



Ruth likes to take a break in her favourite spot in the conservatory with a good view of the garden.

## TAKE A BREAK

It's holiday time again! Since the year began we have been bombarded with advertisements for holidays. So you probably have yours booked by now. Or maybe you've already had an early break. And as this *House Journal* is the spring and summer issue, you may well have had your main holiday by the time you read this.

But taking a break means more than going away, it's something we all do most days. And it's a very necessary part of the day - it's as important to stop now and then as it is to work. The busy *Beth Ezra* staff (like Jeremy pictured) have much needed breaks scheduled into their days, just as we all should, including the residents - because they can have busy times, too. So you will have guessed that this issue of the Journal is *Break* themed. On page 3 we remind readers about respite care. If you are caring for someone at home, they can spend time here while you take a break. Rooms are sometimes available. And although Peter George has concluded his extracts from his memoirs, he has been coaxed into telling us about the time he once walked from John o' Groats to Land's End. That was a time when he needed a few breaks! And the *Just A Thought* item on the back page is about taking time occasionally to stop and think.



**BUBBLE AND SQUEAK** Two new residents at the Home are our guinea pigs that have been named Bubble and Squeak. They arrived in early April and have settled in very nicely. And in addition to their quite spacious quarters in the lounge (or sometimes the conservatory), they have an additional larger enclosed area on the lawn where, when the weather is fine, they can roam more freely. Now I'm off to take a break. *Ed.*

**THIS AND THAT** *Items of general interest.*



**MEXICAN DAY** Earlier this year the residents were treated to a Mexican themed day. Mexican food was served and enjoyed to the sound of Mexican music. And, as you can see, the staff very much entered into the spirit of the day, with appropriate sombreros and a droopy moustache or two - and a little guitar strumming and foot stamping to add to the flavour of the event.



**SUNDAY MORNING** Ever since Beth Ezra began over thirty years ago we have held a Sunday morning Breaking of Bread meeting in the main lounge. The meeting is always well attended, and greatly appreciated by the residents and any visitors that come along from the fellowship. We take this opportunity to thank the many brethren and sisters who support the meeting,



*A recent Sunday Meeting*

especially those brethren who preside and provide exhortations, and those brethren and sisters who are able to play for the hymns and help out in other ways. As well as from the local Ecclesias, they come quite a distance sometimes, and it's a such a bonus that our residents can stay in touch with brethren and sisters from many other meetings. And coming on Sunday morning is a great way for brethren and sisters to keep in touch with the residents and the Home generally. You're very welcome to join us if ever you're in the area. You are always welcome to stay for lunch, too, if you phone ahead to let us know you're joining us.

**BUILDING WORKS UPDATE** As shown on the back page, two chimney stacks have been removed, which means the rooms below them can be enlarged. Two rooms have already benefited from having their large fireplaces and chimney breasts removed. And hopefully two more can be enlarged in due course. In these days of central heating, we don't need fireplaces anymore, and the extra space is always useful.

General maintenance is always in progress, of course, and one additional job planned for May or June is an upgrade for the staff room, where the lockers are due for replacement.

**SOME DATES FOR YOUR DIARY** You are most welcome to join us at Beth Ezra for the following events, and, of course, any others that you see listed on the weekly events notifications. If you want to be added to the emailing list for weekly event please contact Kathy at the office.

- June** 1st Tea at the Ritz (Afternoon tea on the lawn, impeccably served up with all the trimmings)
- August** 10th Summer Fete and BBQ (Always a great time to mingle with old friends)
- October** 12th Jewish New Year and thanksgiving
- December** 21st Singing Class at Beth Ezra



# THE LONG WALK (PART 1)

**PETER GEORGE** remembers the time he walked from John o' Groats to Land's End  
First of all: Brighton 1960

In the early 1960s, long-distance walking fever hit Britain. At the time, I was working for British Rail and based at Brighton. Reading that entrants were being sought for a walk from



John o' Groats to Land's End that was planned for February I became interested. Although I hesitated at first because I had a strong desire in my mind and heart to go and live in Australia. But then I thought Australia could wait. To walk the length of Scotland and England would be a great adventure and a great achievement. And what a great way to see the old country before I left it! So I sent off my application form.

