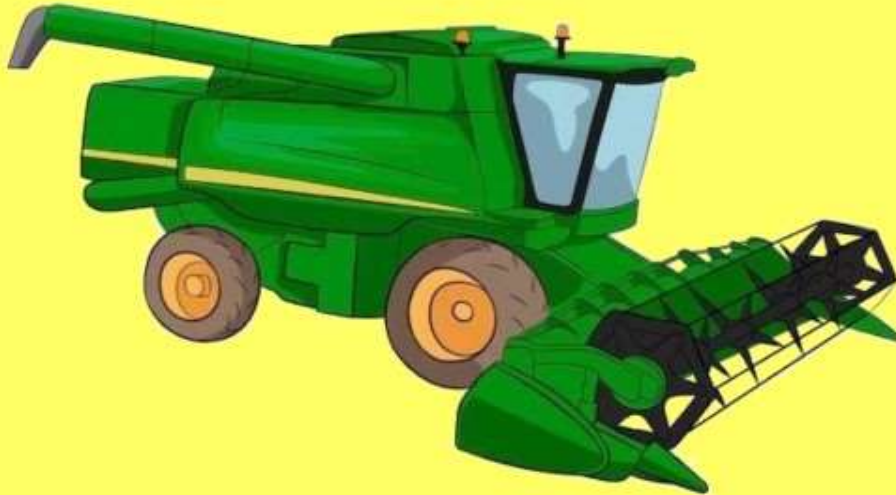
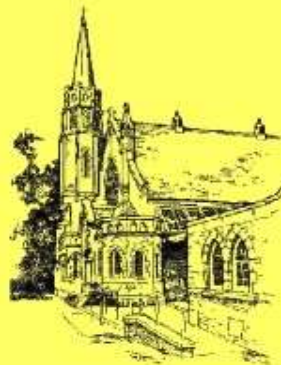




**Fulwood Methodist Church
Crossroads Centre**



HARVEST 2024



Twinned with the Evangelisch-methodistische Kirche,
Recklinghausen, Germany



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

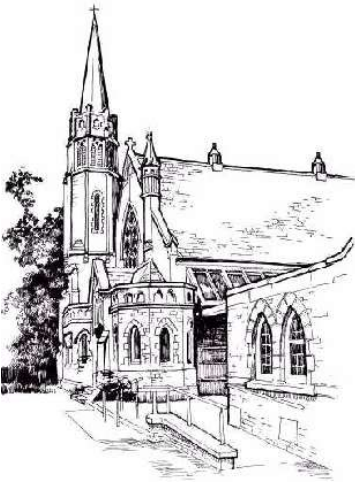
YOUTH, CHILDREN AND FAMILY WORKER

Darren Arnold - darrenarnold.church@gmail.com
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 the Willow Grove.

HOLY COMMUNION is celebrated monthly and once a month there is ALL TOGETHER 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

Dear Friends,

We have just remembered Fair Trade Fortnight. Although it has passed for this year, our Harvest celebrations remind us that this is an important thing for us to remember as a church community throughout the whole year. So, I ask you to pay some attention to how we shop and relate to our neighbours as we celebrate Harvest and as we move towards Christmas.



Since Jesus asks us as Christians to love our neighbours as ourselves, and our neighbour is any other human being with whom we come into contact, the demand to love must prevail when we shop.

It comes down to this: when we buy any product, we're not just buying a thing on a shelf. Behind it are people - the people who grew, processed, and crafted what we see. We come into contact with them even if we will never directly meet them. They are our neighbours. That means we have to care about their lives - were they paid enough for their work? Do their families have access to schooling and food? Are they free to ask for good working conditions? Are they protected from environmental harm? If we love our neighbours, we need to do everything we can to ensure that the answer to these questions is 'yes'.

Celebrate the Fortnight by committing or recommitting to be a Fairtrade place of worship. There are only two criteria:

- To use Fairtrade products wherever possible (at least tea, coffee, and sugar) and share information about Fairtrade products with the wider congregation.
- To integrate Fairtrade into the life of your place of worship, at Fairtrade Fortnight or other times of the year, for example through events, stalls, and worship.

Then you might like to join in praying the following prayers around the theme.

God Bless,

Jane

FOUR PRAYERS FOR FAIRTRADE FORTNIGHT 2024

One brand new and three favourites from previous Fairtrade Fortnights

Change our habits, Lord

Where our habits have reflected our sin and not your love,

Have mercy, Lord – forgive us our sins.

Where we seek help to form habits that conform to your ways,

Grant us grace, Lord – your will be done.

Where new habits of righteousness transform unjust structures,

We praise you, Lord – your kingdom come!

Just a moment

It starts with a change
So outwardly insignificant
That no one would notice
Except the person
Behind you in the aisle.

Just a moment
When instead of seeing
Rows of labels
On a supermarket shelf
You imagine the people
Behind them,
Tilling the earth,
Sowing the seed,
Gathering the crops.

And you pause,
Wondering,
What their names are,
Where they live,
What difference it will make
If your hand picks up
This box instead of that,

Wondering: how do I
Love these neighbours?
Can I help change
This child's long journey for water,
Her mother's lack of healthcare,
The prospect her father faces
Of another year unable
To feed his family well?

Just a moment.
And the person behind you,
Her impatient baby
Squirring in the trolley,
May never realise
That in that brief hesitation,
A life hung in the balance.



Taking a step further

Dear Lord,
You call us to a neighbourly love
That is generous in practical ways,
That doesn't leave by the roadside
Those harmed by sin and greed
But goes out of its way
To bring healing.
Help us to see
How neighbours near and far
Are suffering, their resources stolen
By unjust people and systems.
And fill us, we pray, with your Spirit,
That we may be inspired
To go further each day in using our gifts
Of time and money and talent
Lovingly
In ways that redress injustice
And renew life.



Agents of Change

Dear Lord, please give us hearts
Yearning for the changes
That manifest your Kingdom:
Justice in matters large and small,
The love that cares for neighbours,
A closer walk with you as we follow your ways.

Dear Lord, please give us minds
That strive to understand
Your Word and our world
So that we can hear your call
In the situations we encounter
And the choices we have to make.

Dear Lord, please give us eyes
That see the world as you do,
Lips that speak words of truth and love,
Hands and feet that take action,
And strength to persevere:
That, changed by your Spirit,
We may become agents of change
Through whom you reveal your Kingdom
For the honour and glory of your name



FAMILY NEWS

18th August Baptism of Martha Bailey

DIARY DATES

Bible Studies. Tues. 7:00pm. 1st Oct, 5th Nov & 3rd Dec.

Annual General Meeting Mon. 7th Oct 7:00pm - followed by the Church Council.

Alternative Church Mon. 21st Oct 6:30pm at the Black Bull, Fulwood.

The Leadership Team. 1st Tuesday of the month at 8.30am on Zoom.

Strictly Nativity. Rehearsals on the Sat 9th and 23rd of Nov. at 2:00pm with the final runs through before the performance. **Performance** 7th Dec. 4:00pm.

