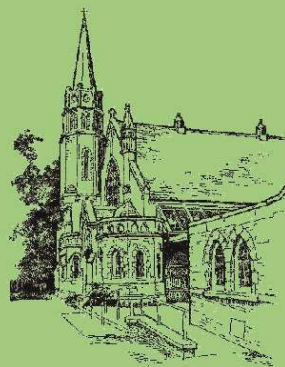


**Fulwood Methodist Church
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Easter 2024



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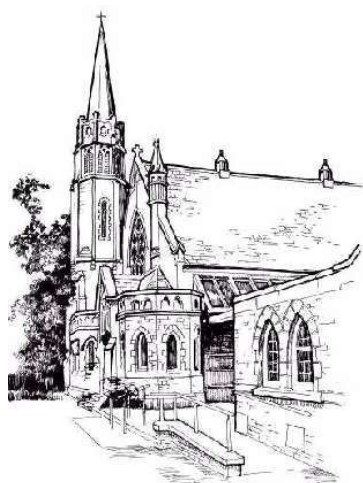


THE FULWOOD METHODIST

FULWOOD METHODIST CHURCH

Watling Street Road, Fulwood, Preston, PR2 8EA

Tel. Preston (01772) 718741



MINISTER

Revd. Jane Wild - jane.wild@methodist.org.uk

Tel. 01772 715134

YOUTH, CHILDREN AND FAMILY WORKER

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Tel. 07811 775825

CIRCUIT PASTORAL WORKER

Denise Johnson - djpastoral@outlook.com

Tel. 07719 200451

Registered Charity No. 1133929

SUNDAY SERVICES

9.45 am. SINGING PRACTICE (occasional)

10.30 am. MORNING WORSHIP & SUNDAY CLUB

We offer a welcome to all ages on Sunday mornings, there is a CRÈCHE for babies and toddlers while parents are in worship. The first 15 minutes of worship are for all ages and then on most Sundays the children leave for their own time in SUNDAY CLUB, where there are groups for different ages. Parents can go out with the younger ones to see them settle, and then come back into Church for worship. Sunday Club and worship finish at the same time and an invitation is extended to everyone to stay and share in fellowship in the Willow Grove, where tea, coffee and orange juice are served.

The CHURCH MINIBUS provides free transport to and from Church on Sunday mornings. The timetable and route information are available at Church. Should you wish to make use of it please complete one of the request cards in Willow Grove.

HOLY COMMUNION is celebrated monthly and once a month there is ALL-AGE WORSHIP involving children from the youth groups.

For BAPTISMS, MARRIAGES AND FUNERALS contact Revd. Jane Wild

* * * * *

**If you need any help, or have any concerns, please contact
Revd. Jane Wild or Mrs. Sue Penrith (862273)**

PASTORAL LETTER

From Revd. Jane Wild and Church Ministry Team

Dear Friends,

In the liturgical calendar of Christianity, the period of Lent marks a time of reflection, penance, and preparation for the celebration of Easter. Steeped in tradition and symbolism, Lent is a solemn journey for believers around the world. One notable aspect of this season is the absence of the word “Hallelujah” in many religious services and hymns. This intentional omission serves as a poignant reminder of the solemnity of Lent and underscores the profound significance of the word when it returns with resounding joy on Easter Sunday.

The word “Hallelujah” originates from Hebrew, meaning “praise the Lord.” It is a powerful expression of joy, gratitude, and exaltation, often used in religious contexts to glorify God. Throughout the year, “Hallelujah” punctuates prayers, hymns, and liturgical readings, serving as a constant reminder of the presence of God.

The exclusion of “Hallelujah” during Lent is a symbolic gesture of reverence and solemnity. It underscores the sombre tone of the season, inviting believers to journey with Christ through his passion, suffering, and sacrifice. In its absence, the faithful are encouraged to contemplate the weight of sin, the fragility of human existence, and the need for repentance and renewal.

As Lent progresses, the absence of “Hallelujah” serves as a poignant reminder of the darkness and despair of Good Friday, when Christ was crucified. It underscores the solemnity of this pivotal moment in Christian theology, inviting believers to confront the reality of sin and death before the promise of resurrection.

However, the silence of Lent ultimately gives way to the triumphant proclamation of Easter. As believers gather to celebrate the resurrection of Christ, the word “Hallelujah” returns with unparalleled joy and exuberance. In this moment of renewal and rebirth, the silence of Lent is shattered by the resounding chorus of praise and thanksgiving.

The reintroduction of “Hallelujah” on Easter Sunday symbolises the victory of life over death, light over darkness, and hope over despair. It signifies the fulfilment of God’s promise of salvation and the dawning of a new era of grace and redemption. With hearts overflowing with joy and gratitude, believers join together in proclaiming the triumphant refrain: “Hallelujah, Christ is risen!”

In this way, the silent Hallelujah of Lent serves as a profound spiritual journey, leading believers from the depths of despair to the heights of divine grace. It reminds us of the transformative power of Christ’s sacrifice and the promise of new life found in his resurrection. As we journey through Lent and anticipate the glory of Easter, may we embrace the solemnity of the season and rejoice in the triumphant refrain that awaits us. Hallelujah!

You will notice that the focus in this years Easter Sunday service is ‘Hallelujah!’
Happy Easter from our Ministry Team,
Jane, Denise, Carolyn, Sarah and Darren.

EDITORIAL

Thanks to everyone who has provided articles for this edition, we are extremely grateful. Please do bear us in mind when you're out and about doing things and that the copy date for our **Summer** issue will be **Sunday, 23rd June**. Any material well in advance of that date would, of course, be most welcome. Please do remember that articles may, as ever, be subject to editing.

Roy Smith (Editor)

* * * * *

COMMUNION STEWARDS

John Butterworth, Jacqueline Clarke, Barry Crossley,
Anne Garsed, Sue Hogarth, Olivia Parkinson, Laura Pavlikova.

* * * * *

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FAMILY NEWS

Funerals

13th February - Melba Southwood

26th February - Marjorie Talbot

DATES FOR DAIRY

March

Holy Week Prayer Station

Monday 25th to Thursday 28th open 10.00am to 7.30pm and

Friday 29th 10.00am - 12noon.

Sunday 31st Sunrise Service 6.30am at the summit of Beacon Fell.

Breakfast at Fulwood (see notices to sign up)

10.30am Easter celebration.

April

8th 7.00pm Finance meeting.

14th 9.30am Breakfast Church.

15th 6.30pm Alternative Church at the Black Bull.

17th 7.30pm Prayer Course starts at Kingsfold Methodist Church for 8 weeks

22nd 7.30pm Worship Planning - 28th 7.30pm Circuit Meeting - time TBA

May

5th 9.30am Connexions - Lego and conversation

9th Ascension Day Circuit Service - Time TBC

July

2nd 7.00pm Church Council



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at Hoghton Village Hall
Ample carparking space

Everyone welcome
no need to bring a partner
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(bring your own cup if you prefer)
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information please contact Eve Calderbank
on 01772 731483 or

tomaseve@virginmedia.com



MEET THE LEADERSHIP / STEWARD TEAM 2024

COMMUNICATION

Sonia Philips

I'm Sonia Phillips, married to Ben and full time mother to Esther and Naomi. I've worshipped at Fulwood for 6 years. My background is in primary school teaching, I started leading the KS1 Sunday Club group this year and am hoping to lead 'communication' as part of the new leadership structure.



FINANCE

Amanda Latham

I am a retired auditor, working primarily in the Public Sector. I have three adult children and a new grandson. I live in Cottam and have been attending Fulwood Methodist Church for 25 years.



GOD FOR ALL

Ladipo Adepoju

Born into a Methodist family in Ibadan, South West Nigeria and the last of six children, I have remained a member of Methodist Church all my life. I joined Fulwood Methodist Church along with my family in 2020 when we moved in locally, and we have been accepted and gradually integrated as part of the Church family. I am a consultant psychiatrist and enjoy music and sports for recreation.



GOVERNANCE

Margaret Squire

Born into Methodism in North Lancashire, I have been an active member at Fulwood Methodist Church for over 46 years. I am married to Chris and have two children and two grandchildren. I have served in many roles over the years including Steward; Church Council Secretary and Outreach Co-ordinator; Catering, Youth & Children's work and also served the District as Administrator/PA for 16 years. I am a magistrate and enjoy travel, cooking, crafts and being with my family.



LEARNING AND CARING

Sue Penrith

I have been within the church family at Fulwood all my life. I am part of teams involved with pastoral care, outreach, youth work, catering and cleaning. Before retiring I was a teacher and am now a Foundation Governor at Ribbleton Avenue Methodist Junior School.



