

THE HATCH HERALD

No: 212



**THE MONTHLY MAGAZINE FOR MEMBERS AND FRIENDS OF
ST ANNE'S CHURCH, LARKSHALL ROAD, CHINGFORD
(CHURCH OF ENGLAND)**

July 2011

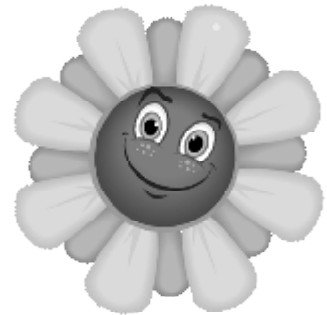
50p



St. Anne's Church

SUMMER

FÊTE



Saturday, 16th July 2011

11am to 4pm

**Stalls, Games, Raffle
& Refreshments**

**Something for everyone,
so come along & join in the fun**

**St Anne's Church Hall & Garden
200 Larkshall Rd, E4 6NP
Admission – Adults: 50p, Children: Free**

SERVICES AT ST ANNE'S		
DATE	TIME	SERVICE
		TRINITY 2
Sunday 3rd July	10.00	Parish Eucharist
Friday 8th July	10.00	Holy Communion
		TRINITY 3
Sunday 10th July	10.00 18.30	Parish Eucharist Healing Service
Friday 15th July	10.00	Holy Communion
		TRINITY 4
Sunday 17th July	10.00	Informal Eucharist
Friday 22nd July	10.00	Holy Communion
		PATRONAL FESTIVAL
Sunday 24th July	10.00	Parish Eucharist
Friday 29th July	10.00	Holy Communion
		TRINITY 6
Sunday 31st July	10.00	Parish Eucharist

Forthcoming Events

Saturday 2nd July
10.00am
**Mini Market
in aid of the
Margaret Centre**

Saturday 16th July
11.00—4.00pm
Summer Fete

Monday 18th July
8.00pm
Parochial Church Council

Saturday 6th August
10.00am
**Mini Market in aid of the
Mildmay Mission**

Ethics, the Church and You.

the vicar writes



On balance it is rare for documentaries, especially documentaries about ethical issues to ever fully give both sides of an argument. This is not really that surprising – is there such a thing as a fully impartial view of anything? I doubt it – we are too much a prisoner of our culture and beliefs. Nevertheless, a good documentary should leave the viewer at the end of the programme with more questions than when they started. I mention this because I have been following over many years the career of the author Terry Pratchett. His ‘Discworld’ series of novels have caused much hilarity in the Bullock household as well as selling millions upon millions world wide. A few short years ago, when Terry was but a youthful 59 he was diagnosed with a particular form of early onset Alzheimer’s, a disease without a cure. A disease which slowly rids the body of a person long before the body dies.

You may recall that Terry gave this year’s Dimpleby lecture, or rather the actor Tony Robinson gave it for him because one of the signs of Alzheimer’s is the sudden loss of word recognition, which makes it a tad difficult to either read a full script or even lecture from notes. Not good for a man who has made a successful living from being very good with words. In the lecture Terry argued that we should be allowed to choose when to die and that those who assist us, because we ask them to, should not be prosecuted.

The lecture was followed by a harrowing documentary a couple of Mondays ago, in which Terry interviewed a number of people who like himself live with incurable and progressively deteriorating conditions, such as Multiple Sclerosis and Motor Neurone disease. This documentary was hardly impartial, so no

exception to the rule even for the great Sir Terry. Though to be perfectly honest I am not at all sure how we can be impartial on life or death issues. There are some dilemmas and ethical questions which have arisen without the convenience of a fence upon which we can neutrally sit.

Terry’s argument is simple; if a person of their own free will and in sound mind chooses to end their life even if it requires medical assistance given by someone else, then they should be allowed to do so. Surely, he argues, it would not be beyond the wit of the human family to come up with legal safeguards which would make certain that the patient’s intention to end his or her life was the considered conviction of a sound mind. Neither is it beyond our wits to ensure that the end is as dignified and in accordance with the wishes of the one for whom this will be his or her last earthly event. Terry himself would like to come to the end in his own back garden accompanied by a brandy and listening to Thomas Tallis surrounded by family, preferably on a warm July day.