The Christmas Fair and Farmers' Market. Sat 23rd Nov. 9.30am - 1.00pm

Lights Party at Kingsfold Methodist Church. Fri 1st Nov. See notices for details.

* * * * *

PRIEST - PASTOR - VICAR - MINISTER

(Points of View)

If they visit their flock, they are nosey.

If they don't, they are snobs.

If they preach longer than 10 minutes, it is too long.

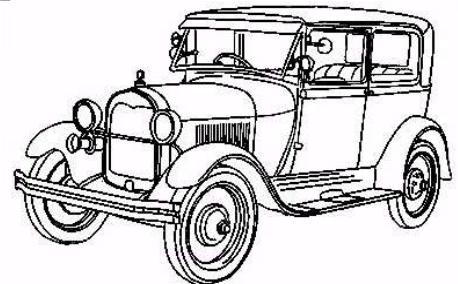
If they preach less than 10 minutes, they can't have prepared their sermon.

If they run a car, they are worldly.

If they don't, they are always late for appointments.

If they tell a joke, they are flippant.

If they don't, they are far too serious.



If they start the service on time, their watch must be fast.

If they are a minute late, they are keeping the congregation waiting.

If they take a holiday, they are never in the parish.

If they don't, they are stick-in-the-mud.

If they run a gala or bazaar, they are money mad.

If they don't, there is no social life in the parish.

If they have the church painted and re-decorated, they are extravagant.

If they don't, the church is shabby.

If they are young, they are inexperienced.

If they are getting old, they ought to retire.

But... when they die, there has never been anyone like them.

With thanks to Trinity Methodist Church, Royton.

YOUTH AND FAMILY WORK UPDATE

Summer activities have just finished. This year's selections were craft, chat, colouring and cake, film afternoons, Christmas prop making for the church show and craft during the toddler coffee mornings. We also enjoyed a lovely walk at Beacon Fell as part of 'Messy Church' followed by our packed lunch. I also held other events in both Mission groups of which I'm part.

Escape has restarted after the summer break and attendance is picking up from where we left off before the break. We could do with a few extra pairs of hands to help out! If you feel you could spare a week once a month and we get four helpers, that would be very useful to us so, please think about this.

Have you tried Connexions yet? Connexions is a short Bible study and a chance to be creative with Lego before the Sunday service. Keep an eye out for the next one and give it a try.

Coming up over the Harvest weekend, 40 children from the circuit including a few from Fulwood will be attending this year's 3generate at the NEC in



Birmingham for the weekend. There they will learn and experience new things in the village, which include areas such as Discovery, Eden, Globe, Great Outdoors, Theatre and the Town Hall – I'm sure a

report will be in the next edition.

Other things to look forward to are a circuit Light Party/Messy Church at Kingsfold on the 1st November, details soon, and Hope Wild is organising a young people's weekend sleepover at Fulwood in spring; again details to follow. And don't forget to get involved with the Pantomime (oh yes you can!).

Many thanks

Darren Arnold

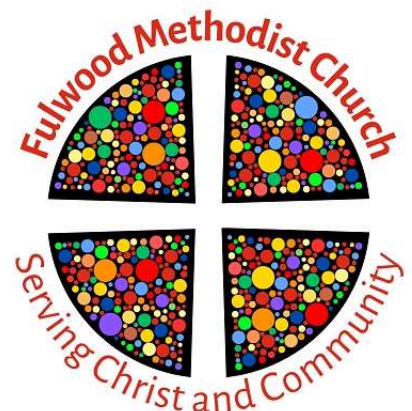
Youth, Children & Family Worker.

* * * * *

NEW FULWOOD METHODIST LOGO

Recently the Church Council approved a brand new logo for Fulwood Methodist Church. The logo is based on the Methodist Orb, but made up of many different coloured dots, representing our diverse church community. Just as many parts make one body (1 Corinthians 12:12-27), in our logo many parts make one image, and in our church it takes lots of different kinds of people to make up our community.

You can see it now on the church web pages, in colour, and on the front of this magazine.

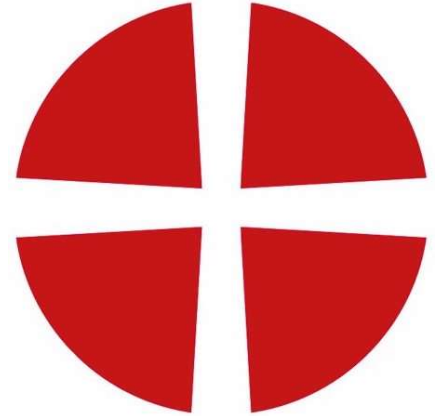


SETTLING DOWN

From Denise Johnson, Pastoral Worker

September is often a time of ‘settling down’, putting away and storing up ready for the colder months. We prune our plants, gather in harvests and sweep up endless leaves as they begin to fall. We change our wardrobe over to the jumpers and cosy coats and we pack away the summer clothing. I always feel a tinge of sadness when August says goodbye, but time rolls on.

Although September brings an end to summer it brings the new beginning to the church year. The Methodist Church steps up its activities (and it’s meetings!!) in September. It is the start of things – the beginning. Whilst we pack away the relaxation of summer the church begins again it’s routines. It’s a chance to bring some new energy into church, to look at new challenges maybe or to focus deeper into something that has become stale. It may also be a time to lay things down – change brings energy and putting down a heavy load is refreshing. What are the things in church life which bring us freshness, lighten our spirits and renew our faith? Surely, we should be focusing on those. This September it is my intention to not put all the summer things away until next time, but to let some of those things go so that when Summer arrives again, I can look forward to something new and refreshing. It won’t be easy, there are memories attached to my possessions and clothes – but I can’t keep them all. It helps with our wellbeing to declutter our homes and our lives, that is why TV programmes which focus on such things are popular and growing in number.



As we focus on this new church year let’s consider what are the things we need to pack away for a bit or even get rid of all together in order to make space for the refreshment of new things. I leave you with a quote from the book of Isaiah Chapter 43 verse 19.

*For I am about to do something new.
See, I have already begun! Do you not see it?
I will make a pathway through the wilderness.
I will create rivers in the dry wasteland.*

Peace be with you
Denise

* * * * *

If you want God to mend a broken heart, you have to give him all the pieces.

If you will not when you may, you may not when you will.

FAIRTRADE in 2024

As we celebrate Harvest and think about how and where our food is produced, we can also celebrate the 30th anniversary of the Fairtrade Mark, which has improved the lives of thousands of marginalised farmers across the world.

Choosing Fairtrade has never been more relevant. A report last year by Christian Aid reminded us that a significant percentage of what is in our shopping basket originates from countries vulnerable to the climate crisis. Bananas, coffee, tea and cocoa are among the staples of UK shopping baskets but are under threat from the warming climate. ‘Our record on carbon emissions has helped cause the climate crisis. Farmers in some of the world’s poorest countries are now struggling to cope with droughts, storms and rising temperatures... We cannot and must not ignore the needs of the people who produce our food.’

