

SUMMER SURPRISE

We at Emmanuel Church have put together this Summer Surprise for you to let you know that we still care about you, and we miss being able to spend time together in the usual Summer Rendezvous way.

This pack comes with our hope and prayer that it will be a real blessing to you and others if you can share it. You may not have tried some of the things before but have a go! The activities aim to help us all have fun, enjoy trying new things and give us food for thought, body, mind and soul.

Each day there is a pack for you to open and explore. There is also a suggestion of equipment you could add to make it even more practical for you. Take days or weeks over it – it is entirely up to you.

It doesn't matter if you can only do part of an activity. Let yourself be stretched. Perhaps you could do things with a neighbour or grandchildren or pass it on to someone who can use it.

If you want to get in touch with us at Emmanuel please do. Contact details are below.

Take care, stay safe and we hope to see you again when we are able to do so safely.

MAY GOD BLESS YOU

The Rendezvous Team

Emmanuel Church

**SUMMER
RENDEZVOUS**
At Home

Each day there will be some paper puzzles and colouring activities.

You will get most out of this if you have:

- A pen
- A pencil and eraser
- A pack of colouring pencils and a pencil sharpener

Pages set out in landscape are designed to be printed double-sided to make an A5 booklet.

Please note that for copyright reasons, the materials in this pack may only be copied for the purpose of supplying materials for Summer Rendezvous “At Home” for Emmanuel Church, South Croydon.

In addition, if you are printing this off for someone else, you may wish include these additional materials for the 5 days.

Day 1:

- PVA or similar 'school glue'
- A sheet of card about A4 size
- Scraps of coloured tissue paper or old magazine pages
- Scraps of string or colourful yarn
- A small piece of white card – about credit card size

Day 2:

- A pinecone
- Peanut butter, or margarine and wild bird seed
- A piece of string/ribbon to tie up the pinecone
- A small notebook

Day 3:

- A small sewing kit, ideally containing some pre-threaded needles and some buttons
- 2 x 20cm pieces of elastic, if the participant wants to make a mask

Day 4:

- A plastic container with drainage holes in the base
- Compost to fill the container
- Lettuce seeds – mixed varieties work well

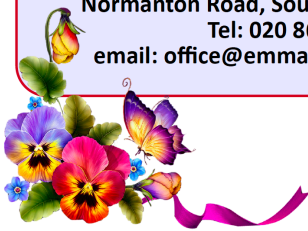
Day 5:

- A small amount of modelling clay/playdough
- A tiny banner/signpost made from a piece of card stuck to a cocktail/lolly stick

To make the most of this card,
it would be good to look up
the Bible references.



If you would like to contact us at Emmanuel Church,
we are at:-
Normanton Road, South Croydon, CR2 7AF.
Tel: 020 8688 6676
email: office@emmanuelcroydon.org.uk



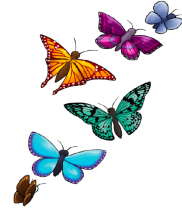
Produced by Audrey J Bell



For every Negative..



God has a Positive.



For all the negative things
we have to say to ourselves,
God has a positive answer for it.



You say: It's impossible!

GOD SAYS: "All things are possible with Me."
Luke 18:27

You say: I'm too tired.

GOD SAYS: "I will give you rest."
Matthew 11:28-30



You say: Nobody really loves me.

GOD SAYS: "I love you."
John 3:16 & John 13:34

You say: I can't go on.

GOD SAYS: "My grace is sufficient."
2 Corinthians 12:9 & Psalm 91:15



You say: I can't figure things out.

GOD SAYS: "I will direct your steps."
Proverbs 3:5-6

You say: I can't do it.

GOD SAYS: "You can do all things through Christ."
Philippians 4:13

You say: I'm not able.

GOD SAYS: "I am able."
2 Corinthians 9:8

You say: It's not working out.

**GOD SAYS: "All things work together for good,
for those who love Me."**
Romans 8:28



You say: I can't forgive myself.

GOD SAYS: "I FORGIVE YOU."
1 John 1:9 & Romans 8:1

You say: I can't manage.

GOD SAYS: "I will supply all your needs."
Philippians 4:19

You say: I'm afraid

GOD SAYS: "I have not given you a spirit of fear."
2 Timothy 1:7

You say: I am always worried and frustrated.

GOD SAYS: "Cast all your cares on ME."
1 Peter 5:7

You say: I don't have enough faith.

GOD SAYS: "I've given everyone a measure of faith."
Romans 12:3



You say: I'm not smart enough.

GOD SAYS: "I give you wisdom."
1 Corinthians 1:30

You say: I feel all alone.

GOD SAYS: "I will never leave you or forsake you."
Hebrews 13:5



SUMMER RENDEZVOUS *At Home*

DAY 1

**Even the stork in the sky
knows her appointed seasons,
and the dove, the swift and
the thrush observe the time of
their migration.**

Jeremiah 8:7

BUTTERFLIES

During the last week of January my wife and I were staying with our daughter, Katy, and her family in Johannesburg. I noticed that there were a lot of butterflies in the garden that week. On about the 3rd or 4th day it dawned on me that they were not fluttering around randomly, but all travelling in the same direction, coming into the garden from the south-west, and heading off to the north-east.



I tried to count them, but there were too many. I estimated the number passing through each minute. There were well over 100, maybe as many as 200. I went through to the front garden, which is bigger, and there were even more. We had maybe 500 butterflies passing through my daughter's garden every minute: 30,000 an hour, for several hours each day, for a few days. I estimated that maybe ½ million butterflies passed through Katy's garden that week!

I Googled this and discovered that I had seen the annual migration of the brown-veined white butterfly. Millions upon millions of butterflies had begun their journey in the arid regions of the Karroo, near Cape Town, and the Kalahari Desert. They were travelling north-east, pollinating innumerable plants on the way, and their journey would take them to the coast of Mozambique, on the Indian Ocean. It happens every year, though the route varies according to conditions.

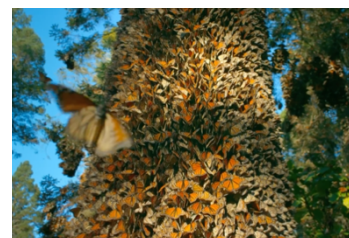
One of the articles I read pointed out that this is not a true migration. The butterflies don't return. When they reach their destination on the Mozambique coast they die – those that are not eaten by a bird on the way. But back in the Karroo and Kalahari they have laid eggs, which in time will give rise to a new generation of caterpillars and next year's migration of the brown-veined whites.

Social media were said to be “ablaze with videos and pictures”. People were in awe at the sight of all these butterflies. One woman described it as a “magical” experience that had made her day. I felt privileged to have observed one of nature's amazing events.

I cannot get my head round how these tiny insects can travel such a huge distance. The Kalahari Desert was 600 miles away, yet they didn't look at all tired! And they still had another 500 to 600 miles to fly. I am in awe of God, who created these butterflies and enabled them to evolve such an amazing life cycle, so that in some way, that no-one yet seems to understand, their innate sense of direction is

locked away in those eggs, to be passed on in their DNA to next year's butterflies.

Remarkably, the very evening before I realised I was watching an amazing migration event, I had received an e-mail from Ben Jones, the Associate Vicar at Emmanuel, inviting me to preach shortly after my return on the title, *Celebrating Creation*. I knew immediately how I was to begin! I hope we may all see in the natural world awe-inspiring creatures and events that make us want to celebrate creation and worship the creator.



Worth a watch: ***Spy in the Wild***
Series 2 episode 2 on BBC iPlayer

Marvel at God's creation – includes a clip of a butterfly migration in Mexico

WATER SAVING TIPS

There are lots of simple ways you can conserve water – and every drop helps.

PUT A BOWL IN THE SINK
when washing your 
VEGETABLES –
then reuse the water on your garden

Choose drought-tolerant
TREES & PLANTS
FOR YOUR GARDEN 

Avoid watering your garden
OR CROPS
DURING THE 
HEAT OF DAY

COMPOST MULCH
around 
TREES AND SHRUBS 

PUT A PLUG IN THE SINK
when washing your
HANDS, FACE
OR TEETH 
rather than letting the tap run.

 **WASH THE CAR**
using a bucket
RATHER THAN A HOSE

KEEP SHOWERS
SHORT 
TRY USING A TIMER

PUT A BOTTLE FULL
OF WATER
in your toilet cistern
TO REDUCE
FLUSH WATER 

Looking after our planet one small step at a time!

Make use of some old magazines or wrapping paper
with this chance to release your creativity!

- Your challenge is to make a collage of our wonderful planet earth.
- You will need glue (PVA glue, or any 'school glue' is ideal) and you may have tissue paper, and yarn, but you can use anything you can find at home – for example, pictures from magazines, or old fabric.
- Tear the paper into postage stamp size pieces.
- Glue the pieces down on a piece of card to make a picture that represents the Earth.
- If you use a lot of blue, it will remind you that water is an important part of our world.
- Finally add a prayer card to your picture – you can write your own prayer on a blank card and stick it on.



