



GOODMAYES METHODIST CHURCH
THE MESSENGER
October 2026



Dear friends,

It is a joy to write as we enter autumn and celebrate the life of the Barking, Dagenham and Ilford Circuit. After a wonderful summer, I hope the sunshine has blessed you. As the light softens, I pray that the Michaelmas term will bring warmth and celebration.

Since returning from our autumn Synod, I have been reflecting on its focus: Faith-Rooted Community Organising. It recalled my time in South Africa in the late 1980s, as the struggle against apartheid moved towards its end. Faith organising played an important role across the country, and listening was at its heart.

In recent weeks, I have enjoyed reflecting with our churches on how, why and to whom we listen—and what distracts us. During October, traditionally Black History Month, we will honour the people, stories and everyday contributions that sustain Black life in our communities, recognising Black history as part of our shared British and Christian story throughout the year. This connects with the London District's commitment to Faith-Rooted Community Organising (FRCO): listening deeply, building relationships, sharing lived experience and acting together for justice. Following the District's recent FRCO training day, the monthly "Rooted with Renée" gatherings will explore power, justice, spiritual grounding and practical organising, with autumn sessions on 28 September, 26 October and 30 November. As we discern the new work God has laid before the Circuit, I invite you to consider: whose voices are we hearing, whose stories have been overlooked, and how might our listening help us become a more inclusive, justice-seeking Church?

On a personal note, I am grateful that my grandchildren are well. One of the babies has been unwell, but everyone is now safely at home. My house has been full of family this summer, and I am looking forward to visits from special friends. It has been a full and wonderful season, and I pray that, as the leaves fall this autumn, our souls will be enlivened.

Wishing you all every blessing,

Revd Jacqui

Minister : Revd Jacqueline Jones Tel: 07759 778070

Finance report - year ending 31st August 2026

This year our income amounted to £83,772.80 and expenditure was £102,984.17. Overall, the balance of monies from our accounts, including CFB and TMCP amounted to £160,405.52, a £17,635.59 reduction from last year. Major factors in this reduction are increased repair and maintenance costs (nearly £8K more) and the greater cost of energy from British Gas (over £3K more). You may recall that in the previous year we had a large donation in memory of a member, which inflated our 'usual' income stream. On a positive note, income from lettings were up by over £7K.

I mentioned last month that a rise in the assessment paid to the Circuit was expected and, on the methodology applied, the increase for Goodmayes will be 6%. In the coming year, there will be more discussion on the way the assessment is calculated, so a further rise may be on the horizon.

Online Giving - Thank you to everyone who has transitioned to online giving. As noted previously, online giving helps us to keep our banking costs low, so if you are able to use this method, it is greatly appreciated. We understand that online methods may not suit everyone and we remain grateful for every form of giving.

Finance emails - Please direct all financial matters to: treasury@goodmayesmethodistchurch.org

Eileen writes

I have recently returned from a very enjoyable holiday with Traveleyes; an award-winning tour operator who provide group holidays for Blind and sighted travellers.

Twenty of us met up at Nythfa House in Brecon on Monday 31st August; nine Blind or visually impaired (VI's) ten sighted and our tour guide. After enjoying afternoon tea each VI was allocated a sighted "breakfast buddy", as there was one more sighted person than VI's, and it was my first time with the group, I wasn't given a breakfast buddy. The job of the breakfast buddy was to take the VI to their bedroom and help them find their way around their room and the route back to the dining room.

We all met up for an excellent evening meal, all the food was very good. Each evening, we chose what we wanted for each of the three courses and what we wanted for the next days packed lunch. The choices were then written on a piece of paper with our name on, which we placed on the meal table, thus enabling the staff to give each person what they had chosen. The level of chatter at the meal was very loud as people met up with people they had been on previous holidays with and got to know new people.

After dinner we were allocated our partner for the following day. It was the sighted guides responsibility to spend the day with their VI, guiding them and describing what was around.

