



Ruislip Manor Methodist Church

Sunday 2nd November—30th November 2025

www.rmmc.org.uk Facebook: www.facebook.com/groups/tempRMMC/

SERVICE ON SUNDAY 2nd November

11.00am Ruislip Manor Methodist Church: Tony Miller from Whitechapel Mission

SERVICE ON SUNDAY 9th November

11.00am Ruislip Manor Methodist Church: Ms Helen Schoon

SERVICE ON SUNDAY 16th November

11.00am Ruislip Manor Methodist Church: Andrew Jones

SERVICE ON SUNDAY 23rd November

11.00am Ruislip Manor Methodist Church: Richard Reid

SERVICE ON SUNDAY 30th November

11.00am Ruislip Manor Methodist Church: Revd Julie King, Communion

To join the service on line, join it later or go to any of the other recent selected services

[click here](#) If this does not work go to the church website www.rmmc.org.uk and click on “Livestream Services” on the top of the page.

THANK YOU!

Many thanks to all those who contributed to the refreshments, either by providing cake or making a donation (or both!), which were served after the service on 12th October. The event raised £171 for Macmillan on the Sunday, with an extra £14 in donations from Monday Craft Group members the following day, bringing the grand total to £185.

The Monday Craft Group was launched successfully on Monday, 13th October with 31 ladies turning up to register! There is a full programme of activities planned up to December 2026; next month there is an opportunity to make a wooden peg donkey Christmas decoration, resource packs priced at £1 (pre-ordering necessary to avoid disappointment). Please speak to Eileen if you'd like any further details.

Ruislip High School are, once again, inviting local residents to their upcoming community Christmas event on Thursday 11th December 2025, for an afternoon of festive fun, including activities, bingo (with prizes) and refreshments, all hosted by their sixth form students. The fun commences 4pm, with the school's Christmas Concert at 5.30pm, the evening expected to finish around 7pm. The event has been sponsored by Fassnidge Memorial Trust. If you would like to attend, there is a Google form, which Eileen can complete and return for you, so pls speak to her.

COMING UP... as we approach the Christmas season, there are – as usual – lots of things planned...

The Fourways (ladies) group will be taking part in some Christmas crafts on Thursday, 13th November, making a card and a small, felt bell decoration. Please speak to Nola or Janet M if you'd like further details of the group.

The (Tuesday) Craft Group have been extremely busy throughout the year, preparing for another Christmas Craft Coffee Morning, which will take place on Saturday, 22nd November 2025, from 10am- 12 noon. Please see the poster

If anybody would like to take on the task of making the Advent Wreath, this will be required for the 1st Sunday in Advent (30th November). Please speak to Eileen if this is something you'd be able to do.

During this service on Sunday, 30th November (our usual, monthly Holy Communion service) Rev Julie King will

introduce the Methodist theme for this Christmas...

Gifted is the Methodist Church's open invitation, speaking the good news to people that they matter. That they are Beloved. Created with infinite care. A gift to the world, just as they are.

Our usual **Christmas tree** will be unadorned at the start of this service but items will be added to the tree as the service progresses; **help** would be appreciated after the service, completing the usual decoration of the tree and sanctuary...

EVERYONE!

In keeping with the Gifting theme, we would invite everyone to contribute one (or more) **fake present/s**, please... for example - a small, empty box, wrapped, perhaps with a ribbon to look like a stereotypical 'gift'. As these will be hung on a string, they need to be relatively small and lightweight, please!

SO, WHAT IS THIS 'ANGEL DUSTING' ALL ABOUT?

After a number of knitted angels were produced for last year's sanctuary angel decorations, Julie suggested these might be added to and used this year for **'Angel Dusting'**. The idea of 'Angel Dusting' is to place small, hand-made angels around the area, to be taken, free of charge, as a gift from us to them – people who are not connected to RMMC; this raises the profile of the church in the local community and demonstrates and reinforces the message, which just happens to be this year's Methodist Christmas theme! Members of the (Tuesday) Craft Group, with input from some members of the Knit & Natter group, have knitted and stitched additional angels and are planning to have 50 angels to hang on the church fence in early December, for local people, not connected to RMMC, to take.

There will be the usual **Christmas Card exchange**, with the pockets available to send/receive cards to your friends at RMMC commencing 30th November. The last posting date will be Sunday 14th December, and your help is requested, please, to hand deliver locally any cards not collected by this date.

Flowers

There are spaces on the flower list on the notice board by the kitchen in the coffee lounge. If you would like a dedication or would like to put some flowers in church one Sunday please add your name to the list. . It's always uplifting to have a display of flowers in church for the services, it doesn't have to be a big display just some in a vase would be lovely.

But please be sure to top them up with water if they are there for more than one week and also to dispose of them when they are finished, as a vase of dead flowers is not very welcoming.

There is a special psalm that Val Graham found, please see pages 4 and 5

Prayer Requests

Please remember in your prayers all those of our friends who are housebound and the families and friends of those who have passed away recently.