Laura Pavlikova

Hi, my name is Laura and I have been attending Fulwood Methodist Church for nearly 10 years now (how time flies!). I have one child, Dominik age 7, who I am sure many of you will probably know, even if you don't know me. Within church, I have taken on the role of Baptism Secretary and more recently, Communion Steward. I also help out at Sunday Club with the Explorers group.



OUTREACH AND SERVICE

Karen Hunt

I have always lived in the area of Fulwood Methodist and was baptised and attended the church as a child, in more recent years I have returned to Fulwood Methodist Church as a regular and active church member. I have supported friends and parishioners within the church congregation over the last 10 years on an informal basis, and have recently been offered the opportunity to help with a leadership role. I am very fortunate to have two young children who happily attend Sunday Club and enjoy being involved in church activities. Within my professional role as an Occupational Therapist I have worked in Obesity Services, Mental Health Services and Rehabilitation. I am familiar with networking and outreaching with other services and teams in the local community. I hope that this experience can benefit a role in Outreach and Social support within the Methodist leadership team.



PROPERTY

John Ferris

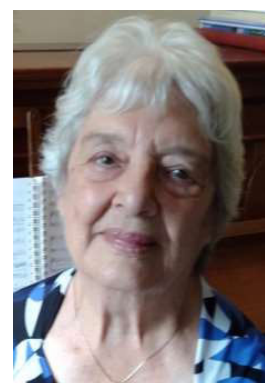
I have been worshipping at Fulwood since I was in my mother's womb and over the years have been a steward on three separate occasions, involved with young people's work, minibus driver, coffee rota and music. I currently chair the buildings committee and am a member of the Finance Group. I am married to Gillian who has provided support in many of these roles over the years and we have three grown up children. My hobbies include DIY, sport and motorbikes.



WORSHIP

Mavis Fletcher

FMC has been part of my life since I was a child and sharing in the music and worship has been a constant thread. In the past I have also been a Sunday schoolteacher, Youth Leader and Pastoral visitor. Professionally I trained at the Royal Manchester College of Music and taught music in schools, college and university. I have a particular joy in encouraging singing.



MOMENTS

From our Circuit Pastoral Lay Worker

One of my most enjoyable hobbies is beachcombing. I wander beaches locally and further afield. I love walking along and losing myself in the search for whatever amazing things the tide has brought up onto the beach. I get particularly excited when I find a piece of blue sea glass – the rarest kind ? Over the years I have found items which now grace my home: a huge piece of driftwood which is now a feature of my fireplace and pieces of rounded beach glass which I wear as jewellery.



I often think that the beautiful things that I collect find me, rather than the other way round. I liken this to my relationship with God. I can never earn the love of God or win such affection – it is freely given to me; all I have to do is wander or walk my path. It is when I stand still in my faith or don't ask questions or settle for safe moments that I feel that I have less connection with God. When I freely walk or explore new things, my faith with God feels more alive and I sense a deeper connection.

My faith is constantly developing as I wander around in God's love. God surprises me in places where I least expect it. This week I went to visit someone who has an illness; they offered to pray for me and my ministry after we had our conversation – what a lovely moment. I also visited a nursing home where a staff member sat and sang hymns with me and a lady who was in her last days – what an emotional moment. I had a drink in a local pub where someone wanted to talk about prayer and what that's all about – a meaningful moment.

I hope that you continue to allow God to find you and surprise you. Be free in your faith, explore the new and the exciting this Easter and beyond.

Every blessing,

Denise Johnson

* * * * *

COMMUNITY CHOIR

Our pre-Christmas activities went well starting with Carol singing in the Chapel at Royal Preston Hospital, along with the switching on of the lights in the Church garden. We also sang outside the Co-op for the second year, where we were treated to drinks. Links were made with the Co-op manager who donated doughnuts for our Cafe Service recently. We also sang at the Christingle Service on Christmas Eve. We continue to get between 12 and 18 including some Church members to Wednesday evening singalong, singing Abba, John Denver, Show music etc.



Dave Topping

YOUTH WORK

Three things I want to concentrate on. Firstly I want to invite you join us at Connexions, our monthly Sunday meeting where we join for conversation, Lego, and breakfast pastries. Our first two sessions have been based on Jesus in the desert, but looking at it through Prayer and then Temptation. This is for all people to join and learn for half an hour before worship. Secondly, we are taking names of those children interested in going to this year's 3Generate at the NEC 4th - 6th October. Please do come and talk to me if you want more details. Lastly do you know any families with children in school year's 3 to 6 that maybe interested in our Friday night Escape group, games, crafts, music, films, food and tuck shop - available for just £1.50.

Darren Arnold



3GENERATE
Methodist Children & Youth Assembly

Tickets will soon be available
(from 16th April) for this years 3Generate weekend which is taking place again at the NEC Birmingham from 4th-6th October.

SAVE THE DATE!
3GEN 2024:
4TH - 6TH OCTOBER 2024
AT: THE NEC, BIRMINGHAM

TUNE IN

If you are interested in attending please contact Darren, Children's Youth and Family Worker:
darrenarnold.church@gmail.com



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more info: darrenarnold.church@gmail.com

* * * * *

QUOTES

- Speech is silver: Silence is Golden. (*Swiss Proverb*)
- Knock the 'T' off can't. You can do anything, if you think you can!"
(*Norman Vincent Peale*)
- Never build a case against yourself. (*Les Brown*)
- Keep strong if possible. In any case keep cool. (*Basil Henry Liddell Hart*)
- Be mindful. Be grateful. Be positive. Be true. Be kind." (*Roy T. Bennett*)

SUNDAY CLUB

The theme for February and March in Sunday Club is ‘prayer’, so over the last few weeks we have been exploring different types of prayer: asking questions: thinking of different ways of praying and also focusing on the Lord’s Prayer. To help us consider the different aspects of the theme, the Explorers (5-7 year olds) created a thankfulness ‘model’ (see on right) and the Pathfinders (7-11 year-olds) made a group prayer about the earth using



ACTS – adoration, confession, thanksgiving and supplication / intercession, also known as WOW, sorry, thanks and please! All the work including the poster made by ‘Pathfinders Plus’ can be seen on the display board in Church. The work of the Explorers is going to be submitted to the Methodist Prayer handbook for 2024/25.

The children in the Explorers' group made models of things they wanted to thank God for.

Janet Wales

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We look at your world and we think, WOW, God you are -

tremendous,

terrific

greatest and the best

awesome

brilliant

amazing

fantastic

unbelievable

But we know that we don't always look after your world. So, we say, we're sorry that we -

don't work against the effects of climate change

pollute the earth

make animals extinct

kill plants and trees



Thank you for -

food that helps us grow

water that provides energy and helps us live

trees that provide shade and beauty

animals

shelter



Image by
Vaynakh on Freepik

Please help us -

support animals

sustain life on earth

recycle things

be kind



And please look after all those whose lives are affected by the changes in the world. *Amen*

Janet Wales

SHROVE TUESDAY, ASH WEDNESDAY, LENT AND EASTER.

I am writing this article on Shrove Tuesday when it is tradition to make and enjoy pancakes before Lent begins next day. The word Shrove comes from shriving - the act of being forgiven.

Pancakes have a long history, but in 1445, on Ash Wednesday, the Shrove bell was rung from Parish churches to remind people to go to church to be shriven or forgiven. Last year's Easter crosses were burnt and the ashes used to make a black cross put on people's foreheads by the priest, to show they had repented of their sins and were forgiven. The Shrove bells and ashes put on foreheads are still traditions followed to this day. At the beginning of Lent people began fasting until Easter and to this day many people give up certain pleasures they enjoy until Easter.

In days gone by since, pancakes were made on Shrove Tuesday to use up perishable goods such as eggs, flour, salt and milk, because otherwise they would go bad - no fridges in those days! The ingredients symbolise the following; Eggs - creation, Flour - the staff of life, Salt - wholesomeness and Milk - purity.

There are many traditions associated with Pancake Tuesday both in this country and all over the world. In France it is called Mardi Gras, or 'Fat Tuesday'. The most famous tradition in this country is at Olney, Buckinghamshire. A pancake race takes place there which began in 1445. A lady living in the village was making a pancake when she heard the Shrove bell being rung summoning the villagers to go to church to be shriven, to confess and to be forgiven for their sins. She picked up her pancake in the pan, wrapped it in her apron and ran to the church. This is enacted each year by women from the village running from the market place to the church, 379.5 metres. En route they must toss their pancake three times. The women wear aprons and caps, The winner gives her pancake to the church bellringer.



Lent goes through till Easter and not only do some fast and give up various pleasures, they are also generous and support various charities; almsgiving. They also meditate, pray and read religious books with Lenten themes to prepare themselves for The Glorious Easter Day to celebrate Christ's resurrection, rising from the dead. At Easter we have Easter eggs to celebrate and symbolise new life.

Here in Preston we have another tradition when on Easter Monday, families gather on Avenham Park to roll their eggs.