After breakfast we boarded a coach and were taken to Big Pit national coal museum for a guided underground tour of a coal mine. We were all kitted out with helmets and lamps; at one point on the tour, we all turned our lights off to experience how dark the working conditions would have been. As one of the VI's said "welcome to my world"!

In the afternoon we had a narrowboat ride on the Monmouthshire and Brecon canal. After our evening meal we had an informative talk by a member of the Brecon mountain rescue team.

The next day we were paired up with a different VI for our visit to the National Showcaves centre for Wales. Unfortunately, it rained hard most of the morning so although we were dry in the caves we didn't want to spend much time outside looking at the Iron Age farm, model dinosaurs or shire horses. Fortunately, the rain eased off in the afternoon and we were able to walk to Brecon Cathedral and a pub, which made us very welcome.

After our evening meal we took part in a quiz, there were four teams and all our scores were quite close, the team I was in won and we were each presented with a pen and a key ring.

On the third day we changed partners again and went to the Royal Mint for a very interesting talk in the morning, which included us all striking a 50 pence commemorative Aardman coin, with images of Shaun the Sheep, Morph, the Penguin and Wallace and Gromit. This was followed by gin tasting at Henson Castle in the afternoon.

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Church Family News

Edited by Jean Jones



Autumn – the time of the year when so much begins to change; the beautiful hues on the trees, shorter days, crisper mornings and, reluctantly, we start to think about putting our warmer clothes at the front of the wardrobe!

On 11th October we will enjoy our combined Harvest and Church Anniversary service followed by a 'bring and share' lunch (we are hoping Kweku brings his apple crumble but no pressure!). Your contributions to the work of MRDF, the Food Bank, and Whitechapel Mission will be gratefully received. Also, this day is our 'Gift Day' when we make financial donations towards the maintenance costs of the church. Do join our celebrations!

As part of planning for the future, the 'Vision' discussion morning will take place on Saturday, 17th October from 9.30 am to 12 noon. It is so important that we talk about what we want to do as a church and what our priorities are, enabling us to enhance our relevance in the community and beyond. It was so encouraging to hear our Superintendent Minister, Revd. Chris Sandy, talk about a Circuit-wide approach where churches work together to the benefit of all. Already, some ideas are taking shape – at Goodmayes, the Music Group leaders are encouraging anyone who wishes to be part of the music provision to come together, and in the Circuit, as previously reported, a discipleship pathway course for 18- to 35-year-olds to learn and grow in their faith will be held at Gantshill Church.

Birthdays this month include those of Ann F on the 15th; Kido on 19th, Sandra on 20th, Janet on 22nd, Tia on 27th, Roseline on 27th and Ciaran on 29th. We wish you all a joyful day. Also this month, Kharlene and Frank are celebrating their 30th wedding anniversary on the 26th - many congratulations!

It is always good to hear from friends, near and far, and I was very pleased to receive a message from Revd. Rachel Reid who was 'attached' to our church for a year. Rachel passed on the good news that she is to be the School Chaplain (and RE teacher) at the Leys School in Cambridge. She sent her love to everyone and added that she would be delighted to return to preach at Goodmayes. Hopefully, we can agree on a date. It would be wonderful to hear from other friends, wherever you may be!

We never quite know what is happening in people's lives. If you have concerns which might be helped by sharing them with someone, please know that Revd. Jacqui and members of the Pastoral Team are always ready to support you.

Every good wish,

Jean

/from previous page

Our activity after our final evening meal was 9-pin bowling . The two teams both had 42 points with one player each to go. Our tour guide knocked 7 pins down, I was last to go and amazingly knocked 8 down as I am not usually any good at any sport!

All too soon it was time to say goodbye to our new friends. I think everyone agreed they would like to join another Traveleyes holiday but as one of the Vi's said "if it wasn't for you sighted guides, we couldn't come on these holidays" so they urged us to spread the word to other people.

