



Ruislip Manor Methodist Church

Sunday 7th December—28th December 2025

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

SERVICE ON SUNDAY 7th December

11.00am Ruislip Methodist Church: Joint Service at Ruislip

SERVICE ON SUNDAY 14th December

11.00am Ruislip Manor Methodist Church: Susan Bracey, Carol Service

THURSDAY 18th December

7.30pm Ruislip Manor Methodist Church METHKEG at Christmas, come along and sing your favourite carols and enjoy some Christmas music with refreshments

SERVICE ON SUNDAY 21st December

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

5.00pm Discoverers Nativity

SERVICE ON Christmas Day THURSDAY 25th December

11.00am Ruislip Manor Methodist Church: Revd Margaret Dudley

SERVICE ON SUNDAY 28th December

11.00am Ruislip Manor Methodist Church: Susan Bracey



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.

Whitechapel Mission

Dear Friends, Another year has passed since our last appeal for the Whitechapel Mission and as the Mission is very near their 150 Anniversary let us make this year's Appeal a real bumper one. There will be Donation envelopes given out by the Sunday Welcome Steward.

Please if you are a UK tax payer remember to complete the Gift Aid portion also, please make any cheques payable to Ruislip Manor Methodist Church and write on the reverse 'for Whitechapel'.

Every penny of all donations is used in providing the care the Mission is renowned for, NOTHING is deducted for Admin purposes.

If you donate electronically the reference box should read 'Whitechapel Mission'.

Thankyou to you all.

Roger Davis.



CHURCH FACEBOOK PAGE

As many of you are aware, we started a 'private' Ruislip Manor Methodist Church Facebook page during Covid, as a way of us keeping in touch and sharing church family news. This Facebook page, can only be accessed by individuals being invited to join (if you would like to join, please let Val know).

In early December, RMMC will be taking part in "Angel Bombing". The idea is to place small, hand-made angels around the area, to be taken, free of charge, as a gift from us to local people (who are not connected to RMMC). Approx 50 angels that have been knitted by the Craft and Knit & Natter groups will hang on the church fence for folk to take home. **We will also be inviting people to post a picture of their Angel on our Facebook page.**

Val has set up a separate 'public' Facebook page for this. It is also called "Ruislip Manor Methodist Church". It would be helpful if as many people as possible could 'like' this new page. Thank you.

IBRA– INTERNATIONAL BIBLE READING ASSOCIATION

If anyone would like to order 'Faith from The Word' daily bible reading notes for 2026, the cost is £15.99.

Discover powerful reflections about God's love from diverse writers in theology, education, business, church leadership and poetry, all united by the theme of Hope. Be inspired and supported every day. Please contact me (June Briggs) if you would like to order a copy. June

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.

“**Ken Merrifield** thanks all those in the church who will have sent him Christmas Cards. As he can only just about cope with cards that have to be posted, he sends Christmas Greetings to all, and will put a card to the whole church on the notice board.”

The **Christmas Card exchange**, pockets are now available to send/receive cards to your friends at RMMC . The last posting date is 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.

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 5th December

This week we pray for all at Trinity Church.

We bring H4All and Age UK Hillingdon to God in prayer.

We also pray for the people who live in Bessingby Road and Beverley Road.

Friday 12th December

This week we pray for all at Wealdstone Methodist Church.

We bring Karibuni and Toilet Twinning to God in prayer.

We also pray for the people who live in Brixham Crescent and Chelston Approach.

Friday 19th December

This week we pray for all at Yiewsley Methodist Church.

We bring Macmillan Cancer Support and the Lynda Jackson Centre to God in prayer.

We also pray for the people who live in Chelston Road and Chudleigh Way.

Friday 26th December

This week we pray for all in the Harrow and Hillingdon Methodist Circuit.

We bring MHA, our partner in the Live-at-Home scheme, and all the Methodist Homes, to God in prayer.

We also pray for the people who live in Cornwall Road and Cottingham Chase.

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

Items for the News sheet for Sunday 4th January to **Janet Miles** , by email

newsletter@rmmc.org.uk

by **Tuesday 23rd December** 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.
