



Christ  
Church  
Orpington

## Family News, 16th July 2022

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### Be Real

My girls have introduced me to a new app on the smartphone called **BeReal**. The concept is that at a random time during the day the app notifies you to 'BeReal', which entails taking a picture of where you are. You have a two minute window to act on the prompt. The phone then takes a pic of what you see as well as a selfie and posts that on the page for your friends to see. When a group of friends are connected on BeReal they can all see what each other are up to. Sounds silly, but is actually quite fun; so both Tracy and myself are now participants too.

This led me to consider how Real I am with God. At any moment if God pinged me a message asking me to Be Real with Him, am I ready? I want to use this time of prayer to be open with Him and ask Him to reform me in the image of Jesus.

*"Search me, O God, and know my heart;  
test me and know my anxious thoughts."*  
Psalms 139:23 NLT

May this image go with me that my Heavenly Father wants to have that intimate relationship with me.

Pieter

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**Family News** notices for the next issue by

**12noon Saturday 23rd July** please

email: [vandjmapp@gmail.com](mailto:vandjmapp@gmail.com)

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### *Cafe Mosaic*

volunteers required – are you available to help?

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# AUTISM, CHURCH & BELONGING



A training seminar on understanding how you can best support autistic people (both children and adult) in being a part of and belonging to your church.

With practical tips and ideas rooted not only in theory, but from years of experience and based on the opinion of autistic people

**Wednesday 28th September 2022**

8.00-9.30pm

Orpington Baptist Church  
Station Road, Orpington, BR6 0RZ

Book here:



For groups of 5+ people  
discount code available.  
For more information email  
[almautism@hotmail.com](mailto:almautism@hotmail.com)



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### Orpington Deanery Synod Secretary

After many years as our very efficient secretary, Lesley feels it is time to step back from this role to concentrate on what she does within her own church. So, we are looking for someone to replace her.

This isn't an onerous role – Orpington Deanery Synod meets a maximum of three times a year and the Orpington Deanery Standing Committee usually meets a few weeks beforehand. The main tasks of the secretary are to prepare the agenda, take and produce the minutes of all these meetings (both I and the Area Dean are happy to check the Synod minutes are OK before they are distributed) and produce posters to advertise synod meetings when we have guest speakers. I did it for a couple of meetings when there was a vacancy some years ago and my vicar was Area Dean and it isn't a difficult role to fulfil.

I'm sure if you have any questions Lesley would be happy to answer them.

[orpdeanerysynod@gmail.com](mailto:orpdeanerysynod@gmail.com)

Andy Goddard, Lay Chair

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# Sunday 17th July

## 5th Sunday after Trinity

### 10.30am Morning Worship

Welcome, Notices

Opening Prayer, Confession

Worship

The God of Abram praise  
My hope is built (Cornerstone)  
By faith

Bible Reading

2 Kings 6 v 8-23

Sermon

Intercessions

Worship

God I look to you  
Be thou my vision

Final Prayer & Blessing

For online zoom coffee, join **Heather Kroiter** after church from 11.45am:

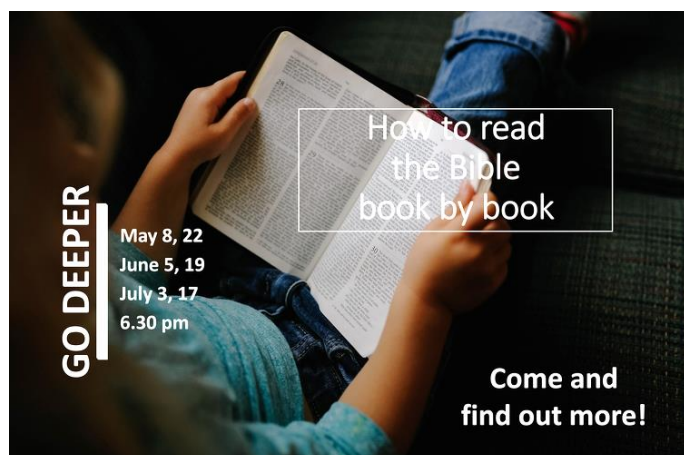


<https://us02web.zoom.us/j/84881502018?pwd=ZHRreTZTRHZLY0Vvc1BHTTVxZzRWdz09>

Meeting ID: 848 8150 2018

Passcode: miN1hL

### 6.30pm Holy Communion – Go Deeper



Until further notice, there will not be an online service as the system was damaged by the lightning strike

