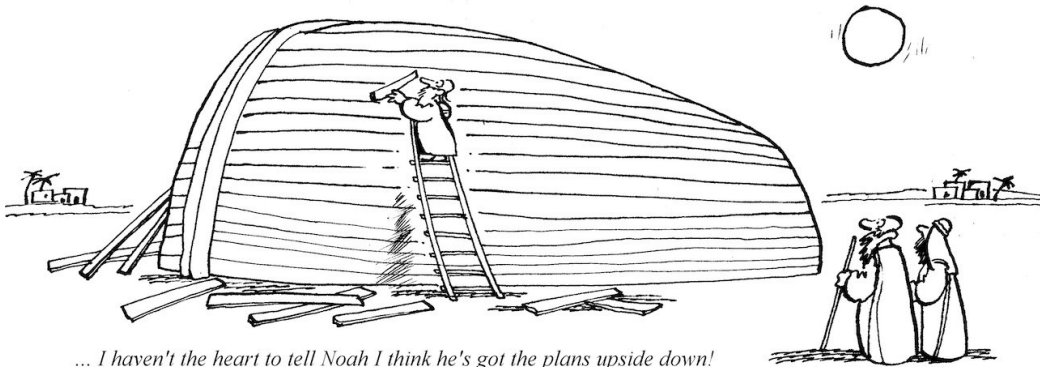




**Romford**  
Baptist Church

# Grapevine



*... I haven't the heart to tell Noah I think he's got the plans upside down!*



**Family Magazine**  
April 2024  
and  
May 2024  
No. 225



# From the Editor

Welcome to our latest edition of Grapevine. It was great to read about some of the recent activities at RBC, especially as they spanned the generations. What wonderful ways to have fun and fellowship, and also learn more about Jesus.

There are many more activities planned at RBC in the near future, and I recommend you look and listen out for information about the abundance of opportunities to attend and get involved in these.

I recently came across a quote by Virgil A. Kraft: "Spring shows what God can do with a drab and dirty world.", and this got me thinking about the beautiful spring bulbs and blossoms we've been seeing around us already, and how wonderful God's creation is.

As we approach Easter, let's remember that Jesus died for us, so that we can have new life in Him. Jesus can transform us from drab to beautiful.

*Therefore, if anyone is in Christ, the new creation has come: the old has gone, the new is here! Corinthians 5:17 NIV*

*Cheryl Schulte*



## Editorial Team

Cheryl Schulte	Editor
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Kathy Pomeroy	Proof Reader
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## Current Church Activities



### Monday

9:30am

Amaze support group for parents and carers of children with additional needs (usually 1<sup>st</sup> Monday in the month)  
Foodbank (donations can be dropped off at other times)

12:00-2:00pm

### Tuesday

10:00am

Needlecraft Group  
Amaze Adults support group for adults with additional needs

10.30am

2:00-3.30pm

Treasure Times  
Prayer meeting on Zoom  
RBC Worship Team meet

8:00pm

7:45pm

### Wednesday

9:45-11:15am

Parent and Toddlers  
Prayer  
Wednesdays @ RBC

12:45pm

7:45pm

### Thursday

10:00am

Thursday morning Life Group, alternate Thursdays (please call church office for dates)  
'Come and join us for a chat', 1<sup>st</sup> and 3<sup>rd</sup> Thursdays  
Holiday at Home - for over 65s, usually termly  
Youth Club (alternate weeks)

10:00-11:00am

11:00am-3:00pm

7:30-9:00pm

### Friday

10:00am

Craft Group in the Meeting Place

### Sunday

10:30am

Morning Worship in the building and online  
Student Social (alternate weeks as announced)  
Evening Worship in the building and online

12:15-2:00pm

6:00pm

If you have any regular church activity which you would like to have included, please let the editor know.

Our purpose is to take the life-changing message of Jesus Christ to all, with the goal that they become His loyal disciples.

(Continued from page 13)

perfectly good to eat. (Far too much perfectly good food is thrown away, just because it looks different.)