For farmers in the Fairtrade system – apart from the benefit of fair prices and decent working conditions - the extra premium received by the community helps the farmers become more resilient in the face of climate change, for instance diversifying crops, learning different methods of cultivation, or planting trees for shade and biodiversity. But expanding the number of farmers in the Fairtrade system needs more Fairtrade products to be purchased.



The Fairtrade Foundation asks us to **Be the Change**. When farmers receive fairer pay and a fair say, they can drive positive change in their communities. We can all **Be the Change** – by picking up even just one Fairtrade item in our weekly shop, we are making a difference. Have a look next time the Fairtrade stall is at church or at the Farmers’ Market – you might be surprised at the range of products available. Have a look at the website - www.fairtrade.org.uk

Anne Garsed

* * * * *

God never said that the journey would be easy, but He did say that the arrival would be worthwhile. (*Max Lucado*)

Blessed are those who can give without remembering and take without forgetting. (*Elizabeth Bibesco*)

SEASONAL CUSTOMS

By the time you read this it will be too late! However, I do feel I ought to draw your attention to a modern tradition occurring in early September: that of ‘Heritage Days’ – and I hope you’ll be on the look-out for relevant details come next summer.

The whole idea got off the ground 30 years ago, with a Heritage Weekend in early September. Its aim was to encourage people to open doors usually closed to the public, offering free entry, activities and experiences for all the family. The response was so good that it expanded to two September weekends and now it has grown yet again to become a 10-day festival of Heritage Days. Of course, some areas of the country have proved to be more receptive to the idea than others.



Using the same idea as for BBC-TV’s annual *Countryfile* calendar, the organizers eventually introduced the idea of having a theme. This year it was: Routes – Networks – Connections. I suppose you could put all manner of translations onto that - or simply ignore it and do your own thing!

Some examples of what was going on locally included exploring the history of the Ashton Freehold – a Victorian suburb created by a freehold land society (an early type of building society); tours of the Town Hall, the Masonic Hall and UCLAN; a look at the Dobcroft Nature Reserve, Ingol and at Broughton’s Church Cottage Museum. A little further afield there was free entry to Rufford Old Hall (NT); there was an exhibition of blacksmithing at Mere Brow smithy and a Village Alphabet was Croston’s offering (a bit like a village treasure hunt). Bank Hall, Bretherton was open too. Travel a bit further and there was far more on offer.

If you’re going to be away in another part of the country it could prove to be very worthwhile. East Anglia, for example, often has some very appealing visits to offer.

When the time comes around, Google for all you’re worth at - heritageopendays.org.uk

Roy Smith

* * * * *

EDITORIAL

Very many thanks to all who’ve responded to the appeal for material for this Harvest Magazine. Coming so soon after the Summer issue, and at holiday-time too, it isn’t easy.

The copy date for our **Christmas 2024** issue is **Sunday, 17th November**. Any material in advance of that date would, of course, be most welcome as late items cause many editing problems. Please do remember that articles may be subject to editing.

Roy Smith (Editor)

MARGARET SANDFORD

Fulwood Methodist Church was the centre of life for my parents Frank and Margaret Sandford, where their dearest friendships were formed. After Frank died on New Year's Day in 2016, Margaret received the loving care and companionship from her friends at the Tuesday ladies group, Wednesday Bible study, and the Thursday knitting group.

Margaret passed away on Monday September 2nd at Preston Royal Infirmary and although I did not arrive from Colorado in time, Margaret did not die alone, as Minister Jane, Janice, Jude and Veronica were all present in her last hours.

Since arriving in Preston on September 2nd, I have received compassionate support and an abundance of hugs from everyone at the church who knew my parents. The sermon on Sunday September 15th was about loving self and loving others. Fulwood Methodist Church acts out Christ's love in a very real and meaningful way.



Trisha Rostek

Martin's

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LEAVING A BEQUEST OR LEGACY TO FULWOOD METHODIST CHURCH

You may be considering leaving a gift in your Will to the Methodist Church - to support the Mission of the Church. If this is the case – this article provides some practical guidance on how to do this.

There are three ways you can leave a Gift to Fulwood Methodist Church through your Will:

- **Pecuniary Gift** - This is a Gift for a specified set amount of money - payable immediately after your estate liabilities and expenses have been settled.
- **Residuary Gift** - This is a Gift for a percentage of, or all of your estate that remains after all debts, liabilities and administration costs have been paid along with all pecuniary legacies. Unlike a pecuniary legacy, this type of Gift takes account of inflation and therefore the value of the Gift to the Methodist Church will remain constant over the course of time.
- **Specific Gift** - This is a Gift of a specific item of value such as a piece of jewellery, art or a music collection.

If you decide you are going to leave a gift to the Methodist Church, you may do this:

- unconditionally;
- with restrictions; or
- as a permanent endowment.

The most common and preferred option is an unconditional Gift which will enable the Church Council to decide exactly how the monies should be used by the Methodist Church.

How to leave an unconditional gift

An unconditional Gift can be left to the Methodist Church by using the following example wording in your Will.

“I GIVE to the Trustees for Methodist Church Purposes of Central Buildings Oldham Street Manchester M1 1JQ (registered charity number 1136358) (hereinafter called “the Board”) [the sum of £XXX] or [XX% share of my residue estate] free of all inheritance tax and other tax or duty leviable in any part of the world at my death to be held by the Board as custodian trustees upon the Model Trusts for the time being contained in the Methodist Church Act 1976 AND I DESIRE the said sum to be applied for the local purposes (as defined in the said Act) of the [xxxxxxxxxxxx] Methodist Church”.



The money left under the example above would then be held by the TMCP (Trustees for Methodist Church Purposes) on trust for the sole use of the Methodist Church which is named in the Will, at the direction of the Church Council. The Church Council can then request those monies at any time for our general purposes and for furthering the Mission of the Methodist Church.

The advantage of leaving an unconditional Gift is that by virtue of section 15 of the Methodist Church Act 1976, the Gift will not be lost to Methodism should Fulwood Methodist Church cease to exist at the time your Will comes into operation.

How to leave a restricted gift

If you would like to leave a Gift for a specific purpose (a restricted gift) then the following example wording can be adapted to provide details of your wishes. Your solicitor or legal adviser should however advise you as to the most appropriate form of wording:

'I GIVE the sum of £xxxx to the [NAME] Methodist Church on trust and I DIRECT that the said sum be applied for [xxxxxxxx] of the church'

You should bear in mind that if Fulwood Methodist Church closes by the time your Will comes into operation, any unrestricted gifts will revert to your residue estate.

How to Leave a Permanent Endowment

In this case, the Church cannot spend the money received – only the income generated from investing that money (i.e the interest).

