

# Issue 39: February 6<sup>th</sup> 2021

Welcome, brothers and sisters to the thirty-ninth edition of "Church at Home".

We love watching the masked singer as a family. Especially that moment when the singer is revealed and Rita Ora over reacts to hide the fact that she hasn't got a clue who the person is! Before all that happens there are the clues each week that you have to decipher in order to get an understanding of who might be revealed.

I find the Bible is a bit like that. Sometimes you read a part and have no idea what is happening (see revelations) at other times it's really obvious. Then you might suddenly get a clue and everything becomes clear. Still other times you will get a sudden reveal as to what God is saying.

Keep reading your Bibles. It will strengthen you in these trying times. Remember all scripture is God breathed. There to help and guide us.

Follow the guidance, encourage each other, pray and stay safe.

**Rev Clive** 

# **Church Noticeboard**

## Verse of the Year 2021

Our verse of the year magnets have arrived. You can collect one from church when we open again or send a stamped addressed envelope to Verse of the Year, St Paul's Church, Mill Road, Northumberland Heath, Erith, DA8 1HN. Suggested donation £1.



## Church Diary 2021

Our handy pocket-sized diaries are available. You can collect one from church when we open again or send a stamped addressed envelope with a large letter stamp to Church Diary, St Paul's Church, Mill Road, Northumberland Heath, Erith, DA8 1HN.

## Tier 5 - Worship Online

As you have probably heard we have moved our services online. Here is the schedule for the coming weeks.

DATE	THEME	THEME READING TIME SEE		SERVICE	ZOOM ID ZOOM PASSWORD	
7 <sup>TH</sup> Return from Exile 5:       FEBRUARY     God's People repent		Nehemiah 9:1-18	9am	Morning Service of the Word	856 4483 1250	Paul
14 <sup>™</sup> FEBRUARY			Family Worship	895 8528 0381	Paul	
21 <sup>st</sup> FEBRUARY	The Thessalonian19amMorningletters 1: OppositionThessaloniaService of the& Willingnessns 1:1 -12Word		856 5789 7730	Paul		
28 <sup>™</sup> FEBRUARY			10:30a m	Family Communion	825 9174 5002	Paul
6 <sup>™</sup> MARCH	Church at Home					
7 <sup>™</sup> MARCH	The Thessalonian letters 3: The day of the Lord	1 Thessalonia ns 5:1-10	9am	Holy Communion	853 1070 0653	Paul

## Using Zoom

Zoom is a computer application that allows groups of individuals to interact with each other remotely. We will be using it for our online services. Even if you have limited experience with using computers following this guide will help you to join us.

#### What you need

-A computer with an internet connection or a smart phone. -The Zoom Application (app). Also called Zoom client.

#### Also helpful: -

-A Video or Web Camera (most modern devices have this built in). If you don't have a camera then you will be able to see others but they will be unable to see you.

-A microphone if you are using a computer. Again, most modern computers will have a microphone built in. If you don't have a microphone, others will not be able to hear you.

#### How to get the Zoom Application

Go to <u>https://zoom.us/download</u> and click the blue "download" rectangle under the title "zoom client for meeting" and follow the installation instructions.

When you have done this you should see the zoom icon on your computer or smart phone.

#### How to join an online service

Open the zoom application by double-clicking on a computer or selecting on your phone.

Click / Select "Join Meeting"

You now have to enter some information.

Firstly, the **zoom meeting ID**. This is like a phone number to the host of the meeting. You can find this on our online schedule (page 2 of Church at Home)

Secondly, you will need to type in our **password**. This is currently **"Paul".** You will now be given some options such as if you want to join the meeting with your camera (if you wish to be seen by others) or without (if you just want to observe the service).

# **Community Notices**

## St Paul's Preschool

St Paul's Preschool is open and currently has some spaces available. Also, to avoid disappointment please sign your child up for the next academic year starting in September.





\*If you sign up at the first opportunity when you are 10 weeks pregnant. Healthy Start vouchers are worth £3.10 a week, double for babies under one year old. SUPPORTED BY

BEXLEY

# This week's prayer

# Christ be with me, Christ within me, Christ behind me, Christ before me, Christ beside me, Christ to win me, Christ to comfort and restore me. Christ beneath me, Christ above me, Christ in quiet, Christ in danger, Christ in hearts of all that love me, Christ in mouth of friend and stranger.

