen

We pray for all, young and old, who might be burdened by suffering they have witnessed.

We give thanks for the young people of our community and ask as parents, friends, relatives, teachers and church family, we might foster in them the gifts and strengths that you have given them

Send Prayers to lisharris68@yahoo.com

Diary ~ January 2021

In these uncertain times, it is hard to plan exactly what our diary will be. We have tried to be as accurate as possible. Changes are likely - both in terms of new events appearing and some listed here being cancelled.

Sunday	3	10am Morning Service 11.30am Prayer Meeting 4pm Virtual Tea
Monday	4	9.30 am Prayer meeting 8pm Home Group Leaders Meeting
Thursday	7	5.30pm Church in use
Sunday	10	10am Morning Service 11.30am Prayer Meeting Grid TBC
Monday	11	9.30 am Prayer Meeting
Tuesday	12	8pm PCC
Wednesday	13	8pm Prayer Meeting
Thursday	4	5.30pm Church in use
Sunday	17	10am Morning Service 11.30am Prayer Meeting Grid TBC 4pm Virtual Tea
Monday	18	9.30 am Prayer Meeting
Tuesday	19	8pm Home Group
Wednesday	20	8pm Home Group
Thursday	21	5.30pm Church in use 8pm Home Group
Sunday	24	10am Morning Service 11.30 Prayer Meeting Grid TBC
Monday	25	9.30am Prayer Meeting

Diary ~ January 2021

Wednesday	27	8pm Prayer Meeting
Thursday	28	5.30pm Church in use
Sunday	31	10am Morning worship 11.30 Prayer Meeting Grid TBC 4pm Virtual Tea
Monday	1	9.30am Prayer Meeting
Tuesday	2	8pm Home Group
Wednesday	3	8pm Home Group
Thursday	4	5.30pm - 8pm Church in use 8pm Home Group
Sunday	7	10am Morning Worship 11am Prayer Meeting Grid TBC



Businesses to pray for in January 2021

Little Bananas
Summerfield Pub
Natubit UK
Engineering Minds
RGIS

Movo Insurance Co.
Londis
Hither Green station
Blackheath station
Aroma Beauty Rooms
TDSA Ltd
Great British Accountants



'...giving to anyone who has need.'

The Covid crisis has forced many people into poverty, and has aggravated issues of abuse, debt and unemployment for others. Acts 435 is a Christian charity which enables those of us who are more fortunate to help individual who are in serious need.

The charity's name is drawn from Acts chapter 4 verse 35, which refers to the distribution of resources to those in need. Acts 435 was set up in 2009 by John Sentamu (the former Archbishop of York) who remains involved.

Its function is to address short-term "crisis" issues by providing grants of up to £150 to individuals in need, for specific purposes. This includes the purchase of goods such as kitchen equipment and emergency clothing and funding for domestic repairs or debt relief orders. Specific individual needs are posted on the charity's website, with appropriately anonymised background information. Donors can respond by making gifts of £5 or more towards whatever specific need touches them.

The charity's administration costs are funded through Gift Aid on donations so that 100% of money donated goes directly to the particular need that a donor chooses to support. That means that if you give £20 to buy somebody an electric kettle, the whole of your £20 is used for that purpose, assisting the individual whose need you wish to address.

Most individual requests for funding are met in full by Acts 435 within a couple of weeks. Donors' identities and locations remain private, but recipients of help are told that assistance is provided by Christian people who care about them.

The individual needs which are posted on the Acts 435 website are identified through a network of local churches and charities.

The Diocese of Southwark is encouraging churches in South London to work with Acts 435. St Mildred's Church PCC has decided

to take up this challenge and Stella Gill has agreed to be our church representative. The arrangement is not yet in place but it should be fully set up by the end of January 2021.

Working with Acts 435 will provide St Mildred's with a potential route to provide assistance to individuals in serious immediate need who are personally known to us. We will also be able to post on the Acts 435 website any crisis issues referred to us by our local Ward Councillors, by the schools in the parish or by other local charities. Working with Acts 435 will not involve any financial commitment by St Mildred's Church. Acts 435 will not become a "mission partner" and will not receive any tithe amount from the church.

If a specific need identified by St Mildred's is posted on the Acts 435 website, there is no expectation that the donations to meet that need will be met by St Mildred's Church or its membership. However, if you would like to offer support to people in our area who are in crisis, we can let you know when local needs are posted. Members and friends of St Mildred's Church are of course free to make donations to address any needs that appear on the Acts 435 website at any time.

The best way to see how Acts 435 operates is to have a quick look at the charity's website:

<https://acts435.org.uk/give>

Alternatively, if you have any questions about the Acts 435 charity and how it works, you can email acts435@stmildreds.org.uk.

Stella Gill

A prayer of thanks and blessing for Jean Hems

O Lord, we give thanks to you for dear Jean, who is and has been, such a blessing to us in many ways.

We praise you for Jean's faithful and loving ministry over many years as a SPA, serving at St Mildred's, and as a hospital chaplain.

We thank you for Jean's great love for you, Lord; for her servant heart, her encouragement to us, her warm hospitality and commitment to prayer.