The film followed Terry, his assistant, Rob, and two families to Switzerland, to the Dignitas clinic in Zurich. One member of each family had chosen to end their lives because of their respective illnesses. Watching them talk about their decision made for seriously uncomfortable viewing. They spoke of having loved life, without a trace of sentiment or obvious depression. They simply did not want to continue deteriorating day by day, increasingly dependant on those they love for the simplest things of life. And both spoke in a calm manner of how and why they had made the decision to come to Switzerland in order to die. We followed one man, Peter, to the very end and watched him knock back the lethal cocktail with his wife of over 40 years at his side.

Were the same to happen in England then everyone in the room, including his

wife and Terry could have been prosecuted on the charge of being an accessory to murder. On the whole Christianity in its various forms and denominations has been highly vocal against any kind of active euthanasia. God alone chooses when we die – The lord has given and the Lord has taken away, blessed be the name of the Lord. The Pope says no, but there again when has the Pope ever said ‘yes’?

The film was a brilliant documentary and it left me with more than a few questions at the end. This issue is destined to be one of those issues that will not go away. As a species living in the affluent areas of the global village our life spans are increasing at a rate faster than the ability of medical science to find cures and controls for the diseases associated with age. At the existing rate of increase my children can expect in the ordinary course of events to live to be over a hundred. The maths is fairly simple, there will be more and more people, living with degenerative conditions, who to put it bluntly, do not want to live and will increasingly demand the right not to have their loved ones prosecuted for helping them to carry out their final wish. How long will it be before there is a clamour to have the right to be medically assisted out of this world on the national health?

The problem with this issue it seems to me is that there are two very different questions which it forces us to answer; the first is: ‘Do we have the right to determine when we will die, given that there are circumstances under which we live which will not change whilst we are alive, circumstances which progressively destroy any quality of life?’ For me this is the most difficult question, because my head says one thing – ‘no’ – but my heart says another – ‘yes’. In my head the view that life is sacred and is not ours to take far outweighs any other considerations no matter how emotional. In my heart, however, I can see the pain of those who want to have the

misery come to an end. I can also see that those who have assisted their partners out of this world did so as an act of unconditional love.

It is the second question that personally I find easier to answer. ‘As a society, do we allow the individual to determine when he or she shall die and remove any penalty for those whose assistance is required to carry out the individual’s wishes?’ For me the short answer is ‘yes we should.’ This question here is not about the moral rights and wrongs of assisted death, it is about whether there should be the freedom to choose it if so desired. The first question is about how we understand human life and the second about how we understand freedom and its limits.

It is alright for me to believe and uphold the view that life’s sacredness matters more than a perceived quality of life. It is not alright, however, for me to impose that belief by legislation on those who have a different view. Freedom wouldn’t mean anything if the only freedom allowed is to agree. The price of a free society is that others have the freedom to do things that you believe are wrong and shouldn’t be done. It is a huge mistake to confuse morality with law. Law should give us the freedom to choose to be moral not to impose it. And besides, speaking personally, my sympathy would always be with those to whom it most matters whether I agreed with them or not.

Christianity and the predominant denominations have had a long and honourable tradition of being spectacularly right about some moral issues – e.g. the abolition of slavery, concern for the defeated in war etc, it also has had a somewhat chequered history of being utterly wrong – e.g. the acceptance of slavery to begin with, supporting legislation that discriminates against gay people, women’s rights etc. The churches also have

had a terrible history of saying one thing while doing another. Concern for the poor was never strong enough to prevent the amassing of huge wealth. The love of power quite often in history blinded ecclesiastical authority into supporting hideous regimes – Franco springs to mind.