**As you stick the pieces down ask God for wisdom on
how best to care for the amazing world he gave us.**



as I follow you today

LORD

Let me, your creation
discover how to be creative,

as I follow you today

LORD

Let me, your child
begin to understand
how I am precious

as I follow you today

LORD

Let me, your new saint
learn sacrifice and wisdom

as I follow you today

LORD

Let me, your beloved
accept love from others
and give love in return



FRUIT BOWL



4 LETTERS

DATE

LIME

OGEN

PEAR

PLUM

POME

SLOE

UGLI

ORANGE

PAWPAW

RAISIN

8 LETTERS

MANDARIN

9 LETTERS

GREENGAGE

RASPBERRY

TANGERINE

7 LETTERS

APRICOT

AVOCADO

COCONUT

CURRENT

PUMPKIN

10 LETTERS

BLACKBERRY

5 LETTERS

APPLE

DRUPE

GRAPE

PECAN

PRUNE

6 LETTERS

ALMOND

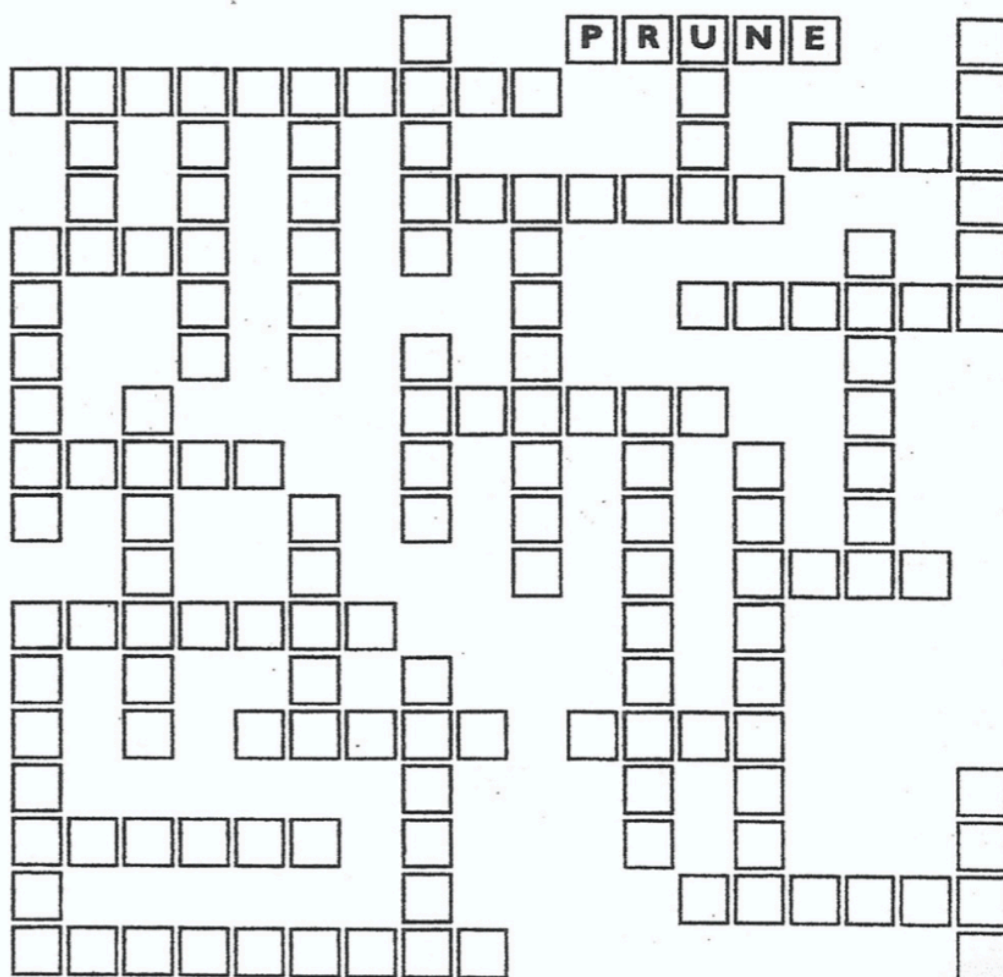
BANANA

CHERRY

LEMONS

LYCHEE

OLIVES

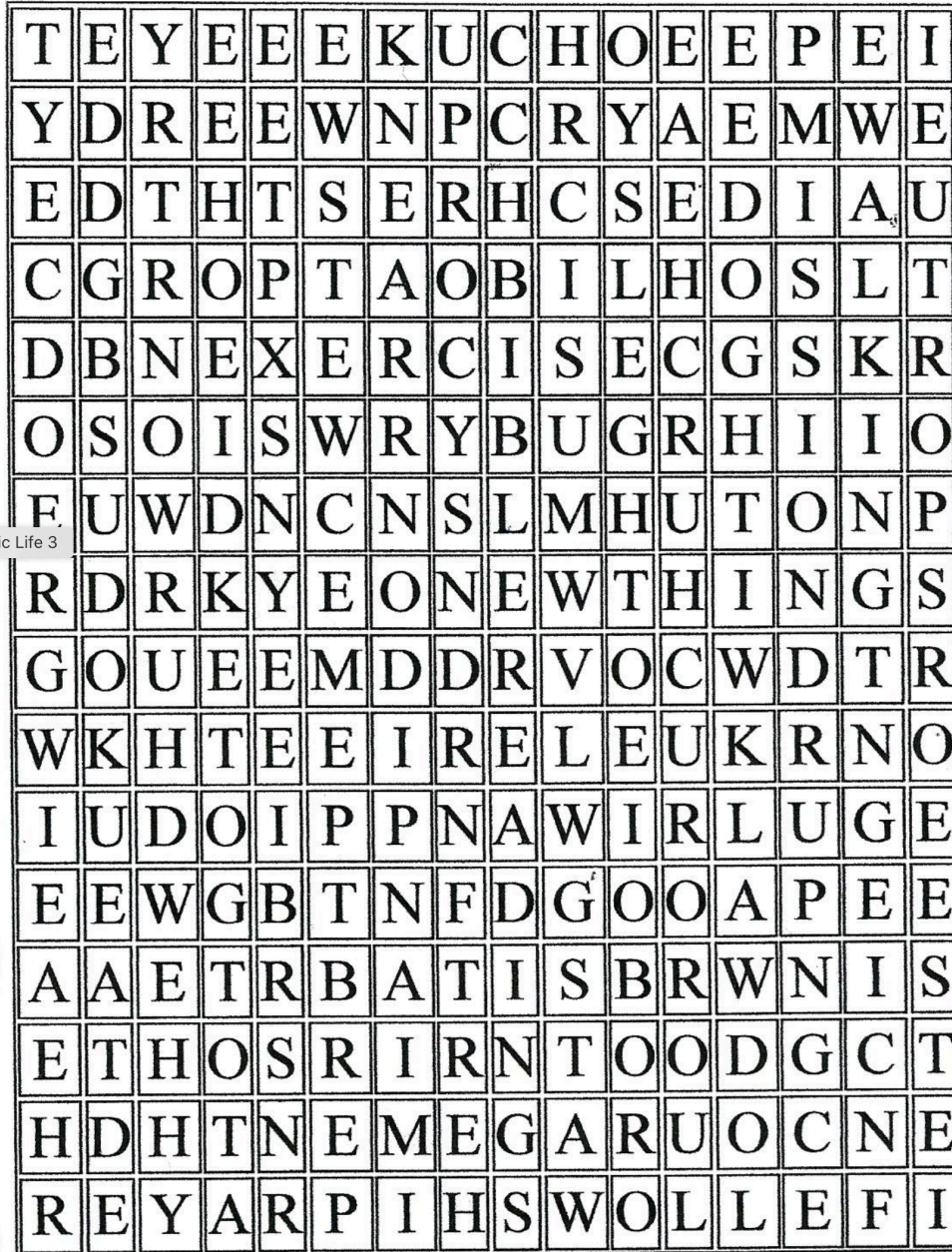


Do we eat enough fruit - if possible seasonal and locally grown?

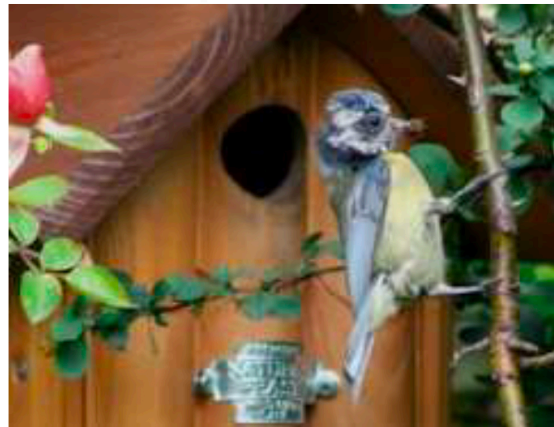
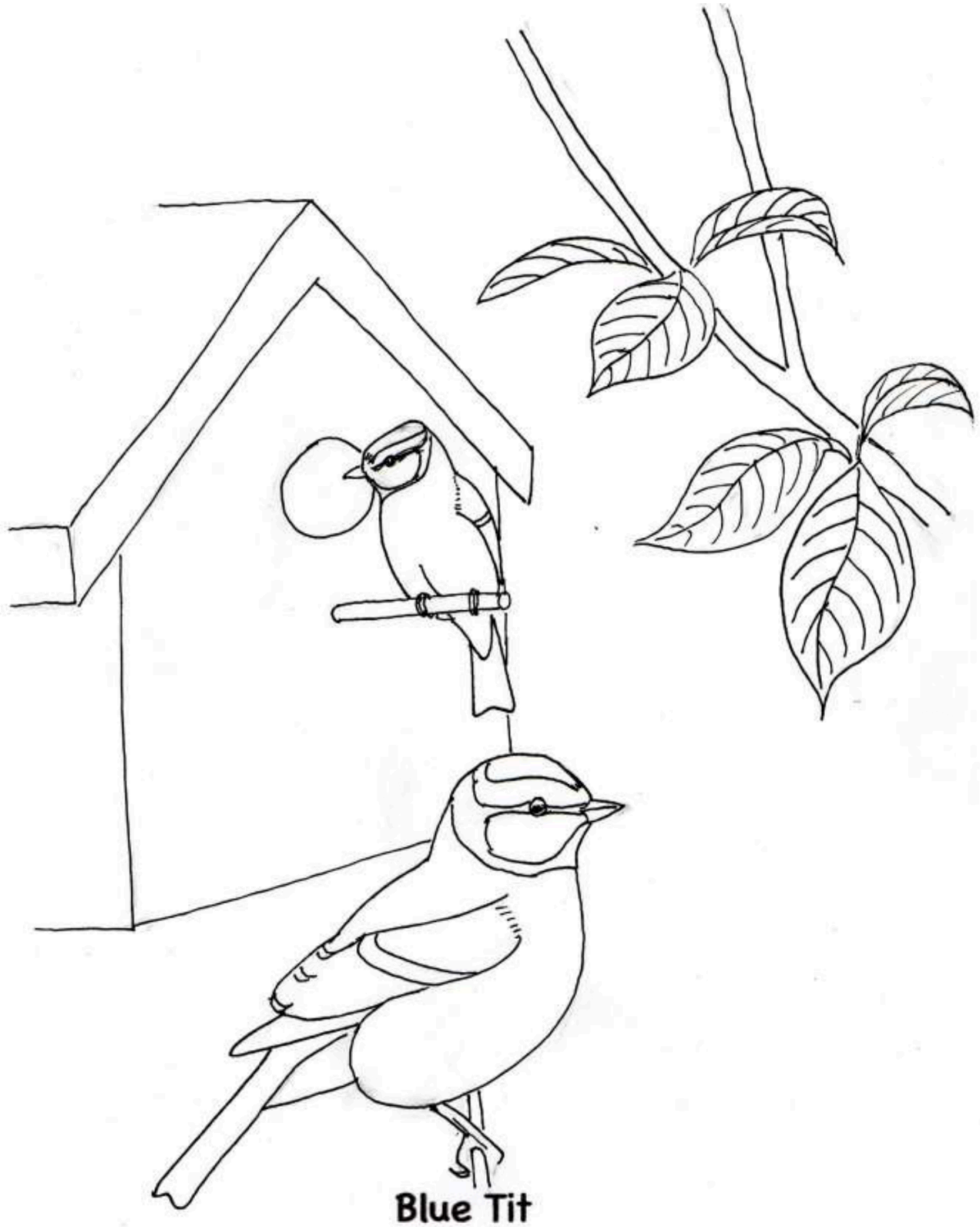
KEEP FIT WORDSEARCH.

“Keep yourselves in God’s love as you wait for the mercy of our Lord Jesus Christ to bring you to eternal life.”

Jude 21.



KEEP FIT
BODY MIND SOUL
BIBLE READING
PRAYER
FELLOWSHIP
MISSION
WORDSEARCH
SUDOKU
CODEWORD
EXERCISE
GARDENING
SPORT
WALKING
WALK WITH GOD
REST
SLEEP
HOBBIES
CHURCH
GRATITUDE
ENCOURAGEMENT
MUSIC
TRY
NEW THINGS
PERSEVERANCE



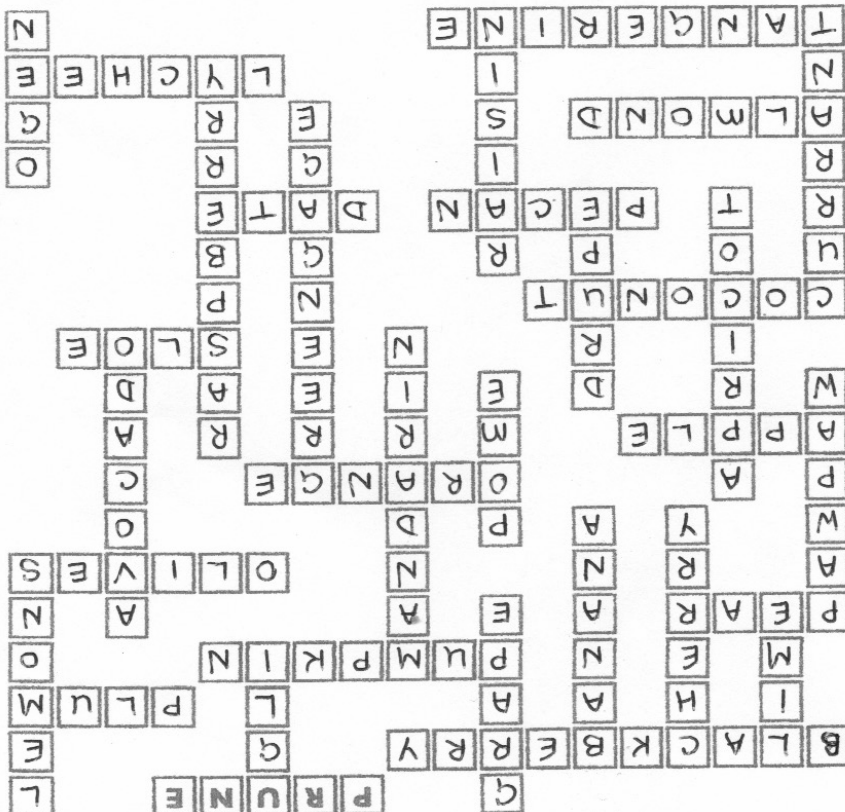
SUMMER RENDEZVOUS At Home

Look at the birds, free and unfettered, not tied down to a job description, careless in the care of God.