This income can be restricted to use for a particular purpose or fund or left for the general purposes of the Methodist Church. Below are two common forms of wording, but again your solicitor or professional adviser will be able to assist you further:

'I GIVE to the Trustees for Methodist Church Purposes (hereinafter called 'the Board') the sum of £xxxx free of duty for which the receipt of the secretary for the time being or other authorised officer shall be sufficient discharge and I DIRECT that the said sum of £xxxx shall be invested by the Board in any of the investments for the time being authorised by law for the investment of trust funds and that the income thereof shall be paid from time to time to the treasurer of the [NAME] Methodist Church to be applied for [xxxxx]'

Or

'I GIVE to the [NAME] Methodist Church a xxx% share of my residue estate and I DIRECT that the income shall be applied for the upkeep of the chapel'

What if I have already made a Will

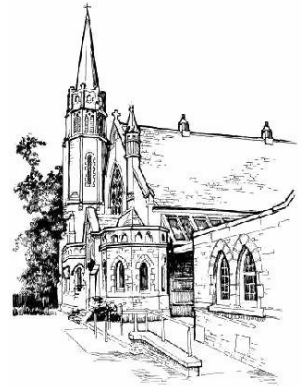
If you already have a Will and you want to make a small amendment to it such as adding a beneficiary or vary the amount you have left to a person, you can do this by asking your legal adviser to draw up a Codicil to your Will. This must refer to your last Will and is effectively an addendum to it but it saves the time and expense of having a new Will drafted to take account of the minor changes you may want to make to your Will.

Advantages of Leaving a Gift to Fulwood Methodist Church

As a charity, the Methodist Church is subject to different tax regulations. There are certain charity tax concessions which the Methodist Church benefits from. Not only are Gifts to the Methodist Church exempt from Inheritance Tax, but if 10% or more of your net estate is left to charity, then this will reduce the Inheritance Tax liability on legacies that are left to non-charities which cannot claim charitable relief.

Further details can be found at the Government’s website - www.gov.uk/donating-to-charity/leaving-gifts-to-charity-in-your-will

If you have any queries in relation to leaving a legacy to the Methodist Church then please contact the TMCP – details are on their website at - TMCP.org.uk



*Amanda Latham
(Church Finance Team)*

SEEN ON ROAD SIGNS IN FRANCE

I saw this STOP sign suitably modified, at a road junction near Cheverny, in the Loire Valley region of France, near where we were caravanning this Summer.



There are also signs at the entry and exit of many towns and villages in France and many have been turned upside down. It’s a campaign by farmers to draw attention to what they say is their increasingly precarious way of life.



John Butterworth

There is no duty more obligatory than the repayment of kindness. *(Cicero)*

AM CLUB

Alternate Tuesdays at 10.00 for 10.30am

September - December 2024

- 8th Oct. 'Fuel for Thought' (A Changing Future) Geoff Oldham
22nd Oct. 'Invisible Links' Michael Barratt
5th Nov. 'Starter for Youth' John Butterworth (The other one)
19th Nov. 'Fox Street' Sarah O'Halloran Project Manager.
3th Dec. Christmas Meal (Location TBA)
Donation - £2.00 per visit. Tea, Coffee and Biscuits included

* * * * *

FRIENDS at FULWOOD

Alternate Tuesdays at 2.00pm

September - December 2024

- 8th Oct. 'Living with an Indian Saint' Helen Frost,
22nd Oct. 'River Ribble Valley Trust.'
5th Nov. 'First Aid at Home' with Andrea.
19th Nov. 'Musical Afternoon' John Allcock
3rd Dec. Christmas Meal.
17th Dec. Christmas Communion.

* * * * *

BOOK CLUB

Tuesdays at 7.00pm

- 8th Oct. 'Dragged Up Proppa' by Pip Fallow and
'On Beulah Height' by Reginald Hill
12th Nov 'Untold Stories' by Alan Bennett
10th Dec 'A Thousand Mornings' by Mary Oliver and
'Let the Light Pour In' by Lemm Sissay.
(plus Christmas surprises for all!!)

* * * * *

FULWOOD SUNDAY CLUB - MINI QUIZ!

1. How many groups form Sunday Club?
2. If a child is 6, which group are they most likely to be in? *
3. Is there a group for teenagers?

*Sometimes children choose to belong to a different age group because of friendships etc. We are very flexible!

Find the answers on page 26 of the magazine.

AUTUMN at RAMJS

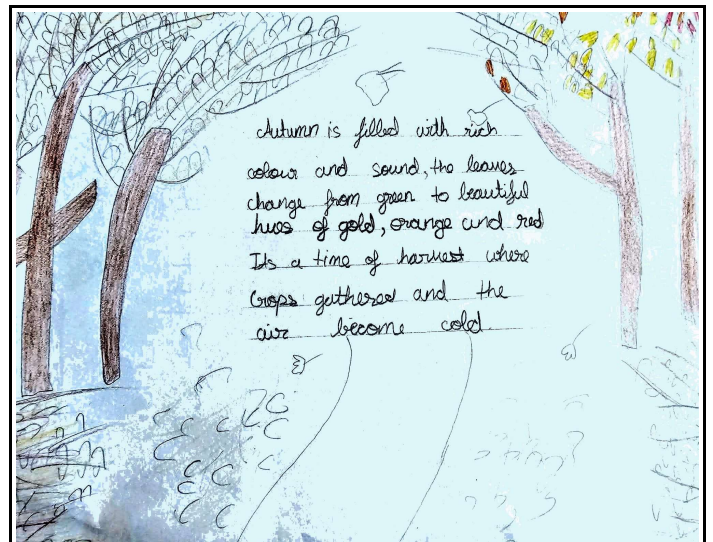
Autumn at Ribbleton Avenue Methodist Junior School is an especially busy time. We are welcoming in our newest school members and getting to know our new teachers and friends. We notice the seasonal changes and at the start of the academic year in our Outdoor area, we harvest the fruits and vegetables we have grown. We then have a go at cooking them (if we can) over our fire pit. Although we didn't grow our own apples this year, we have taken great pleasure in sitting around the first of many fires and roasting apples that we have then covered in brown sugar. The smells have been amazing and everyone has enjoyed having this opportunity, despite the terrible weather, to sit out and enjoy being together around our fire circle. We are observing the seasonal changes in our own environment as we watch the leaves in our little coppice start to change colour. We know that Autumn is upon us and following that Diwali and Christmas, a time full of joy and celebration throughout school.

Some of our children have chosen to write some poems and make some paintings, and have asked to share their work with you, and a selection of these have been sent with our Chair of Governors, Ken Wales, so they can be displayed at church. We hope you enjoy them.

Fran Nickson Head

Autumn

Autumn is filled with rich colours and sounds,
The leaves change from green to beautiful hues of gold, orange and red,
It's a time of harvest,
Where crops are gathered and the air becomes cold.



