

CIRCUIT NEWS

CIRCUIT NEWS AND VIEWS FOR BANGOR & HOLYHEAD METHODIST CIRCUIT

The Mission of the Bangor & Holyhead Circuit is to live out God's Word and share the good news about Jesus Christ by loving and caring wholeheartedly through service and worship with fun, fellowship and joy for all the church family and the community

Coping with self-isolation – Seven S'

Schedule: Plan your day and give it some structure. Decide what time you will eat your meals. Plan to do something in the morning, in the afternoon and in the evening.

Soap: Just because you are isolated, does not mean you should relax the cleaning regime. Wash your hands regularly for 20 seconds. Keep your environment and yourself clean.

Stimulus: Find things to do to keep your mind active. Read for an hour, try drawing or writing. Send a letter every day if you can. Make sure that the day does not just become a yawning chasm.

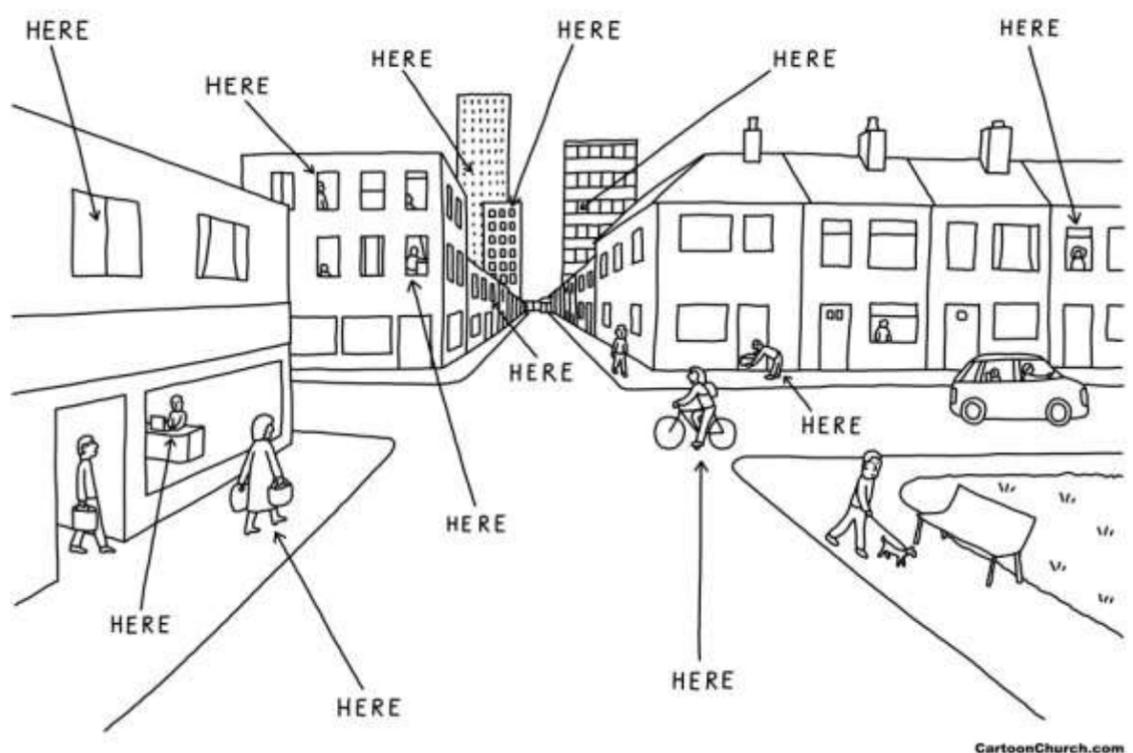
Spiritual: We're in isolation but God isn't! Although we can't meet together for worship we can still be blessed by spiritual things. Why not use the Sunday Service Sheet the Circuit is providing for use at the time you would normally be in church? That would give us all the sense of being together in a different way.

Strenuous: Get some exercise, however little it may be. Stand up and sit down, touch your toes, do some exercises, or anything that will get your blood pumping a bit more.

Smile: Find something, each day, that will make you laugh out loud. A programme on TV or a book that you have with funny passages. Anything that makes you feel a bit more positive, even if it is only for a few moments.