I wonder over the issue of assisted death, just as I wondered over the issue of Gay bishops and clergy – why anybody in their right mind would want to pay attention to church authorities. Perhaps we have reached a stage in our communal pilgrimage where we realise that even on the most important issues of life, death and everything in-between, your view and my view is just as important or as valid as the Pope's, the Archbishop of Canterbury's, the Lambeth conference or any other gathering of the vested great and good. The Bible as wonderful as beautiful and as inspired as it is, evolves in meaning and is not necessarily the best guide to contemporary moral questions. Those who wave sacred scripture around as some kind of moral weapon forget that the documents which comprise the Bible were written in a very different world to the one we live in.

Perhaps we have reached a stage in this communal pilgrimage, where religious faith is moving from the trappings of an external institution and authority into an internal and subjective autonomy, where we as individuals and local communities have to think and choose for ourselves and be prepared under God to accept radical difference in approaches to being Christian.

I don't know – what do you think?

Jude

"Nothing short of a miracle"

When I heard from Nancy in South Africa that very shortly she would be without food for the many children she feeds twice a day, I was so very concerned. There was very little money left in the charity and I just didn't know what to do. I hardly slept that night as I was so worried and I when I did manage to nod off I dreamed I was looking round my house for goods to auction in order to help Nancy. (I would be so lucky, there are no antiques in my house, only my husband and me!!)

In the morning, the question of what to do was the first thing I thought about and then, a little voice in my head said to put out an appeal for help and to tell people what was happening. I did this immediately before the doubts stepped in about asking people for money when they already support what I do. I really did not know if anyone would respond but the money started to come in immediately and one of the nicest things was the beautiful emails I received about what I was doing. They were so heart-warming, encouraging and supportive and helped me such a lot. Asking for money is one of the hardest things to do, it really is.

Within a couple of weeks approx £2,000 had been donated and then it went up to £2,500 then rose to £3,000 and I was overwhelmed but it didn't stop there, someone who does not sponsor but knows me and of my charity told a group of people he was meeting up with about One Life and the problems Nancy was having with lack of funding with which to feed the children and to repair the homes. Some of the people at the meeting gave small amounts of

money to help but one lady came forward and donated £2,000. The appeal has now just topped £5,000 and that is - "Nothing short of a miracle". I never thought that this could happen not did I expect such an overwhelming response and money is still trickling in.

You know, when St Anne's first contacted me, through Jude, and then became a supporter of One Life, I had not been to church for years. The more I got to know you all the more I wanted to come. One of the recent sermons mentioned that Christ said that all we have to do is to ask Him for what we want, as simple as that and I thought, well why not? I will give it a try, nothing to lose and now unbelievably I have "My Miracle" and so does Nancy and the children as I have sent out enough money for food for about the next three to four months and funding has also just gone for the much needed shack and mud hut repair and for other needs eg one child with terrible eye problems, needs glasses, there was no way to help him but now we can.. One minute there was nothing and now - - - all this has happened.

At Sr Emmanuel's funeral apparently the priest who knew her well said, "In life Sr Emmanuel loved to talk and talk to anyone who had the time to listen, and he thought that now she would be at Gods side discussing what to do with the world and I think, she definitely has had a hand in this miraculous happening.

God Bless you all
Elena

Prayer for Trust in Jesus

**O Christ Jesus,
when all is darkness
and we feel our weakness and
helplessness,
give us the sense of Your presence,
Your love, and Your strength.
Help us to have perfect trust
in Your protecting love
and strengthening power,
so that nothing may frighten or worry
us,
for, living close to You,
we shall see Your hand,
Your purpose, Your will through all
things.**



GOODBYE TO CERTAINTY! COME IN ASSURANCE!

Sometimes we can be given the impression that what we have believed all our lives about our Christian faith is in some way suspect, and that we cannot be really sure and 'certain' about anything. It has been said that "the days of certainty are over". I think, that although the days of insisting on dogma may be over, the days of discovering and receiving truth are not.

I will try to put what I mean simply. I believe that my husband and children love me. This may seem inexplicable to some of you but I believe it to be the TRUTH. However I cannot prove it to you. They may all be consummate actors putting on wonderful performances, but the evidence says that they are not, and that I am quite safe in believing that they really do love me. It is TRUE and I am CERTAIN about that unprovable truth. But if the days of

certainty about truth are over, where does this leave me? If those who believe this are right, it undercuts, apart from my Christian faith, the most valuable and fulfilling part of my life, and I am bereft. So does this mean that I have to accept that I am living in a world of delusion, and cannot trust my own experience. Of course not! That would be foolish and quite unnecessary.