I hope you will be tempted to have a go at growing something of your own. Use the RBC Help Facebook group or local online groups to request or share equipment/ compost or soil/ seeds/ seedlings/ pots or just to inspire others. That way you can help to reuse items or make use of unwanted items, ticking another 'green' box in your greener living lifestyle. As always, reach out to me if you have any questions.

And here is a note from Barbara Gatherum to help **recycle aluminium** and raise funds for our local hospice: *For a number of years some of us have collected clean foil (takeaway tubs, cake cases, from the roll, etc.) which is sold, and proceeds go to St Francis Hospice. Please squash the foil together in a bag and give it to Barbara Gatherum or leave it at the church office.*

Tin foil is now also collected in Haverling's orange recycle sacks. I collect mine over a week or two and scrunch it together for either Barbara or the sack!

Happy growing!

Nicola Childs

# GROW HAPPY



## BMS BIRTHDAY SCHEME

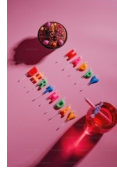
### Birthdays April 2024

25<sup>th</sup> Kathy Metcalf



### Birthdays May 2024

23<sup>rd</sup> Elizabeth Callender



## Smile Lines

### Who?!

*Seen in a West Country church:*  
Whenever I see a little church,  
I always pay a visit.  
So when at last I'm carried in,  
the Lord won't ask 'Who is it?'

\*\*\*\*\*

### Heaven

Seen in a parish magazine: "We shall be meeting on Wednesday, when the subject will be 'Heaven - how do we get there?' Transport by bus is available at 6.45pm opposite the King's Arms.

\*\*\*\*\*

### Do it

Here's a sure-fire way to cross off every item on your To-Do list: Do the chores first, then write them down and *then* cross them off!

\*\*\*\*\*

### Problem

I don't have a problem with caffeine. I do have a problem without it.

## *Pastor's page*

When I was a child our family used to visit relations who lived several hundred miles away to celebrate Easter with them. As part of the weekend we would accompany my aunt to church to 'dress' it for Easter as they were of a tradition where flowers were not permitted inside the building during Lent. We would walk into a building which was bare and drab and leave it full of colour and fragrance ready for the Easter Sunday celebration of Jesus' resurrection, a real visual picture of the hope and beauty that came as a result of Jesus rising from the darkness of the tomb into a glorious new day. As the song by Stuart Townsend says 'See, what a mornin', gloriously bright with the dawnin' of hope in Jerusalem, folded the grave clothes, tomb filled with light as the Angels announce, "Christ is risen"

Sometimes when we are finding things tough we may feel like our world is without colour, maybe we struggle to find hope, to see the path ahead, to notice the world around us, but the point is, it is still there despite what we are experiencing. We may look out of the window and not notice what is outside because we're so caught up in what is going on in our own lives and minds, but that doesn't stop the trees bursting into leaf, the birds feeding their new offspring, the sun from coming up each morning. Can I encourage each one of us to stop, no matter how we are feeling or what we are experiencing and make the effort to look around us. Let us make an effort to recognise God's hand at work, whether that is through creation, an act of kindness that we may see or experience for ourselves or as we stare out

at night and marvel at the moon or stars in an enormous sky. As we do that, it will be the equivalent of my aunt 'dressing the church' because it will remind us that God is continuing to hold His world and our lives in His hands and all He requires of us is to look for Him in our day to day lives. Let me assure you that He is still there and, because of that, our lives can be filled with the hope that comes from Him who had the victory over death itself and maybe we can join with the angels as we declare too that 'Christ is risen, He is risen indeed'.

Rev. Vikki Bunce  
Team Minister  
(With focus on the  
older generation)



## Holiday at Home Murder Mystery

At the beginning of February Vikki organised, alongside Havering adult college, a Holiday at Home Murder Mystery day at church for the older generation. During the first session a 'murder' occurred and those present had to work out who had committed it, why, how and when. They all had the opportunity to view the 'body' (thanks Ken) and the various clues found at the crime scene.