Sunshine: If you can get outside then do. If you can't, then let the sunshine in through your windows. Do not sit around with the curtains closed all day and night — you are bound to feel down if you do!

WHERE THE CHURCH IS



Words of welcome from Rev. John Hughes

At a time when we are all having to adjust our lives to fit into a new pattern of existing, when our contact with friends, family and Church has changed and when everything we took for granted has shattered, we are trying something different – a monthly Circuit Newspaper!

It is hoped that this Newspaper will be one of the ways we can communicate with each other during this period of isolation – but this will only work if you make it work, so please send in your thoughts, prayers, poetry, jokes etc. that we can share around the Circuit.

There are a lot of online resources available for those who use modern technology, but for those who don't the sense of missing out can be acute at times like these, so please make an effort to pick up the telephone and 'phone a friend on a regular basis!

If you would like someone to pray for you and/or with you (over the telephone) please ask – contact detail can be found on the reverse of this Newsletter.

Remember that you are not alone at this difficult and frustrating time – Jesus said (Matt 28:20). **“I am with you always, to the end of the age.”**

KEEP FIT AND CARRY ON!



For the exercises that require a chair, chose one that is stable, solid and without wheels.

You should be able to sit with feet flat on the floor and knees bent at right angles.

Avoid chairs with arms as this will restrict your movement.

Wear loose, comfortable clothing and keep some water handy.

Try to attempt these exercises at least twice a week, this will help to improve muscle strength, balance and co-ordination.

Build up slowly and aim to increase the repetitions of each exercise over time

Mini Squats

- A.** Rest your hands on the back of the chair for stability and stand with your feet hip-width apart.
 - B.** Slowly bend your knees as far as is comfortable, keeping them facing forwards. Aim to get them over your big toe. Keep your back straight at all times.
 - C.** Gently come up to standing, squeezing your buttocks as you do.
- Repeat five times

Sit to stand - This is good for leg strength

- A.** Sit on the edge of the chair, feet hip-width apart. Lean slightly forwards.
 - B.** Stand up slowly, using your legs, not arms. Keep looking forwards, not down.
 - C.** Stand upright before slowly sitting down, bottom-first.
- Aim for five repetitions - the slower the better.

Calf raises

- A.** Rest your hands on the back of a chair for stability.
 - B.** Lift both heels off the floor as far as is comfortable.
- The movement should be slow and controlled.
- Repeat five times. For more difficulty, perform this exercise without support.

Leg extension

- A.** Rest your hands on the back of a chair for stability.
 - B.** Standing upright, raise your left leg backwards, keeping it straight. Avoid arching your back as you take your leg back. You should feel the effort in the back of your thigh and bottom. Repeat with the other leg.
- Hold the lift for up to five seconds and repeat five times with each leg.

Wall press up

- A.** Stand at arm's length from the wall. Place your hands flat against the wall, at chest level, with fingers pointing upwards.
 - B.** With back straight, slowly bend your arms, keeping elbows by your side. Aim to close the gap between you and the wall as much as you can.
 - C.** Slowly return to the start.
- Attempt three sets of 5–10 repetitions.

POETRY CORNER

Changes are made but life goes on

People in other continents are dying,
Yet we take no notice.
We carry on with our everyday life,
But people say keep devoted.

We were not bothered about this disease,
Coronavirus, crown.
As life goes on, we lose loved ones,
And we suddenly fall down.

Schools remained open,
Leaving gates ajar.
But everyday the gossip,
Set off our alarm.

Schools close and life goes on,
But still no one takes notice.
No one listens anymore,
Not to The Queen or Boris.

Now the death rates rise,
People are more sensible.
When we are in more trouble we clean
more,
Until the pain is bearable.