The Season of Autumn

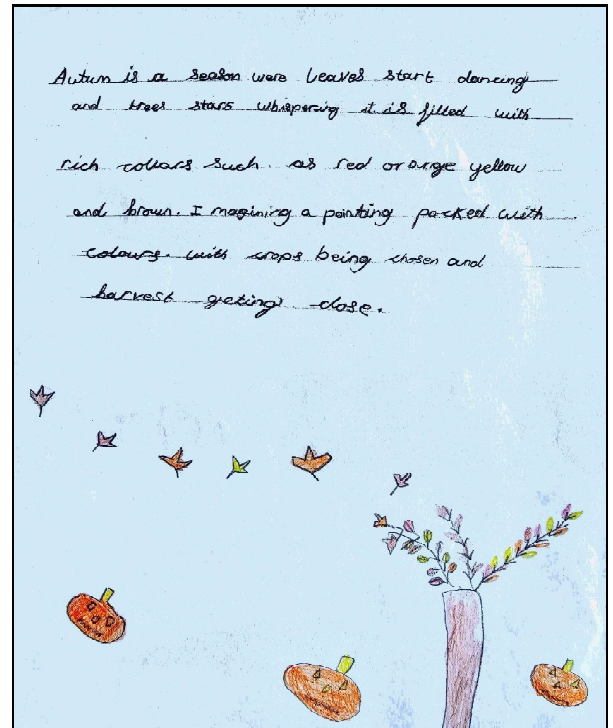
Autumn is a beautiful season,
The crispy leaves crunch in your imagination,
The trees swoosh in the wind as the birds fly and sing,
The crops are grown and people start to harvest.
That's what happens in the season of Autumn.

Autumn Leaves

Autumn is a season when leaves start dancing, and trees start whispering.

It is filled with rich colours such as red, orange, yellow and brown.

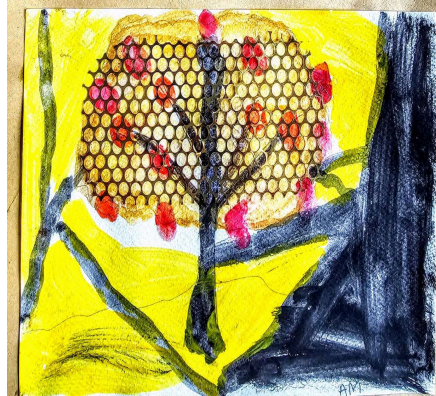
Imagine a painting packed with colours, With crops being chosen, Harvest is getting close.



Leaves Falling

Leaves falling from the trees, Wind blows the grass and leaves, And the sound of crunching underneath your feet.

Below is some artwork done by our SEND (*Special Educational Needs or Disability*) pupils.



MOOR PARK HISTORY

On Moor Park in Preston, on the weekend of September 7/8, Radio 2 staged a popular Music Festival with well known bands & singers.

Thinking about this event I began to recall other events on the park in history which I thought may be of interest to read in our magazine.

Moor Park is a grade II listed park, originally common land from Henry II 1235 and originally known as Preston Moor. It has been the centre of many of the town's historic and memorable events over the centuries.

In 1642 prior to The Civil War, 5,000 met on the park to hear The King's Commission of Array. Trouble broke out between supporters of Parliament & those of the King; a precursor of The Civil War ahead. In 1648 Moor Park was the scene



of The Battle of Preston between The New Model Army and The Royalists, commanded by The Duke of Hamilton. The New Model Army was commanded by Oliver Cromwell. The battle was the ultimate finishing blow to the Royalists' hopes.

Between 1736 and 1833 horse racing was held annually. The races began at a large stone still to be seen in it's original position.

In 1833 it became the first Municipal Park, already having the beautiful avenue of lime trees and The Serpentine still seen to this day. Until landscaping it was a rough grass land for the use of freemen for grazing their cattle.

From 1862 to 1865, the park was landscaped by Edward Milner, a well known Landscape Architect. He also designed Avenham and Miller Parks and Grange Park, with work carried out by out of work cotton workers during The Cotton Famine in America. Read more about Edward Milner at tinyurl.com/5n88p3ue

Sporting activities and facilities have always been encouraged on the park. In 1867, a Cricket team rented a wicket. Later a move across Deepdale Road to Deepdale Farm, changing from cricket to football, was the beginning of Preston North End - the city's football team.

In 1905 an open air bath was opened and in 1915 a hospital was opened on the park to treat wounded soldiers in the 1914-18 war. It had 35 patients, but was extended for 270 war wounded. In the Second World War it was the site of a Prisoner of War Camp with no escapes!



In 1927 the observatory was opened on the park in time to watch the total eclipse of the sun. My father used to talk about joining with crowds of people to watch the eclipse visible over most of Britain. The observatory is now owned by the University of Central Lancashire.

Another interesting event was in 1986 when Tom Benson, a Prestonian, became the new World Champion Long Distance Walker by walking the



perimeter of the park non stop, covering 415 miles. The Tom Benson Stone sits on the Park, near Garstang Road, to commemorate this feat of endurance.

His name is also honoured in the name of Tom Benson Way, the dual carriageway on the Ashton, Ingol and Cottam side of our town.

Public parks are to be cherished & respected all over the world, including our Preston parks. We must thank the dedicated gardeners of the Parks' Department for keeping them beautiful and in good order for us all to enjoy.

Enid Singleton



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HUMOUR AND WISDOM IN THE WORKPLACE

Introduction

This month's edition will focus on humour in the workplace. We spend lots of time at work and it can be stressful. Leaders who apply appropriate, tasteful and timely humour can ease the strain and improve morale and ensure effective working. I have included amusing anecdotes and stories from my career as a senior nurse leader/manager in the NHS. I have also included some insights, northern wit and wry humour, inspiring quotes and amusing observations, all aimed at making you smile.

To begin with some words of wisdom

- Work is only a pressure if you do too much of it. Change?
- It is a false economy to work continuously, regular breaks fuel greater productivity and creativity.
- When you visit the gym, make sure you are not swapping one treadmill for another.
- It's not the problem that is the issue, it's how you handle the problem.
- As pressure at work increases, learn to manage it or it will manage you.
- It's better to wear out, than rust out.
- "Absence of occupation is not rest; a mind quite vacant is a mind distressed".



Highlights (or perhaps more accurately, low lights) from my career

In 1973, I was appointed as a Nursing Officer for Trafford Health Authority, with the major challenge of establishing a community mental health service. At the time it was ground breaking work as large mental health hospitals (asylums) were being closed down and replaced by modern approaches to care in the community, where people were treated and cared for in their own homes and community settings. The aim was to reduce stigma, prevent isolation and increase opportunities for rehabilitation and recovery.

One of my first referrals was an elderly lady, who was experiencing a 'paranoid, suspicious' type of illness. She'd been prescribed an antipsychotic medication to address her delusional and agitated condition. The medicine had a sedative effect.

Her son was a university lecturer and had taken time off work to care for her, but had to return to his job at the university a week later.