Working in teams they had to find their way through the red herrings, crime and forensic reports, as well as inter-

views with potential suspects, to come up with the name of the murderer and motive for the crime. It was a very different kind of day but enjoyable nonetheless and many were reassured to see that the victim was spotted doing sterling work at lunchtime in the kitchen washing up the lovely meal provided by Jan and Susan. [Various photos attached (I decided I ought not include the picture of the 'body' as I didn't want to cause anyone nightmares!)]

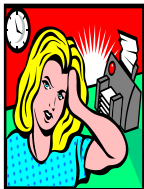
Vikki Bunce



**The deadline for the June/July 2024 edition of the Grapevine is Sunday 12 May 2024**

Please give any items to Cheryl Schulte, or email them to Cheryl at:

**[grapevine@romfordbaptist.org.uk](mailto:grapevine@romfordbaptist.org.uk)**



## Reducing our environmental impact: Growing our own food

Evidence of spring is all around us in God's beautiful creation: daffodils, birds starting to nest and blossom on the trees. I thought it would make sense for this article to discuss growing our own food. Whether it's a pot on a window ledge or balcony, or a garden patch or an allotment, we can all have a go. I have been tending to my own small garden for 25 years and have learnt some things grow well, and some don't, but the best way to find out is simply get your green fingers out and try!

A quick search of the internet will tell you of the many benefits (and tips/tricks) of growing your own food but I will list what I think are the most important:



The immense self-satisfaction you get when you see the fruits (or veg) of your labour. Even if your efforts do not produce plants laden with fruit, what you do grow will taste so much better than anything you can buy.



You will save money! A packet of seeds is very cheap compared to the same quantity of food from the supermarket. A seed packet may contain far more than you can plant within your space, so why not share seeds or seedlings with your friends and neighbours – and spread the green-fingered joy!



Reduce food miles. Have you ever looked at supermarket packaging to see where your food was produced? I

try to buy as much UK grown food as possible that is in season, but outside of our growing seasons, a lot of fresh food comes from abroad by sea or air.



Grow organically. Try to grow without also buying pesticides and herbicides. This will allow nature's bugs to pollinate your flowers, so they can become fruits. To my frustration, I often simply provide a food source for pests but if we plant correctly, the pests will be balanced by nature's predators. There's not enough room to discuss it here, but there's a wealth of information online about organic growing.



Learning. Adults and children alike can enjoy watching the different stages of plant growth, from planting the seeds, to germination, to seedlings growing, flowers budding, bees pollinating, fruit setting, ripening, picking, eating, rotting and composting, ready for the whole process to start again next year! The whole cycle is fascinating.



Appreciation of the effort that goes into our food production which hopefully will encourage us all to waste less food and be more sympathetic to supporting nature and the natural cycles that mean we have enough food throughout the year. If you have grown a fruit that is blemished, hopefully you'll be less likely to discard it, and by eating it you will realise that it is per-

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## THE 41ST UNLOCK LONDON WALK, 27 APRIL 2024

We really hope you will walk with us on Saturday April 27<sup>th</sup> 2024 - after our easterly journey to Thamesmead last year, can you work out where we're going next year from these way-markers?

We're planning for you to wander by Westfield shopping centre; Wormholt Park; Westbourne Park Road; the Westway; White City and 101 Wood Lane - the BBC Television Centre), Wormwood Scrubs (prison and parkland), and a section of the Grand Union waterway.

The 2024 Unlock Walk is visiting West London! Specifically the London boroughs of Kensington, Chelsea, Hammersmith and Fulham. The area we will explore in the 41st Unlock Walk is a bit further west of where we walked in 2001 and 2005 and south of where we visited in 2012. And going by these dates you'll see an Unlock Walk visit to west London is long overdue!

One area that does overlap with past walks is around Latimer Road and Ladbroke Grove, and Notting Hill Methodist Church will be one of our checkpoint churches. It is twenty three years since they hosted walkers on our 2001 'Barriers and Bridges' walk. As the nearest place of worship to Grenfell Tower, they are involved, alongside others, in the community's response to the tragic fire that occurred in June 2017. Our walk will take place nearly

seven years after the disaster, but the sadness and sense of injustice is still felt deeply.