Please continue to pray for :-

Anyone suffering from mental issues and from loneliness because of isolation. Please include in your prayers all our members and friends who have any illness or infirmity. Prayers and Blessings to all at Ruislip Manor and beyond - stay safe.

Any requests for prayers please send to prayerrequests@rmmc.org.uk

Please continue to Pray for Israel, Gaza and the situation in Middle East

Also remember in Prayer Armenia, Libya, Guyana, Afghanistan, Morocco, Yemen, Syria Sudan and South Sudan and all places of conflict or disaster as well as for those involved in the rescue and reconstruction efforts.

Please Continue to Pray for Ukraine and its People as they continue their fight to free their country

Friday 31st October

This week we pray for all at Northwood Methodist Church.

We bring 1st Ruislip Manor Guides and Brownies to God in prayer.

We also pray for the people who live in Isis Close and West Mead.

Friday 7th November

This week we pray for all at Pinner Methodist Church.

We bring Harlington Hospice and Michael Sobell House to God in prayer.

We also pray for the people who live in Bec Close and Jubilee Drive.

Friday 14th November

This week we pray for all at Ruislip Methodist Church.

We bring Hillingdon Hospital and Hillingdon Council to God in prayer.

We also pray for the people who live in Eastcote Road and Hawthorne Avenue.

Friday 21st November

This week we pray for all of us here at Ruislip Manor Methodist Church. We ask for prayers for our new Treasurer as she settles into her duties. We would like prayers also for her team of assistants and for the wider membership as we all strive to support her.

We bring Hillingdon Foodbank and Harrow Foodbank to God in prayer.

We also pray for the people who live in Sherleys Court and Thornhill Road.

A prayer for Stir Up Sunday - 23rd November.

Stir up, we beseech thee, O Lord, the wills of thy faithful people; that they, plenteously bringing forth the fruit of good works, may of thee be plenteously rewarded: through Jesus Christ our Lord. Amen.

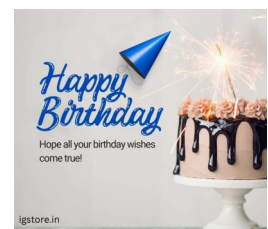
Friday 28th November

This week we pray for all at South Harrow Methodist Church.

We bring Hillingdon Carers, Hillingdon Mind and DASH to God in prayer.

We also pray for the people who live in Ashburton Road and Bempton Drive.

We wish many happy returns to all who celebrate a birthday in November



Items for the News sheet for Sunday 7th December to **Janet Miles** , by email

newsletter@rmmc.org.uk

by **Thursday 23rd November** please

I came across this psalm in the Progressive Voices magazine and found it interesting and helpful.

This was the explanation about the psalm:

“ This Psalm, framed around Psalm 139, was written and presented by a group of Luther King Centre students studying Embodied Theology. We considered what the Bible may have to say about women’s lived experience of the menopause. Whilst women shared their experiences the men listened and voiced their prayer of solidarity.

On presenting it we recognised that each woman would have a different experience and different losses. As you read it, be kind to yourself, add your own experience, express your own grief and give yourself the care you need. *Meryl White*”

Val Graham

A psalm for the menopause

Aba Amma, you know me.

Who I was, Who I am, Who I am becoming.

You know when I’m

Hot-flushing, night sweating, cool breeze seeking and window hogging.

You know my thoughts – the irrationality, fright and confusion – that mental pause.

You search out my path,

My ways are still valid

You still give me purpose.

When I can’t find the words,

When it’s on the tip of my tongue

You know what is on my mind –

You know my heart completely.

You are closer to me than my clinging clothes;

When I feel untouchable,

When I no longer feel womanly,

When I feel unseemly,

You touch me.

Such love knowledge is too wonderful for me.

When my mind is clouded

When I see through a glass dimly

You help me see clearly.

Where can I go from this?

It is with me everywhere and so are you.

When I am sleepless, my bed is next door,

When my leg dangles over the side of the bed,

Coverless,

Again, you are there.

When I take early leave, before my time,

when I can’t finish a job,

when I run away because it’s all too much,

Even there you lead me.
Your hand holds me fast.

If I say enough,
the thoughts are black,
where has the joy gone.
Will you bring light and hope?
Mother God cradle me.

You knit me in my mother's womb
You knit my child in my womb
And her child in hers.
We praise you – We are fearfully and wonderfully made
We are not being unmade – We are still becoming
Even in utero – you knew who we would be NOW.
We were not hidden then, and we are not hidden NOW.
We are not invisible to you, though we seem to disappear from view.
You are the ONE who sees us.
You are the one who SEEs us.
You are the one who US.

Men's voices.

If only you God would ease the heat.
Away those who deny, deride and dishonour.
They who make this harder for you, rob us of our mutual worth.
God educate and demonstrate the wonder of ongoing creation.

Mother God – Cradle US.