So what about God and our faith in Jesus Christ as Redeemer of the world and our hope for the future? I agree that there is no branch of our faith about which I can say, "I have the whole truth". The truth will be *understood* in as many ways as there are individuals with their different backgrounds and cultures. But the truth itself stands firm. "*God was in Christ reconciling the world to Himself*", and of this we can be quite certain and on this we can pin our hopes, for this world and the next.

We have recently thought about Thomas and how good it was that he could share his doubts with the other disciples, and that we should not be ashamed of our own doubts and be willing to admit them. I have no problem whatsoever with that, but we also need to remember that when Jesus had satisfied Thomas's need, he said to him, "*Because you have seen, you have believed. Blessed are those who have not seen and yet have believed*". I think Jesus meant us to accept his words as the truth when he said, "*I am the Way. I am the Truth. I am the Life.*"

Post-Modernism has done a great deal of harm in its constant assertion that there are only questions, and no answers. Of course there are questions: our whole lives are made up of questions, many of them disturbing, and even distressing, but to imply that where the answers are not clear we can have no assurance is, I believe, mistaken. I think it has left us with several generations of people who are fairly rootless in their thinking, have no anchor for their lives, and believe that it is safe to

put their trust only in what can be touched, measured and weighed in the balance in some concrete kind of way. I think that too many Christian people have found themselves in the difficult position of feeling a need to take their stand on "the age of certainty dead", at the same time feeling that this cuts the ground from under their feet plodding along the Christian way. We may not have certainty in the dogmatic sense, but we do have ASSURANCE, and until we learn to claim this for ourselves and for the Church, we are never going to offer people the new life, "*life in all its fullness*" that is offered in Jesus Christ.

When I was teaching in school I can remember saying on several occasions, "We cannot prove the existence of God - but we do have overwhelming evidence". Our evidence lies in our own experience and in the experience of countless men and women who have believed and felt certain of their faith in Jesus Christ, and have found that that belief and faith has not crumbled into dust, but has seen them through to the end of their lives.

One last thing. I feel that for those who believe that "the age of certainty is dead" to stand up and say the creed in church is not just a 'paradox'. It is just plain silly.

Jenny Howland.

BIBLE QUOTE

*The word of the Lord came to me:
Man, you live among a rebellious
people. Though they have eyes they
will not see, though they have ears
they will not hear, because they are a
rebellious people.*

Ezekiel ch. 12 vs 1 & 2



Getting to know you ...

Introduction: this will be completed by Jacqui

What job do you do at the moment?

I am a software developer. This has been my business since I left school forty-five years ago. I have run my own business for the last eighteen years.

Have you always lived in Chingford?

I do not live in Chingford now. I left Chingford in 1972 when I got married. We moved to Woodford in 1977 and have lived there ever since.

How did you come to be involved at St Anne's?

I was brought to St Anne's by my parents as a small boy and have never completely lost touch since then. Mum tells me that I was the first member of our family to come to St Anne's when my grandparents brought me to Penny and David Rolfe's wedding.

Who is your favourite biblical person?

Thomas the apostle. I find it intensely reassuring that we are shown it is reasonable to have doubts and questions at times. It tells me that it is possible to be human as well as being a Christian.

Do you have a favourite piece of scripture

- if so, what is it and why?

The opening of St John's gospel, preferably from the Authorised Version. It is a magnificent piece of English prose and conveys so many of the fundamentals of the Christian faith in a compact way and in such an elegant fashion.

What is your favourite time of day?

Early morning. I love the peace and serenity of the early day and the anticipation a new day brings. This is of course better experienced in the countryside than in London.

What is your favourite movie?

I am not really a movie person. However my favourite films are the old classics, from when I was young. My favourite is Lawrence of Arabia which I have always found inspiring. Seeing this led me to read the Seven Pillars of Wisdom.