Notting Hill Methodist and the other churches on the walk are looking forward to Welcoming and introducing you to their vibrant communities - share fellowship with them and hear about how they are sharing in the work of God's love in their multicultural neighbourhoods. And in between the checkpoint churches, weave your way under the elevated Westway motorway and railway lines, exploring streets you may not normally walk along and discover the home of the Notting Hill Carnival, varied buildings, bustling markets and beautiful parks.

We are looking forward to another special Unlock Walk and we hope you make a date in your diary - Saturday 27<sup>th</sup> April 2024 - to wander and wonder with us and raise funds to continue Unlock's work.

Further information relating to Unlock's activities can be found on their website [www.unlock-urban.org.uk](http://www.unlock-urban.org.uk)

Please let Susan Young, Ian Salisbury or Hillary Salisbury know if you are planning to attend.



## Life Exhibition at RBC



In February, Romford Baptist Church hosted a week-long Life exhibition, a multimedia experience about Jesus, designed for primary school children. The

exhibition is often FREE to schools thanks to the sponsorship of local churches and Counties.



Some of the children who attended wrote about their experiences:

On Friday, I went with my class to RBC. There were 5 huge tents in the room. Because I there every Sunday, I am used to having chairs fill the church. So when I saw the tents it was a completely different place. One tent is where they introduced everything and some different opinions of different things about Jesus. Then we split into 3 groups. Each different group went to a tent and after a while we would change until we have been in all 3

tents. In each tent you get to learn about something different. We learnt of some miracles. We also learnt why Jesus died. You also had an iPad and headphones to carry around. On the iPad you will watch a video, then a quiz, then you can choose music, a different video and a reading. Then everyone came together to learn about the last thing, and then we came to the café and completed a big quiz while eating biscuits and fruit and having a drink. I loved going there, it was fun and lovely.

*Hannah*

I went to the event at Romford Baptist Church with my class 4B. I went into 4 different tents and got a tablet and headphones, there was a talk then a question about it, then a story with no writing. Next there were three categories, song, story or to go back and go to the next tent, then over and over till we got to the 4<sup>th</sup> tent. There was around 10 people in a tent. At the end there was a bowl of fruit and a remote control to answer a couple of questions about what we learnt. Good fun and I enjoyed it.

*Benjamin*

It was an honour to visit the life exhibition and to experience the fun and learn more about Jesus! My school friends were shocked because the facts were amazing! The storied, videos and games taught us how to live like Jesus!

*Anna*

The LIFE Exhibition was a very enjoyable way to learn about God and his wonders/miracles. I thought it was

(Continued on page 6)

(Continued from page 5)

very ingenious by using interactive iPads to learn about God. It meant that it was very exciting and interactive. I also loved the mini quiz at the end which was very funny! I believe the whole exhibition was a great success and has lots of potential in the future for learning and fun.

Zachary

Further information about the organisation and events, including a video, can be found online at: <https://www.countiesuk.org/lifeexpo>

## RBC Memories

As part of Romford Baptist's 90th celebrations, we would love to hear about some of your memories of life at RBC during the last 90 years. Your memories do not have to span the whole 90 years, but could be about a special time or event that you would like to share with others. If you have photos' they would be greatly appreciated.



Your contributions will hopefully enable us to have a bumper 90<sup>th</sup> anniversary commemorative edition of Grapevine.

You can either email your contributions to [grapevine@romfordbaptist.org.uk](mailto:grapevine@romfordbaptist.org.uk) or hand them in to the church office.

## RBCplus Tribute to Don May

saint francis hospice

living with dignity



When I arrived as the new Chaplain at the hospice in 1993, Don was already a volunteer. He had been

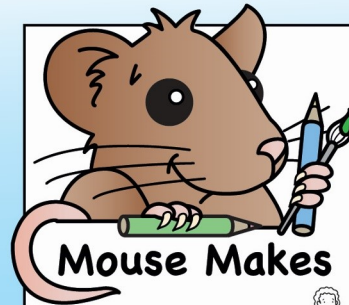
recruited by Dickie Beaver, who wanted to make sure Don had something to do in retirement. I think Dickie also recruited Jim Hooper. Don was a member of the Shops Company Board and every Thursday he was at the hospice counting the takings from the hospice shops and then with another person he would go to the bank with the cash. We sometimes had coffee together in my office.