### What's on...

**Sunday 17th July**

10.30am Morning Worship  
6.30pm Holy Communion

**Monday 18th July**

Gospel Choir practice session,  
7.45pm until 9.30pm in the Church

**Wednesday 20th July**

Morning Prayer Meeting, 10am in the Chapel  
*Café Mosaic*, open 9.15am to 2pm  
Tea and Toys, 1pm to 3pm

**Friday 22nd July**

*Café Mosaic*, open 9.15am to 2pm

**Sunday 24th July**

9.00am Holy Communion  
10.30am Morning Worship  
6.30pm Evening Worship – Reflect

**Holiday Club**

**Tuesday 26th to Thursday 28th July**

**Sunday 31st July**

9.00am Holy Communion  
10.30am Morning Worship

"If you would like to give to Christ's work here at Christ Church, the best way to give is via our bank account, Sort code 40 52 40, and account number 00095465, or by sending a cheque payable to

'Christ Church PCC Orpington'  
to 165 Charterhouse Road, Orpington, Kent BR6 9EP

Thank you so much for your wonderful generosity."

The Data Protection Act 2018 is the UK's implementation of the General Data Protection Regulation (GDPR). Everyone responsible for using personal data has to follow strict rules called 'data protection principles'. They must make sure the information is: used fairly, lawfully and transparently.

Meina is our GDPR representative and if anyone has any queries relating to GDPR to please contact her on: [gdpr@ccorpington.org](mailto:gdpr@ccorpington.org)

# FREEDOM IN CHRIST COURSE

Christ Church Orpington  
Charterhouse Road, BR6 9EP



This is a 10-week life changing course which is designed to help every Christian become a fruitful disciple of our Lord.

It is an enjoyable course which will deepen your faith and is a natural follow on from the Alpha Course.

It comprises eleven sessions (including one Saturday) and is perfect for EVERYONE regardless of how long you have been a Christian or your background. It is particularly beneficial to leaders who wish to encourage all those for whom they care to enter into the fullness which God has for all of us.

If you have done this course before, please come along. The presentation has changed recently and includes many helpful testimonies of blessed lives. It's a good refresher.

Our heavenly Father wants all His children (especially you) to enjoy their lives to the full, experiencing the intimacy of His unconditional love, joy, peace, acceptance and knowing His will and purpose for your life.

The course offers a wonderful opportunity for us to explore together, in a very gentle way, exactly what freedom Jesus' death on the cross has achieved for us and what impact it can have on our day to day lives.

The course is completely confidential and is rooted only in Scripture.

It will take you through foundational Biblical truths which will bring you into the freedom that God desires. Each session you will be able to learn and apply these truths which will encourage you to embrace what God has for you.

Below is the schedule - Meet for refreshments at 7.30pm for an 8pm start until 9.30pm.

Session 1	Introduction of the team and Who Am I?	Tuesday 13th September
Session 2	Father God and Choosing to believe the truth.	Tuesday 20th September
Session 3	The worlds view of truth.	Tuesday 27th September
Session 4	Our Daily choice.	Tuesday 4th October
Session 5	The battle for our minds.	Tuesday 12th October

### *Half Term Week Free*

Session 6	Handling emotions well.	Tuesday 19th October
Session 7	Forgiving from the heart.	Tuesday 26th October

### *Freedom day – Saturday 29th October*

Session 8	Renewing the mind.	Tuesday 1st November
Session 9	Relating to others.	Tuesday 8th November
Session 10	What next?	Tuesday 15th November

### **Courage Prayer Bracelet**



as a reminder to any who might like to pray with them, the five headings are:

#### **COURAGE...**

- ...to live as a Christian in today's world
- ...to trust God when the chips are down
- ...to let go and love
- ...to give up your worldly yoke and put on Christ's
- ...to be open about your faith