Matthew 6:25-26

DAY 2

Answers to yesterday's quiz: **FRUIT BOWL**



BIRD FEEDERS & GIRAFFES

My oldest grandchild, Akari, lives in South Africa. During one visit, when she was 3 or 4 years old, she and I made a bird feeder out of a plastic drink bottle, two sticks and some wire. We bought some seed, filled it and hung it in a tree outside the kitchen window. My wife and I came home a day or two later, leaving her to look out for birds. I was thrilled, sometime afterwards, to receive a recorded WhatsApp message from my daughter's phone. The excited voice was that of Akari: "Grandad, we've seen birds on the bird feeder."



Last Christmas, for some of her cousins in this country, I made up packages of bird seed and peanuts, decorated with cut out pictures of birds and a guide to the most common birds seen in this country. It is always a great thrill when they call me to say that they have seen a new species of bird in the garden. Sometimes they know what it is called. Sometimes they describe it and I try to tell them what it is. I want them to grow up sharing the joy I experience from

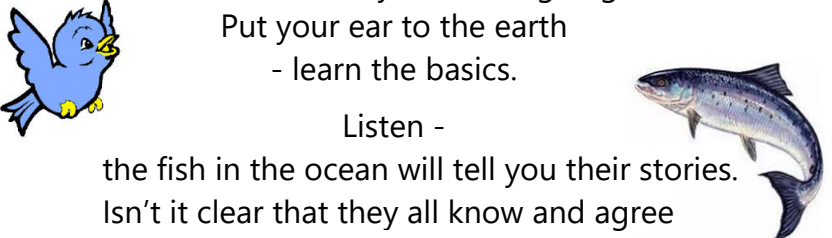
watching birds.

And not only birds, but wildlife generally. A week or so after I saw the amazing South African butterfly migration that I mentioned in yesterday's reflection, I took my two older South African granddaughters, Akari and Nozipho, on a game drive in one of South Africa's national parks. It was a great joy to see their excitement at the various animals we saw.

At one point during the drive, Akari, aged 6, announced, "I know the difference between the boy giraffes and the girl giraffes!" I was aware that the other people on the safari vehicle were listening to us, but I asked, hesitantly, "So what is the difference between the boy giraffes and the girl giraffes?" I was all too aware that what followed might be embarrassing. She gave me her answer: "The girl giraffes are the ones with longer eyelashes!" I wonder whether that's true, whether anyone has researched it.

May we all learn to look at every aspect of the natural world, wherever we encounter it, and whether we see it directly or on a screen, with the awe and wonder of a child. We should delight in creation in the same way that God did when, as we hear at the end of the creation story in the book of Genesis in the Old Testament:

"God saw everything that he had made, and it was very good."



Ask the animals what they think
- let them teach you;
let the birds tell you what's going on.
Put your ear to the earth
- learn the basics.

Listen -
the fish in the ocean will tell you their stories.
Isn't it clear that they all know and agree
that GOD is sovereign,
that he holds all things in his hand
Every living soul, yes,
every breathing creature?

Job 12:7-12



Worth a watch: **Life**
Episode 2: **Birds** on BBC iPlayer

The nature documentary looks at birds with slow-motion cameras and aerial photography.

It's not just wildlife that benefits when we take an interest in nature ...

The Wildlife Trusts and University of Derby look at the benefits of daily nature contact

The feel-good factor from simple daily contact with nature can last for months. This is a finding from a new Wildlife Trusts review.

The review is based on surveys completed by people taking part in *30 Days Wild* – the UK's biggest nature challenge. The challenge is run by The Wildlife Trusts. People take part by pledging to do one wild thing each day during the month of June.

The University of Derby has looked at survey responses from more than 1,000 people over five years. They discovered that people who took part in *30 Days Wild* continued to feel positive effects two months after the challenge was over. For example feeling happier and more relaxed.

30 Days Wild participants are provided with ideas, wallcharts and activity sheets that give everyone easy ways of enjoying nature whatever their location. These 'random acts of wildness' range from walking barefoot on grass, to sitting beneath a tree or watching birds on a feeder.

Key findings

- People felt more connected to wildlife
- People felt healthier
- People felt happier
- People were more likely to want to help wildlife



Looking after our planet one small step at a time!

We can see and hear God's natural world around us

- from our window
- out on a walk
- in our garden

You could make a bird feeder to attract birds to your garden.

- Tie a ribbon or pipe cleaner around a pinecone so that you can hang it up.
- Mix some bird seed or chopped nuts into some lard/fat/butter.
- Or you could simply use peanut butter
- Press the mixture into the pinecone.
- Hang your bird feeder somewhere you can easily see it. Or put the remaining seed in a small dish where you can watch who comes to feed.



Use the bird spotting sheet and a notebook to record what birds you have seen each day.

Use a notebook to also record other blessings that you notice each day that you can thank God for.

Garden bird detective



Chaffinch



Greenfinch



House sparrow



Blackbird



Blue tit



Goldfinch



Great tit



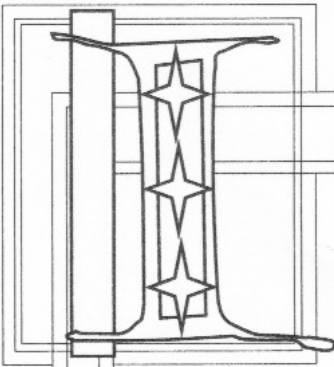
Collared dove



Starling



Wood pigeon



pray that God
will speak loudly
And that you
will hear humbly.
I pray that God
will act mightily
And that you
will receive graciously.
I pray that God
will bless amazingly
And that you
will share freely.
I pray that God
will be close
And that you will walk
safely.

GOD IS ABLE

O	E	D	G	B	T	O	G	E	I	N	O	I	M	D	L	S	E	B	
I	L	O	O	D	E	Y	A	M	S	I	D	E	B	T	O	N	O	D	V
W	B	G	I	H	A	V	E	C	H	O	S	E	N	Y	O	U	A	O	E
I	I	R	N	G	C	S	O	B	I	H	N	A	O	I	.	T	I	R	F
L	S	U	O	E	T	H	G	I	R	D	V	L	T	H	A	I	G	A	S
L	S	O	E	Y	M	P	Y	Y	I	R	E	A	I	D	R	P	U	E	E
U	O	Y	N	E	H	T	G	N	E	R	T	S	L	L	I	W	I	F	N
P	P	M	M	P	U	O	N	S	A	I	B	A	I	B	.	T	L	T	T
H	M	A	C	H	I	R	Y	O	M	H	R	I	E	O	L	N	T	O	P
O	I	I	L	A	T	M	A	I	O	L	N	R	I	U	E	E	T	N	R
L	E	R	H	M	E	I	L	O	O	G	E	.	C	W	M	S	H	O	E
D	H	O	M	R	U	L	W	N	R	A	I	L	A	T	E	A	D	G	
Y	T	F	A	T	4	H	E	E	V	4	F	B	L	W	I	E	E	N	I
O	F	U	T	H	N	L	S	E	H	F	O	E	I	S	O	S	T	A	.
U	O	Y	H	T	I	W	M	A	I	R	O	F	A	E	G	M	G	H	S
Y	D	W	H	N	N	E	I	D	E	H	O	B	L	R	L	U	S	T	P
A	O	E	E	M	N	A	N	D	H	E	L	P	Y	O	U	R	I	H	A
Y	G	S	E	T	S	L	O	S	S	E	S	S	A	L	M	D	M	G	G
S	S	S	M	I	S	M	H	O	L	H	M	S	E	G	E	N	E	I	S
I	D	F	R	R	U	W	R	E	I	L	M	E	A	H	O	O	T	R	I

ISAIAH 41.10.

I HAVE CHOSEN YOU

FOR I AM WITH YOU

FOR I AM YOUR GOD

AND HELP YOU

WITH MY

RIGHT HAND

LOSSES

GUILT

PAIN

BOREDOM

GOD OF THE IMPOSSIBLE

YOU ARE MY SERVANT

DO NOT FEAR

DO NOT BE DISMAYED

I WILL STRENGTHEN YOU

I WILL UPHOLD YOU

RIGHTEOUS

DIFFICULTIES

BEREAVEMENT

FEAR

LONELINESS

LIMITATIONS

HE IS ABLE

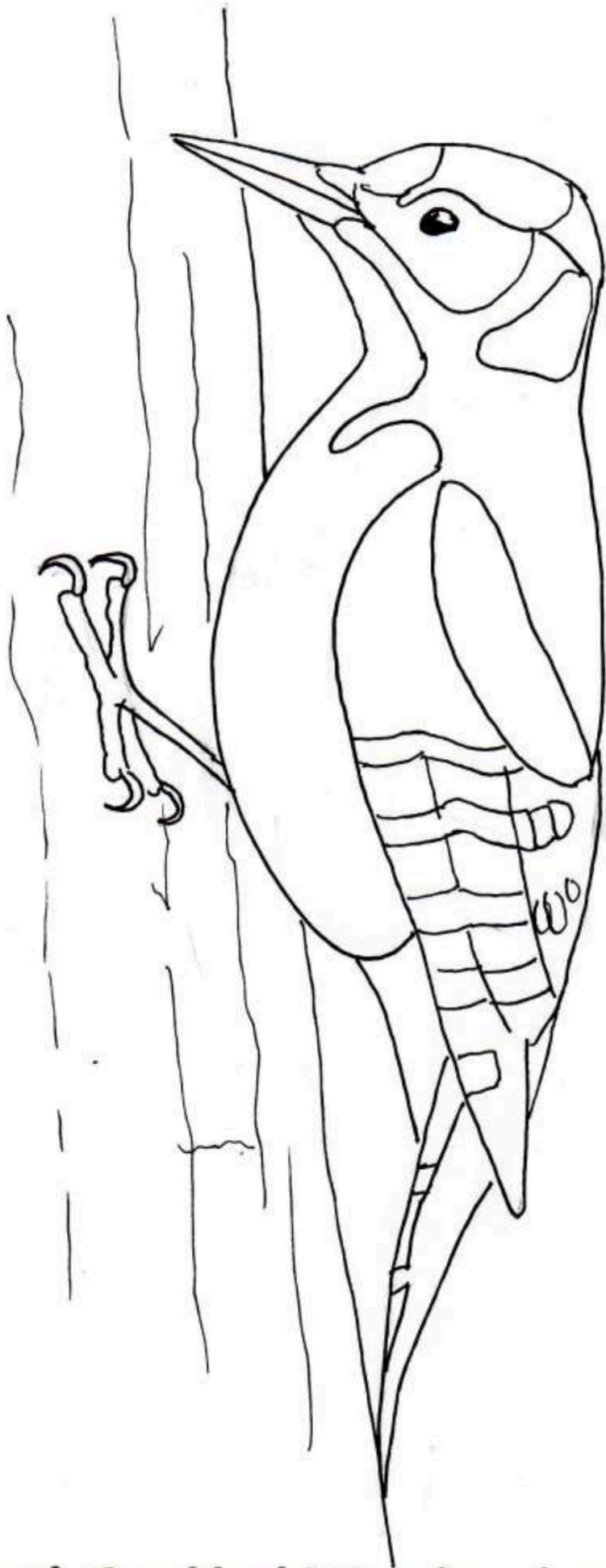
Bible Books Puzzle.

Can you find 30 books of the Bible hidden in this passage?

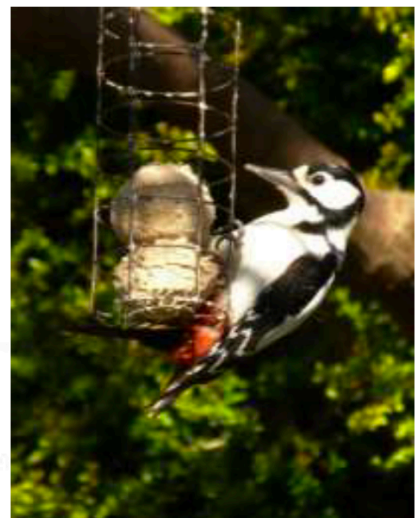
This is a most remarkable puzzle. It was found by a gentleman in an airplane seat pocket on the flight from Los Angeles to Honolulu, keeping him occupied for hours. He enjoyed it so much that he passed it on to some friends. One friend from Illinois worked on his, whilst fishing from his John-boat. Another friend studied it while playing his banjo. Elaine Taylor, a columnist friend, was so intrigued by it she mentioned it in her weekly newspaper column.