# <u>Prayer</u>

# There are many who still need our prayers. Those who have asked for our prayers are: Ann

Easter, Ann Batchelor (Reader at St Martin's), Andrew Bennett, Charles Brooke, Ron and Joan Handy. For Marjorie and Eileen Hoare, Monica Lindridge, Christine Meaton and Christine Minns. For Carol & John O'Connor, John Ralph and Amanda Ralph. For Jane & George Stafford. For Karen Vaughan (Cameo), Jeanette Watts and Mark Williams.

# What you're up to. - Pictures and messages



<u>Bob Lindridge</u> Bob always cooks on a Thursday. This is one of our favourites: Spanish Style Chicken Bake...delicious!!







Natalie, Dan & Izabella Thanks to all those who have been praying for my family these past few weeks, without them everything would have looked very bleak indeed. We are not out if the woods yet but we know God's light continues to shine on us all. Lauraine

Your Picture Here!

Please send me your pictures and messages to each other. Let's encourage each other and stay in touch. It will be good to see familiar faces each week. revclive@hotmail.co.uk



#### Gather.....

- As you gather find a place that is comfortable and have the resources ready for the activities, prayer or response times ready.
- Choose 3 members to light the 3 candles (engage all ages)

#### Opening words of praise with lighting of 3 candles -

I will light a light in the name of the Maker, who lit the world and gave everything life.

I will light a light in the name of the Son, who saved the world and stretched out his hand to me.

I will light a light in the name of the Spirit, who is present everywhere in the world and gives me strength.

Together: We will light three lights for the trinity of love: God above us, God beside us, God beneath us; The beginning, The end and the Everlasting one.





These resources are to help equip & enable worship together as "family". They are intentionally intergenerational to allow space, conversation, activity & response together as the family of God. We encourage all ages to be participative & open, being responsive to God and each other.

#### Welcome.....

Song: We want to see Jesus Lifted High <u>https://www.youtube.com/watch?v=WLJmRPvhgdo</u> (can be sung or listened to)

**Reflection time:** Spend some time looking at your hands and looking at the hands with those who you are gathered with. Name things you can do with your hands – you can draw around your hands and write within the shape what you use your hands for. Are you good at doing something or have a particular skill you need your hands for? There may be things that you do not like doing that you need to use your hands for!!

#### Bible passage: Mark 1.29-39

Read through together and share is there is something that you did not know or realise in the story before.

#### AND/OR WATCH

https://www.youtube.com/watch?v=14YjaKSPHbw **OR** https://www.youtube.com/watch?v=mEmIFDRUO8M

Jesus was using this time to show and demonstrate God's power and what a life in the Kingdom of God looked like. He was showing that in God's Kingdom there was forgiveness, healing, truth and power and that it also restores people back into the community. God calls us into service (to work for him) within our communities, even Jesus struggled at first to find his purpose, but he knew by praying and spending time with God he would find the answer. Go back to your hands and think once again of how you use your hands, is there something you can do using your hands that brings forgiveness, heals, brings, truth, or power – is there something that you can do that helps to restore people back into your community?

#### Interactive Learning......

#### Minute to Win it Games.....

Try playing a host of "minute to win it games", plenty of ideas can be found here courtesy of ministryto- children. <u>https://ministry-to-children.com/minute-to-win-it-games/</u>

After you have played several together, share about how you felt about the challenge of that game, we are all challenged and to called to serve God, called to community, we are also called sometimes into the challenges that seem daunting and unachievable - but it is here that we meet God, and sometimes our fears, face to face. It is in the challenge and daunting times that we find our purpose and learn to trust completely in God's will.

#### Create a Sacred Space.....

Designate a special prayer space in your home. You can use a small table, a corner, or a bookshelf. Gather objects and/or pictures to place in your sacred (prayer) space. For instance, a piece of green fabric, a cross or crucifix, a light representing Jesus light in us - use LED candles, a favourite lamp or a torch. You might want to add objects such as seashells, rocks, plants and flowers to show the beauty of God's Creation. The colours of your fabric can change with different times of the liturgical (church) year. E.g., White cloth as the Easter season arrives. A Family prayer jar can also be added with pictures of your family reminding you to be thankful for them and a reminder to prav for them.