Enid Singleton.

EASTER

We love the Easter story,
We like to tell and play
Glad things that happened long ago
On that first Easter Day.

We pretend we're in the garden
And at first we're very sad,
For Jesus, whom we love, is dead
But suddenly we're glad!

For look! The tomb is empty,
And a shining angel said,
"Don't cry, for. Jesus is not here,
He's risen from the dead."

We love that Easter story
Because we know it's true.
For Jesus is alive today
And loves and helps us too.

B. T. Cory

* * * * *



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WHAT IS THE COLOUR OF EASTER?



What is the colour of Easter?
What is the shade of its name?
Is it yellow like chicks
And like daffodils
Or red like the colour of pain?

What is the colour of Easter?
What is the shade of its name?
Is it white like a lamb
And a spring-cloud
Or black like the colour of shame?

What is the colour of Easter?
What is the shade of its name?
Is it brown like decay
And old photos
Or gold like the colour of grain?



Author unknown

EVA'S EMPORIUM CONTINUED

In the Christmas 2017 edition of this publication, I wrote an article entitled 'Eva's Elite Emporium' or 'New To You'. It covered the history of our endeavours which took place on Wednesday mornings alongside the excellent refreshments, elevenses and lunches, provided by the catering team.

Seven years have passed! We are still here, still offering friendship, good food, and bargains; our prices are still very competitive.

There have been two major developments in the last seven years. We now have a permanent home in 'the 'Copper Beech' rooms so we are able to display many of our wares, glass, china, kitchen utensils, to name a few. We still put a few tables in 'Oak Hall' for children's toys, shoes, ladies handbags, bedding and soft furnishings; items that are easily packed away, while the glassware is on permanent display. None of us miss the unenviable task of packing away heavier items!



Secondly, we operate on Tuesday mornings when the church is open for coffee. The Alzheimer used to meet and enjoy coffee and looking round the shop which was manned by Ann and Michael Foley. Before he moved to pastures new, it was run by John Bolton and his wife Margaret, when she was well enough. They are both missed, and John's home made jam! The group meets informally along with anyone else who 'drops in'. They are most welcome and John still brings his jam!

We still pass on items to other charities and we also open the shop at the



Farmers' Markets and the Plant Sales. Along with the rest of humanity we were affected by the Pandemic, being closed for nine months in 2020 and four months in 2021 and when we reopened we were delighted to welcome old friends and we have now made new ones.

Since our humble beginnings we have raised £60,000 which is fantastic!!! However brilliant though that is, it is not what the enterprise is all about. Welcome Wednesday, to use a modern expression, is what it says on the tin! Everyone who comes though the doors receives a warm welcome an Act of Worship, if they so wish, excellent refreshments, fellowship and a visit to our Aladdin's Cave, Please come, you will be always welcome.

Barbara Hothersall

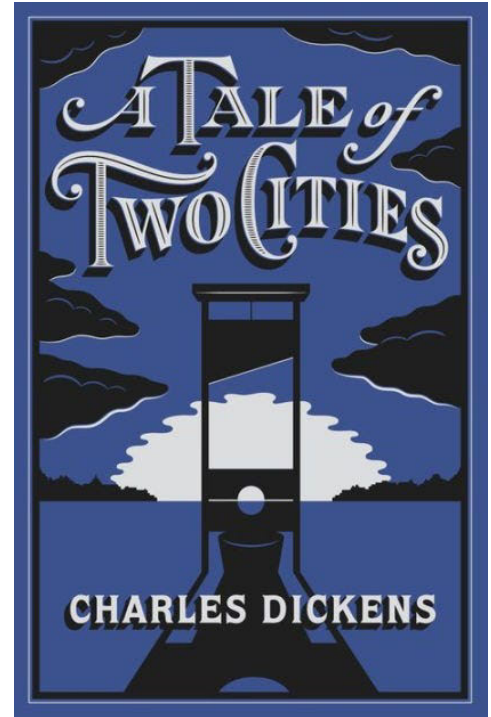
BOOK CLUB (1)

This year, the Book Club got off to a stuttering start because of the winter virus which affected several of our members. When we eventually managed to meet ‘it was the best of times, it was the worst of times...’

You have probably worked out by now that we had chosen to use Charles Dickens’ ‘A Tale of Two Cities’ as our route for a wider discussion of the theme of Revolution. The choice itself was in danger of causing a mini-revolution in our discussions as there were those who were prepared to argue that it was one of the best of novels, and others to say it was one of the worst.

One of the things which fascinates me is the book-reading, or to be more exact the ‘story-reading’ habits of the early Victorians. This book was of course first published in episodes, both in weekly and monthly published magazines. It was only towards the end of this cycle that the full version would become available. This means that the story telling may well be more markedly episodic, much like a current multi-part crime thriller on TV, and that it suits us well in our current age – page-turners, as they say. We can certainly recommend the novel to those who are looking for a substantial read. Set mainly in two cities, London and Paris, over the period which witnessed the French Revolution it is a compelling work of art. Unlike more recent novels set in this period, there was less of an emphasis on describing the arc of history and its significance. There is a greater emphasis on how the dramatic events of the time affected the lives and well-being of several clearly defined characters of both genders and varied backgrounds. What interested us beyond the book itself was to ask questions about why the French nation witnessed a revolution when we in this country did not. Moreover, what if anything we wondered would lead us in this day and age to ‘revolt’ and what might be the consequences. Questions which led to lively discussion and to reflecting that some prominent historians have suggested that what prevented revolution in this country was a concurrent movement over the same period, within which a certain John Wesley was very prominent.

We meet again before this edition of the magazine is published, when we will be introducing each other to books which place an emphasis on the various continents of the world – books chosen by our members from amongst their own reading. We will let you know how we got on in the next magazine.



Ken Wales

A VERY SEASONAL CUSTOM

As with many traditional events, there's no knowing when or why many of them began. In Victorian times and right up until the 1920s, Pace Egging in the lead-up to Easter, by groups of both children and adults, was a common occurrence in this area.

My father was a born-and-bred Crostoner and he recalled something akin to carol singing in the period after the First World War, going from door to door with a special song – the first verse of which went like this:-

*Here's one or two jolly lads all in one mind,
We've come a Pace Egging if you will prove kind;
If you will prove kind, with your eggs and strong beer –
And we'll come no more nigh you until the next year.
Fol the diddle-ol, fol the day, fol the diddle-ol aye day.*

Their hope was for a donation of some sort. Money was hard to come by so it was unusual to receive cash - even a farthing. However, people could be kind and maybe a piece of fruit or an egg, fresh or hard-boiled, would be forthcoming. All donations went into a bag and at the end of the evening the lads would sit down and, like a bunch of pirates, divide up the 'loot'.

Some places such as Burscough, had a little 'morality' play to go with the song and further verses introduced characters such as Lord Nelson, a Bold British Tar, My Lady So Gay and Owd Tossopot. Weird and wonderful! How they came to feature in a tale of life, death and resurrection is anyone's guess, but that's the imagination of children for you.

It was such a popular custom that the printing firm of Harkness in Church Street, Preston, made a steady income from sales of broadsheets bearing the words of some of the local plays and songs. I'd direct you to the Harris Museum to take a look at the collection – if the place was open! It re-opens in 2025 – perhaps!!

In more modern times the tradition has been revived, especially by some of the folk clubs and Morris teams. The Furness Morris still tour the South Lakes area on Easter Monday with their local version of the play and the Bury Pace Eggers will be out and about in the week before Easter.

Sadly the Burscough OAPs group is no longer active, nor the Cod End Mummers of Fleetwood. The Abram group, mostly members of Rumworth Morris, haven't performed for some years and the Hoghton Sword Dance Team, who would also put on an occasional performance, no longer exists.

The closing verse was:

*Our time is so short, our journey so long,
We hope you'll excuse us with a very short song.
Put your hand in your pocket and pull out your purse,
And give us a trifle – you'll never feel no worse.
Fol the diddle-ol, fol the day, fol the diddle-ol aye day.*

.....and this might be followed by the shout of, "Up a ladder an' down a wall, tuppence or threpenne 'ull please us all!"

Roy Smith

NEWS FROM THE BROWNIES

This year has been as busy as ever in Brownies. Two of our adult leaders went off to university over the summer, but Emily Byers and Isabelle Hibberd have joined us as Young Leaders. Hope and Jeanie will be sorely missed but we wish them well for the future.

In September 2023, ten of our girls enjoyed a Wild West Day at Silver Sapling campsite in Silverdale. They did lots of outdoor activities despite the rain causing an early finish. The church minibus was used and enabled the girls to get home without getting too wet (well, some of the girls anyway).