Later when I held our Remembrance services at RBC, Don and Jim would be there opening up, making sure everything was in place and locking up at the end. They would then be at the evening service.

They all had significant roles at the hospice. Don with the shops, Jim as the hospice treasurer and Dickie who provided medical cover at the weekends. They did it, not to gain human reward, but as a service to Christ to care for others in need.

Today the hospice continues to give care but I doubt if any newly admitted patients realise how much they are benefitting from these three gentlemen and others whose dedication and commitment enabled the hospice to develop to what it is today.

Written by Stephen Henwood  
Submitted by: Barbara Gatherum



### Mouse Makes



How many times had the risen Jesus revealed himself to the disciples before this?

Read John 21:14



How many disciples were there? Who were they? Read John 21: 11

How many fish did they catch? Read John 21: 11



READ the story in John 21

Some time after Jesus had risen a few of His disciples met together to go fishing.

They fished all night but caught nothing. As the sun rose a man on the shore asked;

"Have you caught anything?"

"Not a thing" they answered.

He said to them "Throw your net out onto the right side of the boat and you will catch some."

So they did and they and they caught so many fish they could not pull in the net.

Then John recognised the man, "It is the Lord!"



Colour in all the fish

Apr24©deborah noble • parishpump.co.uk

The Tale of the  
**TWO BUILDERS**



**JESUS OFTEN TOLD STORIES WITH HIDDEN MEANINGS**



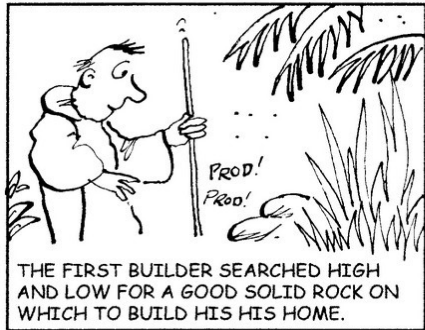
**ONE WAS ABOUT TWO MEN WHO BUILT THEIR OWN HOUSES**



AT LONG, LONG LAST HE FOUND THE IDEAL SPOT.

PROD!  
PROD!

THE FIRST BUILDER SEARCHED HIGH AND LOW FOR A GOOD SOLID ROCK ON WHICH TO BUILD HIS HIS HOME.



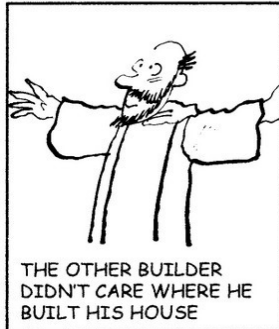
SO HE BEGAN TO BUILD.



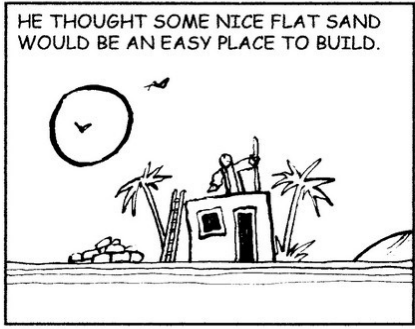
BUT ONE DAY THE STORM CAME...



HE THOUGHT SOME NICE FLAT SAND WOULD BE AN EASY PLACE TO BUILD.



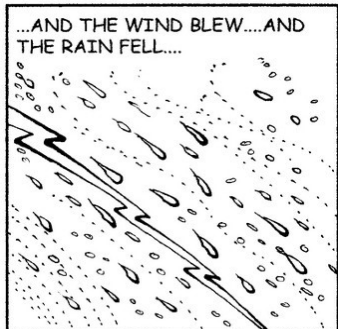
THE OTHER BUILDER DIDN'T CARE WHERE HE BUILT HIS HOUSE



...AND THE WIND BLEW...AND THE RAIN FELL...