Another friend judges the job of solving this puzzle so involving that she brews a cup of tea to help her nerves. There will be some names that are really easy to spot. That's a fact. Some people, however, will soon find themselves in a jam, especially since the books are not necessarily capitalised. Truthfully from answers we get, we are forced to admit it usually takes a minister or scholar to see some of them at the worst. Research has shown that something in our genes is responsible for the difficulty we have in seeing the books in these paragraphs. During a recent fundraising event, which features this puzzle, the Alpha Delta Phi-Lemonade booth set a new sales record.

The local paper, the Chronicle, surveyed over 50 patrons who reported that this puzzle was one of the most difficult they had ever seen. As Daniel Hurnana humbly puts it, "the books are all right here in plain view, hidden from sight". Those able to find all of them will hear great lamentations from those who have to be shown. One revelation that may help is that books Timothy and Samuel appear with their numbers. Also, keep in mind, that punctuation and spaces in the middle are normal. A chipper attitude will help you compete really well against those who claim to know the answers. Remember, there is no need for a mass exodus, there really are 30 books of the Bible lurking somewhere in these paragraphs waiting to be found.



Great Spotted Woodpecker



SUMMER RENDEZVOUS At Home

He heals the heartbroken
and bandages their wounds.

Psalm 147:3

Answers to yesterday's quiz: BOOKS OF THE BIBLE

There are 30 books of the Bible in this paragraph. Can you find them? This is a most remarkable puzzle. It was found by a gentleman in an airplane seat pocket on a flight from Los Angeles to Honolulu, keeping him occupied for hours. He enjoyed it so much, he passed it on to some friends...One friend from Illinois worked on this while fishing from his John boat. Another friend studied it while playing his banjo, Elaine Taylor, a columnist friend, was so intrigued by it she mentioned it in her weekly newspaper column.

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DAY 3

MY FIRST TROUSERS

I find it faintly amusing that my grandsons all wear long trousers. The oldest is in reception class and two are toddlers, but they all wear long trousers. I didn't at that age. All the way through primary school, we boys were sent to school in shorts, even when there was snow on the ground!



Even at grammar school, the rule was that first formers wore shorts – and for some of the taller boys that looked pretty silly with a school blazer, especially during the big freeze of '62. In the second form, boys were only allowed to wear long trousers if they were five feet tall. As a boy whom some teachers called “Tich”, I languished in shorts for a further year. As the third form approached there was great excitement when my mother took me to buy my first pair of long grey trousers, ready for the new term. I still wasn't allowed to wear them, though, until the first day of term!

September eventually arrived, and on the first day of term, after school, I went out to play on my bike. How it happened I don't remember, but I fell off the bike and limped home with blood pouring out of my knee – and a hole in my trouser leg. Mum was more concerned about the trousers than she was about my knee, or so it seemed at the time!

From somewhere she managed to find a piece of grey cloth and sew a patch on. Thinking about it now, I wonder why she didn't sew a neat, square patch over the hole, but in fact she placed the patch behind the hole, making it more conspicuous. And so it remained until I grew out of the trousers, which at my rate of growth was quite a long time!

“Make do and mend” was a value and attitude that we were brought up with in the post-war years. If we got holes in our socks, Mum would darn them – and she had a special wooden mushroom-shaped device to put inside the sock and provide a surface to sew against. I wouldn't begin to know how to darn a sock. To be honest, if there's a hole in the toe, I just continue wearing them until there's a hole in the heel as well. Then it's time to throw the sock away. A case of “make do, not mend”. If I am going out to buy a pair of new shoes, or somewhere that I might be asked to take my shoes off, I try to remember to wear socks without holes!

The “make do and mend” philosophy applied to gadgets and electrical appliances, too. If something broke down my Dad would

either repair it or take it to a repair shop. Sadly, nowadays, when things go wrong it is often cheaper, in this country at least, to buy an entirely new gadget or appliance than to have it repaired.

I wonder whether TV programmes like “The Repair Shop” and “Money for Nothing”, where items rescued from a tip are made into something useful or beautiful, may signal a change in attitude. I hope so. But I suspect that, when I get round to telling them the story, my grandchildren will be astonished to discover that I never had long trousers until I was in year 9, and surprised that I wore them to school for a whole year with a patch in the knee!

Thank you for responding to me;
you've truly become my salvation!

The stone the masons discarded as flawed
is now the capstone!
This is God's work.



Psalm 118: 21 - 25



Worth a watch: ***The Repair Shop***

The current series may have ended but there may still be some episodes on BBC iPlayer or YouTube



GET YOUR FACTS RIGHT

Problems with Landfill Sites

Environmental Impacts:

Greenhouse gases: Biodegradable materials such as paper, card and textiles decompose without access to the air and release the greenhouse gases methane and carbon dioxide. One tonne of biodegradable waste produces between 200 and 400m³ of landfill gas.



Leachate: Leachate is poisonous liquid formed in a landfill site. As the acids from rotting waste react with other rubbish, the leachate can become toxic. If leachate escapes into groundwater and rivers it can cause dreadful pollution. Landfill sites are now tightly regulated to stop such pollution. This is done by lining the landfill site, but many older, unlined sites can still release leachates.

Air pollution: Landfill sites can cause many different types of pollution from their traffic, noise, dust and odour. People who live near landfill sites complain about the noise and the smell. Landfill sites account for between 10% and 25% of all the odour complaints made to local authorities.¹



Health impacts: the rotting organic waste attracts many animals and vermin. Landfill sites are often full of rats, foxes, crows and seagulls. Some of these animals carry diseases that can be harmful to humans.



¹ DEFRA p626 Review of Environmental and Health Effects of Waste Management: Municipal Solid Waste and Similar Wastes <http://www.defra.gov.uk/environment/waste/research/health/pdf/health-report.pdf>

Looking after our planet one small step at a time!

As you will know ... there is nothing new about

MAKE DO AND MEND!!!

We all throw things away because they need mending, creating landfill which damages God's Creation.

If you have a small sewing kit.

You could either:

Find some old clothing that needs mending and replace that button or re-stitch a split seam. Start wearing the item again or give it to a charity shop so that someone else can benefit from your work.

Or:

Use an item of clothing that is beyond repair to make yourself a simple face-mask. *Instructions included!*

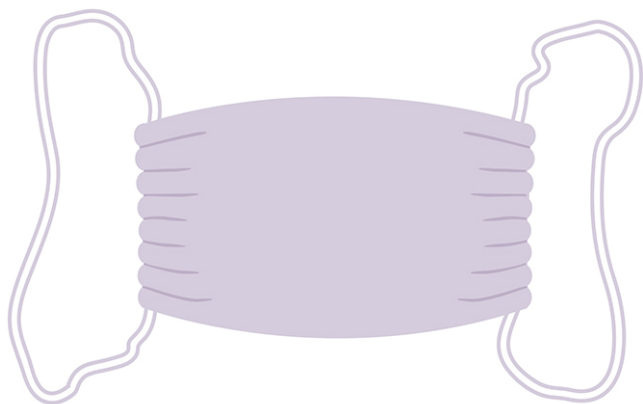
Or:

Use any glue left over from the collage to mend something – it works well on wood, fabric and card.

Go on! You have no excuse ... ask if you need help to thread the needles, and you have everything you need except that item of clothing that you will stop from going to landfill.

As you sew, think about any area in your life that you would like God to 'mend'. Pray for his healing.

Step 4: Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the covering on the elastic and adjust so the covering fits your face. Then securely stitch the elastic in place to keep it from slipping. These elastic loops fit over the ears.



Completed face covering, knots tucked in, cloth slightly gathered

Face coverings should not be used by children under the age of 3 or those who may find it difficult to manage them correctly. For example, primary age children unassisted, or those with respiratory conditions.

To make a simple face covering

You will need:

- two or three 25cm x 25cm squares of cotton fabric
- two 20cm pieces of elastic (or string or cloth strips)
- needle and thread
- scissors



Two squares of fabric 25cm x 25cm



Two pieces of 20cm elastic



Scissors



Needle and thread

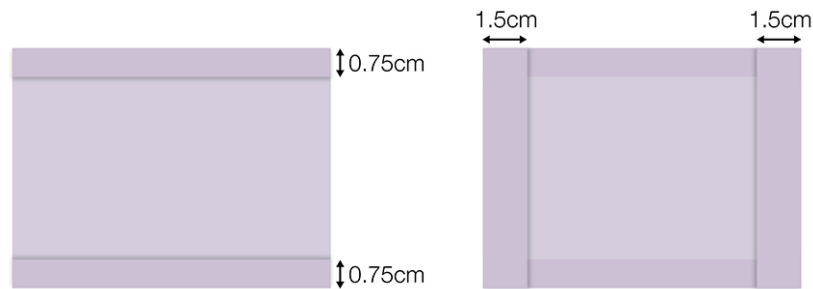


Sewing machine (optional)

Items you need for a sewn cloth face covering

Step 1: Cut out 25cm x 25cm squares of cotton fabric.
Stack the squares on top of each other.

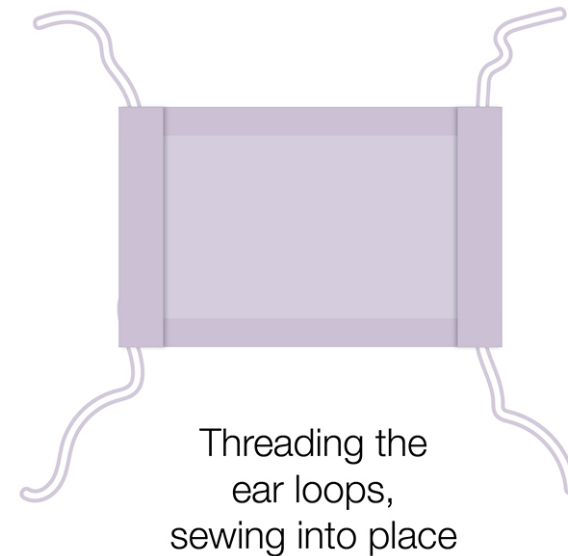
Step 2: Fold over one side by 0.75cm and hem, then repeat on the opposite side. Make 2 channels by folding the double layer of fabric over 1.5cm along each side and stitching this down.

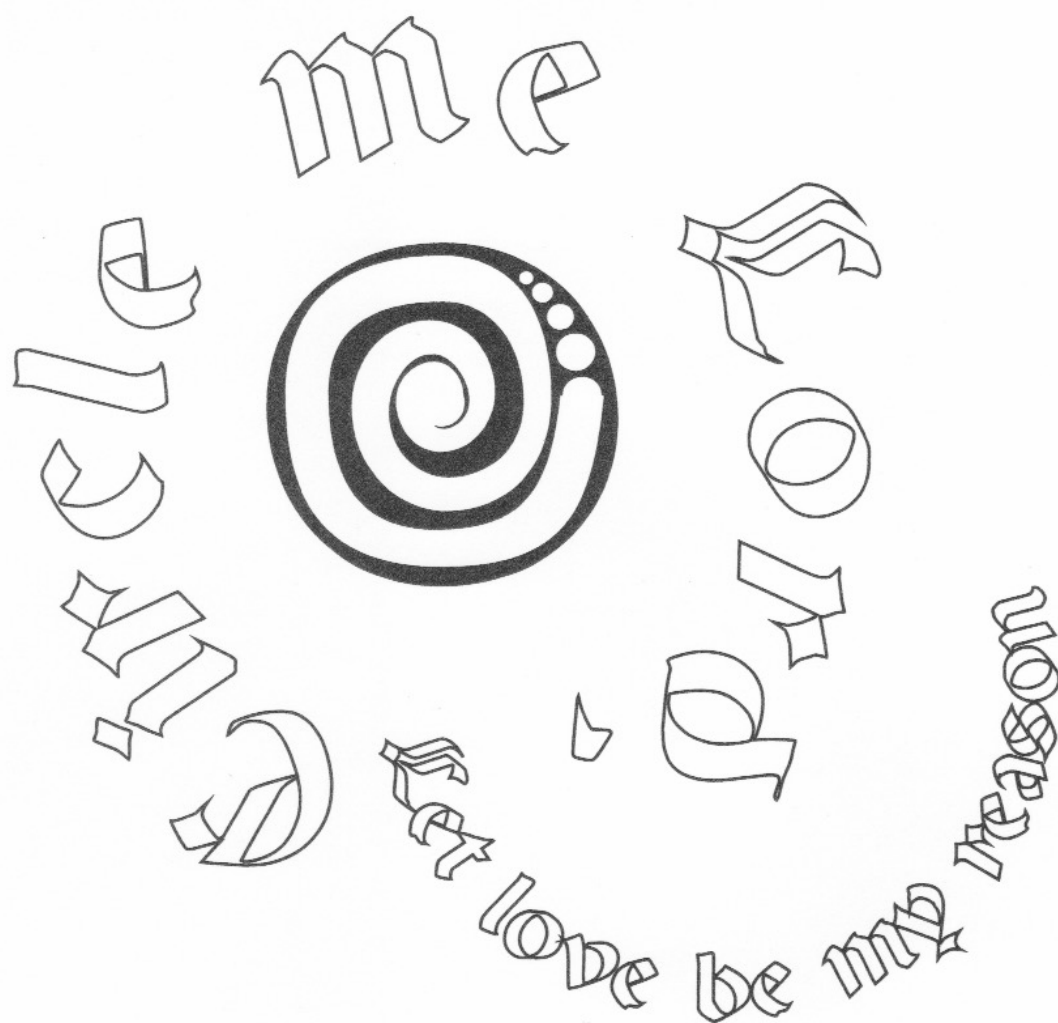


Fold over
the top and bottom
and hem

Fold over
the sides
and hem

Step 3: Run a 20cm length of elastic (or string or cloth strip) through the wider hem on each side of the face covering. These will be the ear loops. Use a large needle to thread it through. Tie the ends tightly.