October saw all 26 of us at the Owl and Birds of Prey centre with the Guides. The Kookaburra was very noisy, but the rest of the birds apparently decided not to sing/hoot. Nevertheless, the girls were allowed to stroke one owl and this was the highlight of the evening especially for the two girls who were enrolled on site.

We filled 22 Christmas boxes in November. Thanks to everyone who donated items. We also celebrated Diwali with two of our parents. At the Christmas Farmers' Market, we also had a tombola stall (with the Rainbows). During the term we completed lots of activities towards the Brownie Programme and the girls entered a competition to design a Christmas badge for the region. We didn't win, but there were some interesting designs. The term ended with a trip on the Santa Special steam train and a Christmas disco with the Rainbows.

2024 saw five new starters at Brownies, so we are full again, after seven girls had left for Guides in September 2023. We had a guest visitor to do the Local History badge with the girls and celebrated 'Burns' Night' with a bagpiper. I hadn't realised how loud bagpipes are indoors!. We expect to complete the 'Know Myself' theme by Easter, with science activities and construction work to come after our 'Circus Skills Sleepover' at half term. This year we are joining with another Brownie Pack for both the Sleepover in February and the Pack Holiday in May, so expect to have fun meeting some new friends.

We are grateful for our brilliant team of volunteers – without them there wouldn't be a Brownie pack and we wouldn't be able to do so many exciting activities. If anyone has any particular skills they would like to share, please let us know. The parents who have stepped in to help on various occasions are a great asset to the pack and the girls love to see new faces at the meetings.



Diane Bird

CHRISTIAN AID WEEK 2024 – MAY 12-18

Seven days, so many ways to make a difference.

Every Christian Aid Week, people across Britain and Ireland raise funds, act and pray for their global neighbours in a celebration of hope for a fairer world.

This year's appeal runs from May 12–18 and is focussing on the organisation's work in Burundi, one of the most densely populated and poorest countries in Africa. Heavily reliant on agriculture, it's also one of the least prepared to combat the effects of climate change, including droughts, floods and landslides. The global cost of living crisis has intensified the challenges: more than 70 per cent of the population live in poverty and more than half of children are chronically malnourished.

Christian Aid has been working in Burundi since 1995 when it first offered humanitarian assistance to people surviving the civil conflict. Now, alongside local partners, the organisation helps establish Village Savings and Loans Associations (VSLAs). These



community-led groups mean people can save and borrow money, making small businesses possible, offering reliable and diverse incomes so families can eat regularly, get medicine when they need it, and build safer homes.

Thirty-five-year-old Aline Nibogora is the chairperson of a VSLA which supports some 25 families in a remote village in Makamba Province. Aline escaped an abusive marriage only to find herself on the streets begging for a place to stay.

Her life changed when she went to a three-day, Christian Aid-funded community workshop. With a small start-up loan, Aline began trading avocados and peanuts locally. She's now a grocery wholesaler living on her own plot of land where she's building a home for her family. In the next five years she hopes to expand, so one day she can buy a mill. This will provide a source of income without the need to transport heavy goods over long distances.

"I don't want my children to have a painful life like mine; remembering it makes me weep. I could never have dreamed I would one day have a brick house and be a successful businesswoman, able to feed and clothe my children. This is a plan and I will do it; I am a woman who is an achiever."

This Christian Aid Week – from May 12-18 – supporters are once more stepping up, knowing that every prayer, every gift, every action helps transforms lives.

There are **seven days and so many ways** to make a difference – whether that's church services, special collections, Christian Aid Big Breaks, or even a Bible readathon. Find out all the ways you can support Christian Aid Week by visiting the Christian Aid website. (www.christianaid.org.uk)

What could your donations buy?

£5 could buy a savings book for a member of a VSLA, setting them up to start their own small business and become financially independent.

£30 would help a family buy two Jerrycans to collect water from the river to carry back to their farm. Jerrycans provide irrigation to crops, especially during the dry season, maintaining food production for the family.

£50 would mean a vulnerable family can purchase a water storage tank. Water can then be stored for a few days rather than travelling to the communal water point, allowing instant access to water for washing, cleaning and cooking.

£100 could help a woman set up her own small business with a starter kit; including money to purchase her first few items to sell. This means she could supply local grocery shops or restaurants with vegetables, set up a roadside shop, or buy maize to sell in bigger markets like Bujumbura.

£100 could also help buy a family a bicycle meaning easier transport to school, quicker access to medical treatment in emergencies or support carrying produce from farm to market.

Anne Garsed

DO YOU NEED A VENUE?

**PARTY MEETING
CONFERENCE CLUB
COMPUTER CLASS KEEP FIT
CONCERT SEMINAR**

We have a variety of rooms available - visit the website for details

www.fulwoodmethodist.org.uk/rooms/rooms.htm

or email - administrator@fulwoodmethodist.org.uk

GRIEF, SORROW AND HUMOUR AN OPPORTUNITY FOR A CELEBRATION OF LIFE

from Malcolm Rae OBE FRCN

Preface

In earlier articles, I have highlighted the value of humour in helping people to cope with life's stresses, adjust to difficult and painful situations and provide us with an inner strength to get through adverse circumstances.

For some time, I have been developing my thinking about the potential benefits of including appropriate, sensitive and compassionate humour in supporting people at a time of distress when they are experiencing grief associated with the loss and sorrow of losing a loved one.

Up to now, I have shied away from doing so as I recognise this is an extremely sensitive, personal and potentially a controversial issue, I'm concerned not to offend or cause hurt or distress as I am very much aware of the emotional sensitivities associated with dying and death.

Introduction - Dying, Death and Grieving

Death to some people is frightening; some individuals have never seen a dead person, let alone being present when a person dies.

Many people, however, are so frightened to think about the end of our lives. They don't dare to mention it out loud. It could be helpful to most of us to think and talk about bereavement in advance so that we could acclimatise, make us less anxious, consider and confront concerns and fears in advance and not avoid or suppress our anxieties. In the past, talking about dying was often discouraged by medical wisdom. I hope that reading this article will be of value in examining our current mindsets and approach.

Grief and loss of a loved one affects us all at one time or another in our lives. Grief is a normal emotion. It can be experienced as shock, numbness, denial, isolation, anger, hurt, sadness, loneliness, despair, emptiness, helplessness, anxiety or fear.

These emotions may not always be seen, but they may be revealed in physical symptoms such as disrupted sleep or not being able to get off to sleep, loss of appetite, tearfulness, lethargy, panic attacks, increased susceptibility to colds and a range of other illnesses.

These responses are normal, and in most instances, don't last forever. Grief is unique to each person. Everyone will grieve differently and to different degrees, even in the same family. This can impact on relationships and cause additional strain. There is no right or wrong way to grieve, no set time or approach. In most instances the symptoms may change as we learn to come to term with our loss.



Malcolm Rae

Photo - Nursing Times

The feelings of loss can be complicated by difficult relationships, historical issues or the circumstances or suddenness of the loss of a person.

As part of the healing process, most people are able to move on to an acceptance of their loss and return to daily life of work, activities and social circles as our life becomes fuller we are able to fondly remember our loved ones, perhaps, recall times and occasions when we have laughed together without being overwhelmed by our loss and sorrow. Grieving is normal.

I respectfully suggest that appropriate, timely, tasteful, gentle, compassionate, respectful and connecting humour can play its part in being supportive and help in shifting our emotions and mood. It can help us revive and steer us through a sea of darkness, pull our inner resources together and help to mend our feelings of loss and pain and restore our wellbeing.

In my career as a nurse I often felt uncomfortable and inadequate in knowing what to say and how best to respond in a significant and caring way to the feelings and anguish of people experiencing the suffering and pain of losing a loved one. In fact, I still do.

Over time I have learnt from others and have developed my awareness, skills and confidence. However, I still remain uncertain on occasions when reaching out to individuals who are grieving. I remain particularly daunted by how to respond to a person who has been given a terminal diagnosis and is facing death in the foreseeable future. How best can we support and comfort them and their loved ones as they face up to uncertainties of pain, fear, loss of dignity and the aftermath of dying? I intend a specific focus on this in the next magazine.

In preparing this article I have sought the views of others, including people who have recently been bereaved. I have also widely read books and articles written by expert practitioners. This has broadened my awareness and understanding. I have also checked my ideas and beliefs with care professionals who are part of our congregation. This has given me the confidence to share my thinking and suggestions for readers to also consider the important topics of loss, grief and humour.

Key Aims and Objectives

1. To encourage and enable readers to talk with family members or others about bereavement issues.
2. For readers and their families to be better prepared to cope with loss and grieving and make life less challenging when the loss of a loved one occurs.
3. To consider more widely alternatives to celebrating the life of a loved person who has died.
4. To understand the benefits of including appropriate and sensitive humour in funeral and memorial services.
5. To appreciate how appropriate and compassionate humour can aid the support, health, wellbeing and recovery of those who are grieving.

