

A helping Hand.

As I was walking one Saturday afternoon in the street in East Croydon, a man approached me and said “have you any change for the bus? I lost my wallet; I know it sounds funny but...”. Suspicion warned me he only wants money for booze. As I studied him for that moment - his clothes, his face and hair and looked into his eyes my doubts increased but my lips spoke another meaning.

“Whatever you need it for, I really hope it helps you”. I emptied the change of three fifty pence, a pound, four of twenty pence, and three five pence from my pocket into his hands. “Thank you, sir” and my reply was “thanks bye”. He smiled and went away.

Cynically I smiled and continued on my way. I questioned myself whether the guy was honest. Fortunately, no notes were in my pocket. I remembered Matthew 25:35: “For I was hungry, and you gave me something to eat. I was thirsty and you gave me something to drink. I was a stranger and you invited me in”.

I was relieved that I had not acted by my own nature but by that which is Christ given. Jesus said in Matthew 25:40; “I tell you wherever you did this for one of the least of these friends of mine, you did it for me”. I do not know what the man used the money for, but it mattered not. In that I was given an opportunity to be compassionate towards an individual in need.

My encounter with this stranger, offered me joy in my heart that has remained. If you meet a stranger in need today, what will be your reaction? Do note that there are many people with social, psychological, physical and mental challenged lifestyles at the alley ways, town centres, corners of shops and also by the cash point.

I see the words of The Rev John Wesley as a sign of my weakness instead of strength. Caring and showing compassion, love, and support to others including your own family.

“Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.”

Let us lean on the Everlasting Arm of the Lord. God’s eye is on the sparrow. Our forebears trusted him through thick and thin. He cares even for the smallest insects, fairyfly, fly, and ants. He cares and He will see us through this winter and beyond. So, continue to give your support to all those in need this season. Regardless of your current situation, you still have the capability to do good. Why - indeed behind every act of giving is an attitude of grace. What we can do for others is like throwing a pebble into a river—it starts small, but it continues to ripple until the furthest drop of water is touched.

Below are words of encouragement from some of our world’s greatest heroes. They sought not self-glory or fame but the movement that occurs from impacting change:

“Life’s most urgent question: What are you doing for others?” – Martin Luther King Jr.

“Give your hands to serve and your hearts to love.” – Mother Teresa

“We make a living by what we get, but we make a life by what we give.” – Winston Churchill

“The smallest act of kindness is worth more than the grandest intention.” – Oscar Wilde

“Volunteers do not necessarily have the time; they have the heart.” – Elizabeth Andrews

“I think a hero is any person really intent on making this a better place for all people.” – Maya Angelou

“Well done is better than well said.” – Benjamin Franklin

The Good News of the kingdom is also found in songs and poetry. Why not listen to this faith absorbing song through this link to encourage you to stretch your hand to help someone.

Yes, God cares, and His eye is on the Sparrow - <https://youtu.be/H74FBgOZTDw>

https://www.youtube.com/watch?v=R9gEo0_Abc4

God bless.

Enjoy the Festive Season.

Wishing you a Merry Christmas in Advance.

Uncle George

Resources

The Centre For Psychology will be running a number of free courses in January-February-March 2023, all via Zoom. They are for any Surrey resident aged 17 or over. The groups they have coming up are:

- **Improving Self-Esteem**, starting Thursday 12th January, 9:30-11:30am (for 8 weeks)
- **Sleep Difficulties**, starting Monday 9th January, 4-6pm (for 4 weeks)
- **Coping with Worry and Low Mood**, starting Thursday 19th January, 2:15-4:15pm (for 6 weeks)

- **Living well with Depression**, starting Friday 10th February, 2:15-4:15pm (for 5 weeks)
- **Mindfulness**, starting Monday 20th February, 9:30-11:30am (for 6 weeks)
- **Diabetes**, starting Thursday 2nd March, 2:15-4:15pm (for 6 weeks)
- **Stress Management**, starting Tuesday 7th March, 2:15-4:15pm (for 4 weeks)
- **Pain Management**, starting Monday 13th March, 2:15-4:15pm (for 6 weeks)

The Centre for Psychology is a community of professionally qualified staff whose ambition is to promote psychological well-being and reduce psychological distress.

<https://centreforpsychology.co.uk/>

Full details can be found on the Circuit website