Let hate be a stranger
Circle me LORD,
Let joy be my comfort
Let sadness be no more
Circle me LORD,
Let peace be my aim
Let conflict be resolved

GOD IS ABLE - Make a Word Sheet.

When difficult times come , bereavement, ill health, loss of job, mobility, sight or sound, loneliness etc it is easy to think there is no way you want to go on and yet God is able to take us through and not let it all overwhelm us. His word says in 2 Corinthians 9:8:-

“And God is able to make all grace abound to you....”

Will you ask Him to help you?

How many words of 3 letters or more can you make from the phrase:-

GOD IS ABLE.

1		18		35	
2		19		36	
3		20		37	
4		21		38	
5		22		39	
6		23		40	
7		24		41	
8		25		42	
9		26		43	
10		27		44	
11		28		45	
12		29		46	
13		30		47	
14		31		48	
15		32		49	
16		33		50	
17		34		51	



SOCCER SEARCH



3 LETTERS

CUT

RUN

MATCH

SCORE

TRAIN

SOCCER

TACKLE

STRIKER

4 LETTERS

BALL

BEAT

FAKE

FOOT

FORM

FOUL

GOAL

HEAD

KICK

LEAD

LOST

PLAY

TEAM

TRAP

6 LETTERS

ATTACK

CIRCLE

DEFEND

GOALIE

KICKER

RUNNER

7 LETTERS

CONTROL

DEFLECT

DRIBBLE

FORWARD

HOLDING

OFFSIDE

REFEREE

8 LETTERS

HALF-BACK

MIDFIELD

9 LETTERS

INTERCEPT

5 LETTERS

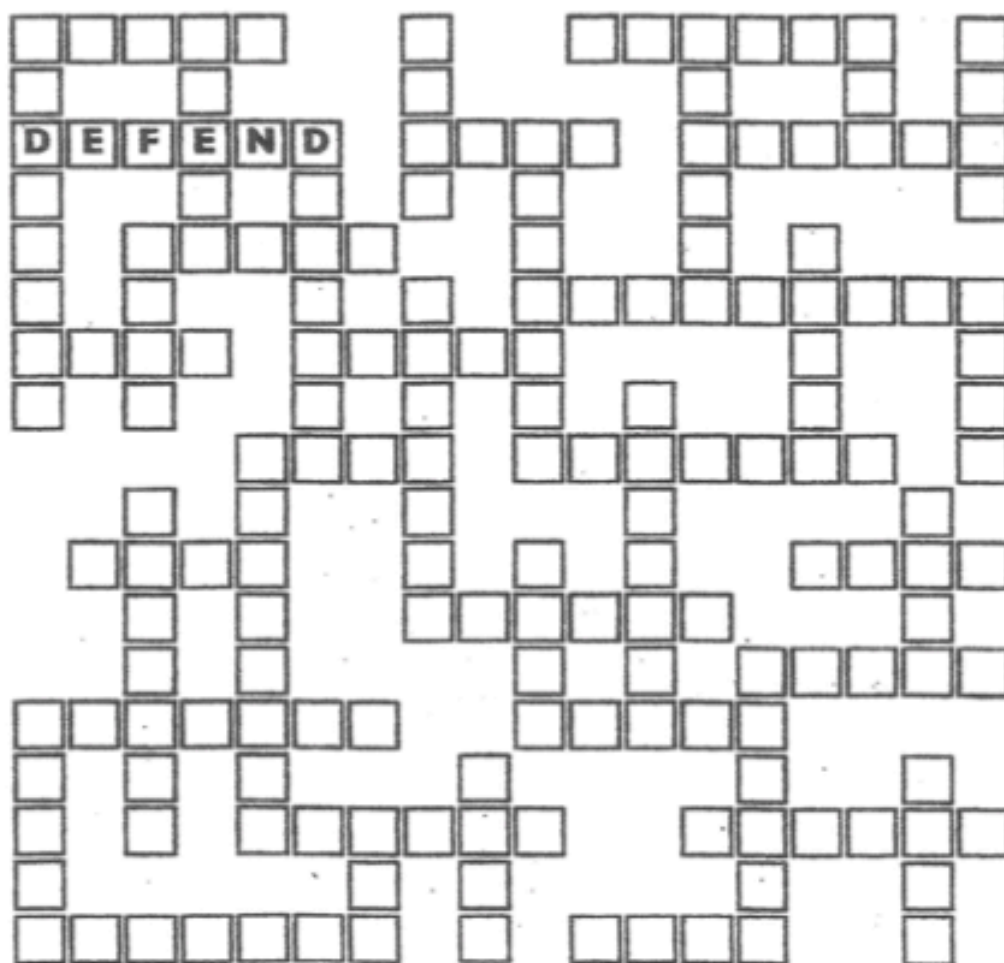
AGILE

BLOCK

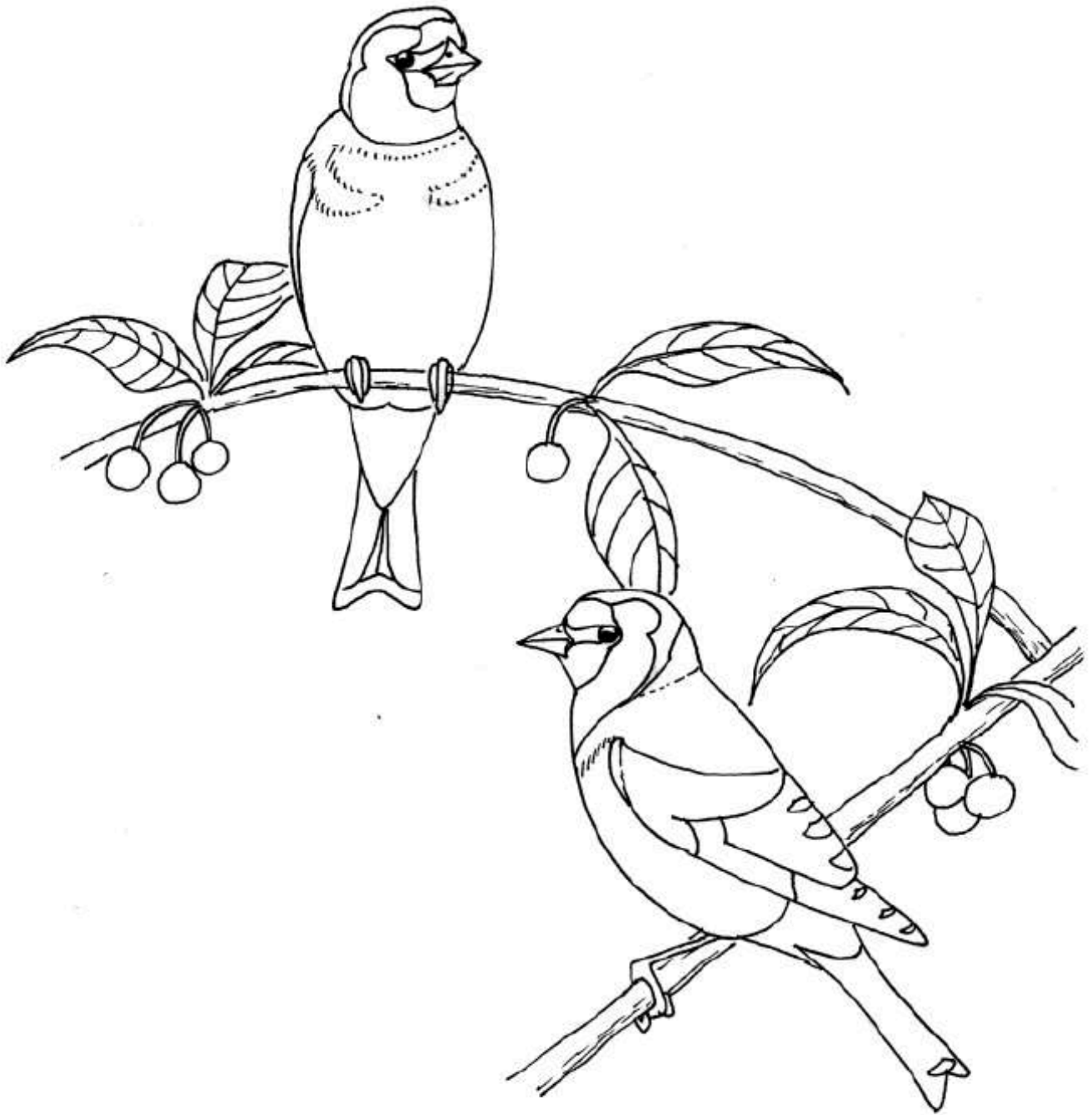
CLEAR

EXERT

FIELD



Do we do enough exercise? If we can't do what we used to,
what new forms of exercise might we try?



Goldfinch



SUMMER RENDEZVOUS At Home

The Lord God took the man and put him in the Garden of Eden to work it and take care of it.
Genesis 2:15

DAY 4

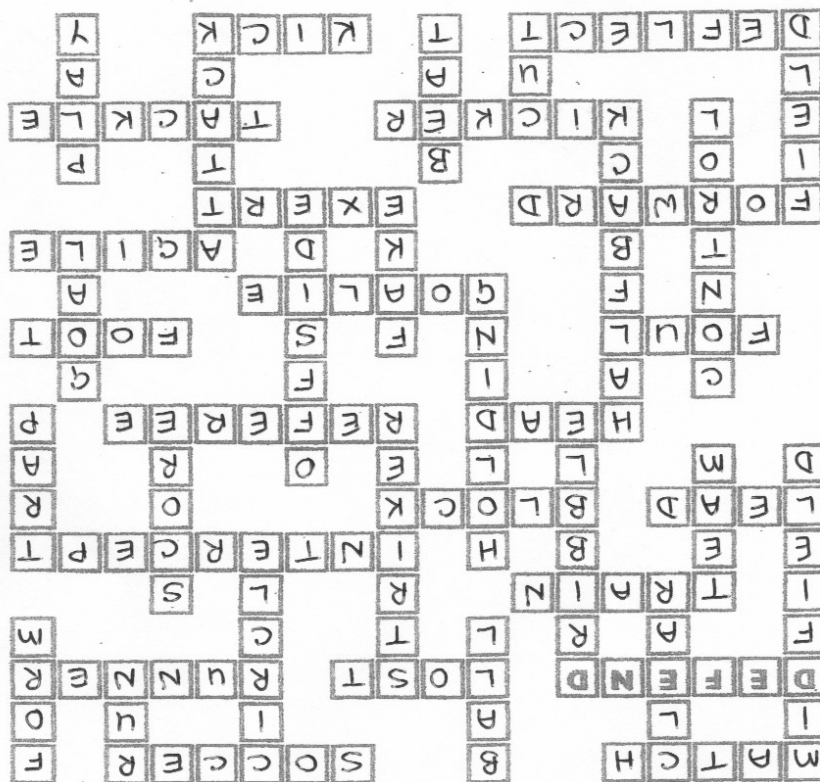
POP BOTTLES AND DISPOSABLE CUPS

I mentioned yesterday that “Make do and mend” was a value and attitude that we were brought up with in the post-war years. It set me thinking about other aspects of the society I grew up in.