Reflections

As I'm getting older, inevitably I'm attending more funeral of contemporaries and others I have known and valued, to pay my respects for the deceased and their families.

The large attendance and nature of the service at my mum's funeral was immensely reassuring and a forerunner to my revised thinking about the bereavement process and in particular, funerals. Also to ponder, how we can better enable people, who are grieving, with gentle, sensitive humour, to cope with the pain of loss and bring some comfort on the journey of coming to terms with their loss and recovery from acute grief.

So often funerals are solemn, reverential occasions and we are often bound by what's gone in the past; taboos, tradition and a reluctance to do something different because we might be accused of being frivolous or irreverent. There is a range of philosophies and attitudes to dying which can vary between cultures, faith groups and ages. These include glorification, consolation and being stoic. There are rituals, specific vocabulary and etiquette which has no doubt served us well over the years.

We have been brought up to believe that anything connected to dying has to always be taken most seriously and exclude laughter as it may not be considered to be in keeping with solemnity.

We should learn to give ourselves permission to smile or even laugh in the face of death. I believe opportunities are missed to imaginatively and compassionately celebrate the life of the person and bring to the fore, positive and amusing occasions and fun elements of their personality.

I believe funerals, in many instances should be more than simply mourning the life that has been lost, but also to honour the person and sensitively lighten up with laughter as well as tears. Soft and kind words may not be enough.

"NOTHING ERASES UNPLEASANT THOUGHTS THAN CONCENTRATING ON PLEASANT ONES".

Sometimes, we don't see the importance of laughter in our dark times because we are so blinded by our tears.

I believe that if humour is used appropriately it can help us keep a balance when our world seems to be falling apart, when feeling overwhelmed with misery and hopelessness in our lives. We shouldn't forget how beneficial it can be during dark times.

In addition, it is asserted by some that we should also learn to take the processes of the end of life care, illness, death and grief less seriously. Laughter in the face of death can provide the same, much needed physical and psychological benefits that laughter gives us at other less harsh, oppressive and unhappy times.

"Although it's difficult today to see beyond the sorrow, May looking back in memory help comfort you tomorrow."

I also read that “Life is too short to concentrate on the dark threads, instead we should look for and celebrate the ones of gold and silver.”

Humour at such trying times as serious illness, death and grieving can be of benefit to the person going through the trauma of loss as well as for those around them, i.e. family, friends, colleagues and care-givers.

There is evidence that being open to humour, even in the most sad and solemn situations can help those who are bereaved to stay mentally and physically healthy.

Being overly serious and solemn and not moving on can be harmful. Studies have shown that the immune systems of grieving spouses had reduced the body's defences against illness and if not addressed can be detrimental to health and cause long term problems.

Therefore, humour and laughter can physically help us and keep our immune systems in balance, to psychologically help us to cope and importantly, help us to communicate at a time when communication is at best difficult and nearly at a standstill.

A Chinese proverb aptly illustrates this, “You cannot prevent the birds of sorrow from flying over your head, but you can prevent them from building nests in your hair”.

Ideas and approaches I will suggest may not only lighten up our everyday trials and losses but also may prevent those nests from forming. You can grieve for a loss, yet still keep yourself from losing all perspective and retain an appreciation of the good things that remain in your life. Humour may provide a perspective and keep us in balance when life seems out of control and we are experiencing despair.

Happy Endings – Do we make the most of funerals and the opportunity to celebrate lives? Reflections and some ideas to think about.

There are no set rules, we tend to follow tradition and services are often pious and solemn. Different cultures have embedded their specific customs and practices although I have noted a change in attitude and approaches to funerals in more recent times. Frequently families are increasingly dispensing with a church service and holding the service at the crematorium. Perhaps they feel that funerals are sad occasions which might be felt to be devoid of freshness and spontaneity.

Many people believe they can be more than that. However there maybe ideas or alternative approaches which might enhance the occasion. We have all experienced such occasions, not least at Fulwood.

It is advocated that if we can allow or even plan for some lighter moments in the ceremony, it can release pent up emotions. It can be much more a celebration of a life lived than a mourning of a life lost.

If we can find some humour in memorial ceremonies, just as in life itself, it might include both laughter and tears, not just the latter.

Now look at Page 28 to read more on the theme from Malcolm.

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen



Pope Francis
photo - copyright free

* * * * *

RECKLINGHAUSEN

After a gap from last August, we have just received a new edition of the magazine from our partner church in Recklinghausen. You can read it via a link on the front page of our website.

I have also just extended an invitation on behalf of Fulwood Methodist, following agreement at Church Council, for members of the Recklinghausen church to visit during 2025.

Anne Garsed

Aerial photo shows all the church buildings.



* * * * *

LISTEN TO THE METHODIST RECORDER

Did you know that excerpts from the Methodist Recorder are available online, recorded weekly at Galloway's in Penwortham. There are three teams, one team has Anne Garsed and Sue Davies as readers, with John Butterworth on the recording desk. Check the link on the front page of our website to listen. It is also posted out nationwide on pendrive to blind listeners. Other publications, national and local, are also recorded.

EASTER 2024 - CROSSWORD INTRODUCTION

All the words which comprise the solutions in the crossword in this edition can be found in the two passages which follow below. One is an extract from Isaiah's prophecy selected as part of the Methodist Church's Lenten and Easter reflections. The second was written much more recently by Pope Francis. (See previous page)

The two passages have been chosen because they continue a theme which is explored elsewhere in this magazine – the theme of the link between our beliefs and religious observance and our day-to-day activities. This crossword might just help us to explore this issue rather more deeply, even if the period Lent may well be ending when we see the magazine for the first time.

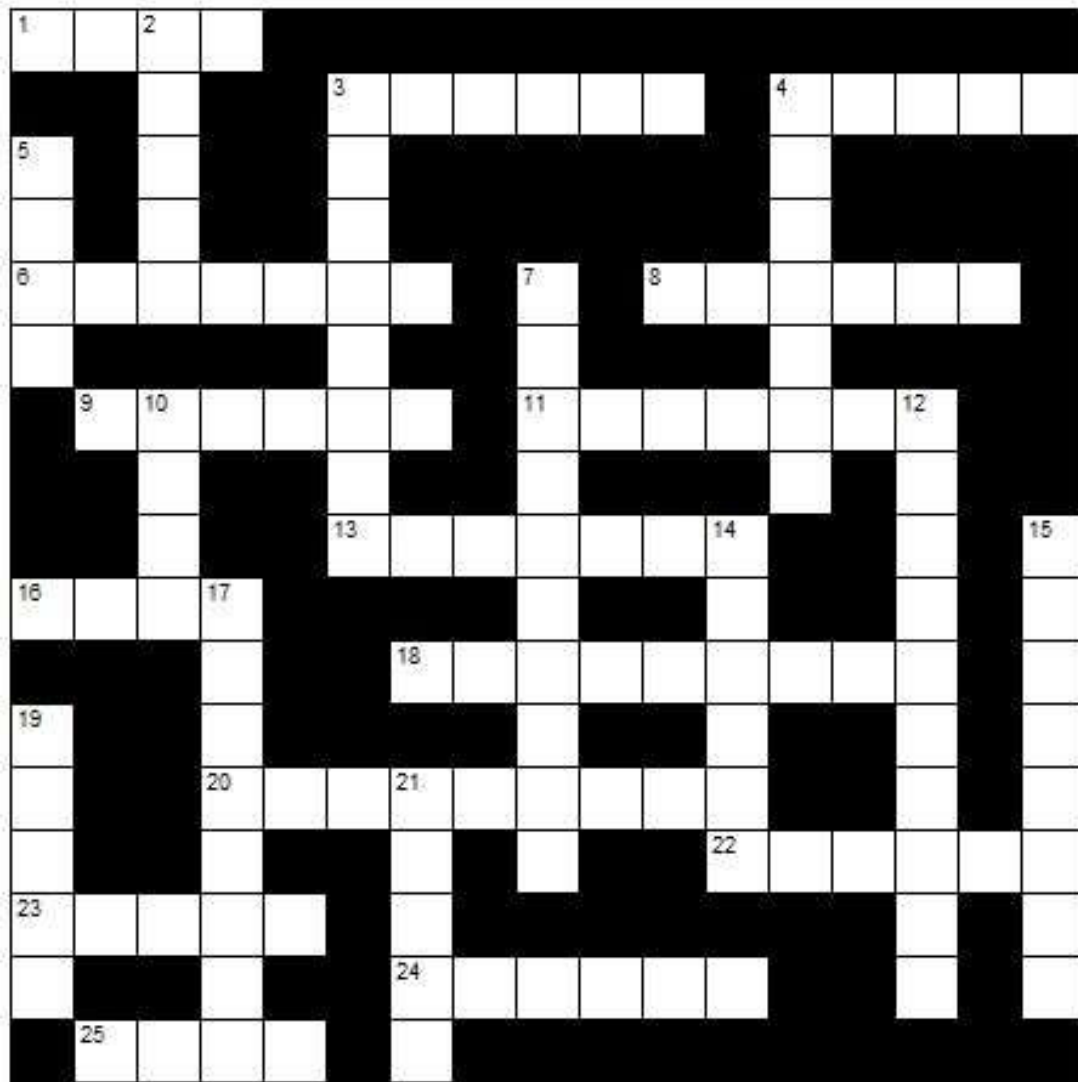
The clues are relatively easy – merely alternative definitions of key words. Enjoy...and reflect, perhaps.