What is your favourite book?

'Les Miserables' by Victor Hugo. Many years ago I was lead to read the book having seen the musical and found it absolutely engrossing. It provides so many insights into the triumphs and disasters of human life. I wish I had taken the time to read it many years before.

Do you have a favourite place/country/holiday destination? Where and why?

We always holiday in the English National Parks, but my favourites are Dartmoor and the Lake District. I love open countryside and the peace and tranquillity of getting away from it all. I have always thought that there is nothing better than the English countryside; although as I have only holidayed abroad three times I am probably not really able to make a fair comparison.

What luxury item(s) would you have to take to a desert island?

The complete works of Charles Dickens. I would need something to read and it would have to be something which I could read time and again. I have never read all of Dickens, so this would be a chance to do so. I am of course assuming I would have the included Bible and Shakespeare otherwise it would

have to be the Bible, preferably the Authorised Version.

What personal traits do you admire the most in people?

Honesty, integrity, dependability and a lack of selfishness.

What is the best piece of advice ever given to you?

To speak the truth and do what is right even when it appears easier to dissemble. This was given in a fairly forthright manner by one of my clients early in my working life on an occasion when a colleague and I had been a little liberal with the truth.

Do you have any words of wisdom to share?

I am afraid I have never been one to dispense words of wisdom. Not even to my children.

And finally, would you like to share something about yourself that we didn't know OR

Do you have a wish list? If so, can you tell us about one of them?

There are few things about me that some of the congregation do not know! However one of the less known facts is that in my early twenties I was involved in circuit racing on Lambretta motor scooters, racing at Snetterton, Lydden Hill, the Isle of Man and several other circuits. I keep my racing leathers as a memento to this day, although I would not fit into them now!

*When peace, like a river, attendeth
my way,
When sorrows like sea billow roll.
Whatever my lot, Thou has taught
me to say,
It is well, it is well, with my soul.*

- Timothy Botts

Karen Wykurz
14 June 2011

Dear St Anne's,

Just thought I would drop you all a quick note before I leave on my travels. It will hopefully be the first of many as I very much intend to keep you posted on my progress with a regular Letter From... column to the Hatch Herald!

On Friday 22 July I have a one-way flight to Central Asia where I will be working in Kyrgyzstan with a Non-Governmental Organisation (NGO) called Foundation for Tolerance International. Kyrgyzstan is a beautiful country, mountains as high as 7000m, deep blue lakes and fascinating people. I will be working to support a team of nine in one of the NGO's offices in the south of the country in a town called Osh. If you look at a map of Central Asia you will see how Kyrgyzstan almost bites the head of a dog-shaped Uzbekistan, while Tajikistan's tail tickles its chin! Osh is just

CENTRAL ASIA



over the border from Uzbekistan's nose. The countries are so entwined at this point because when the borderlines were drawn in the 1920s the Soviet Union tried to divide the fertile Fergana valley between them.

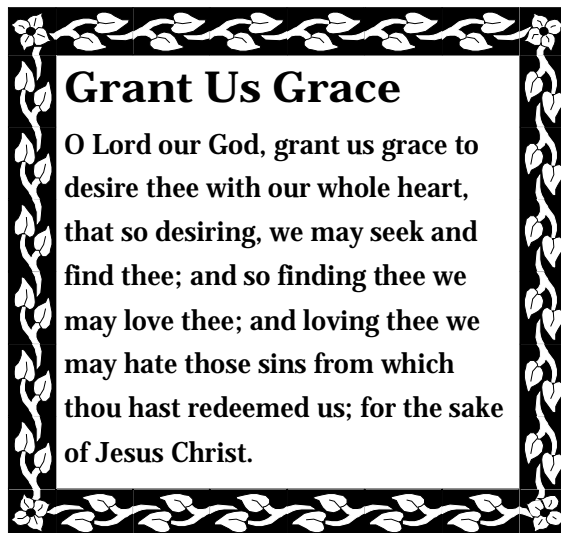
The bizarre borders that resulted have led to a number of difficulties in the countries of Central Asia. In Kyrgyzstan, the borders left large Uzbek populations stranded in a country, which, after the collapse of the Soviet Union sought to promote only Kyrgyz values and the Kyrgyz language. Kyrgyz communities in Uzbekistan experience a similar situation. There are large numbers of Uzbeks living in Osh resulting in long-standing ethnic tensions which occasionally flare up into open hostility. The most recent ethnic violence occurred in June 2010 when 400 people died and many thousands were injured. Foundation for Tolerance International works with local communities, empowering women and other community members to identify conflict and seek to resolve it before violence breaks out. They also implement a number of projects in schools to encourage children to talk about problems of racism and discrimination and discuss ways of resolving issues.

