



VIEWPOINTS

We all see things a little differently from one another. Sometimes we even see things a *lot* differently. Which is fine, so long as we can all get along with one another. It would make for a dull world if everyone shared the same viewpoint about everything. And sometimes a little disagreement in the right spirit can help us to clarify our own views on something, or make us

see things a little differently. Who knows, we might even discover that we like the other person's point of view better than our own! Though sometimes it can take some effort, and a little courage, to shift our views on something. Though the kinds of things we're talking about here are life's more everyday matters, not the really big issues in life that need to be carefully considered.

As you'll have realised by now, the theme for this issue of the *Beth Ezra* House Journal is *Viewpoints*. We all have them, and on a variety of things. And this issue of the newsletter has them, too! On the back page our *Just a Thought* piece is about how opposing views can sometimes both be right! Which might surprise you. On the same page we welcome our new General Manager, Gavin Ramsden. Someone new always comes with new views on things, a fresh outlook, and Gavin tells us a little about himself. On page three Peter George continues the account of his long walk, on which he had views of another sort from cold hilltops in Scotland!

If you visit Beth Ezra these days (and you are most welcome!) you can let us know your views on your visit. There's a box in the foyer (pictured opposite) in which you can drop a coloured disc: **Green** for Excellent to Good; **Yellow** for Good to fair; **Blue** for Needs improving; **Red** for Concerns. Staff and residents can also use it to say what kind

of a day they've had. (And I didn't put all those green counters in the box just for the picture! - that's how I found it). Residents and staff can also use it to comment on what sort of a day they've had. Ed.



THIS AND THAT *Items of general interest.*

CHANGE AT THE TOP Most will know that Brenda, our manager for the last five years, recently left us as she is moving to another part of the country. Our grateful thanks go with Brenda for her dedication and hard work, which have been greatly appreciated. We wish her all the very best for the future.



We also say a fond farewell to **THE QUALITY ASSURANCE GROUP** (QAG), which has served the Home well, providing valuable feedback from residents, staff, families and visitors, for a number of years. We take this opportunity of thanking them for their work at Beth Ezra. Our especial thanks to Maria, who has lead the QAG so ably. Our picture shows the group at their farewell afternoon tea at the Lord Roberts.



ANOTHER GREAT FETE! was enjoyed this summer. Our thanks to everyone who was able to come and support us. These are some of the pictures taken on the day. As you can see we were treated to some great food and drink, great music, great bargains, and the opportunity to catch up on some great friendships. Grateful thanks to all who helped.



DON'T FORGET to join us for the Singing Class at Beth Ezra December 21st., God willing.

A FRATERNAL GATHERING AT BETH EZRA! is planned for Saturday 28th December at 4pm, when, God willing, there be a New Year talk and tea. Watch out for further details with the Weekly Activity Sheets

BUILDING WORK: Since our last issue the Staff Room has been refurbished and fitted with new lockers and furniture.



THE LONG WALK (PART 2) OFF WE GO!

PETER GEORGE

remembers the time he walked from John o' Groats to Land's End



At five o'clock on a Friday evening in February, twelve rockets were fired from John o' Groats to signal the start of the walk to Land's End.

**"As fresh as horses filled with oats
They trotted out from John o' Groats,
A thousand folk, a thousand smiles,
Before them all - a thousand mile!"**

T. H. Hardie

The longest walk of my life. It was to

take me twenty-seven days, five hours and fifty minutes to complete.

It was cold and clear that night and, as I hurried to the starting place, the first of the rockets threaded its way across the winter sky. I found myself right at the back of more than seven hundred walkers; not a soul behind me. In front a multitude stretched out further than I could see.

We waited as the rockets disappeared one after another into the night

sky. Spectators were all around us, some had climbed onto the roofs of cars: there were TV reporters and cameramen. Then the twelfth rocket went up - the walk had started!