There are many Traveleyes holidays to many countries all round the world; some undertaking quite adventurous activities, others concentrating on more conventional sight-seeing. I would definitely recommend joining a Traveleyes holiday to other sighted people. It was a most enjoyable holiday and a pleasant way of helping a very appreciative group of lovely people. For more information see the Traveleyes web site: Traveleyes-international.com

Youth and Sunday School News

As September and October are designated by the Anglican and Methodist churches as creation time, the Senior Sunday School have been looking at creation from a biblical and scientific viewpoint, trying to reconcile the two rather than seeing them as opposites. The theme in Methodism this year was Living Water so during October we will be looking at stories in the Old then the New Testament involving water, a lively start to the new year! Who knows what will come next.

THE BIBLE STUDY GROUP

Our Bible study group will meet again on Monday 26th October from 2 - 4pm in the annexe, everyone is welcome to join us. We will be continuing our topic of "bit part players" in the Bible.

Fellowship Circle

At our September meeting Eileen gave us a very interesting visual presentation of her holiday in Brazil. I wonder how many of us knew that there are pink dolphins or that there is a chapel in the base of the Christ the Redeemer statue? It also seemed amazing that the guide could speak 15 languages, and everything was always explained in both English and Spanish. Thank you, Eileen.

Our October meeting will be on Monday, 12th October, at the usual time of 2pm. Topic to be advised. Everyone is welcome.

Janet and Anne



Goodmayes Methodist Church *All are welcome!*

MUSIC GROUP REHEARSALS

Come, make a joyful noise!

Saturday 3rd October **10am**

Goodmayes Methodist Church

If you **SING...** If you **DON'T SING...** If you **PLAY AN INSTRUMENT...** **You're all welcome!**

Let's praise the Lord with songs, praise, dancing and fellowship!

"Sing to the Lord a new song; sing to the Lord, all the earth."

PSALM 96:1

In the September Messenger I wrote about Jacqui Parkinson's Threads through the Bible tapestries; some of us had seen the "creation" panels and I went to Southwark Cathedral to see "the Cross" recently. In its own way just as magnificent but very different in that it contains many figures and Jacqui admits she had to improve her textile skills to complete it. It is a larger work consisting of 18 panels taking us from the birth of Jesus to his crucifixion and the coming of the Holy Spirit. At the foot of each panel there is a bird. In Medieval and Renaissance times artists often added an animal or bird to a painting, one that was symbolic or believed to have significant characteristics. Jacqui says she added them at child height to be a talking point for smaller visitors and to intrigue the bigger ones. Whilst there I bought a guide to the exhibition which I have put on the table at the back of the church if anyone is interested to look through but I would like it back eventually, so if you take it home to look through, please remember to return it, thank you.

Ann



DIARY DATES

Urgent request for foodbank supplies.

The Grange Hill Management Committee thank you for your ongoing support of the Redbridge Foodbank either through your donations made directly to them or given via the Grange Hill project.

Over several months the amount of donations received by the Redbridge Foodbank has reduced, and as a result some weeks we have not even received essential items, such as long-life milk and toilet rolls.

We currently are short of the following items: deodorant, washing tabs, washing up liquid, toothpaste, biscuits, dried noodles, toilet paper, treats, ie crisps, small bags of sweets or multi-pack biscuits like Penguins or KitKats, long-life milk, squash.

With Harvest Festival services coming up, the Management Committee would be grateful if your church would consider asking for donations of the above goods for the Foodbank - if you require further information, then please contact Jackie in the Circuit Office.

Thank you, as always, for the help you give to the project.

1st October

First in the series of 'On the Way' meetings for 18–35-year-olds at Gantshill Church

3rd October

Music Group Rehearsals

10 am at Goodmayes

10th October

The Drive Church Autumn Fayre

10 am to 3pm

11th October

Church Anniversary and Harvest Festival service. Also, Church 'Gift Day' when your donations for the work of the church are received.

