



GOOD NEIGHBOUR

THORNTON HEATH & NORBURY
GOOD NEIGHBOURS NEWSLETTER
For older people

No: 254

December/January 2011

What would Jesus do?

Dear Friends,

This seems to be a statement that is used by people both in the and out of the Church these days. Over the last months I have heard this being used by protesters outside St. Paul's Cathedral, by former vicars who used it to justify their resignation from the Cathedral, as well as by churches and leaders to try and get a message over or to try and sway a vote in meetings.

I struggle with the statement as someone who tries to live out the Christian life but seems to get it wrong on a regular basis, and therefore would not assume I would

know the answer. Some would say "go to the scripture the answer is there", but as we know, if we really study the scripture, there is no real easy answer to the question "What would Jesus do?" in many cases.



What would Jesus do with the protesters? - I have no idea!

What would Jesus do when someone who you do not know asks you for money in the street? - I have no idea!

What would Jesus do when same - sex couples ask for God's blessing on their relationship? - I have no idea!

What would Jesus do with the situation we find ourselves in due to the world economy? - I have no idea!

We live in a world of complex uncertainties and differing views and I have no doubt you will have your own personal views and opinions to the questions above. The season of Advent is a time of reflection; as we enter a time when we listen to the prophets of old and journey with them towards the great celebration of the Birth of Jesus.

Advent should not be an easy time for us. It should be full of questions to enable us to prepare ourselves for what Christmas really means to each of us. However, for me it is almost impossible to

comprehend — the first Christmas was the time when Jesus, Son of God, part of the Godhead himself, born of Mary, became man. The incarnation (the birth of Jesus) is in essence the message to become followers of Christ. But also full of questions about how we live this type of life out in our daily lives.



We belong to an organisation of the People of God, which we call the Church. We have a duty to look at ourselves, and to examine the 'Institutional Church'. If either is lacking in living out the gospel message we have a duty to speak out. The purpose of the Church — which is us — is to follow Jesus. Advent and the Christmas

preparations prepare us for the coming of Jesus and to do our duty in following him as best we may.

The tasks of Advent and Christmas are ongoing, in each of us, and in the Church. After two thousand years since the birth of Jesus many non-church goers, and church goers alike, still have questions about the mystery of faith, and how we live this out.

This year as we reflect on Advent and Christmas let us continue to ask the questions, but let us not assume we have all the answers; for we do not know what Jesus would do, if he was born today, to sort out the world's problems or complex issues we face in the Church. We can only pray that through this season **He** will enable us to see glimpses of **Him** through the celebrations with our family and friends and that each of us will learn to love one another. To take

the time to be aware that in the very midst of our busy preparations for the celebration of Christ's birth in ancient Bethlehem, Christ is reborn in the Bethlehem's of our homes and daily lives.

Even with all the on-going questions that surround us each day in the world and communities that we live, let's take time, slow down, be still and be awake to the mystery that looks so common and so ordinary yet it wondrously present.

With season's greetings,

Nigel

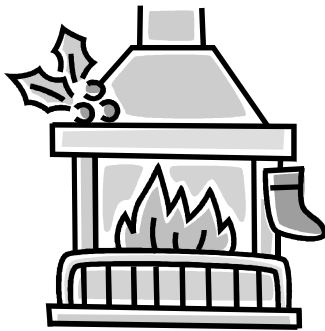
***Revd. Nigel Cowgill
Minister of Parchmore***

Keep Warm and Well!

Winter Fuel Allowance

Winter has **definitely** arrived so it is essential that we all keep both warm and well. The amount of the winter fuel allowance has

changed this year. Payments are made per household; for those aged from **60 – 79** the payment is **£200** and **£300** for those **aged 80 and above**. If you received this allowance last year you should receive it automatically and do not need to claim.



If you have not received the allowance before but receive a State Pension among other benefits, then it should be paid automatically between November and December. To qualify for payment you need to have been born on or before **5th January 1951** and be normally resident in the UK - and to have been resident here during the week **19th – 25th September 2011**.

For more information, please contact the Winter Fuel Payment helpline on: **08459 151515**. Lines are open from 8.30am till 4.30pm Monday - Friday.

Be prepared!

Although we have been very lucky with the weather so far and haven't yet experienced the snow of this time last year, we still need to get prepared for the winter.