Isaiah 58:1-12, CEB

- 1 Shout loudly; don't hold back; raise your voice like a trumpet!
Announce to my people their crime, to the house of Jacob their sins.
- 2 They seek me day after day, desiring knowledge of my ways like a nation that acted righteously, that didn't abandon their God. They ask me for righteous judgments, wanting to be close to God.
- 3 "Why do we fast and you don't see; why afflict ourselves and you don't notice?"
Yet on your fast day you do whatever you want, and oppress all your workers.
- 4 You quarrel and brawl, and then you fast; you hit each other violently with your fists. You shouldn't fast as you are doing today if you want to make your voice heard on high.
- 5 Is this the kind of fast I choose, a day of self-affliction, of bending one's head like a reed and of lying down in mourning clothing and ashes? Is this what you call a fast, a day acceptable to the Lord?
- 6 Isn't this the fast I choose: releasing wicked restraints, untying the ropes of a yoke, setting free the mistreated, and breaking every yoke?
- 7 Isn't it sharing your bread with the hungry and bringing the homeless poor into your house, covering the naked when you see them, and not hiding from your own family?
- 8 Then your light will break out like the dawn, and you will be healed quickly. Your own righteousness will walk before you, and the Lord's glory will be your rear guard.
- 9 Then you will call, and the Lord will answer; you will cry for help, and God will say, "I'm here." If you remove the yoke from among you, the finger-pointing, the wicked speech;
- 10 if you open your heart to the hungry and provide abundantly for those who are afflicted, your light will shine in the darkness,

Crossword overleaf

EASTER CROSSWORD



Across

- 1 Girl's name: early morning.
- 3 Made whole, possibly cured sounds like the shoes are sound too.
- 4 Reliance on something being good confidently expect.
- 6 Slightly roasted or scorched such peas are sometimes on sale at Church events.
- 8 Those around you, usually relations: a group of animals or plants.
- 9 Response to a question solution to a problem.
- 11 Paved roadways Quality ones presented at Christmas?
- 13 Dividing up: holding in common.
- 16 Sort or species: benevolent or helpful.
- 18 Expressing earnest desires: being quiet before God.
- 20 That which is known: detailed information which London taxi-drivers have.
(before satnavs)
- 22 A body of people: a federation of native tribes in North America.
- 23 20 feet in the old days: substantial twisted fibres.
- 24 Pay attention: follow advice.
- 25 Speedy: do without food, for instance.

Down

- 2 H2O: Freshen up the plants.
- 3 Without a base: uprooted and destitute.
- 4 Brass instrument in the ear, an old hearing aid.
- 5 To have confidence to desire, with some expectation of success.
- 7 Handled without respect: badly done to.
- 10 End of AM: start of PM.
- 12 State of innocence: straightforwardness.
- 14 Eden?: where you cut the grass.
- 15 A card game: the quality of waiting your turn.
- 17 Absence of light place of no hope.
- 19 Term of praise or homage: St. Thomas a Kempis said it passes quickly in the world.
- 21 Constructions separating one from another. a brand of ice cream.

CHRISTMAS CROSSWORD SOLUTION

					I		S	H	O	W		A	L	L
S	E	C	O	N	D		I		V		B			I
T		H			E		N		E		R	I	N	G
R		I		M	A	N	G	E	R		I			H
A		L		A		I					G	I	F	T
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C	A	N	D	L	E				R		S		H	
A						P	R	O	P	H	E	T	S	
R		P			H					A				
O		A	D	V	E	N	T				R	O	Y	A
L		U			R		O				T		E	A
S		S	H	A	D	O	W	S			H	E	A	R
	Y	E			S		N					R		E

HOGHTON FOLK DANCE CLUB



Hoghton Folk Dance Club meets
on Tuesdays, 7.30pm till 9.30pm
at Hoghton Village Hall
Ample carparking space

For directions to the hall or for any other
information please contact Eve Calderbank
on 01772 731483 or



tomaseve@virginmedia.com



LEARNING FROM OTHERS WHO HAVE BEEN ABLE TO ADD SOME LIGHTNESS AND SWEETNESS TO THEIR MEMORIAL SERVICES

I read that after a young man died, one of his friends had the idea to serve pancakes after the funeral, as they had been his mate's favourite food. The purpose of this was to fondly recall his penchant for pancakes and mix a little sweetness with the bitterness of losing their mate.

A further important option is to set the stage for laughter by incorporating some of the humorous characteristics or incidents in our tributes to them.

A wonderful example of this concerned the service of a much-loved member of the congregation, Tom Atherton, who always had a twinkle in his eye and a mischievous sense of humour. Joyce and I, along with Tom were going to support Wigan Rugby League Club, and on this occasion, we had invited the Revd. John Beardsley to accompany us. Tom was sitting in the back seat of the car and when Mr Beardsley joined us in the front seat, Tom handed him the seatbelt and said "I've always wanted to tell a Minister to belt up!"

At my mum's funeral we started saying goodbyes at the crematorium, which helped to release our sorrow and tears. Immediately afterwards we attended church for an upbeat service which included a montage of photos, showing mum with her many friends, who had enjoyed her humour and wit. In addition, anecdotes recalling her personality were shared. The music was a mixture of her favourite hymns and songs which were both inspirational and highlighted her many qualities and values as a mother. The final jaunty song of 'She's a Lassie from Lancashire' represented her identity and enjoyment of everything Lancashire. This approach of two different services, enabled us to share fond and happy memories of a much-loved lady and friend with light refreshments immediately after the service.

I also read about a chap who chose Elvis Presley singing 'Heartbreak Hotel'. After the service a lady parishioner said to the vicar that she was appalled by his choice of music. In response the vicar indicated that it wouldn't have been his choice. However, it was the deceased's choice and he had to respect that. He added that he would have much preferred the Elvis song 'Return to Sender!'

It would be inappropriate and wrong to bring false laughter or triviality by telling jokes at a service.

SUMMARY OF THE BENEFITS OF ENABLING HUMOUR

- Importantly humour can be a first stage in the longer term healing process.
- It can lift our spirits when we are feeling distressed and in despair.
- You can grieve for a loss, yet still keep yourself from losing all perspectives or appreciation of the good things that remain in your life.
- Humour may help to serve the purpose of taking our minds off our troubles and keep us in balance when life seems distorted.
- If used properly and compassionately it can help with feelings of isolation and enable connection with others.

- It can be of value in mending our pain and enabling us to adjust and restore our wellbeing.
- It can help us get better by enabling us to see the positives when life appears so negative.
- It shows people, they don't need to be blinded by pain and suffering.
- It helps in releasing tension and in taking a breather from their intense upset and sadness.
- Weeping and feeling depressed is draining – on the other hand, laughter can be energising.
- The Irish culture of the wake is a raucous way of taking their minds off their loss. It is said that, “The bereaved, along with their friends, cry all the way to the funeral and laugh all the way to the wake!”

A HAPPY ENDING - NOVEL AND FUN IDEAS TO CONSIDER

Whilst there may be a concern with some of these ideas being regarded as trivialising the occasion, others may view them as light hearted initiatives to raise spirits in keeping with the deceased's wishes or match their fun personality or enjoyment of theatre. However, in no way am I suggesting that funerals need to be 'real fun'; replacing genuine sorrow with false laughter is indeed foolish.



I'M NOT MUCH OF A MOURNING PERSON

- At some funerals instead of formal eulogies, or as well as, the family and friends also being invited to tell of fond times or amusing incidents they have shared with the deceased. However, I suggest it would be sensible to check with the family in advance.
- Some funeral services have taken place in the workplace amongst colleagues as well as family members. Their deceased's talents, energies and skills could be appreciated and celebrated.
- Others have jars of bubbles and individually or collectively blow them in the air as a symbol of the beauty and fleeting nature of life.
- I'm aware that others have scattered the deceased' ashes along with bubble baths into the sea.
- Giving out feathers to remind us to keep things light and humorously suggest they use the feather to tickle themselves three times a day!

A FOOTNOTE – THE LAST LAUGH!