When I was a child we had fizzy drinks (we called it “pop”) delivered on the Corona lorry. From the perspective of 2020 that seems an unfortunate name for a fizzy drink! Pop came in glass bottles on which a deposit was paid, to encourage us to return the bottle for re-use. So-called advances in technology and efficiency led to the sale of soft drinks in single use plastic bottles, oblivious to the effect that would have on the planet. The drinks we had as children may not have been good for our teeth or our health, but the bottles they came in were better for the planet than the plastic ones we get now. They still use glass deposit bottles for the sale of sodas in rural Africa. Their litter problem is bad enough. Heaven forbid that they should ever change to plastic.



Answers to yesterday's quiz: **SOCCER SEARCH**



When I was a child – and even after I came to Croydon as an adult – we had milk delivered to the door in glass bottles, and we left the empty bottles out to be taken away and re-used. Some people still get their milk that way, which is good, but the way shopping habits have changed means that for most people milk now comes in a plastic bottle that can only be recycled – though having said that, one of my daughters recently shared with the family a great idea for using them to make model elephants with the children!

In the last two decades or so coffee shops have proliferated in this country, and with them came the idea of take-away coffee or tea. That required disposable cups, and they were even worse than plastic bottles because they were made of cardboard with a waterproof plastic lining, and so could not be recycled. It is annoying to be given one of these cups, with a lid, even when I am going to drink it in the café. Sales assistants sometimes think I am being awkward if I insist on a cup that they can wash up and use again!

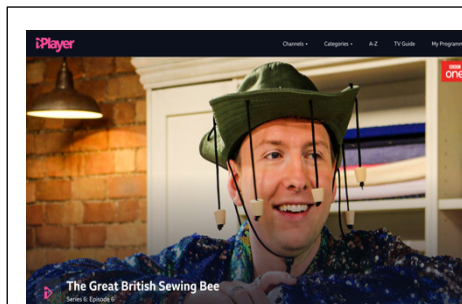
When we began to realise what harm all this was doing to the planet, some of us started taking our own refillable cup, and the cafés hit on the idea of offering us a discount for doing so. And just as we got used to carrying a cup around with us, a pandemic put an end to that practice – at least for the time being.

The worst example of the “throw away society” I ever came across was the hall of residence where our son lived for a year in Milwaukee, U.S.A., where every meal was served on what the

Americans call Styrofoam plates with plastic cutlery. Our son staged his own one man protest: he bought a china plate and bowl and a metal knife, fork and spoon, and transferred his meal to these at the point of supply. Using take away plates and disposable cutlery for every meal is sub-human.

The BBC documentary “Drowning in Plastic”, narrated by David Attenborough, shone a light on the perilous state of our oceans due to plastic pollution. Most traumatic was seeing how many small pieces of plastic were removed from the stomachs of sea birds and sea creatures. Plastic litter is disgraceful and inexcusable. As responsible citizens of the world we all need to do our bit to eliminate single use plastic from our lives.

I hope that my great grandchildren, who are yet to be born, will one day be amazed to discover that once upon a time we used plastic wrappings, bags, bottles and cups and threw them away after using them only once!

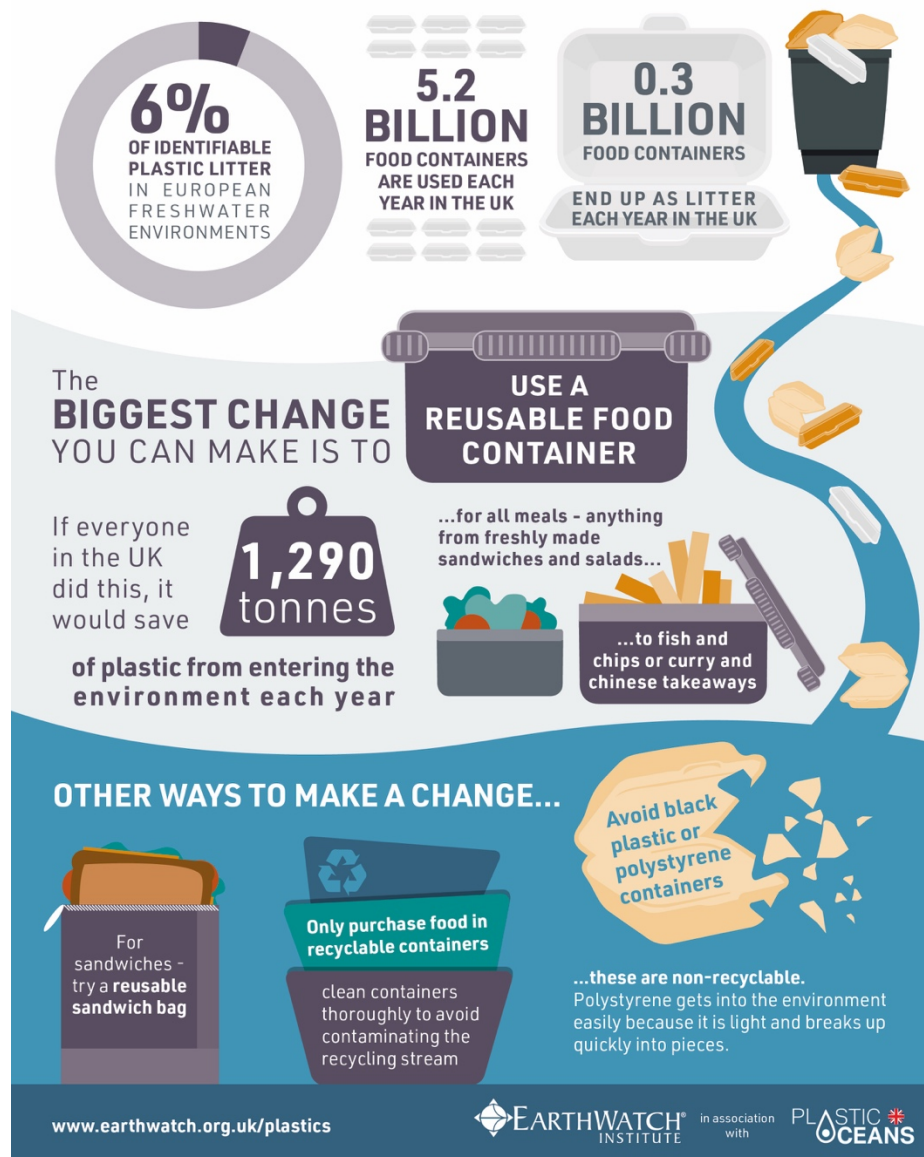


Worth a watch: ***Great British Sewing Bee***

Episode 6 of series 6 on BBC iPlayer

It's reduce, re-use, recycle week!

FOOD CONTAINERS - GO REUSABLE!



Looking after our planet one small step at a time!

Save on food miles, money and plastic as well as eating healthily by growing your own salad!

Indoor Salad in a Flower Pot !



Find a plastic box with holes in the bottom – or you can re-use a favourite flower pot that you already have at home!

You will also need some potting soil and some lettuce seeds.

Fill the container $\frac{3}{4}$ of the way with potting soil. Sprinkle some of the seeds over the compost – you don't need too many.

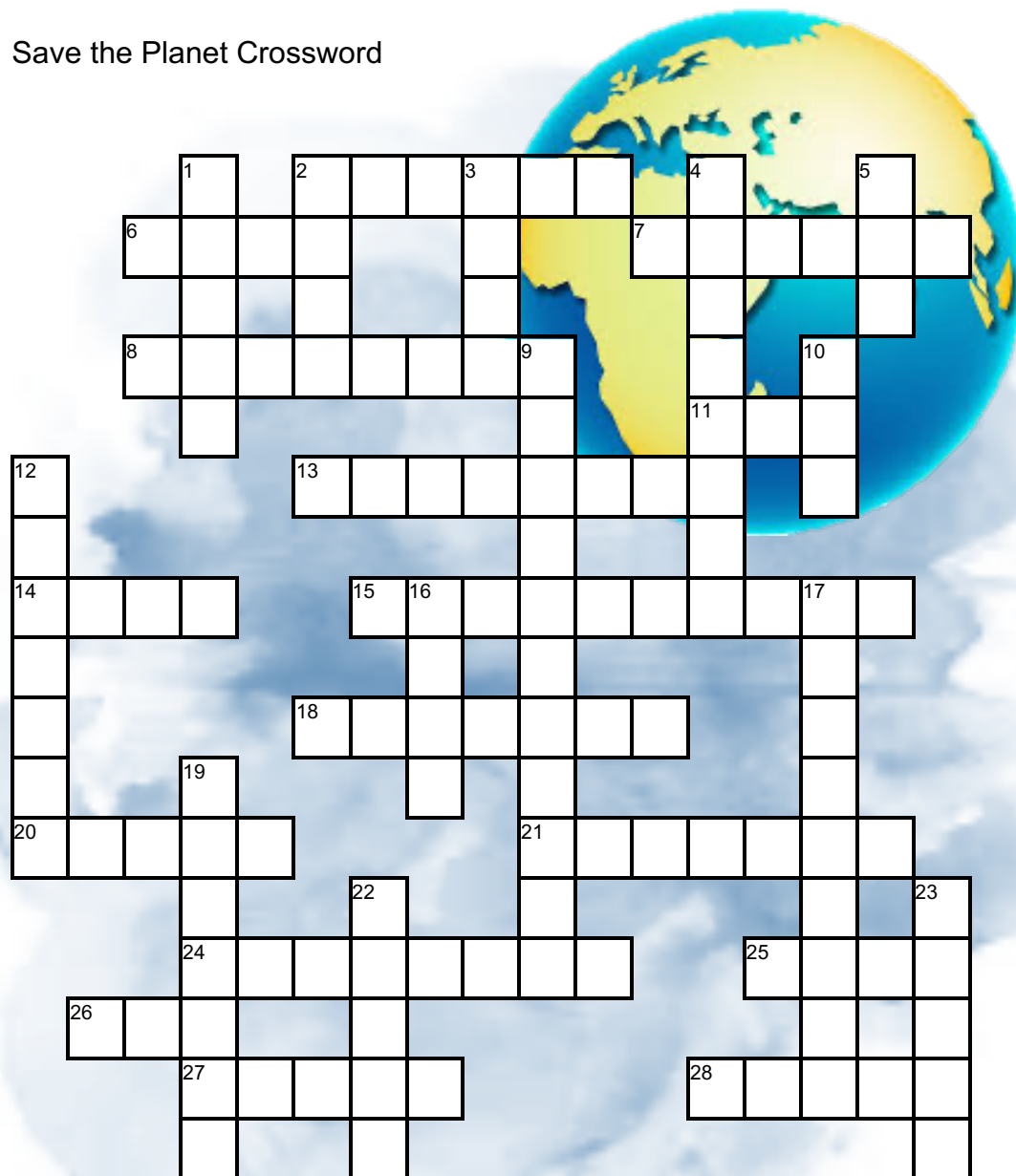
Now fill the pot the rest of the way with potting soil. Place the container on a water-proof tray, then sprinkle the soil with water.

Water regularly and over time germination will take place and the plants will need to be thinned out.

As the lettuce grows you can harvest the leaves from the centre of each plant as needed, and more will appear.

As you watch it grow and eat it, thank God for the miraculous way he provides us with our food!

Save the Planet Crossword



ACROSS:

- 2 Mean global temperature is getting _____
- 6 We must _____ God and our neighbour
- 7 We need to _____ our Maker's instructions
- 8 Large areas of tropical forests are axed to grow this (3,5)
- 11 The best time of day to water the garden (*abbr*)
- 13 Grow this to attract butterflies
- 14 This kind of rain is harmful
- 15 Alarmingly, the extinction rate of plants and animals is doing this
- 18 598 _____ people in Africa have no access to electricity
- 20 We have not _____ for our world as we should
- 21 What our diet should be like
- 24 How to stay fit
- 25 A fossil fuel that contributes to global warming
- 26 A great source of Vitamin D
- 27 It is good to plant these so they can absorb excess carbon dioxide
- 28 First name of Swedish schoolgirl and climate change activist

DOWN:

- 1 The reason we are doing Rendezvous differently this year
- 2 We should try to _____ our planet recover
- 3 We should try to live in a way that does not _____ our planet
- 4 Good to eat for their high iron content (3,5)
- 5 Maker of the heavens and the Earth
- 9 These could help those in parts of our world with no electricity *
- 10 Is there a way to save energy and help others too? *
- 12 There is too much of this in our oceans
- 16 The source of life for Egypt
- 17 One of the coldest places on the planet (5,4)
- 19 The percentage of adults in England who are overweight or obese
- 22 You can help the planet by switching to this type of energy
- 23 Fossils fuel energy is definitely not this!