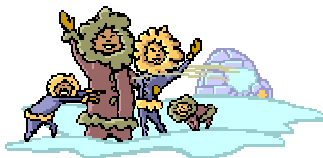
Have your cooking and heating appliances, flues and chimneys serviced at least once a year by a trained, reputable engineer. Keep rooms well ventilated and have an audible carbon monoxide alarm fitted.

The important thing is to keep both well and warm. I know that fuel prices are horrendous but do keep the room that you spend most time in well heated. Warm up the bedroom at least half an hour before going to bed.

It is better to wear several layers of thin clothing rather than just one thick jumper.

Plan your meals to keep your diet as varied as possible. Include plenty of hot food and drinks. Stock up on tinned and frozen foods, especially vegetables, so you don't have to go out too much when it's really cold.

Having said that, don't just sit indoors, try and move around at least once an hour.



Open House

Our **Open House**, this year, will be held on **Friday 30th December** from **12.30pm**. So if you are feeling a bit low after all the Christmas festivities or are likely to be on your own, why not come along?



There will be a buffet lunch followed by Brian and his puppets providing the musical entertainment.

We have to limit the numbers to a maximum of 70 people, so places will be booked on a first-come, first served basis. Please let us know on **0208 653 7353** by **21st December** whether you'll be coming.



Christmas & New Year at Parchmore

Sunday 18th December
Carol Service
6.00pm

Saturday 24th December
Christmas Eve Communion
11.00pm

Sunday 25th December
Family Service
10.00am

Saturday 31st December
Watchnight Service
(at West Croydon Methodist
Church)
10.00pm

Sunday 1st January
Morning Worship
10.30am

*You are welcome to join us
for any or all of our
Christmas and New Year
services.*



Centre Opening Hours

The Pop In will close at
2.30pm on **Thursday 22nd**

December, while the office
will be open until 4.00pm
on that day.

The Centre will be open
again on **Wednesday 28th
December**. The Pop In
reopens on **Tuesday 3rd
January 2012**.

A big Thank You

***The Leprosy Mission
International***

Several of you have very
kindly been collecting used
stamps and old postcards
and bringing or sending
them into Parchmore. We
pass them onto the Leprosy
Mission International who
do wonderful work to help
those with this awful
disease throughout the
world.

for a world without leprosy



Thank you for supporting
them – you have made a

difference. Please continue to let us have the stamps and postcards so that we can continue to help.

Diary dates.....



The next **Hearing Surgery** will be held on **Tuesday 13th December** from 10.30am. No appointment necessary. The first surgery of **2012** will be held here at Parchmore on **Tuesday 10th January**.



Computer classes will start again on **Monday 9th January**. There are still a few places left. The class is from **10 – 11am**. Please call the **Centre on 0208**

653 7353 to book your place.

Seated Exercise classes will end on **Monday 19th December** and start again on **Monday 9th January** at 10.30am.



The last **Tai Chi** class before Christmas will be held on **Thursday 8th December**. Classes will start again on **Thursday 12th January 2012**.

Keep Fit will end on **Thursday 15th December** and start again on **Thursday 12th January 2011**.



So if you need to work off those pounds gained over Christmas do come along!

A Christmas Quiz

Here's a Christmas quiz for you:

1. Which country does the Trafalgar Square Christmas tree come from?
2. What is Boxing Day also known as?
3. Who was Ebenezer Scrooge's business partner?
4. What town was Jesus born in?
5. What Christmas carol includes the line "Glory to the new born King"?
6. Name the popular red Christmas flower.
7. Who wrote the song "White Christmas"?
8. In which country was tinsel first invented in the 1600s?
9. What did my true love give me on the seventh day of Christmas?
10. On what street did the miracle happen in the film of the same name?
11. Which country does the carol "Silent Night" originate from?
12. Which board game has sold the most copies world-wide?
13. How many people are you permitted to kiss under a sprig of mistletoe?
14. On Twelfth Night what do Spanish children leave out for the three Wise Men to fill?
15. Which country did St. Nicholas come from?

Good luck! You will find the answers on Page 10



*Have yourselves a
green re-cycling
Christmas!*

Croydon Council will be running a revised collection schedule for domestic recycling and refuse collections. From Monday 26th December, basically your collection will be a day later than usual. So if your normal collection is on Monday 26th it will be on Tuesday 27th December and so on right through the week.