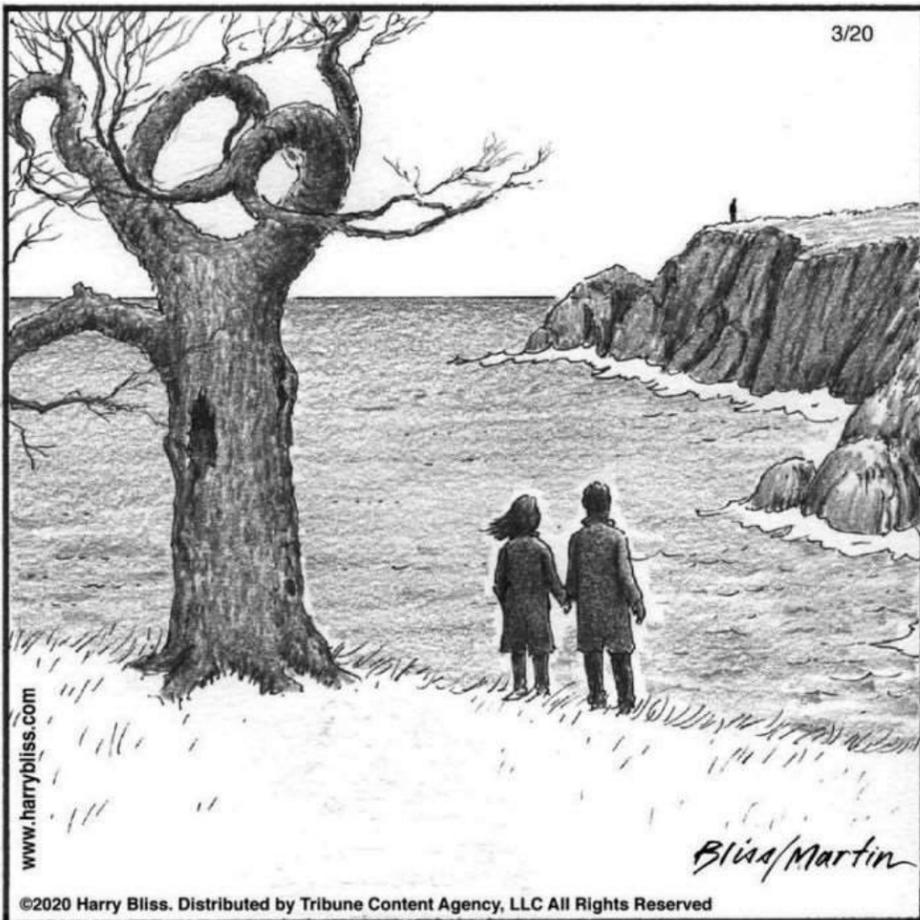
By Edith Warwick Age 11

Tonight before falling asleep
Think about when we will return to the
street
When we hug again
When all the shopping together will
seem like a party
Lets think about when the coffees will
return to the bar, the small talk, the
photos close to each other
We think about when it will all be a
memory but normalcy will seem an
unexpected and beautiful gift
We will love everything that so far
seems futile to us.
Every second will be precious. Swims at
the sea, the sun until late, sunsets, toasts,
laughter.
We will go back to laughing together.
Strength and courage.
See you soon!

By Unknown

10 COMMANDMENTS FOR CORONAVIRUS

1. Thou shall not panic!
2. Thou shall clean thy hands regularly and thoroughly
3. Thou shall engage in social distancing
4. Thou shall use toilet roll sparingly
5. Thou shall love thy neighbor and care for thyself
6. Thou shall not discriminate
7. Thou shall be considerate of vulnerable populations
8. Thou shall be wise with transportation
9. Thou shall read the Circuit News
10. Thou shall pray



“Too crowded. Let’s go.”

ERIC'S JOKE CORNER

What can you do if your nose goes on strike?

Picket!!

There was a preacher who fell in the ocean and he couldn't swim. When a boat came by, the captain yelled, "Do you need help, sir?" The preacher calmly said "No, God will save me." A little later, another boat came by and a fisherman asked, "Hey, do you need help?" The preacher replied again, "No God will save me." Eventually the preacher drowned & went to heaven. The preacher asked God, "Why didn't you save me?" God replied, "Fool, I sent you two boats!"

Supersizing!

BY OUR SUPERINTENDENT
MINISTER REV. JOHN HUGHES

It started with a conversation. Christine and I had both registered with a local Doctor's Surgery soon after we moved into the area in August. I had asked the Doctor if I could stop taking the medication I had been prescribed back in Bridlington, the Doctor's reply was "if you lose 10 stone, I'll consider it". Ouch!