Orpington PCN are pleased to announce the launch of the

# Orpington Wellbeing Café!

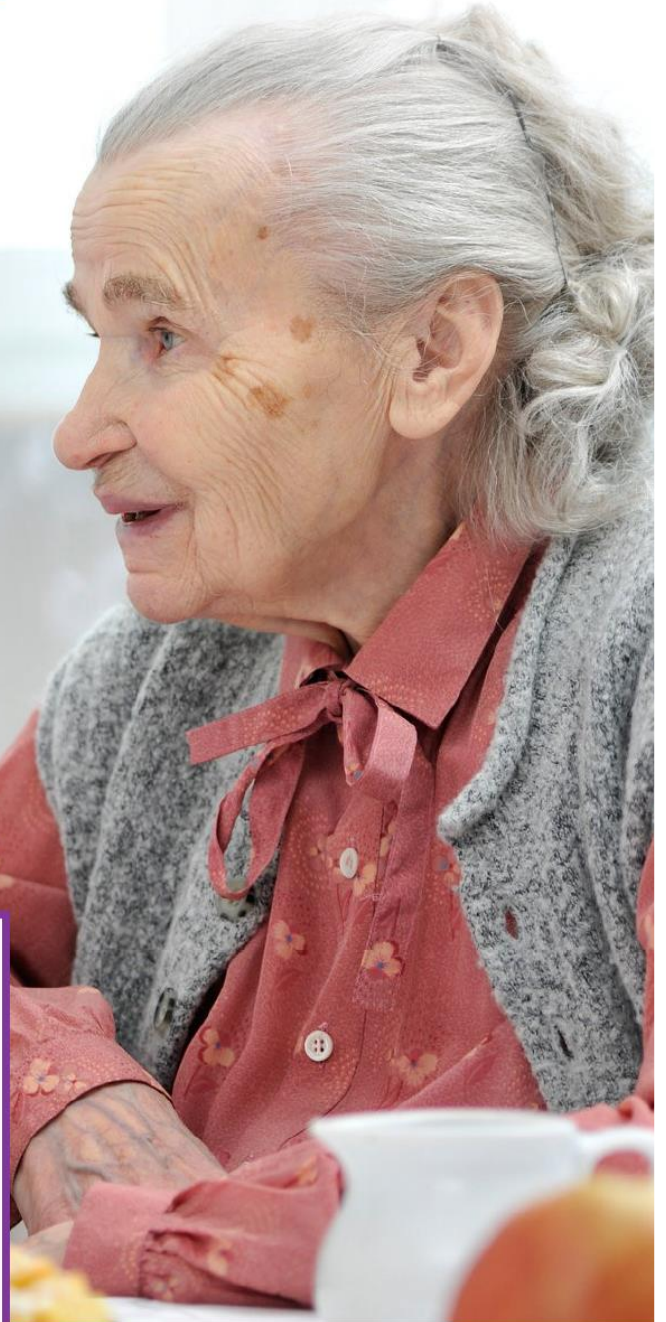
We are open **every other Thursday** between **11am and 1pm** starting on the **21st July**

Orpington Methodist Church  
Sevenoaks Road  
Orpington BR6 9JH

Join us at our café for an informal wellbeing session and other activities.

What's happening at the Orpington Wellbeing Café?  
Find out overleaf...

[bromleyhealthcare.org.uk](http://bromleyhealthcare.org.uk)



  
King's College Hospital  
NHS Foundation Trust

  
Bromley Healthcare  
better together

  
Oxleas  
NHS

  
St Christopher's  
More than just a hospice

  
BTSE  
Bromley Trust for Senior Education

  
Bromley GP Alliance

  
Bromley  
THE LONDON BOROUGH

  
South East London  
Clinical Commissioning Group

  
ONE BROMLEY

WORKING TOGETHER TO IMPROVE HEALTH AND CARE IN BROMLEY

## What is a Primary Care Network (PCN)?

A PCN consists of groups of general practices working together with a range of local providers across primary care, community services and social care to provide more personalised and coordinated health and social care for people closer to home. Orpington has 9 GP practices who work together with other Bromley-based health and social care providers to form the Orpington PCN.

There will be a range of fun activities to participate in at the Wellbeing Café but you are welcome to use the space as you would prefer. All activities are optional and will rotate regularly.



**Bingo**



**Yoga**



**Raffle**



**Jigsaw**



**Board Games**

### **Some activities include...**

Whilst running the activities, the café will be open for refreshments.

We will then provide an informal session with a healthcare professional or a service. This will give you the opportunity to ask the speaker any questions. Some of our future speakers are detailed below.

- Rapid Response
- Falls and Fracture Prevention
- Bladder & Bowel
- Long Covid Recovery Service
- Slimming World
- Age UK
- Paramedics
- Royal Voluntary Service
- BromleyWell

**Any suggestions or queries please contact a member of the team on the contact number below:**

**01689329027**

# The TOOMORE School Project

...Direct Help for Children and Young People with Special Needs and Disabilities In Kwara State, Western Nigeria



OAK

OAKONSULT DISABILITIES OUTRI



The Reverend Samuel Ajayi started the TOOMORE School in Ilorin, Kwara State, Western Central Nigeria, in 2006, in response to the dire need for children and adolescents with special needs or impairments. It now serves 60 children ages 5 to 18 and 27 adolescents ages 19 to 24. About 28 of them (18 boys and 10 girls) **live in the school hostel all year, either because their parents have died or because they were abandoned.**

During a 3-day virtual training in May 2022, OAKonsult documented specific requirements identified by the school with immediate impact on children and youth. TOOMORE School stands apart because of the caliber and diversity of its employees!