It's important to remember this is your sacred (special) place, a place where you can switch off from everything else and a space where you invest in your relationship with Jesus. Although Jesus travelled, taught and healed people he still needed time and space to pray to God, he needed to be in God's presence before continuing his ministry.



#### Prayer Picture.....

Take a walk together around your local community, take pictures of places where you feel God is calling (asking) you to pray. It could be your school, the local shops & workers, or park. When home create a prayer picture & use this collage in your prayers this week. Thank God for them and pray for healing & restoration.

#### Hand Printing.....

Create different hand patterns by painting your hands and making handprints on paper. Around the printing of your hands write one or two sentences from the bible reading. These could be made into other shapes too.



#### Paper Weaving.....

On strips of 3 different colored paper write Be changed. Be transformed. Keep following. Use these strips to weave in an out of A4 sheet with straight cuts in it as in the diagrams below. As you weave reflect on the 3 statements. (changed, transformed, following)

Whilst creating chat about the following questions & Share stories..... I wonder is there a connection between praying and healing....... Where could you create a space to pray? – this could be your sacred space I wonder what Jesus prayed for.....

#### Reflection & Prayer Time.....

Song: When the Music Fades <u>https://www.youtube.com/watch?v=Y0a9T0UtJB0</u> (can be sung/read aloud or listened to)

On paper hearts name those who you know are unwell and needs God's Love & Healing. Use these to pray for these people and lift before God.

Encourage members to read silently or aloud their prayers. Other prayers can be said at this time, concluding with the Lord's Prayer

#### The Lord's Prayer

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the kingdom, the power, and the glory are yours now and for ever. Amen.

#### Closing Responses.....

Song: Open the Eyes of My Heart Lord <u>https://www.youtube.com/watch?v=qtCu1tm4qWo</u> (can be sung/read aloud or listened to)

From where we are to where you need us.

#### Jesus, now lead on!

From the security of what we know to the adventure of what you reveal.

#### Jesus, now lead on!

To make this world look more like your kingdom,

Jesus, now lead on!

Ask different members to blow out the candles.....until you meet again

#### Celebration....

# If any of your members celebrate a birthday within the next week – sing

Happy birthday to you To Jesus be true May God's richest blessings Be showered on you.



#### Closing.....

#### The Grace (with "Messy" actions)

May the grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all, now and evermore. Amen.

# Extra Ideas

- https://www.westohioumc.org /sites/default/files/conference/ documents/pdf/newsitem/how-make-sacred-spaceyour-house-1.pdf
- https://sermons4kids.com/rech arging our batteries group a ctivities.htm
- http://kidsandyouth.themeetin ghouse.com/prayed-our-storycontinues/

#### 14<sup>th</sup> February 2021



#### Gather.....

- As you gather find a place that is comfortable and have the resources ready for the activities, prayer or response times ready.
- Choose 3 members to light the 3 candles (engage all ages)

# Opening words of praise with lighting of 3 candles -

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#### Welcome.....

Song: What a Beautiful Name It Is https://www.youtube.com/watch?v=r5L6QIAH3L4 (can be sung or listened to)

**Reflection time:** Preparation – write the word Transfiguration on a piece of paper. Try and see how many new words you can make from its letters. Explain that it means being transformed into something more beautiful.

Bible passage: Read Together Mark 9:2-8 and/or watch

https://www.youtube.com/watch?v=dC081rBhFsE

Read from different translations and bibles translated for different age ranges.

Ask your family to listen to the Bible reading again, this time with their eyes closed. Help them imagine climbing a mountain, hot and dry, going slowly where it gets steep, catching your breath as the climb gets harder. Then standing with Peter, James and John watching as Jesus, your friend, who you thought you knew, changing right in front of your eyes.

Keep that picture in your mind as you hear that voice, the voice of God claiming Jesus as His Own Son. That is God, the creator of the universe speaking. Listen to that voice, what is it saying to you? Let that voice help you trust, and follow Jesus more closely as you see Jesus, the Son of God, being transfigured in front of you.

God changes us too as we journey with Jesus, if we let Him. Then others will see that we have the love of Jesus in our heart by seeing his reflection shining brightly within us!