We both realised that our weight had crept up since we first met – ironically on a walking holiday – and that we really did need to do something about it, and sooner rather than later. So, operation Weight Loss began!

...food needs to be exciting, colourful and tempting

We had both attended a Slimmer's World class in the dim and distant past (other Organisations and Classes are available!) which had proved helpful but not hugely encouraging or sustaining over the longer term. We resolved to try again, well Christine did and I decided to save the money and just follow her lead!

Dieting, I have discovered, is equally about lifestyle choices as it is about what and how much you eat! Yes, we had to cut out Indian and Chinese takeaway food – where there can be loads of hidden calories - and start cooking our own from scratch.

For me, food needs to be exciting, colourful and tempting rather than bland, boring and unappetising.

For me, food needs to be balanced, nutritious and filling rather than a quick fix, grab it in a hurry and eat as much as you like afterthought.

For me, food had to be intentionally planned to avoid the easy-fix biscuit, cake or sandwich method of eating I had become so accustomed to.

Basically, what I had to do was to re-invent and rediscover food – because we can't live without it – and needed to choose the types and combinations of food that would both excite and nourish me alongside encouraging the weight-loss and reducing the blood sugar levels that I needed to achieve.

So, Christine attended the weekly Class, and stayed throughout, listening and sharing to the advice and encouragement of others – a bit like Church really – even on the occasions when it would have been easier to do something else. I benefitted from the feedback and insights Christine had gained and was encouraged by the weight-loss she regularly achieved.

We have learned a new vocabulary – Syns, Healthy A's & B's, Food Optimising, Speed Foods and Body Magic – are a few of the words and phrases that now pass our lips. Christine doesn't use the word dieting instead she chooses to say healthy eating and that she isn't fat she is a slimmer...and a lot slimmer!

Christine keeps in touch with her Class throughout the week using a specific monitored Facebook group set up by the Class Leader. The Group is monitored because sometimes folk have a tendency to say inappropriate, spiteful and hurtful things on Social Media (although fortunately this has never been an issue at the group Christine attends), typing before thinking about it, and the intention of the Class Group is to encourage and celebrate rather than belittle and spread negativity – again, a bit like Church really! Using this form of Social Media, the Group members share photographs of meals they have made, explaining any 'tweaks' they have made to the recipe so that others can share their insight and application and generally encourage each other with positive messages.

One thing that Christine maintains (and I agree with) is the reality that keeping to a diet is easier if those around you respect what you are doing and don't act in contrary ways, like deliberately eating crisps or chocolate in front of you or trying to persuade you to "go on, just this once" deviate from your disciplined ways.

To diet well and effectively you need the support and cooperation of others, and we are both grateful for those family, friends and Church members who have moved the plate of biscuits swiftly to the next table or gone to great lengths to provide something that we can sensibly eat when food is being shared – that really helps.



John, wearing the trousers he wore at the Circuit Welcome Service.

Another thing that we do is to keep a record of all the things that we have eaten each day – it gets easier after the first week or two – in order to monitor what we have eaten, enjoyed, disliked or were indifferent about in the meals we prepared. We have cut down on the amount of fats we consume – butter, olive oil and cheese - and the carbohydrates – that's mainly bread, potatoes and pasta for us – and bulked up on vegetables, fruit and salads. Our portion sizes are smaller than they used to be too. Yes, we have had the occasional Fish & Chip Supper and a slice of cake since August, but a lot less frequently than we used to do.

The next thing that we will be doing is to start taking some regular exercise – we have already started by 'planting up and potting out' in the garden – that we can do together that we enjoy doing.

Supersizing ...continued!

You will not see me out on a bicycle just yet, but you may see Christine and me out walking (maintaining an appropriate safe distance from others) on a pavement near you. I was supposed to be attending an exercise class, arranged through the Surgery but, as with many things since the Coronavirus kicked-in, that is 'on hold' for the moment. I will of course be doing some basic exercises and stretching at home to keep the blood flowing (using the helpful guidance on page 2) and enabling my joints to loosen up gently in the meantime.

Has all this worked? Well, Christine is over 4½ stone and I am over 5 stone lighter than when we started. It *has* worked!