17th October

Goodmayes Vision Day

9.30 am - 12 noon

Come with your ideas for the future

17th October, 3 pm

Craft afternoon and Beetle Drive

Beacontree Heath Methodist Church

Methodist Lunch Club

I attended a very good organ recital and interesting talk about Hinde Street Methodist Church followed by a visit to Charles Wesley's grave in September.

The programme for the next eight months is as follows:

October 9th: Trey Hall - Methodist Director of evangelism. "Evangelism from below: helping people speak to God in authentic ways"

November 13th: Rev Joyce Popoola

December 11th: Rev John Swarbrick

January 8th 2027: Rev Mike Long - "A Greek Tragedy & a Methodist discovery in London, the strange tale of Meletios 11"

February 12th: Alf Philpott - "The many hats of a Rochester Cathedral volunteer"

March 12th: Andy Dye (Methodist director of Global Relationships) "From Hub to Web- Global Relationships"

April 9th: Shirley Maginley - "the NSPCC: Protecting Children Then and Now"

May 7th: AGM New President

Meetings are held at Lancaster Hall Hotel, 35 Craven Terrace, W2 3EL including lunch which must be booked via cdmerriman@btinternet.com by the previous Monday.

Goodmayes Methodist Church

Preaching Series - Listen, Dream, Act

Over the coming months, Goodmayes Methodist Church will journey together through Listen, Dream, Act — a preaching series shaped by Faith Rooted Community Organising and Our Church's Future Story. Each month will invite us to listen more deeply to God and our community, dream with hope about the future God is calling us into, and take faithful steps of action in worship, service, mission, and everyday discipleship. In October we continue to 'listen'.

SUNDAY SERVICES

Sunday Services

11.30 am at Goodmayes

The live streaming link is:

<https://youtube.com/@goodmayesmethodistchurch50>

Macmillan Cancer Support Coffee Morning/Lunch

Thank you to everyone who supported this event on Saturday, 26th September and helped to clear the 'leftover goodies' on Sunday. Some 20 people gathered on Saturday, including a few who had simply seen the sign outside the church, for a very pleasant few hours of fellowship and delicious food. The total amount raised for this amazing charity came to just over £232.

Justine



Thank you to everyone who has ordered items from the Leprosy Mission catalogue. We are no longer able to order via the Church. You can either order online or phone an order. Sadly this means we will no longer raise money for the Guide dogs. Thank you to everyone who has supported the Guide Dogs through GMC for the last 50+ years.

Eileen



Recycling items

Please remember that we collect the following items for recycling:

Ink cartridges: in box in entrance hall. Used stamps for St Francis hospice.

Old or foreign coins or notes for Oxfam. Post cards for Mission Aviation fellowship.

Used spectacles via most opticians for third world countries.

Blister packs via Superdrug shops with pharmacy eg Cranbrook Road (Near Ilford station) for McMillan Cancer Care.

World Mental Health Day 2026 takes place on **Saturday 10 October** and this year's theme is *Lived Experiences Heard: Real Voices, Real Change*.

World Mental Health Day reminds us why good mental health is so important and how we can prioritise it in our lives and communities. It's also a moment to talk openly and listen to what others are experiencing.

Conversations about mental health make a difference and they matter most when we listen to people's experiences.

Please click on the following link for more information and resources: <https://www.mentalhealth.org.uk/our-work/campaigns/world-mental-health-day>

Whitechapel Mission 150th Anniversary Celebrations:

Saturday 3rd October, 5pm

Anniversary Concert: 'One Day, Many Voices, One Vision'

The 150th anniversary concert for the Mission, will be held at St Giles Cripplegate, in the Barbican. Tickets will be on sale at the door.