If you buy a real tree, try to buy one with roots so that when it's time to take down the decorations, you can plant it out in the garden or in a pot to be used again next Christmas.

It is important that we recycle. Designated recycling collection points will be open between **Sunday 2nd – Sunday 9th January 2012**. The nearest

depots are: **Norbury Station Car Park at Glanville Road** and **Sainsbury's Car Park at Whitehorse Lane**.

If you miss these dates, please take your tree to the tip at Factory Lane.

*I Love Thornton
Heath*



The 'I Love Thornton Heath' (Asset Based Community Development) project will be hosting a celebratory event on **December 10th, 11am to 3pm**, in The Darby and Joan Club, 81 Brigstock Road, CR7 7JH. They will be showcasing and celebrating some of the inspirational work that's recently been started in Thornton Heath and encouraging more people to connect and share their stories and talents.



It sounds as if it will be an interesting day, so why not drop in and find out what's going on in Thornton Heath?

Watch out!....



While this is the season of goodwill, unfortunately some unscrupulous people are taking the opportunity to try to scam us.

The scam is as follows: a card is posted through your door from a company called PDS(Parcel Delivery Service) suggesting that they were unable to deliver a parcel and that you need to contact them on **0906 6611 911** – which is a **premium rate number based in Belize!**

Please **DO NOT** call this

number. If you do and you start to hear a recorded message you will already have been billed £315 for the phone call!

If you do receive a card from this company, please contact **Royal Mail Fraud** department on **0207 239 6655**.

Answers to the Quiz

The answers are as follows:

1. Norway
2. St. Stephen's Day
3. Jacob Marley
4. Bethlehem
5. "Hark the Herald Angel Sing"
6. Poinsettia
7. Irving Berlin
8. Germany
9. Seven swans a-swimming
10. 42nd Street
11. Austria
12. Monopoly
13. One per berry
14. Shoes
15. Turkey

How did you do?

Stay Safe....

The holiday period is a great time to go out shopping and have fun with friends and family BUT thieves also consider it a time of opportunity. The Safer Croydon Partnership have some tips to help keep you safe over the festive period.

When shopping – stay alert. Keep phones and music players out of sight and don't let go of jackets and bags when in a cafe or restaurant, for example.

Carry your bag close to you with the opening facing you and make sure your purse or wallet is not visible.

If you are unfortunate enough to have your wallet or purse stolen, call your bank/credit card company straight away and cancel your cards. Don't wait until you get home.

Don't make it easy for thieves to get into your home – ensure windows and doors are shut and keep lights on when you are out. Follow this advice and have an enjoyable festive time!



The Minister and Team Leader and all the Staff at Parchmore would like to wish you and yours a joyous Christmas and a Happy and Peaceful New Year.

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Cookery Corner
Easy Microwave
Christmas Cake

Ingredients:

750g/1¾lb fruit cake mix
110g/4oz mixed peel
70g/3oz glacé cherries
-halved
200g/7oz Demerara sugar
150g/5oz butter
250ml/8 fl oz water
1 teaspoon bicarbonate of soda
1 teaspoon dissolved strong black coffee
2 large eggs beaten
1 teaspoon each of almond, rum, lemon and vanilla extracts
250g/9 oz cake flour
1 teaspoon each of ground allspice ground ginger and ground cinnamon
½ teaspoon each of ground cloves, ground nutmeg and salt
100ml/3½ oz brandy
Chopped nuts – to taste

Place the fruit, sugar, butter and water into a large micro

wave safe bowl. Microwave on high for 5 minutes.

Stir well, add the bicarbonate of soda. The mixture will froth up – allow to cool. Add the strong black coffee (for colour). Beat the eggs with the extracts and add to the cooled fruit mixture. Add the nuts.

Sift all the dry ingredients together, fold into the fruit mixture. Mix well. Spoon batter into a greased and lined (bottom only) microwave safe baking dish about 18cm in diameter. Elevate the dish about 2cm off the glass plate. Microwave on High for 30 minutes.

Allow to stand for 5 minutes before taking out of the oven. Put on cooling rack remove paper, allow to cool.

Pour brandy over cooled cake. Decorate to taste.