I also read about a chap who chose Elvis Presley singing 'Heartbreak Hotel'. After the service, a lady parishioner said to the vicar that she was appalled by his choice of music. In response the vicar indicated that it wouldn't have been his choice. However, it was the deceased's choice and he had to respect that. He added that he would have much preferred Elvis' song 'Return to Sender!'

Malcolm Rae

A FARRAGO

*Up goes the Lytham signal,
St Annes has summoned hands;
Knee deep in surf the lifeboat
Abreast on Southport sands.*



These words are a reminder of the article we produced several years back regarding the Mexico Disaster on 9th December, 1886 – the worst loss of life in the history of the RNLI. As it occurred right here on our doorstep, it would be very remiss of us if we neglected to mark the 200th anniversary of the founding of that organisation.

4th March, 1824, was the date on which the RNLI was ‘born’. Sir William Hillary, founder of the organisation, lived in Douglas on the Isle of Man and had witnessed many shipwrecks and loss of lives in his time. His vision was for a charity, separate from the Coastguard Service, with the one aim: saving everyone.

The Seafarer’s Version of the Twenty Third Psalm

*The Lord is my pilot, I shall not drift.
He lighteth me across the dark waters
He steereth me in the deep channels. He keepeth my log.
He guideth me by the star of holiness for His name’s sake.
Yea, though I sail ‘mid the thunders and tempests of life,
I dread no danger, for Thou art with me.
Thy love and Thy care, they shelter me.
Thou preparest a harbour before me in the homeland of eternity.
Thou anointest the waves with oil, my ship rideth calmly.
Surely sunlight and starlight shall favour me on the voyage I take,
And I will rest in the port of my God forever.*

Have you ever wondered about the names of some of the streets in Preston? In the Maudland area there’s Spa Road, Spa Street, Cold Bath Street and Wellfield Road: perhaps an indication of sources of water with some real (or imagined) benefits to one’s health.

On a visit to Canada, some years ago, we were taken to see their Preston: nowadays it’s a part of the community of their Cambridge. Founded in the early nineteenth century, it grew into a prosperous manufacturing centre and became world-famous because of its mineral springs. The former Preston Springs Hotel is the last reminder of this.

*To the church I once went,
But I grieved and I sorrowed;
For the season was Lent,
And the sermon was borrowed. (Jerold’s Epigrams)*

We’re always pleased to receive copies of magazines, newsheets and visitor guides from other churches and examples have come in from St Mary’s RC, Fernyhalgh; St James’s, Brindle & St Andrew’s, Leyland.

We also usually receive a copy of the magazine from our twin church, Evangelische-methodistische Kirche in Recklinghausen, Germany.

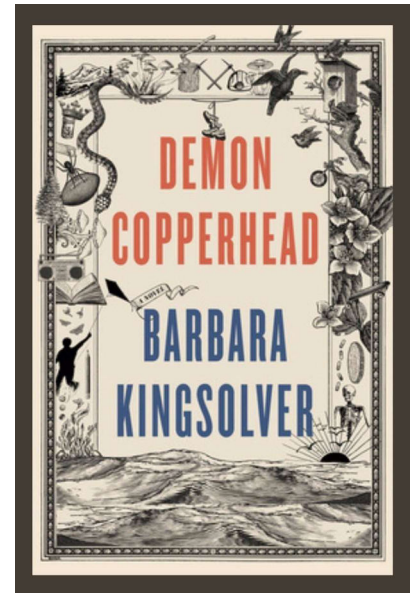
Roy Smith (Editor)

BOOK CLUB (2)

This is a very warm invitation to anyone, new or old, who is interested in the activities of the Church Book Club. We are to hold an open meeting starting at 10.30 a.m. on Saturday 25th May, to coincide with the Farmers' Market, to think about our recent activities and to start to shape the programme starting in September 2024. It will be a 'drop-in' session, come and go as you are able, and we will try to keep a note of our discussion on open display as we go along.

These are the issues we will be discussing:

1. We are organising a 'balloon-debate' for the evening of 23rd July– we need to decide what books to put in the balloon. We will announce these as soon as possible after the meeting on 25th May and you may choose which if any you wish to read before the meeting. (For those who don't know – we will put, say, six books in the balloon, but sadly it is losing its buoyancy. Only one can remain - which one is it to be? Convince others of your choice and enter the vote after all the biscuits are eaten!!)
2. We need to discuss whether the Book Club hold its meetings with the most advantageous frequency, at the right time and in the best place. What alternatives may there be?
3. We need to discuss what we might want to read and think about in a new programme for 2024/5. Is there a theme we could usefully follow or is variety the spice of life? One idea will be raised at the meeting in May.
4. Are there any other aspects you would like us to consider? You are warmly invited also to two meetings scheduled for after Easter. On 16th April at 7.00pm we will discuss 'Demon Copperhead' by Barbara Kingsolver. Do come along, whether you have read the book or not. On 18th June at 7.00pm Revd. Jane Wild will join us to help us to think about the first book in the Old Testament, Genesis. This is the Methodist Church's Bible book of the year – and we will be thinking particularly about how it came into existence, its literary style and history and its place in the Bible.



Ken Wales

* * * * *

I think that God's works are so beautiful that I am amazed that people can admire them, but deny that they have a Maker.

Commissioner Catherine Bramwell-Booth

THINKING ABOUT PRAYER

During the past few weeks, many people in Church (including younger people in Sunday Club) have been thinking about prayer. What does it mean to pray, where and when do people pray, what might we expect as we pray and is any one form of prayer to be preferred over any others are just some of the questions which have been thought about.

Of course, everyone's experience and understanding about prayer may be different in one way or another. In the Gospels, Jesus teaches about prayer and gives examples of how to pray. Similarly, in other sections of the Bible we can read about those who have prayed and how they did so.

So nothing I write here is intended to suggest these thoughts are more important than any other person's. The aspect which has engaged me though is this – what is the connection (if any) between prayer and action. When I act as a Christian am I in effect living a prayer? Can any prayer be complete if it is not embraced within whatever course of action I feel is necessary?

I thought you might like to share with me several quotations (or summaries of them) which have challenged me as I have thought about this. You will have your own sources of inspiration and your own thoughts too. Let me also recognise clearly that the more widely I read the more I see that even those I quote below have a wider view of the nature of true prayer than ever I will have. Let me recognise too that in each case, those I quote have left us with other observations on prayer which offer additional perspectives First, a quotation from Mother Teresa:

Prayer is not asking. Prayer is putting oneself in the hands of God, at His disposition, and listening to His voice, in the depth of our hearts.

Then another quotation from the German pastor, Dietrich Bonhoeffer, who gave his life in witness in a German concentration camp:

The will of God, to which the law gives expression, is that men should defeat their enemies by loving them.

Now, a thought from the founder of our movement, John Wesley:

In souls filled with love, the desire to please God is continual prayer.

Also some words of C.S.Lewis:

One of the purposes for which God instituted prayer may have been to bear witness that the course of events is not governed like a state but created like a work of art to which every being makes a conscious contribution and in which every being is both a means and an end.

Finally, a summary of a view which I read with great interest in a book entitled 'Jesus through Middle Eastern Eyes' by Kenneth E Bailey. The discussion of the

Lord's Prayer offered here is quite a full one but there was one observation which struck me forcibly. He (and many other writers) regards the Lord's Prayer as being composed first of 'Thou petitions' (these remind us of our place in the universe, the holy name of God, the coming of the Kingdom and the fulfilling of the will of God'). Swiftly though the prayer moves on to what he and others term the 'We petitions'. There are six, each involving an act of God and each of which implies participation on the part of the believer. It seems clear here that the writer regards prayer as being about the whole of life – our thought, our beliefs and our actions.

There is much for me to think about here. Each person quoted seems to me to be saying something about the activity which is involved in prayer – an activity beyond petition itself. One danger which might be thought to accompany this line of thinking, of course, is to feel that as my age starts to limit my ability 'to act' so my prayers become less important. I have begun to think just the opposite. As I age, so my actions seem to become more meaningful to others and relevant to bringing about the Kingdom, which Jesus taught us to be so concerned about.

Ken Wales

* * * * *

THE THREE TYPES OF PEOPLE IN YOUR LIFE.

LEAF PEOPLE:

These are people who come into your life just for a season. You can't depend on them because they are weak. They only come to take what they want, but if the wind comes, they will leave. You need to be careful of these people because they love you when things are okay, but when the wind comes, they will leave you.



BRANCH PEOPLE:

They are strong, but you need to be careful with them too. They break away when life becomes tough and they can't handle too much weight. They may stay with you in some seasons, but they will go when it becomes harder.

ROOT PEOPLE:

These people are very important because they don't do things to be seen. They are supportive even if you go through a difficult time; they will water you and they are not moved by your position; they just love you like that ... It's not all people you meet or are your friends, that will stay with you. Only the root type of people will stay no matter the season.