Sunday 1st November 2026, 3pm,

Service at the Mission

Whitechapel Mission was founded on 1st November 1876 so we are now in the 150th year of the Mission's life. It is, of course, a matter of sadness and regret that the Mission is still needed, perhaps needed more than ever, but we thank God that we are still able to serve our guests who come to us in need. The Mission will mark this anniversary at the Annual Thanksgiving Service on 1st November (3pm at the Mission), exactly 150 years after our foundation, at which the Secretary of the Methodist Conference, Rev Jonathan Hustler, will preach. All friends and supporters of the Mission are cordially invited to attend. Please save the date and look out for further information in the summer." Contact the Mission for tickets – there might be a few left!

Alongside You

Each month I promote volunteering for Alongside You but thought you might like to learn of some of the activities that the organisation undertakes in support of young people whose lives are affected by HIV, highlighting the importance of being a volunteer for this charity. A group of 4–10-year-olds went to the wonderlab at the Science Museum in May. In the summer, a group visited Folkestone for the day, enjoying the sunshine and the sea. Another group, of older children, visited Cheshunt Youth Hostel for a two-night residential stay, and some teenagers spent a day at London Zoo. Experiences that are very much appreciated.

As always, donations and volunteers are welcome!

Eileen

Church Flowers



The Church Flowers for the months of OCTOBER

4 th October	Liz W
11 th October	Harvest
18 th October	In memory of Nishi
25 th October	In memory of Nishi

Offers to provide flowers to fill 'gaps' during the year would be very much appreciated.

Sometimes there has to be last minute changes, So thank you to everyone for bearing with us if the names in the Messenger don't always match with the person supplying the flowers on a given day.

Library:

Thanks to those who have added books to the library, however we are trying to provide material that can enhance our faith so can I ask you to think carefully about any titles you add to the trolley. If it is simply a book you have enjoyed, can I suggest you put it alongside the goodies we offer with tea and coffee where more people are likely to see it as Wendy Wiles used to when she wanted to share a book. Those I have found on the shelf will be offered for sale at the McMillan Coffee morning, I hope this meets with your approval.

Ann



NEXT EDITION COPY DATE

Reports and articles for the **NOVEMBER** edition to Jean please before
Tuesday 27th October

Prayer Corner

Trust in Him at all times, O people; pour out your hearts to Him, for God is our refuge. Psalm 62 v 8

So often when tragedy strikes, the situations are in the news at the time, but something else soon replaces them on the front pages. The dreadful flooding in the Nepal/Tibet border area took thousands of lives and rebuilding the affected parts will take years to complete. Please continue to pray for those affected by the flash flood and the operation to support people as they begin to rebuild their lives.

Conflicts still abound in many areas of the world. The situation in Iran and the blocking of the Strait of Hormuz and beyond is having an increasing effect on the lives of many around the world with the cost of oil rising dramatically. It is our hope and prayer that lasting peace can be accomplished in all the affected areas.

We pray for the many thousands of people driven from their homes, not knowing if they can return; and those who seek refuge and a new life in other countries who are often nervous about their position.

As we reflect on the summer weather, our concerns about the effects of climate change are heightened. Indeed, for some, their very existence is threatened. We pray that working towards equitable solutions is on the agenda for politicians all over the world. We pray for our government as they try to balance the need to cover the costs of health and social care, defence, education, welfare, etc.

We pray for the many charities providing support and accommodation for the homeless and those offering welfare/support services, giving a little light in the darkness. We remember in our prayers the Whitechapel Mission, the Queen Victoria Seafarers Rest (QVSR), the Redbridge Foodbank and Grange Hill Community Centre, working in our local area.

We pray for our church and for all the churches in the Circuit as we seek to be an active and caring presence in the community, working together to achieve our vision for the future. We hold all church leaders in our thoughts. We welcome and pray for Revd. Chris Sandy, who is our Superintendent Minister.

Please pray for members of our local church family and for members of our wider circle of friends, especially those who are going through difficult situations.

If you have any prayer requests you wish to include in future editions, please let me know.
Jean