Although much of my work will involve translating and contacting the NGO's international partners and donors, I hope to eventually learn enough Kyrgyz and Uzbek to get involved in these projects myself. I am particularly interested in the physical and psychological impact international borders have on local populations and how this knowledge can be used to improve border management techniques.

I am incredibly excited about these upcoming adventures! This will be a fantastic opportunity for me to meet amazing people somewhere I have long wished to travel and I hope to share as many of my experiences with you as possible. I will have access to the internet while I'm out there and will be Tweeting and Blogging so do ask Jude if you'd like to get in touch and I'll have him pass on my details.

I will miss my Sunday mornings in Chingford, sharing this time with you. Over the past 11 years I have felt nothing but

welcome at St Anne's and wonderfully accepted by the community you have built here. Although this is good bye for a little while, it is certainly not forever and I promise to come and visit when I'm back in London on holiday. With best wishes to everyone until my next missive! Karen xxx



Thank you.

This edition of the Hatch Herald will be the last to be edited by Jacqui. On behalf of our readership and the very grateful parish of St. Anne's, may I say a huge thank you to Jacqui for all the hard work over the last few years, (not least of all in trying to get the contributors – me mainly – to stick to deadlines). The Hatch Herald is an important ministry because not only is it an excellent parish magazine, it also keeps the parish in touch with many people who for reasons of moving away or infirmity are unable to come to Church. So a standing ovation for Jacqui and once again our grateful thanks. Please remember Jacqui and her family in your prayers. The new editor of the Hatch Herald will be Janice Gariazzo, and likewise a vote of thanks for taking on this ministry and please remember Janice also in your prayers.

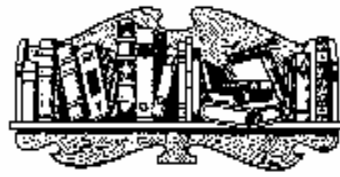
Best wishes
Jude

Dear Readers

I had a look at last year's July edition and was reminded of the beautiful sunny weather we were experiencing then. It's mid June now and I hope that by the time you are reading this copy, our days will be sunny and bright rather than the overcast days we are currently getting.

My time as Editor is now finally ending and I must say a special thank you to those who have continued to support me, sending in articles and ideas for this much-loved magazine.

With best wishes,
Jacqui



From John Wood's Library

Faith is daring the soul to go beyond
what the eyes can see.
Unknown

If God is ceaselessly working for our
good, should we be looking for signs
of his hand at work in our lives?
David Winter

The church exists for mission: it must
be more concerned with reaching the
'outsider' than the comfort of its own
members.
Stephen Rand