We are grateful that technology and phones enable us to stay connected with Jean since her recent move. Especially that she is still able to worship with us and that distance does not prevent Jean from remaining a member of the St Mildred's family.

We give thanks for Jean's safe move to Bath and for your timely provision of her current accommodation so that she is now closer to her family.

We ask for your blessing upon her, that she would settle quickly into her new surroundings, and that you would be in all the practicalities of change. May she know a deep sense of your peace and be given opportunities to meet neighbours and make new friends easily.

Lord, we continue to pray that you would lead Jean and Nicky to find the permanent home she is seeking, and for you to guide her to a new place of worship, these we trust you already have in mind for her, all in your timing.

We also ask that you would continue to keep Jean and her family safe within the shadow of your wing.

In the words of Psalm 16:11, Lord we pray, that you would continue to show Jean the path of life; as in your presence is fullness of joy because at your right hand are pleasures forevermore.

In Jesus' name we pray. Amen.

With love from us all, Jean.

Louise



A New Positive You



- **Eat more whole foods and cook from scratch.**
- **Sit less and move more.**
- **Cut back on sweetened beverages and also screen time.**
- **Get more quality sleep.**
- **Find a physical activity that you enjoy, preferably outdoors.**

As a New Year awakens and you recollect the events of 2020 with astonishment it is understandable to have felt pain, anguish and a great sense of being powerless in so many ways. It is also easy to want to curl up and give up.

Contrary to popular belief this is the perfect time for you to uplift your faith to Christ. Christ Himself is our peace; Paul wrote in Ephesians 2:14. 'When we abide in His presence, His Peace is greater than any disruption, quieting the noise of any worry, hurt or disunity of this world' and particularly of last year.

With the arrival of another approved vaccine to be rolled all over the UK it is time to have faith and gratitude with the efforts of so many people who are helping towards getting normality back from this world pandemic.

A perfect time for you to take stock of your mental and physical self I would say, and make sure you are in tip top condition from the inside out.

To help you I have just a few New Year's resolutions that I know you can actually keep.

Just by sticking to the above list for a month, I promise you that you will be more alive, healthier, mentally and physically. Keeping a daily diary of the tweaks you have made will allow you to quickly assess your progress helping you to feel good about yourself. Also, don't knock yourself if you come off the path occasionally. Keep in touch with likeminded people who can motivate you towards cultivating the habit that instils the belief and rewards you towards optimum well-being. At the same time remember to always spare a thought to help others.

The benefits of regular activity from deep breathing, powerwalking, online fitness classes, cycling and meditation to name a few all play a vital role in promoting positive mental well-being, particularly helpful in reducing anxiety and depression.

By creating a healthier relationship with food and taking better care of your body, you will drastically improve your health and mindset. Leaving you to be more positive, mentally strong and ready for 2021.

Gus Ayinbode

Notices

Christmas Auction

Thank you to those who donated promises, home-made goodies and other lovely things for the online Christmas auction, and to those who purchased them! There were some very attractive “lots” on offer, including gardening services, delicious cakes and organic hand made chocolates. The auctioneer got a bit carried away with his enthusiasm when it came to the marmalade (selling ten jars rather than the original two). The lemon curd was multiplied in a similar manner! A lot of toast will be consumed in the new year...

The auction and quiz were great fun and the evening raised about £650 for the church building project.



Easyfundraising

 [easyfundraising.org.uk](https://www.easyfundraising.org.uk)
feel good shopping

Collect **FREE donations** every time you shop online

 1. Join  2. Shop  3. Raise

We launched Easyfundraising in St Mildred's two years ago, and it's been generating a steady stream of small payments into the St Mildred's Development Fund ever since. If you've been using it regularly when shopping online - thank you! If not, do please consider signing up by visiting the website.

<https://www.easyfundraising.org.uk/causes/stmildredschurchlee/>

If you install the Easyfundraising assistant in your browser, you'll be reminded whenever you go to a web site which supports Easyfundraising and a small percentage of the cost of your purchase will be donated to St Mildred's at no cost to you.

The Back Page

Be Glad

*Be glad that your life has been full and complete,
Be glad that you've tasted the bitter and sweet.
Be glad that you've walked in sunshine and rain,
Be glad that you've felt both pleasure and pain.
Be glad that you've had such a full, happy life,
Be glad for your joy as well as your strife.
Be glad that you've walked with courage each day,
Be glad you've had strength for each step of the way.
Be glad for the comfort that you've found in prayer.
Be glad for God's blessings, His love, and His care.*

Great faith that smiles is born in trials

*It's easy to say "In God we trust"
When life is radiant and fair,
But the test of faith is only found
When there are burdens to bear...
For our claim to faith in the sunshine
Is really no faith at all,
For when roads are smooth and days are bright
Our need for God is so small...
And no one discovers the fullness
Or the greatness of God's love
Unless they have walked in the darkness
With only a light from above...
For the faith to endure whatever comes
Is born of sorrow and trials
And strengthened by self-denials...
So be not disheartened by troubles,
For trials are the building blocks
On which to erect a fortress of faith,
Secure on God's ageless rocks.*

Both poems by Helen Steiner Rice