Together, we developed what we considered to be an innovative strategy to ensure his mother took her medication during the day, whilst he was at work. The medicine in a liquid form, was clear, with no aroma and was tasteless. This seemingly imaginative approach was to ensure her daily medication was added to her milk jug so that during the day, when she had her regular brew, the medicine would be topped up and maintain the correct therapeutic levels. We congratulated ourselves on creating this novel approach. However, it wasn't to be! On the first day, when her son arrived home early from work, he found his mother fast asleep, along with three dozing friends from the Mother's Union who were visiting her to enjoy her hospitality of afternoon tea. A valuable lesson was learnt to think through the potential consequences of one's action.

In 1978 I was appointed as a Director of Nursing for Mental Health for Wigan and Leigh Health Authority. On my fourth day at my new post, I started my duties at Atherleigh Hospital at the east side of the borough in Leigh, visiting the wards and introducing myself to the staff. Having spent the morning at Leigh, I travelled to the other part of the patch to my office at Billinge Hospital, on the outskirts of Wigan. This was my first journey across the borough and I was in unfamiliar territory. When I reached the locality of Billinge, I saw a mature nurse in her uniform at a bus stop. I stopped and said that as I was going to the hospital, did she want a lift? At the first crossroads, unfortunately, I mistakenly took the wrong turn and instead of going straight ahead, I turned right into the countryside. After a quarter of a mile, the nurse said "This isn't the way to the hospital," followed by "Where are you taking me?" Before I could explain that I was new to the area, she exclaimed, "You must be hard up if you fancy me," followed by, "I meant to have my hair done on Tuesday!". By this time, I was panicking and somewhat tongue tied with the predicament. She then said, "What do you do at the hospital?" I was feeling embarrassed to say that I was the new Director of Nursing. So I just said "I'm a newly appointed nurse" and she responded by saying "I'll be all right then if you're a male nurse". For the next few weeks, I sought to keep a low profile and to save her and my own embarrassment, I avoided visiting the ward she worked on when she was on duty.

Northern Grit, Work Wit and Humour

- Job opportunities for those with earning disabilities (A misprint in the LEP)
- My father said to me, "I always wanted you to have the things in life that I never had." So, he got me a job.
- You'll be pleased to hear that your father now has a new job, with 500 men under him. He's cutting the grass at the cemetery. *Ken Goodwin.*
- ?My father was killed 'downt' pit in 1967, it was a terrible shock for me mother as he should never have been down there as he was a milkman.

Willy Russell

During my stewardship at Wigan, I recall that one afternoon at 5 o'clock a breathless and anxious nurse came to my office and reported that a patient had absconded from ward D4, wearing a male nurse's white coat. As I liked to 'lead from the front', I immediately ran up the hospital drive and noted the bus was about to leave from over the road. I dramatically stopped the bus from leaving. I entered the bus and explained the situation to the driver and spotted the man wearing the white coat, sitting at the back. I carefully approached him and sought to persuade him to accompany me off the bus. He brusquely declined. I then attempted to encourage him and placed my arm alongside his shoulder and gently prompted him to leave the bus with me. He then threw a punch so I manoeuvred him to the floor and held him to the ground. At this point four female nurses arrived and asked "What are you doing Mr Rae?" I exclaimed, "What the hell does it look like?" Only to be told "That's not him!" It turns out that the guy was a temporary woodwork instructor in the day hospital!

When I was a chief nurse in the Salford Mental Health Trust, my duties included the responsibilities in overseeing the complaints policies. The service had received a complaint from a family concerning their daughter's refusal to allow them to visit her. They had been advised by the ward team, that the daughter had insisted that her parents had not to be allowed into the ward, due to their hostile attitude and behaviour. The daughter believed this would be embarrassing and distressing and was likely to impede her recovery. The family subsequently complained, even after receiving an explanation for the reasons and support to ameliorate their distress.



I discussed the family's request and complaint with the clinical team who confirmed with the patient that she did not want her parents to visit her in hospital. The clinicians understood the reasons why and agreed that it would not be helpful to her recovery at that time. I therefore arranged to visit the family at their home and explain the reasons why and offer them support and encouragement for the future. I invited my secretary to accompany me and rather immodestly, I suggested she would find the visit of interest and a valuable learning opportunity as she would observe my experienced style and approach in relaying the outcome of my investigation to the family. On the way to the family home, we bought a spray of flowers to give to the mother, with the intention of softening the blow of receiving disappointing feedback. On arrival, we were invited into their home and I gently

told them of the outcome. As soon as I did so, the mother began shouting profanities at me, insisting that we leave the house and in no uncertain terms, told me where to shove the flowers and uttered an immortal insult, that I was as useful as an ashtray on the back of a motorbike!! We hastily left the home, in front of a frightening group of neighbours, bawling us out as we made a retreat to the safety of my car. It wasn't the positive experience I had promised my secretary!

A question and some observations about work

- How do men that drive the snow plough get to work in the morning?
- Hard work never killed anybody but why take a chance?
- At work I tended to be a procrastinator but I never got round to it.
- The only place you will find success before work is in the dictionary.
- Team work – coming together is a beginning, keeping together is progress, working together is success.

Finally, I hope your working day was never: Moanday, Tearsday, Wailsday, Thumpsday, Frightday, Shatterday or Shunday. (James Joyce)

Keep Smiling!
Malcolm Rae



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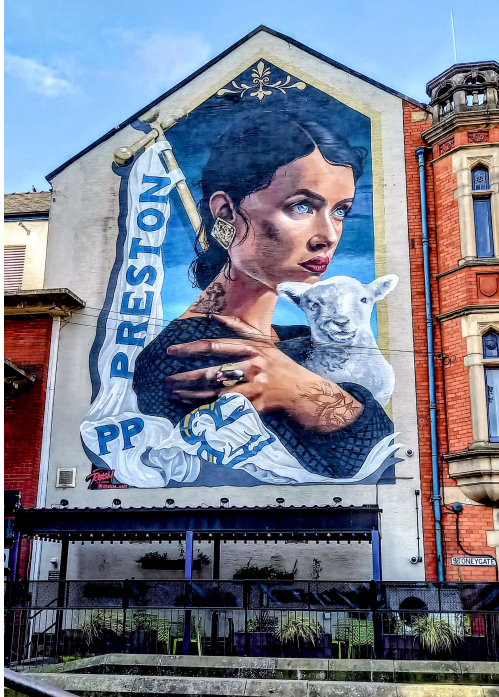
PRESTON STREET ART

Recently, there has been a variety of wall pictures appearing in Preston. The most well known is probably the one alongside the Minster on Church Street. The mural is called Mother and is the work of Preston artist Shawn Sharpe.

The newest one is of Tom Finney, near the North Road and Moor Lane junction. Again, this is by Shawn Sharp.

Next time you are in town, keep a good lookout.

Text and all photos by *John Butterworth*



'Mother' alongside
Preston Minster



Tom Finney, near the A6 North Road
and Moor Lane junction



The Adelphi Pub near the University
roundabouts, again by Shawn Sharpe.