#### Interactive Learning.....

#### All Change

**Resources:** old, dirty coins (preferably one each, a plastic container with a lid, 1 heaped tablespoon of salt and half a cup of vinegar (mixed and put into the lidded container), a container holding water, a container to hold the used salt/ vinegar mix.

Discuss how our lives sometimes are a bit like the coin, dirtied up by the wrong things we do that we wish we hadn't. Explain that, if we ask Jesus to help us, He can help us to become more like him and take away the dirt.

He can change our lives.

Asked everyone to put their coins into the vinegar and salt mixture, close the lid and shake the box. As soon as the coins go into the mix they start to change!

Empty away the salt/ vinegar and put the coins into water. They are now very shiny!



#### Clouds .....

Bring the story to life by making a "fizzy float". Put 3 spoonful's of ice-cream (one each for Jesus, Moses and Elijah) into a cup and pour something fizzy over the top to create a "cloud".



#### Valentine Tree !

Today is also St Valentines day when thoughts turn to love. Make a 'love' ly tree by drawing around someone's arm and hand. Then add hearts as leaves. They can be in paint, pens, outlines, cut from magazines or paperanything.

As you add a heart write the name of someone loved by God – start with your family and then add as many others as you can. Pray for them that they would know the love God has for them especially at this tricky time.



#### Still Changing....

Think about the ways you want to change to be more like Jesus, maybe you need to think of others more? Maybe sharing is hard? As you hold your shiny coin ask God to help you change so you look more like Jesus.

# Whilst creating chat about the following questions & share stories....

- I wonder how Peter, James and John felt when Jesus asked them to go for a walk with him...
- I wonder what it was like climbing the mountain...
- I wonder what they could see from the top...
- I wonder what Peter, James and John thought when they saw Moses and Elijah.

#### **Reflection & Prayer Time.....**

#### Song: Transfiguration

#### https://www.youtube.com/watch?v=jjeE1wzLfjI

Hold your shiny coin as you pray as a reminder of how God has changed you.

Encourage members to read silently or aloud their prayers. Other prayers can be said at this time, concluding with the Lord's Prayer

#### The Lord's Prayer

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the kingdom, the power, and the glory are yours now and for ever. Amen.

#### Closing Responses.....

#### Song: This Little Light of Mine

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

#### As you watch the video see you and your friends that

believe in Jesus brings light wherever you go.

From where we are to where you need us.

#### Jesus, now lead on!

From the security of what we know to the adventure of what you reveal.

#### Jesus, now lead on!

To make this world look more like your kingdom,

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May the grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all, now and evermore. Amen.



- Make a cloud in a jar follow the instructions from this link. <u>https://www.steamsational.com</u>. Needs very simple equipment.
- Hearts there are all sorts of different ways to make hearts here are some from pinterest – try a few.

https://www.pinterest.co.uk/seah ch/pins/?q=hearts%20for%20kid s%20to%20make&rs=typed&ter m\_meta[]=hearts%20for%20kid s%20to%20make%7Ctyped

# THOUGHTS, Words & Deeds

I have been reading and learning about our thoughts, words and deeds. This is the thought part, which I hope will encourage you too.

Set our minds on Christ and help us in our daily battle of negative thoughts, so that we can live as forgiven people and serve God better. So, think before we speak, with the gifts of the Holy Spirit. Thinking good and positive thoughts, which in turn gives hope to others. Need any help? Just look these up and say them to yourself. There are plenty more affirmation's of how God sees us, what a building up of our selfesteem!! It is a daily battle between wanting/going our own way or Christ's way. It`s not always easy either. SO;

In Christ,

- I am loved Romans 15:7 I am forgiven Hebrews 8:12
- I am Chosen 1 Peter 2:9 I am a new creation 2 Corinthians 5:17
- I am not condemned Romans 8:1 More than conquerors Romans 8:37
- I am Gods workmanship Ephesians 2:10
- I am a work in progress Philippians 1:6
- I am provided for Philippians 4:19 I am Victorious 1 Corinthians 15:57

God Loves us so much he sent his Son Jesus to die for us, Jesus rose again and sent the Holy Spirit to with us and guide us. Amazing Love.