Has it been easy? Not all the time, but because it was a wholesale lifestyle choice that we made together, and then we have been mutually supportive of each other which has certainly helped a great deal, it has been doable without too many slip ups.

When will it end? We are only half-way to our weight-loss goal so it's more of the same for the next few months!

What have we learned?

The sharing with and the support received from others is hugely important.

The forward planning of meals (and therefore shopping) makes life easier.

Saying 'no' to kindly offers of food that is outside of the boundaries of the diet is essential.

Getting 'back on the wagon' when you have fallen off is vital.

Persevering, because you know that you are heading in the right direction, is key.

Clothes are much cheaper the smaller you get (we are both 3 sizes smaller), and that dieting doesn't have to be boring...and it could get you off your medication!

Time to reflect.....

**The Lie: "Loneliness means I am alone."
The Truth: "Loneliness strips away the external comfort of those around me, driving me to find comfort in Christ alone."**

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in our affliction... (2 Corinthians 1:3)

Yes, there are times when God allows us to feel alone in terms of the world around us. However, despite our extreme dislike of loneliness, God's grace allows it for a season to drive us deeper into his Word and prayer in search of a hope-filled and life-giving oneness with him. Christ knows we cannot find true and lasting comfort in anyone but himself, since he is the only one who is the God of *all* comfort.

By removing the earthly comfort of those around us, the Lord moves us in one of two directions: towards a deeper intimacy with our Saviour, or towards the unveiling of an unrepentant heart, one which ultimately desires comfort more than Christ.

Brother or sister in Christ, if you feel alone in your suffering, thank God that he loves you enough to allow this time in your life to draw you nearer to him. He does not do this out of harshness, but out of desire to increase your faith and provide for you what only he can give.

**A Prayer by the President of the Methodist Conference, Rev. Dr Barbara Glasson**

Loving God, if we are ill, strengthen us.
If we are tired, fortify our spirits.
If we are anxious, help us to consider the lilies of the field and the birds of the air.
Help us not to stockpile treasures from supermarkets in the barns of our larders!
Don't let fear cause us to overlook the needs of others more vulnerable than ourselves, fix our eyes on your story and our hearts on your grace.
Help us always to hold fast to the good and see the good in others and remember there is just one world, one hope,
one everlasting love,
with baskets of bread for everyone.
In Jesus we make our prayer,
the one who suffered,
died and was raised to new life,
In whom we trust,
these days and all days. **Amen.**

Exercise, motivation and now treats!!

**THIS IS ANITA'S FAMILIES
FAVOURITE BISCUIT RECIPE,
HEALTHY (ISH) AND YUMMY.**

Oat Biscuits

8oz butter
6oz sugar
10oz porridge oats
4oz plain flour
2 tsp vanilla essence

Pre-heat oven to gas mark 5
215°C/415°F

1. Cream butter and sugar
2. Add vanilla essence
3. Mix in oats and flour (you might need to get your hands in and give it a good go – I would lend you Eric, but not allowed at the moment!)
4. Form into little balls onto grease proof paper, the using palm of hand squash down
5. Cook in oven for about 30 mins until light golden colour – they will set hard once cool
6. Make a cuppa and enjoy!!



*Now it's your turn –
please send us your
favourite recipe so that
we can share it
with others!*

**THIS IS ONE OF JOHN &
CHRISTINE'S FAVOURITE SOUP
RECIPIE'S.**

Tomato & Lentil Soup (serves 6)

1 large onion.
50g/2oz margarine or butter.
145g/5oz red lentils.
1 clove of garlic.
400g/14oz tinned tomatoes.
1.2litres/2pints stock.
1tsp tarragon (or basil).
1tsp of yeast extract.
salt & pepper to taste.

1. Chop onion, crush garlic & sauté with margarine until transparent.
2. Mash tomatoes & combine with other ingredients in pot.
3. Simmer for 45 minutes until lentils are soft, adding water if needed.
4. Blend soup (if desired) and adjust seasoning.

TOP TIP. You can omit the margarine (or butter) to make it much healthier – and it still tastes great!

CONTACT US

We need you to help us fill future editions. If you have any words of wisdom, jokes, pictures, stories you would like to share please send them into us.

SPEAKERS CORNER – let us know what are the positives about social isolation for yourselves and the community?

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