Behind the 'Black A Moor Head'
pub on Lancaster Rd.
by Chris Dorning.



On the Station pub near the railway station by Urban Gypset, two graffiti artists from Cornwall.



Above, by Shawn Sharpe, is on the side of The Northern Way pub on Friargate and on the left is on Snape's printers on Bolton Court, through a narrow entrance off Church Street, by Gavin Renshaw.



On the right and below are two murals on the Tom Finney pub on Birch Avenue in Penwortham, painted by Scott Wilcock.



Children and young people at Fulwood Methodist Church



Creche

Toys and books suitable for babies and toddlers at the back of church. Our sound system allows you to listen to the service from the creche, and a toilet with baby change facilities is just next door.

Sunday Club

Seekers

Preschool

Explorers

Reception - Year 2

Path-Finders

Year 3 - Year 6

Path-Finders Plus

High School

Games, crafts,
Bible stories,
discussion,
songs, snacks!



THINGS WORTH WHILE

Don't ask, "Has the world been a friend to me?"

But, "Have I to the world been true?"

'Tis not what you get, but what you give
That makes life worth while to you.

'Tis the kind word said to the little child
As you wiped its tears away
And the smile you brought to some careworn face
That really lights up your day.



'Tis the hand you clasp with an honest grasp
That gives you a hearty thrill,
'Tis the good you pour into other lives
That comes back your own to fill.

'Tis the dregs you drain from another's cup
That makes your own seem sweet
And the hours you give to your fellow men
That make your own life complete.

'Tis the burdens you help another bear
That make your own seem light,
'Tis the danger seen for another's feet
That shows you the path to right.

'Tis the good you do each passing day
With a heart that's sincere and true,
For through giving the world your very best
Its best will return to you.

(Anon)

* * * * *

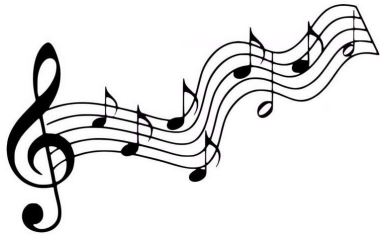
THANKS FOR FRIENDS

I thank thee, Lord, for friends upon life's way,
Who walk with me if bright or dark the day.
My faithful friends whose love stands every test,
Who know my faults yet always see the best.
Accept my thanks for thy great gift I pray,
Bless with thy joy and peace my friends today.
Smile on our fellowship and may we be,
Loyal in all things to ourselves and Thee.

(Anon)

OLD HARVEST HYMNS

Nowadays in the Methodist Church we use many modern hymns. The oldest Harvest hymn in the book we now use is 'We plough the fields and scatter' published in 1782. This is still well known and popular. The next oldest was in a 'School Hymn Book of the Methodist Church'. This is 'Sing to the Lord of harvest' written in 1866 by John Samuel Bewley Monsell. The style and words do seem much older.



- 1 Sing to the Lord of harvest,
Sing songs of love and praise:
With joyful hearts and voices
Your hallelujahs raise,
By Him the rolling seasons
In fruitful order move;
Sing to the Lord of harvest
A song of happy love,
- 2 God makes the clouds drop fatness,
The deserts bloom and spring,
The hills leap up in gladness,
The valleys laugh and sing;
He filleth with His fullness
All things with large increase
He crowns the year with goodness,
With plenty and with peace.
- 3 Bring to His sacred altar
The gifts His goodness gave:
The golden sheaves of harvest.
The souls Ho died to save.
Your hearts lay down before Him,
When at His feet ye fall,
And with your lives adore Him,
Who gave His life for all.
- 4 To God the gracious Father,
Who made us 'very good',
To Christ, who, when we wandered,
Restored us with His blood;
And to the Holy Spirit,
Who doth upon us pour
His blessed dews and sunshine,
Be praise for evermore.



John Samuel Bewley Monsell, 1811-75

If you know of any older ones, please let us know.

A FARRAGO

Yet another connection to this year's celebration of the RNLI's 200th anniversary is the unveiling of a new rose: *RNLI 200th 'With Courage'*. It was the work of Ian Limmer, nursery manager at Peter Beales Roses and was launched at this year's Royal Horticultural Society's Chelsea Flower Show. It's a floribunda with apricot-coloured flowers. 'With Courage' was the motto of Sir William Hillary, founder of the RNLI and Ian's inspiration was his grandfather, a volunteer for 30 years at the Sheringham lifeboat station Norfolk.

Had you noticed that the Blackburn Anglican Diocese now has a new Suffragan Bishop of Burnley, the Rt. Rev. Dr Joe Kennedy. The service of consecration was held at York Minster in early August, led by the Archbishop of York.

We're always pleased to receive copies of magazines, newsheets and visitor guides from other churches and examples have come from: Croston, St Michael & All Angels; Eccleston, St Mary the Virgin; a trip round France with samples from the Chartres area (SW of Paris), Blois (upper Loire area), Briare & Gien (SE of Orleans) and the Charolles area (Val d'Or).

We also usually receive a copy of the magazine from our twinned Evangelische-methodistische Kirche in Recklinghausen, Germany. This is available, translated into English, on our website www.fulwoodmethodist.org.uk via a link on the front page. We haven't received a new one recently.

Roy Smith

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GROWING UP IN THE 1950's to 90's.

1. Pasta was not eaten.
2. Curry was a surname.
3. A takeaway was a mathematical problem.
4. A pizza was something to do with a leaning tower.
5. Crisps were plain; the only choice we had was whether to put the salt on or not.
6. Rice was only eaten as a milk pudding.
7. A Big Mac was what we wore when it was raining,
8. Brown bread was something only poor people ate.
9. Oil was for lubricating, fat was for cooking.
10. Tea was made in a teapot using tea leaves and never green.
11. Sugar enjoyed a good press in those days, and was regarded as being white gold.
Cubed sugar was regarded as posh.
12. Fish didn't have fingers.
13. Eating raw fish was called poverty, not sushi.
14. None of us had ever heard of yoghurt.
15. Healthy food consisted of anything edible.
16. People who didn't peel potatoes were regarded as lazy.
17. Indian restaurants were only found in India.
18. Cooking outside was called camping.
19. Seaweed was not a recognised food.
20. "Kebab" was not even a word, never mind a food.
21. Prunes were medicinal.
22. Surprisingly, muesli was readily available, it was called cattle feed.
23. Water came out of the tap. If someone had suggested bottling it and charging more than petrol for it, they would have become a laughing stock!
24. And the things that we never ever had on our table in the 50s and 60s: elbows or phones!



* * * * *

Exercise daily – walk with the Lord

The wages of sin are death. Repent before pay day.

God is at his best when I am not.

I may not know what the future holds, but I do know who holds the future.

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GIVING YOUR BEST

It's the hand we clasp with an honest grasp
That gives a hearty thrill.

It's the good we pour into other's lives
That comes back our own to fill.