Those at the front were runners and would soon be a mile or two ahead. Those of us at the back couldn't move forward yet, so I decided to mark time to help warm my leg muscles. Eventually I was off at a steady pace, slow, but at least I was moving now. So was the sea of walkers in front. We all picked up a steady pace that got quicker and quicker.

It was getting darker and colder. Then it rained, and I was thankful that I had waterproof leggings on - especially when it began to pour! I needed to find shelter quickly. At the back of some houses I found a spot with just enough cover to

avoid the worst of it. The cold was getting to me, but after a while the rain eased off and I started walking again. I kept going until I arrived at Wick at three o'clock. The crowd that had probably been there to greet the front runners has long gone by the time I arrived.

At Wick I looked for a place to sleep. In the letter of acceptance competitors received we were told that arrangements for resting and feeding en route were our own responsibility. As I was thinking about that I noticed two walkers coming from a building. Inside I found a large room fitted out with camp beds, and a notice saying "Beds for walkers"! I gratefully laid on a bed and slept well. After a good breakfast I left for Berriedale, then started the long climb across the moors to the Ord of Caithness, finally reaching level ground some hundred feet higher. I was passing walls white with snow and treading over a flinty track of granite and ice. Then at last I was walking downhill towards Helmsdale about twenty miles away.

As I reached the outskirts of the town, I was thinking about passing though, when suddenly my thoughts were shattered! "Mum said would you like a cup of tea?" Looking down, there at



Gathering at the start



They're off!

my side was a little lad, his face beaming. "Hello," I said, "I'd love one. Lead the way, sunshine!" Laughing, he led me to his nearby house where his mother greeted me with a beautiful Highland accent. Sitting at a table with a lovely hot cup of tea, I listened as the boy and his younger sister chatted. They said their father couldn't join us because he was working. Later I was invited to join the family for a lovely meal. It was a most enjoyable time with such lovely people whom I'll never forget. (To be continued)

JUST A THOUGHT: WHO'S RIGHT?

Is it possible for two people to hold different views about something and yet both be right? You might not think so. But it is possible. I once worked in a large open-plan office that ran the full width of the building. Due to an unusual weather system in the area it was occasionally raining on one side of the building but not on the other. So if someone happened to look out of a window and



comment that it was raining, someone on the other side might say, No it isn't. And someone without a window might say, Make your minds up - is it raining or not? Well, yes and no, depending on your viewpoint. More than you might think, two viewpoints that seem opposed can both be correct. It all depends on how we are looking at things. We all bring different backgrounds and experiences into our contact with others, and so we all see things a little differently, but not necessarily wrongly. Try to remember that next time you see things a little differently from someone else. And perhaps your sunshine and rain together will make a rainbow, God's symbol of peace.

WE WELCOME GAVIN RAMSDEN, our new general manager, to Beth Ezra. Gavin says:



I would like to record my thanks for the warm welcome received from all those I have met since starting at Beth Ezra.

I am passionate about elderly care. I have grown up surrounded by the friendship of those older and wiser. Since a young boy I have visited the elderly in our community. I have frequently visited a variety of care homes and care environments, and I am fortunate to now have a deepening network of professional contacts across the Christadelphian and wider care community.

I am delighted to bring to Beth Ezra a background of experience with team management, finance and business development. I have worked with leading commercial enterprises in home care, hospital and clinic management.

In addition to health of mind and body, our spiritual health is of critical importance. As a Christadelphian, I am committed to maintaining this all-important aspect of the Home's work. We seek to preserve a family atmosphere amongst staff, residents and their families and visitors which will continue to make Beth Ezra that special place to live, visit or work.

"Pure religion and undefiled before God the Father, is this, to visit the fatherless and widows in their distress, and to keep himself unspotted from the world" (James 1:27).

May God continue to bless this *house of help* until the coming return of the Lord Jesus Christ. I look forward to your continuing support.

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 spring 2020, God willing, so items must reach the magazine by April 2020 at the latest.**



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