Choose wisely who you keep in your life.

found by Sue Whiteford

THE CHURCH WHICH COULD BE.....

Once our observation of the Easter festival, its traditions and meanings have been experienced and explored, and once we have remembered again the post-resurrection experiences of the first Christians and wondered about the Ascension, then it is all over until Advent! Or is it? For the months which follow the Church's lectionary, the Bible passages it read and ponders over, and our liturgy challenge us to think about the life of Jesus – his teachings, his friends, his actions, his priorities – with a view to seeing how we may follow him. All this culminates just before Advent as we come to the Sunday we celebrate Christ the King.

Very recently, in a Sunday morning service, we were challenged to name those things which we wanted to thank God for in our prayers. There is so much but, out of the blue, I wanted to express my thanks for our journey towards creating a deeply inclusive Church.. Nothing is perfect of course and there is a much longer stage of the journey may well await us. But reflecting since upon my contribution two images come to mind.

The first is a very immediate one. It is the Pancake Party which was organised at Church on Shrove Tuesday. It was a wonderfully relaxed time where grown-ups and children from different backgrounds came together to enjoy each other's company, to reflect gently, through a quiz, on some of the aspects of Lent...and to enjoy delicious pancakes and other delicacies. In short, it was a joy.

The second though is a painting imagining an event which we are told happened in Jesus's lifetime.

The event is described in gospel according to John, Chapter 5. Remarkably, recent archaeological discoveries suggests the venue would have been well known to Jesus and his family. The Pool at Bethesda. But what of the painting?

In 2012, some of the folk at Fulwood arranged for the Methodist Collection of Modern Christian Art to be on display at the University during the Preston Guild. One painting in the collection has been near the front of my mind ever since is 'The Pool of Bethesda' by Edward Burra. Burra's image is one of the most disturbing in the whole collection.

Burra has been called 'the most...elusive artist of the twentieth century' by Andrew Graham Dixon, a distinguished art scholar. Burra only ever interview in his life. It has been suggested that his own lifelong disability and, crucially, the images which the world



'The Pool of Bethesda' by Edward Burra

witnessed emanating from the concentration camps of the second world war, contributed to this work. It is not an image to give comfort or to ease our relaxation. But it has become of deep significance to me as I grow older, I become aware of the physical and psychological burdens which each of us carries. It helps me to realise, in terms I can rarely express, how Jesus offers us relief from the burdens we bear.

The Methodist Minister Revd. Bruce Thomson has helped me to understand the image. It is, he writes, a testimony to the depravity of humanity and its descent to hell when arrogance and prejudice go unchecked. That was written several years ago and seems more and more relevant by the day. What can we do? Many of us feel powerless at present.

I am an avid reader of an American theologian called Stanley Haerwaus. Now in his eighties, his writings have been influential throughout the world. This is one of my favourite quotations from his works. "The most creative social strategy we have to offer is the Church. Here we show the world a manner of life that it can never achieve through social coercion or government action. We serve the world by showing it something 'it is not': namely, a place where God is forming family out of strangers".

Ken Wales

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METHODISM AND EDUCATION IN PRESTON

Usually in this magazine in recent times, we have provided readers with information about activities at Ribbleton Avenue Methodist School. This school, in east Preston, is dear to the hearts of Fulwood Methodist Church and several members of the church are much involved with the life of the school. On this occasion, no such report has been available, but the editors intend to compensate for that in the next edition.

We do want to take the opportunity though, to ask if any of those who read this magazine have had a previous connection in their lives with a Methodist School, in Preston or elsewhere, would kindly contact Ken Wales at (kenwales9421@gmail.com) or John Butterworth (fmc magazine@yahoo.co.uk). You may have been a pupil or a parent of a pupil, a member of staff or a volunteer, or possibly a governor. You may be a child of someone who went to a Methodist school sometime ago. In future magazines we intend to write a little about Methodist involvement in education provision (which goes back some way in history) and it would be good to make some personal connections. Read more about Methodist schools in Lancashire at this web site here - www.lancashiremethodist.org.uk/methodistschools.htm



Ken Wales

PLANTING YOUR SPRING GARDEN

For the garden of your daily living.

Plant three rows of Peas

- 1) Peace of mind
- 2) Peace of heart
- 3) Peace of soul



Plant four rows of Squash

- 1) Squash gossip
- 2) Squash indifference
- 3) Squash grumbling
- 4) Squash selfishness



Plant four rows of lettuce

- 1) Lettuce be faithful
- 2) Lettuce be kind
- 3) Lettuce be patient
- 4) Lettuce us really love one another.



No garden is complete without turnips

- 1) Turnip for meetings
- 2) Turnip for Service
- 3) Turnip to help one another.
- 4) Turnip to worship



To conclude our garden we must have Thyme

- 1) Thyme for each other
- 2) Thyme for the family
- 3) Thyme for friends
- 4) Thyme for our neighbours



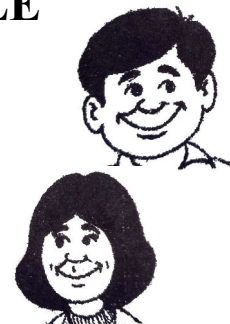
Water freely with patience and cultivate with love.
There is much fruit in your garden Because you reap what you sow.

*Found by Veronica Frost
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THE POWER OF A SMILE

There's a wondrous lot of power
In an honest, wholesome smile.
It often starts a blessing
That will travel for a mile.
When hearts are sad and dreary
And the days are dark the while,
You can notice that things brighten
From the moment that you smile.



Author unknown

BACK TO SCHOOL

Every name is called a **NOUN**
As *field* and *fountain*, *street* and *town*;
In place of noun the **PRONOUN** *stands*,
As *he* and *she* can clap their hands;
The **ADJECTIVE** describes a thing,
As *magic wand* or *bridal ring*;
The **VERB** means action, something done –
To *read* and *write*, to *jump* and *run*;
How things are done the **ADVERBS** tell,
As *quickly*, *slowly*, *badly*, *well*;
The **PREPOSITION** shows relation,
As *in* the street or *at* the station;
CONJUNCTIONS join in many ways
Sentences, words *or* phrase *and* phrase;
The **INTERJECTION** cries out, “*Hark!*”
I need an exclamation mark!”

* * * * *

JERUSALEM

And did these feet in younger days
Run up and down the stairs with ease?
And when we went to church to pray
Could we all go down on our knees?

And could we scrub and clean all day?
The weekly wash we would not shirk,
And could we dance the night away
And still get up in time for work?

Bring me my embrocation rub,
Bring me my glass of tonic wine!
Bring me my Radox for my tub!
Bring me my pills, I shall be fine!

I will not yield to aches and pains,
Nor shall I bow to housemaid's knee
'Til I have got my zimmer frame
And Age Concern has set me free.

Authors unknown



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CHURCH ACTIVITIES

Sunday

10.30 am	Sunday Club	Janet Wales
12.30 pm	The Sunday Group (2nd Sun of month for years 5 to 8/9)	Darren Arnold

Tuesday

10.00 am	AM Club - Men (fortnightly)	Dave Topping
2.00 pm	Tuesday at Two - Ladies (fortnightly)	Edna Armstrong
5 - 7.00 pm	Messy Church (half-termly) for families	Delma Whitman
7.00 pm	Bible Fellowship (monthly)	Margaret Holmes
7.00 pm	Book Club (monthly)	Ken Wales

Wednesday

10 till 1.30	Welcome Wednesday - food, activities, games and New2U stall	
10.30 am	Midweek Communion with prayers	
7.30 /8 pm	WoW (monthly Women's Group)	Wendy Gaskell
7.00 pm	Community Choir	Dave Topping

Thursday

2.30 pm	Knitting Group	Veronica Frost
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Friday

9.30 am	Toddlers' Club (under 5s & parents/carers)	Janet Porter
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Saturday

10.30 - noon	Who Let The Dads Out? (monthly)	Darren Arnold
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FOR CHILDREN & YOUNG PEOPLE

Monday

5.45 pm	Beavers (6 - 8 yr)	Fiona Jackson
7.00 pm	Cubs (8 - 10½ yr)	Dave Killingback
4.45 pm	Squirrels (4 - 5 yr)	Ketran Eastham

Tuesday

7.00 pm	Scouts (10½ - 14 yr)	Chris Thomas
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Thursday

5.45 pm	Rainbows (5 - 7 yr)	Jayne Myatt
6.15 pm	Brownies (7 - 10 yr)	Diane Bird
7.30 pm	Guides (10 - 14 yr)	Hannah Jones

Friday

6.30 pm	Escape (7- 11 yr)	Darren Arnold
8.00 pm	Youth Club	Darren Arnold

Sunday

10.30 am	Sunday Club	Janet Wales
12.30 pm	The Sunday Group (2nd Sun of month for years 5 to 8/9)	Darren Arnold

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