It's the dregs we drain from another's cup
That makes our own seem sweet.

And the hours we give to another's needs
That makes our life complete.

It's the burdens we help another bear
That makes our own seem light.

It's the dangers seen for another's feet
That show us the path to right.

It's the good we do each passing day
With a heart sincere and true.

In giving the world your very best
It's best will return to you.

(Author unknown)

* * * * *

At bedtime, for several evenings, I had been teaching my three year old daughter the Lord's Prayer. She would repeat after me the lines from the prayer. Finally she decided to go solo and I listened with pride as she carefully enunciated each word, right up to the end of the prayer. "Lead us not into temptation," she prayed, "but deliver us from e-mail...." (Maybe she has a point!)

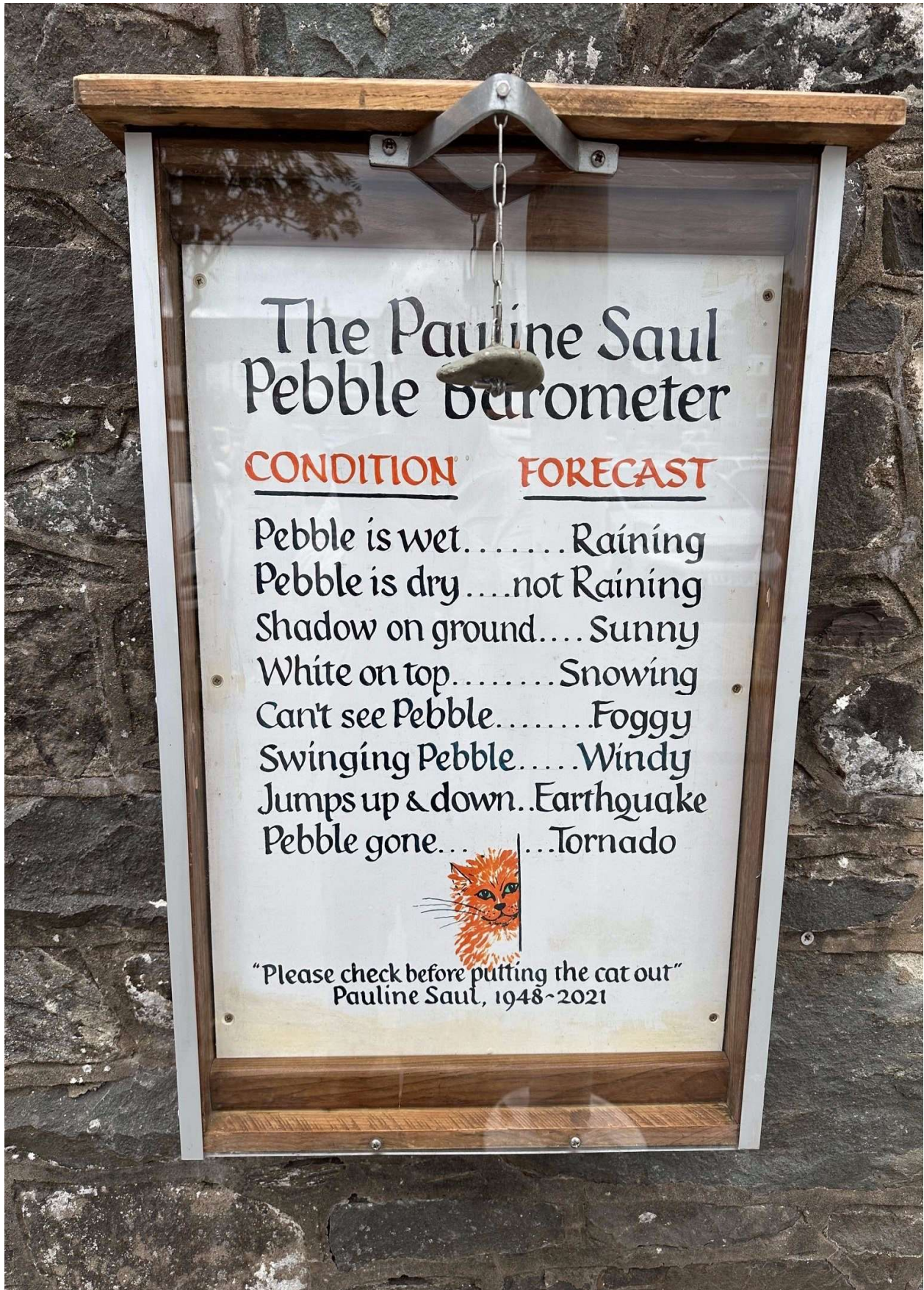
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The Bible was the only book Jesus ever quoted, and then never as a basis for discussion but to decide the point at issue. *(Leon Morris)*

Holy people have a sense of inner peace. In their presence, it is the God of the still, small voice that one perceives. *(T.Harrison)*



PEBBLE BAROMETER



This Pebble Thermometer was unveiled in Kirkcudbright in May 2022 in memory of Pauline Saul.

THE TEN COMMANDMENTS

- 1 Practice loyalty to the Sacred.
- 2 Do not forget that any given image of God is only a glimpse.
- 3 Do not use God's name to do harm.
- 4 Do not let life be defined by productivity.
- 5 Care for those who have cared for you.
- 6 Do not be destructive.
- 7 Be faithful to the commitments you make.
- 8 Do not take what does not belong to you.
- 9 Do not hinder justice from coming to fruition.
- 10 Do not let your internal desires lead you to harm another.

* * * * *



COMMENTS WANTED!

Ken Wales suggested including this 'Fascinating' photo and is inviting 'suitable' comments!

Do you have an 'interesting' photo we could include in future issues that would suggest an appropriate subtitle?

Let us have them!

* * * * *

The more you worry about what is going to happen in the future, the more you miss out on what is happening NOW.

If you haven't any charity in your heart, you have the worst kind of heart trouble.

The greatest legacy one can pass on to one's children and grandchildren is not money or other material things accumulated in one's life, but rather a legacy of character and faith. *(Billy Graham)*

Faith is taking the first step, even when you don't see the whole staircase.

(Martin Luther King, Jr.)

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 - (fortnightly) Dave Topping
2.00 pm 'Friends at Fulwood' (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 12.30 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

Friday

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

Saturday

- 10.30 - noon Who Let The Dads Out? (monthly) Darren Arnold

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

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

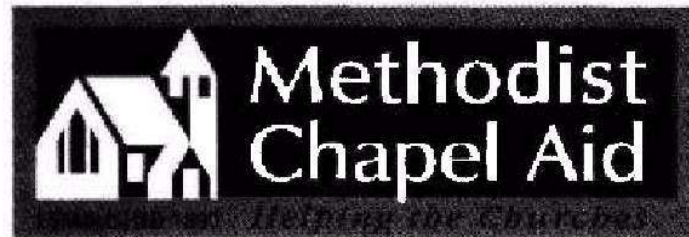
Friday

- 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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