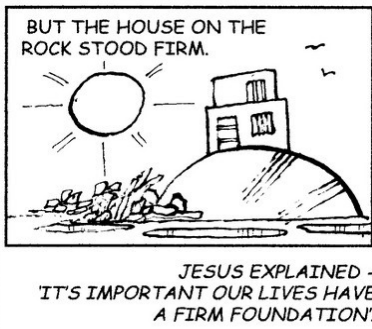
BUT THE HOUSE ON THE ROCK STOOD FIRM.



...AND THE HOUSE ON THE SAND COLLAPSED!



JESUS EXPLAINED - IT'S IMPORTANT OUR LIVES HAVE A FIRM FOUNDATION.



# Bible Bite

A short story from the Bible

It can be read in the Bible in Exodus 7:14-10:29, 12:21-23, 29-33, 14:5-29

God told Pharaoh to let the Hebrew slaves leave Egypt, but he refused. God then showed his power over Egypt (and its gods)...

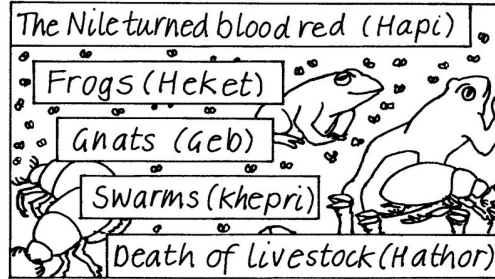
The Nile turned blood red (Hapi)

Frogs (Heket)

Gnats (Geb)

Swarms (Khepri)

Death of livestock (Hathor)



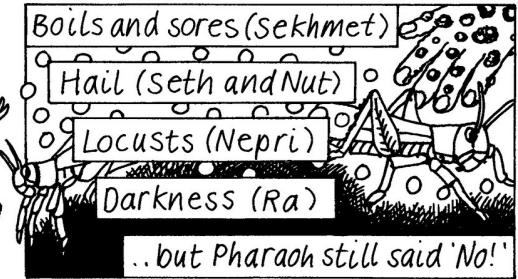
Boils and sores (Sekhmet)

Hail (Seth and Nut)

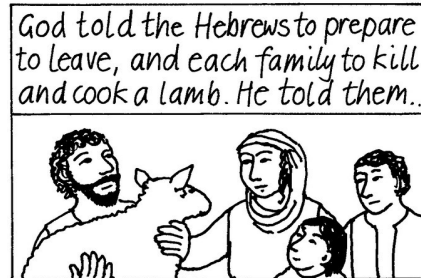
Locusts (Nepri)

Darkness (Ra)

.. but Pharaoh still said 'No!'



God told the Hebrews to prepare to leave, and each family to kill and cook a lamb. He told them.



Mark your house door with the lamb's blood.



That night, in each un-marked house, the eldest son died.

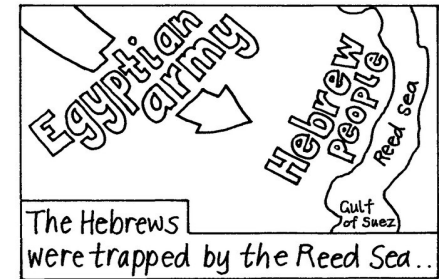


The Hebrews left Egypt...

but Pharaoh followed with his army.



The Hebrews were trapped by the Reed Sea..



God made a cloud to hide them from the Egyptians..



and sent a wind. By morning the sea bed was dry and they walked across..

.. but as the Egyptians followed, the water flowed back.