(*See over for details of how! 🤖)

(Answers in the next pack)

Alternative clues

ACROSS:

- 2 Further up
- 6 A 'hearty' emotion
- 7 Go after
- 8 Tropical trees that produce a food additive
- 11 The day before
- 13 Plant with large purple flowers
- 14 Not alkaline
- 15 Going up
- 18 Big number
- 20 Looked after
- 21 Not sick
- 24 Physical activity
- 25 A fossil fuel used on open fires
- 26 Our nearest star
- 27 Large plants
- 28 _____ Thunberg – a 'great' person (*anagram*)

DOWN:

- 1 Disease caused by the pandemic
- 2 Assist
- 3 Endanger
- 4 Used to make milk and meat alternatives (3,5)
- 5 Deity
- 9 Sun-powered illumination
- 10 Not no
- 12 Too much of our food packaging is made of this.
- 16 Egypt's river
- 17 Most northerly point on the planet (5,4)
- 19 10 x 7
- 22 An eco-friendly colour
- 23 Not dirty

Check your
Eco-Warrior credentials
with this fiendish
crossword puzzle!



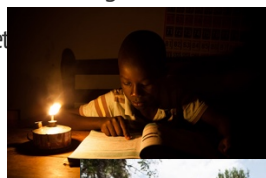
Need an easier challenge? Don't worry!
Turn to the back page – different clues - same answers!



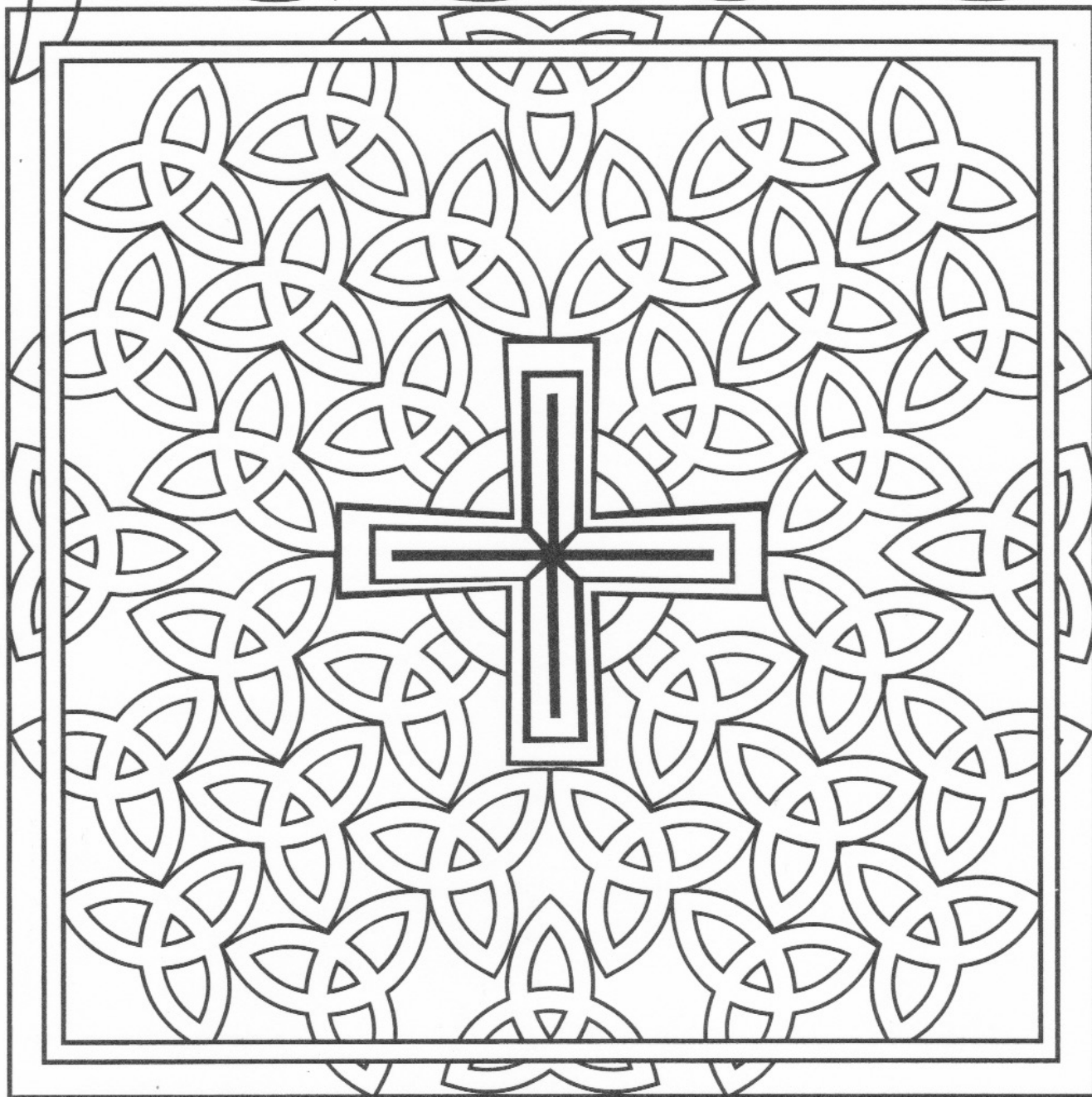
SolarAid is an international charity, founded in 2006 to combat poverty and climate change, providing access to solar lights in Malawi and Zambia to help catalyse solar market growth and reduce the use of kerosene lamps.

You can support their work by:

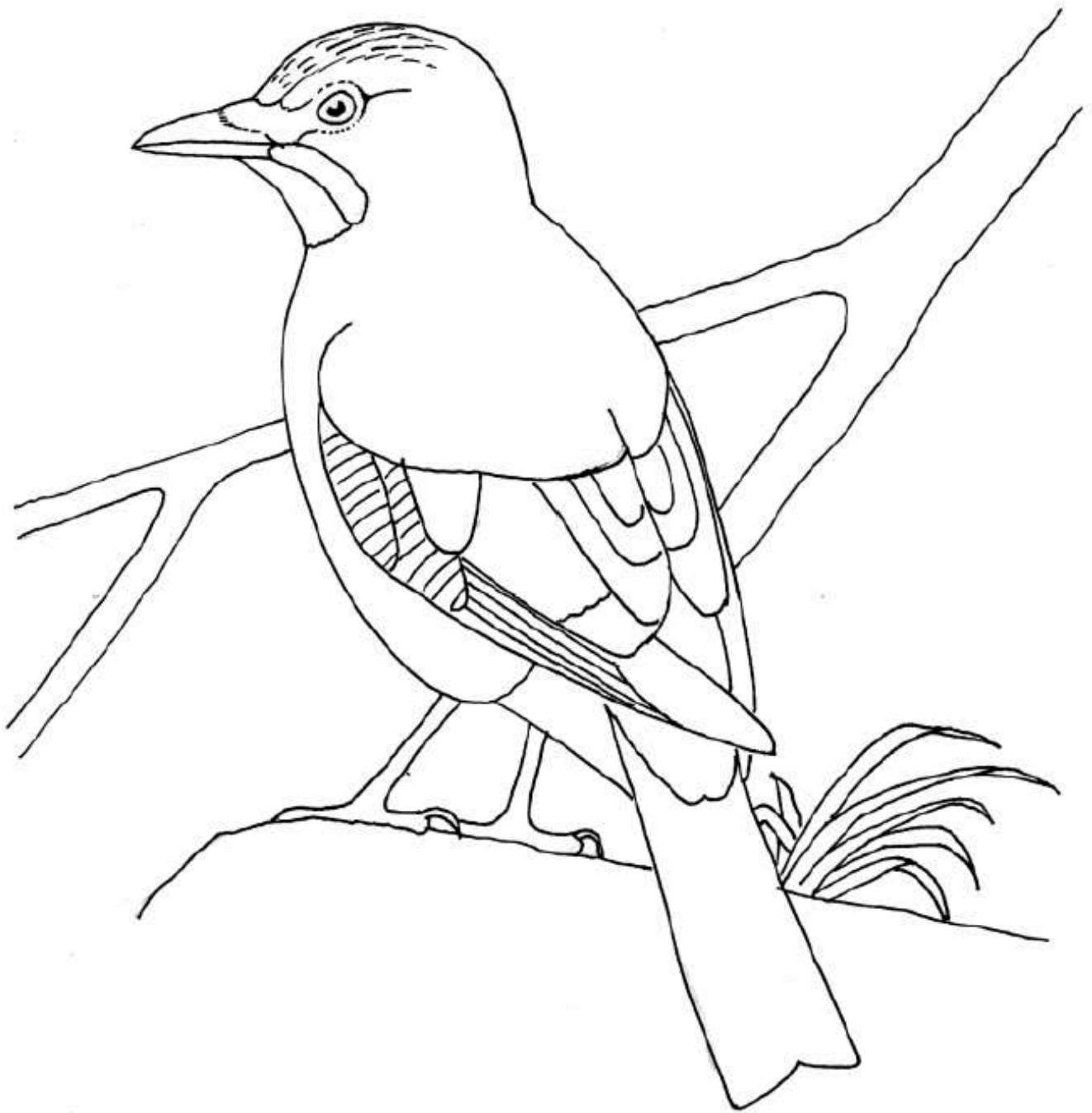
- buying solar powered torches from their website – free energy for you!
- donating directly - £4 will help provide solar lighting to a family without electricity



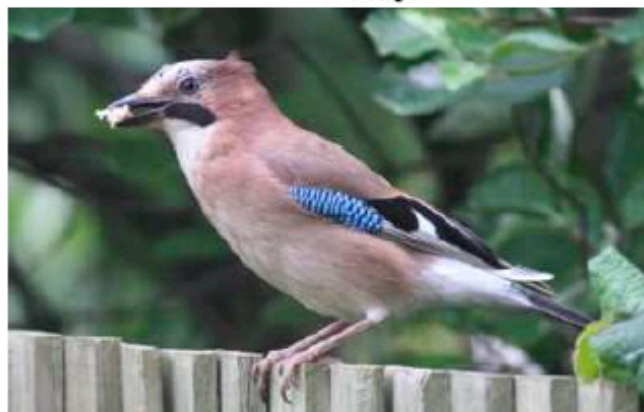
Jesus



Name above all Names



Jay

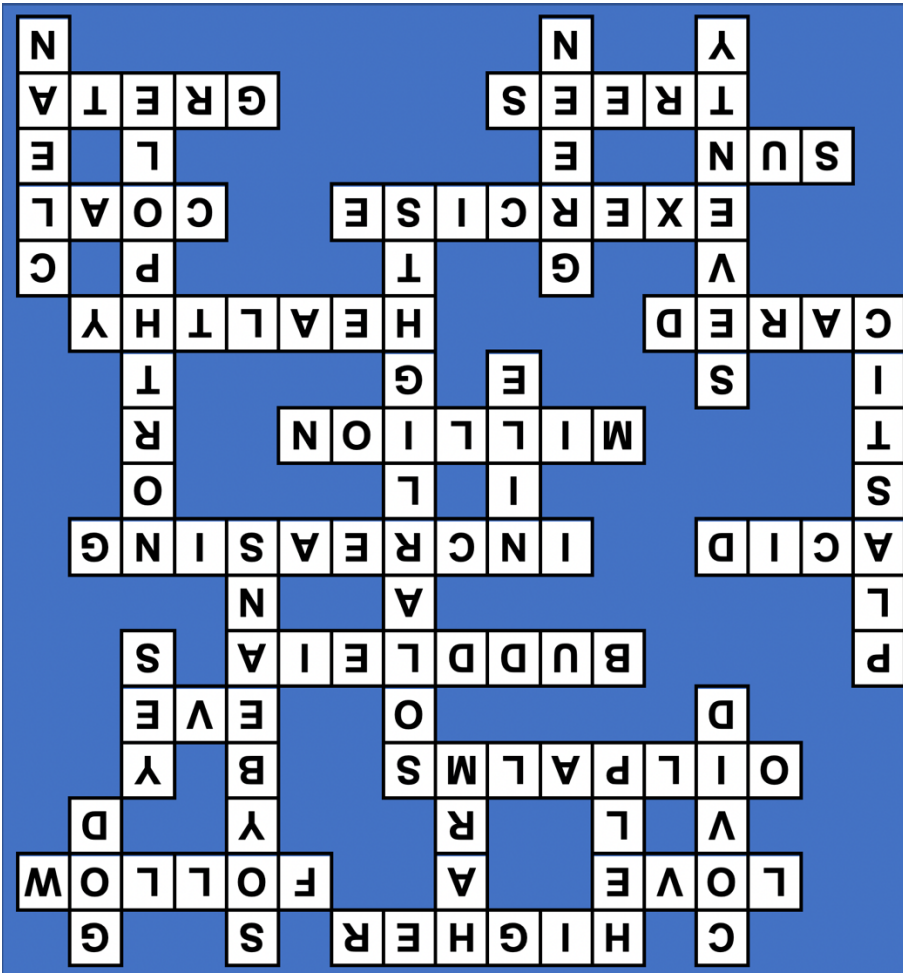


SUMMER RENDEZVOUS At Home

**God looked over everything
he had made;
it was so good, so very good!**

Genesis 1:31

Answers to yesterday's quiz: **SAVE THE PLANET**



DAY 5

GOD'S WORLD

Way back in the early 1990s my wife and I led a church weekend. We wanted to encourage the church to take seriously what in those days we called "the green issue".