I hope this is helpful. Blessings, Elaine Fermer

This week I had a conversation with a store assistant at the till when I was doing my supermarket shop.

Like so many people in this strange time of lockdowns and social distancing, she was suffering from loneliness. Prior to COVID-19, a UK survey found that nine per cent of people answered that they were often or always lonely. Between March and May 2020, this rose to 19 per cent.

I'm sure recent events will have exacerbated the feelings of loneliness for people. This is why nurturing friendship is crucial right now, especially as many people don't have family to turn to.

This week, my colleague Phil shared refreshing encouragements and ideas on how we, through friendship, can touch the lives of Christians and non-Christians. Read it on the website for helpful pointers, and start using them to reach out to others.

In the meantime, let's keep looking out for each other. As Phil says in his article, "small gestures of friendship...can bring light to a dark day. We are all a bit more fragile than usual. Discouragement will hit us harder. Kindness will help keep our heads above water".

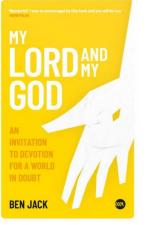
Finally, it's great to have something immediate in the diary to look forward to! So don't forget this coming Wednesday 10 February, at 8pm, is the Evangelical Alliance Leadership Conference, which is free to attend. It will leave you with more insight and encouragement for 2021, so start watching at 8pm – there's no need to sign up.

EVERY BLESSING,

Gavin Calver CEO, Evangelical Alliance

# <u>Books</u>

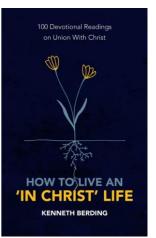
This week's book suggestions come from CLC Bookshop



## My Lord and My God by Ben Jack

My Lord and My God explores the life of Thomas, an often-misunderstood disciple, to find hope beyond doubt, isolation and brokenness. Discover afresh the adventure of an authentic life of worship, as you proclaim Jesus to be 'my Lord and my God' with your lips and your life to a doubting, isolated and broken world in need of his transforming love.

How To Live An In-Christ Life by Kenneth Berding Everywhere we look in the letters of Paul we encounter 'in Christ.' But how many of us know why the Apostle Paul uses this expression—or ones like it—over and over again in his letters? What is so important about being in Christ? Is it possible that when Paul talks about inChristness, he is handing us a set of keys that will open up his letters and reveal what is most essential to living the Christian life? In these 100 devotionals, we discover why inChristness is so important and how to live an in–Christ life.





# The Epic Bible

Get swept away by God's awesome story in this riveting graphic Bible. The Epic Bible tells the central story of the Bible, with dramatic, full-colour art created by some of DC and Marvel's best comic book artists. Whether you're reading the Bible for the first time or looking for a fresh perspective, The Epic Bible's cinematic storytelling will make God's Word come alive. 15

# Official UK Christian & Gospel Albums Chart Top 20

Pos	LW	Title, A	rtist	Peak Pos	WoC
1	2 🔨	-	THE SEARCH NF NF REAL MUSIC	1	79
2	1 🕹		BELIEVE ANDREA BOCELLI DECCA	1	11
З	з		JESUS IS KING KANYE WEST EM	1	66
4	4	SKILLET	VITAL SIGNS SKILLET WARNER BROS	2	295
5	5	1	LOOK UP CHILD LAUREN DAIGLE CENTRICITY MUSIC	1	35
6	6		MANSION NF CCMG	1	181
7	7		THERE IS MORE   HILLSONG WORSHIP	1	147
8	8		AWAKE SKILLET ATLANTIC	2	360
9	11 🛧		AWAKE HILLSONG WORSHIP HILLSONG MUSIC	2	67
10	10	15 CAL	UNLEASHED SKILLET ROADRUNNER	1	234
11	13 🛧		PEOPLE - LIVE HILLSONG UNITED HILLSONG MUSIC	1	52
12	15 🛧	ARTI BE BELD	JUST BE HELD - CASTING CROWNS FAVORITE CASTING CROWNS REUNION	12	47
13	12 🗸		VICTORIOUS SKILLET WARNER RECORDS	з	75
14	17 🛧		VICTORIOUS THE AFTERMATH SKILLET ROADRUNNER	б	16
15	94		AMAZING GRACE ARETHA FRANKLIN ATLANTIC	з	16
16	16	1	GRAVES INTO GARDENS - LIVE ELEVATION WORSHIP ELEVATION WORSHIP	2	34
17	20 🛧		HOW CAN IT BE LAUREN DAIGLE CENTRICITY MUSIC	9	128
18	19 🛧	- ein-	THE ESSENTIAL KIRK FRANKLINKIRK FRANKLINVERITY	. 11	22
19	18 🗸		LET THERE BE LIGHT   HILLSONG WORSHIP	1	213
20	14 🗸		JESUS IS BORN SUNDAY SERVICE CHOIR	3	38