Now, to get into my stride, so to speak, I started training by going for long walks in the evenings after work: Brighton to Hove, then Lewes to west Hove where I lived. It was about a sixteen mile round trip, but it was a start! And although it doesn't sound much

when compared with the thousand plus miles I would be walking, bear in mind that my day's work was physical, hefting a spade. I needed to push myself to walk night after night. In all kinds of weather. I knew that during the actual long walk I would face all sorts of conditions, so it was ideal training. Being employed by British Rail I was able, once I'd explained what I was doing, to obtain a rail pass from Brighton to Thurso (the last station on the British mainland). B.R. also gave me a month off for the walk! Eventually, when I went up to Scotland, I felt good and ready for the walk. My dedication to the evening training routine had paid off.

Arriving at Thurso I soon found the Salvation Army hall where I was hoping to stay the night. When I explained to the captain in charge that I was taking part in the walk, he agreed that I could stay - providing I didn't smoke or drink alcohol. I was pleased to be able to say I didn't smoke, and now that I was doing the walk I drank no alcohol at all. So he allowed me to stay and wished me well on the walk. It meant sleeping on the floor, but that was a lot better than sleeping outside. I slept well enough, awoke early the next morning, and began walking to the starting point at John o'Groats. (To be continued)



Above: My ID 'Passport'  
Top picture: My number

## WHY NOT TAKE A BREAK AT BETH EZRA?

Short stay holiday breaks of up to two weeks are occasionally available at Beth Ezra. It's a great place to relax, and perhaps use as a base from which to visit London or the Sussex coast. Then again, you may like to come just to spend some time with the residents, or to experience the Home with a view to one day settling here yourself. Or if you are caring for a relative or friend and need a holiday, then let the trained and friendly staff at Beth Ezra take over the caring for you for a while. Whatever your reasons you can be sure of a warm welcome here. For details about the availability of rooms, and the cost, or anything else you need to know about short stay holiday or respite breaks at Beth Ezra, please contact the Home Manager on 020 8668 7116.

## JUST A THOUGHT: STOP AND THINK



Taking a break is good for us physically, of course. We rest and relax and recharge our batteries. Then we feel revived and ready to get back to whatever we're doing. Taking a break is good for us mentally, too. We need a break now and then from our regular day-to-day activities to think about other things for a change - or even not think about anything at all if we don't want to! Though it is especially good for us to take a pause for thought sometimes. It's something we can do at any time of the day or night. We don't have to plan such an event into our schedule.

There is a special kind of pause for thought mentioned in the Bible. If you've ever read the Book of Psalms you may have come across the Hebrew word *Selah*. It appears every now and then, and it's left untranslated because it's not a part of the wording of the psalm but a direction for whoever is reading it (or singing it) to pause for thought. Whenever you come across the word *Selah* you are being instructed to stop for a moment and think about what you've just read. Most Bible scholars agree that it means pause for thought. It's saying don't just rush on to the next word, the next sentence. That's a great instruction to have occasionally when you're reading, especially in a book like the Bible. It's something we could do with in our lives, too, isn't it! Every now and then stop and think about what you've been doing rather than just rushing on to the next thing, and then the next thing etc. Take a little break for reflection sometimes in your busy days or you might miss your life completely.



### SPOT THE DIFFERENCE

There are no prizes for spotting what's gone missing from one of these pictures. To give you a clue, it's the roof you need to be looking at. Yes, I'm sure you've



seen it: two huge chimney stacks have vanished. See page two for information on recent work done, and work planned at the Home.

**CONTRIBUTIONS WELCOME** Please send correspondence to Colin Attridge, The House Journal, c/o Beth Ezra. Comments and suggestions and/or short articles or poems or puzzles welcome. The editor's decision about what to print is final. **The next issue will be out in winter 2019, God willing, so items must reach the magazine by Sept. 2019 at the latest.**



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