On the Saturday morning we did an interesting exercise. There were about 30 people taking part and we divided them into groups of three. We gave each group: a lump of clay; some dried flowers and oasis; and pencils and paper. In each group, one person was to make a sculpture, one was to make a dried flower arrangement, one was to produce a drawing. They spent half the morning producing some really good work. They enjoyed themselves. Many of them were proud their efforts.

After a break came the second part of the exercise. We told them that in each group: the person who made the sculpture had to spoil the flower arrangement; the flower arranger had to spoil the drawing;

and the artist had to spoil the sculpture. Our purpose was to go on to explore their feelings as they saw something beautiful that they had created being damaged or destroyed. It was an effective way of beginning to understand how God feels about the way we treat the natural world. If we are hurt, or upset, to see someone damage or destroy something we made in half a morning, how much more must God be upset to see us damaging the world and destroying fragile environments and ecosystems that he created over millions of years.

One thing we didn't anticipate was the reluctance of the participants to damage one another's creations: the sculptors would slightly dislodge one of the dried flowers; the flower arrangers would smudge the pencil in one tiny part in the corner of the drawing; the artists would make a slight scratch or dent in the sculpture. No-one would willingly do irreparable harm to the work of someone they knew and loved, let alone destroy it. It took a long time to persuade them to do as we asked.

So, the exercise didn't only teach us in some small way to understand how God feels about the way we treat his creation. It raised a deeper question: if we really know and love God, and we believe that God created the beautiful world and balanced environment we live in, why are we so willing to live in ways that harm and destroy it? What makes us reluctant to make changes to our lifestyle that will protect and preserve God's world?

from Psalm 8

O Lord our God,
the majesty and glory of your name
fills all the earth
and overflows the heavens.

When I look up into the night skies
and see the work of your fingers
- the moon and the stars you have made-
I cannot understand how you can bother with mere puny man,
to pay any attention to him!

And yet you have made him only a little lower than the angels
and placed a crown of glory and honour upon his head.

**You have put him in charge of everything you made;
everything is put under his authority:
all sheep and oxen, and wild animals too,
the birds and fish, and all the life in the sea.**

O Jehovah, our Lord,
the majesty and glory of your name
fills the earth.



Worth a watch: **Blue Planet II**
Episode 7 on BBC iPlayer

This iconic series sparked a revolution in how we use plastics – incredible photography with a challenging message

I praise you because
*I am fearfully &
wonderfully made;*
your works
are wonderful,
I know that full well.

-Psalm 139:14

PsalmsQuotes.com

Looking after our planet one small step at a time!

We are an important part of God's creation too!

This activity is about understanding God's love for us

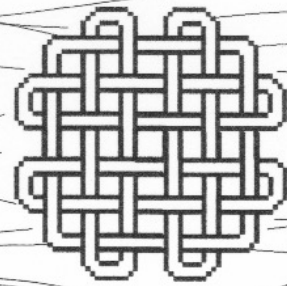
- Try to find a lump of clay, playdough, or bread dough.
- Start to knead it to soften it.
- As you knead, imagine you are God making *you*!
- What do you think he was thinking?
- This is what King David thought in Psalm 139:

*For you created my inmost being;
you knit me together in my mother's womb.
I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.*

- Mould the clay into a shape to represent you.
- What would you like to say to God?
- Make a little banner out of card and a cocktail stick. Write a short phrase on your little banner to tell God how you feel.



Place your model somewhere to let it dry and let it remind you of how precious you are to God.



LIFE JOURNEY WINDING

PATTERNS UNDULATING OVERLAPPING

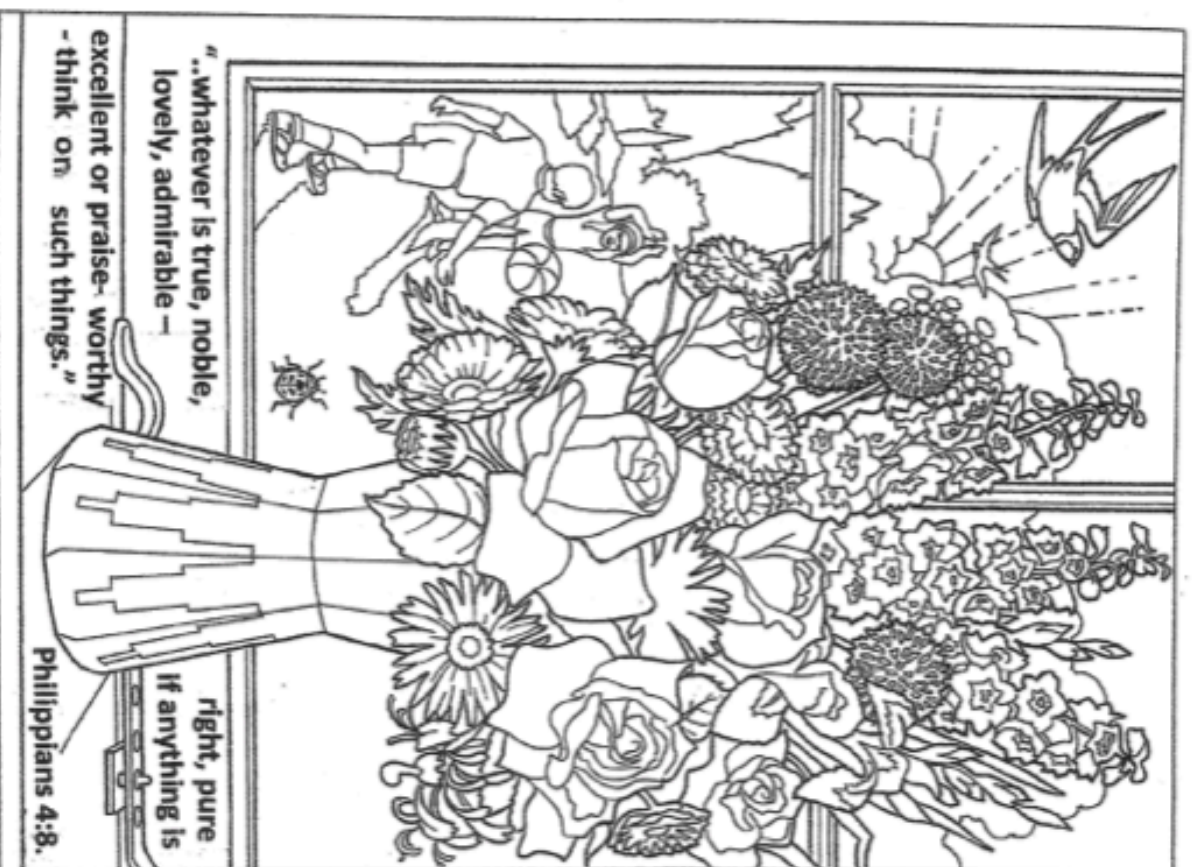
WEAVING COMMUNITY

TOUCH AS YOU PASS, SMILE

HOLD THE MOMENT

AS GOD HOLDS YOU

IN HIS HEART



Colour this one if you like.

How good a detective are you – did you get the 40+?

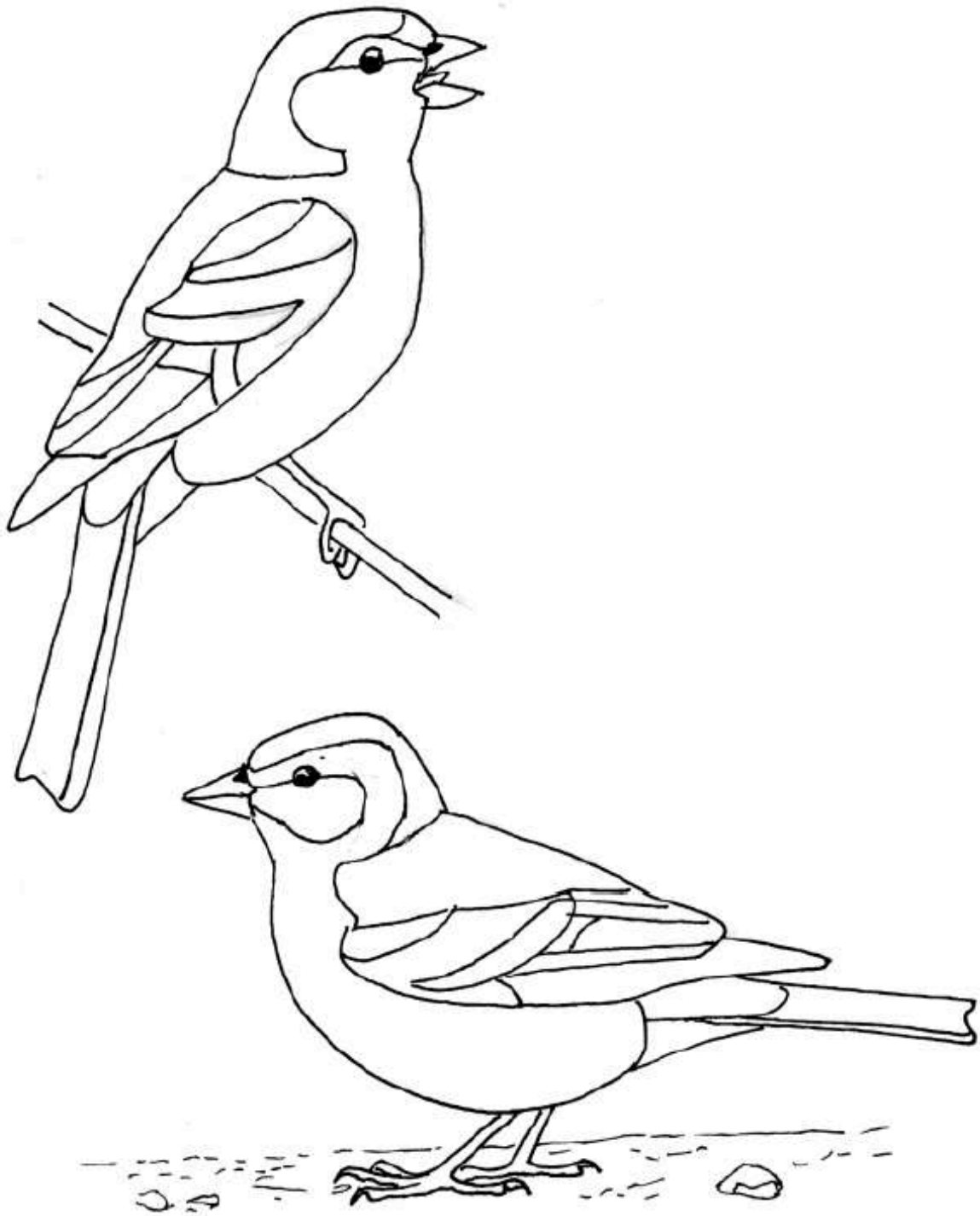
A summer vase.
Can you see 8 different types of flower?



Circle the differences between the 2 pictures on this one.



A summer vase.
Can you see 8 different types of flower?



Chaffinch