Answers on Page 19

# Mrs T's quíz page

### HOW WELL DO YOU KNOW YOUR TV ADVERTS?

- 1. Complete the ad: "You'll wonder where the yellow went when you brush your teeth with ....."????
- 2. In 2012, Joan Collins advertised which product with Stephanie Beacham?
- 3. What is the catchy phrase at the end of MacDonald's adverts?
- 4. For what product do the TV advertisers use an excerpt from the New World Symphony ?
- 5. What product was advertised by aliens?
- 6. Which famous footballer advertises a crunchy snack?
- 7. What animals are used in an advert for a comparison site?
- 8. What products did Lynda Bellingham advertise?
- 9. Aldi's 2020 Christmas advert again features Kevin. Who/what is Kevin?
- 10. So, how do you eat your's? Eat what?

## FIND THE WORDS NEEDED TO COMPLETE THE PHRASES?

1.	15 P in a R T	
2.	18 H on a G C	
3.	21 B on a S T	
4.	B R on I T is 20 P C	
5.	L M 24 H R	
6.	30 J in the G N	
7.	37 P by W S	
8.	46 C in the H D N A	
9.	88 K on a P	
10.	90 M for a G of F	
11.	150 P in the B	
12.	T S in D is 180	
13.	206 B in the H B	
14.	640 A in a S M	
15.	M is 384400 K from E	
16.	100 D C is the B P of W	
17.	20 F T in the B P	
18	31 S F A	
19.	200 B on the R T	17
20.	1600 P A	

# Your Pickures



<u>Clive Beazley-Long</u> The Sunday set-up in the Vicarage office.



<u>Bob Lindridge</u> We have had snowdrops in the garden but these are our first Spring daffodils to bloom.

# Thank you

To all those who give regularly towards the mission and ministry of St Paul's

Use this information to set up regular giving through your bank

Code 60-15-28 Account No: 66526434. Account Name: St Paul's Church. Reference: your name

als Corner

Smiling is infectious, you catch it like the flu,

When someone smiled at me today, I started smiling too.

I passed around the corner and someone saw my grin.

When he smiled, I realized I'd passed it on to him.

I thought about that smile, then I realized its worth.

A single smile, just like mine could travel round the earth.

So, if you feel a smile begin, don't leave it undetected.

Let's start an epidemic quick, and get the world infected!

By Spike Milligan

## Suggested by Carol O'Connor

# <u>Quiz answers</u>

#### **TV** Adverts

1.Pepsodent; 2.Snickers; 3.I'm Loving It!; 4.Hovis; 5.Smash; 6.Gary Lineker (Walkers Crisps); 7.Meerkats (Compare the Meerkat!); 8.Oxo; 9.A carrot; 10.Cadbury's Crème Egg.

## **Phrases**

(1) 15 Players in a Rugby Team; (2) 18 Holes on a Golf Course; (3) 21 Balls on a Snooker Table; (4) British Rate of Income Tax is 20 Per Cent; (5) Le Mans 24 Hour Race; (6) 30 Jumps in the Grand National; (7) 37 Plays by William Shakespeare; (8) 46 Chromosomes in Human DNA; (9) 88 Keys on a Piano; (10) 90 Minutes for a Game of Football; (11)150 Psalms in the Bible; (12)Top Score in Snooker is 180; (13)206 Bones in the Human Body; (14) 640 Acres in a Square Mile; (15)Moon is 384400 Kilometers from Earth; (16) 100 Degrees Celsius is the Boiling Point of Water; (17)20 Football Teams in the Barclay's Premiership; (18)32 Shipping Forecast Areas; (19)200 Bridges on the River Thames; (20)600 Pennsylvania Avenue (The White House).