Every day, these 16 people work hard to care for and educate children and teens with disabilities under their care. This is true even though they work in very hard and stressful situations, have few resources, and care deeply about the kids' well-being.

Despite their insufficient monthly salaries of between N12,000 and N35,000 (£20 to £50), and at the cost of their own well-being, the **staff stay put to alleviate the suffering of these young people.** The team displays strong unity and complete dedication to the cause, which some of them refer to as a "calling."

In addition to the permanent personnel at TOOMORE School, four National Youth Service Corps (NYSC) members are also stationed there for their mandatory year of service. They have also absorbed the institution's supportive attitude toward children and adolescents with impairments. **Through their work, they are changing attitudes.**



## BACKGROUND

They usually experience negative attitudes at family and community levels, including name-calling, negative beliefs and misconceptions surrounding the causes of disability, usually associated with religious or cultural norms or beliefs. This leads to rejection, neglect, loss of respect, denial of identity or self-worth and often low self-esteem, depression and loneliness\*. This, along with structural limitations and challenges, also reinforces barriers for people with disabilities to basic services such as education, health, public transport, and social safety nets.

Research shows that "only one in every ten children with disabilities has access to education in Africa".\*\*

OAKonsult is therefore committed to supporting this school, which demonstrates a passion and willingness to educate children and young adults with special needs in their care. The results from a complimentary strategy session, as part of our capacity building efforts for the staff of this institution, highlighted the immediate and critical needs for the school. This therefore forms the basis of our appeal.

Tó Omo Ré (taw awmo reh)  
– *literarily translates as:*  
"take care of your children".

People living with disabilities in Nigeria persistently face stigma, discrimination, battery, and barriers to accessing basic social services and economic opportunities. Today, they face even greater barriers due to the impact of the COVID-19 pandemic.



# HOW YOU CAN HELP OAKONSULT ACHIEVE OUR TOOMORE PROJECT GOALS



## 1. DONATE CASH

Fund some or all of our project goals through these accounts:

- STANBIC IBTC; ACCOUNT NUMBER 0038756837
- 🇬🇧 HSBC BANK; ACCOUNT NUMBER 31713809; SORT CODE-40-40-32

## 2. FUND A PROJECT

Sponsor a project personally or as part of your organisation's CSR.

## 3. HELP US GET MATERIALS

Connect us to suppliers who can provide quality materials and products at discounted prices.

## 4. OFFER YOUR SERVICES

Volunteer your professional expertise to help us achieve one or more of our project goals. We need vehicles to transport the goods, labour for construction, furniture, etc. All of these will be quantified and ratified in monetary terms as donations.

**FOR ENQUIRIES, PLEASE CONTACT:**

**+44 7984489535, + 44 7909288681, +2349087489535  
olufunke.adeloye@oakonsult.com**

# PROJECT FINANCING

### CLEAN & POTABLE WATER

100-meter-deep borehole to deliver potable water to the school premises.

**₦1.81M/ £2,450**

### BETTER SLEEPING CONDITIONS

20 Bunk beds and 40 Mattresses needed urgently to replace existing ones.

**₦2.52M/ £3,400**

### EMPOWERMENT CENTER

A block of 3 additional classrooms for vocational courses for older kids.

**₦18.73M/ £25,310**

### BETTER TRANSPORTATION

A school bus (preferably a 14 –18-seater) to replace use of private car.

**₦28.65M/ £38,715**



**PROJECT COSTS:  
₦51,701,580/  
£73,267**



**PROJECTED INTERVENTION TIMELINE:  
JUNE –  
DECEMBER,  
2022**

Kindly Make Payments to:  
**TOOMORE PROJECT**



Account Name:  
**OAKONSULT DISABILITIES  
OUTREACH NIGERIA**

STANBIC IBTC BANK  
Acc: **0038756837**

Bank: HSBC BANK  
Sort Code: **40-40-32**  
Account No: **31713809**

(Plus, the proposed staff annual bonus plan of **₦1,060,420 / £1,433**)