MOT while-u-wait

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Hall Bookings: 07963 248384

	TITLE	HALL / CLUBROOM	TIMES
Monday	Pre-school	C	0915 – 1330
	Line Dancing	H	1000 – 1200
	Women’s F’ship	H	1345 – 1445
	Short Tennis	H	1700 – 1900
	Yoga	H	1930 – 2030
	Ju-Jitsu	C	1930—2100
Tuesday	Pre-school	C	0915 – 1330
	Weight Watchers	H	0930 – 1100
	Mini-Tennis	H	1615—1730
	Brownies	H	1745 – 1915
	Weight Watchers	C	1900 – 2000
	Bridge Club	H	1930 – 2230
Wednesday	Tai Chi Beginner	H	0900 – 1030
	Pre-school	C	0915 – 1330
	Tai Chi Exp	H	1030 – 1200
	Karate	H	1600 – 1700
	Weight Watchers	C	1715 – 2015
	Beavers	H	1730 – 1830
	Cubs	H	1840 – 2010
	Scouts	H	2015 – 2130
Thursday	Pre-school	C	0915 – 1330
	Zumba	H	1100—1200
	Badminton	H	1415 – 1545
	AA	C	1600 – 1800
	Mini-Tennis	H	1615—1730
	Brownies	H	1815 – 1945
	Rainbows	C	1830 – 1930
	Guides	H	1930 – 2100
Friday	Pre-school	C	0915 - 1215
	Coffee	H	1030 – 1100
	Toddlers	H	1300 – 1430
	Karate Class	H	1830 – 1930
	Women’s Even F	C	1930 – 2130 (Fortnightly)
	Badminton	H	2030 – 2230
Saturday	Mini Market	H	1000 – 1200
Sunday	Scramblers	C	1000 – 1100
	Coffee	H	1115 – 1200
	Simple Lunch	H	1230 – 1400 (4 th in the month)

The contact details for the groups listed above can be found overleaf.

WHO'S WHO AT ST ANNE'S

Our Clergy:

Vicar: Revd Jude Bullock 020 8529 4740
(Day off—Tuesday)

Licensed Reader:

Jenny Howland 020 8504 2348

Our Church Officers:

Churchwarden:

Anthony Sullivan 020 8529 4217

Lindsey Archer 020 8524 8221

Secretary to the Parochial Church Council:

Veronica Brand 020 8531 3763

Treasurer:

Andy Crawford 020 8527 6512

Organisations meeting in the Centre:

Alcoholics Anonymous - Lisa Leveridge - 8524 4945
Beavers - Barbara Rouse-Booth -07061 316389
Bridge Club - C G Mayhew - 8527 4317
Cubs - Ian Woodward - 8529 8964
Friday Badminton - Susan Turner - 8524 4679
Ju-Jitsu - Richard King - 07884 233477
Karate (Friday) - Eric Krappinger - 8531 9109
Karate (Wednesday) - John Sawyer - 07940 530978
Line Dancing - Maria Gill- 8262 7287
Mini-Tennis - Lynn O'Brien - 07957 445979
Pre-School PG - Nicola Thurbon - 07941 517751
Scouts - Alice Robinson - 8524 3393
2nd Brownies (Thurs) - Caroline Rouse - 8529 3688
2nd Guides - Debbie Watson - 8527 5016
2nd Rainbows - Pat O'Sullivan - 8531 4586
Taoist Tai Chi Soc - Eleonora Spencer - 8504 9808
Tai Chi Beginners - Hazel Boraster - 8504 0899
Thursday Badminton - June Tucker- 8501 3028
Toddler Group - Beryl Stratton - 8524 2655
12th Brownies (Tues) - Sarah Harrington - 8529 2668
Weight Watchers (Tues morn) - Elaine Marsh - 07818 655349
Weight Watchers (Tues even) - Terri Reding - 07941 159634
Weight Watchers (Wed) - Dawn Sant - 8527 3971
Whitehall Tennis Club - Gerry A Abbott - 8529 3864
Women's Evening Fellowship- Jean Mayhew- 8527 4317
Women's Fellowship - Beryl Stratton- 8524 2655
Yoga - Sharon Simon - 07846 931560
Zumba - Kyria Constantinou - 07968 024396

Useful local numbers:

Age Concern - 558 5512
Chingford Police - 8529 8666
Citizens' Advice Bureau - 8520 0939
Clarence - 0800 232323
Credit Union - 8520 8740
Healing Centre - 8504 2348
Help-on-Call - 8524 4777
Library, North Chingford - 8496 1070
Library, South Chingford - 8496 1079
Longshaw Primary School - 8529 5693
Samaritans - 8520 9191 (24 hour emotional support line)
Waltham Forest Direct - 8496 3000
Waltham Cross Hospital - 8539 5522

The Hatch Herald

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