## Prayer Diary 8<sup>th</sup> April 2024 - 8<sup>th</sup> May 2024

Date	People to pray for	Event or other to pray for
Mon 8 <sup>th</sup>	HOLMAN, Jill	Pray for the Foodbank which helps many each week.
Tues 9 <sup>th</sup>	HOOPER, Iris	Pray for Needlecraft as they meet together most weeks of the year.
Wed 10 <sup>th</sup>	HUGHES, Brenda & Raymond	U3A use the building today.
Thurs 11 <sup>th</sup>	HUNT, Maisie	Pray for our youth and children as they come to the end of their Easter holidays in Havering.
Fri 12 <sup>th</sup>	HUXTABLE, Janet	Pray for school staff as they prepare to return for a new term.
Sat 13 <sup>th</sup>	ILESANMI, Tolulope & Doyin, <i>Oluwatoofe &amp; Oluwapemi</i>	Pray for the CMA team and the clients they help.
Sun 14 <sup>th</sup>	ILO, Funmilola & Mayokun, <i>Omolola Catherine, Omolade Isaac &amp; Omolayo Bella</i>	Pray for our university students scattered around the country.
Mon 15 <sup>th</sup>	IZE, Christiane; <i>Saleem Mbiti (Kayibi)</i>	Pray for the Leadership team as they meet today.
Tues 16 <sup>th</sup>	JEGEDE, Olakunle & Bunmi, <i>Teniola, Bamidele, Dara &amp; Naomi</i>	Pray for Treasure Times as they meet again after a short break.
Wed 17 <sup>th</sup>	JENKIN, Richard & Sarah, <i>Peter &amp; Matthew</i>	Pray for Parent & Toddlers as they meet today.
Thurs 18 <sup>th</sup>	JOHN, Ademola & Zainab, <i>Damilola, Bukola, David, Daniel</i>	Pray for the job fair using the hall today.
Fri 19 <sup>th</sup>	JOHNSON, Brian & Anne; <i>Matthew, Nathan &amp; Reuben</i>	Pray for the team caring for the residents at Parkside.
Sat 20 <sup>th</sup>	JOHNSON, Serena	Starshine use the building today.
Sun 21 <sup>st</sup>	JONES, Joyce	Pray for the ministry team.
Mon 22 <sup>nd</sup>	KAHN, Barbara	Pray for those working with the homeless in our area.

## Prayer Diary 8<sup>th</sup> April 2024 - 8<sup>th</sup> May 2024

Date	People to pray for	Event or other to pray for
Tues 23 <sup>rd</sup>	KALANGA, Annie, Joanne, <i>Katy &amp; Megan</i>	Pray for Amaze adults as they meet this morning.
Wed 24 <sup>th</sup>	KARIMI, Eisa & Sara, <i>Ella</i>	Parksiders meet today.
Thurs 25 <sup>th</sup>	KIRBY, Jean	M&S retirees (Brewers) and NEFLT use the building today.
Fri 26 <sup>th</sup>	KIRBY, Tania, Emma & <i>Liam</i>	Pray for the residents at Parkside.
Sat 27 <sup>th</sup>	KNIGHT, Richard & Julie, <i>Lauren &amp; Mia</i>	Vision day and John Archer event today, pray for all that is happening in the building today.
Sun 28 <sup>th</sup>	KNIGHT, Iris	Causeway service today.
Mon 29 <sup>th</sup>	KORANTENG, Ethel	Pray for all the regular Monday bookings that use the church building.
Tues 30 <sup>th</sup>	KUMAR, Ashish, SWAMYNATHAN, Catherine, <i>Anna</i>	Pray for the music group as they meet to practise, and the carers hub as they use the building.
Wed 1 <sup>st</sup> May	LAUDER, Richard & Jane	Pray for the various Wednesday Small Groups that meet today.
Thurs 2 <sup>nd</sup>	LAWANI, Sade, <i>Daniel, Suzzeth, Caleb &amp; Pipeloluwa</i>	Pray for the Thursday morning Small Group meeting today, and the local elections today.
Fri 3 <sup>rd</sup>	LAYZELL, Olive	Pray for the government.
Sat 4 <sup>th</sup>	LEWIS, Joyce	Pray for The Meeting Place team and those they encounter.
Sun 5 <sup>th</sup>	LEWIS, Justin and Andrea	Pray for the older generation.
Mon 6 <sup>th</sup>	LO, Victor & Lilyanna	Amaze support group meet today.
Tues 7 <sup>th</sup>	Peter and Louise Lynch, Bangladesh	Pray for our emergency services.

