

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

Welcome to the June edition of Circuit News. During May we remembered the 75th Anniversary of VE Day. This marked the end of one major struggle while the world grappled with another.

Can we really compare the two events? They are both situations of crisis, that ask for radical change. Thousands around the world are dying, the economy is in big trouble and we are asked by our leaders to make sacrifices in the name of the collective good.

But we today are not enduring 6 years of ruin, unspeakable cruelty and violence, death, uncertainty, hunger..... surely we can overcome coronavirus from our living rooms, it's a walk in the park in comparison.

One of the widest gaps in the comparison is physically coming together as one people. Whether on the battle field, in the factories, in the bomb shelters, amongst the ruins – people gathered to support and be there for others. We have a different challenge; we cannot unite in this way and this is our biggest struggle.

However, as I queue up outside the supermarket, keeping my 2 metre distance, the sense of purpose for why we are now shopping this way, and comradeship I feel as I chat to the person in front and behind me, is there in bundles. The spirit of 'we can and will get through this' is evident all around us.

So as 'we remember them' and celebrate the peace they gave us, let us do them all proud and stay positive and united.

'Soldier' Morrie

By Anita Jones-Warwick
Editor

Photo of Penmaenmawr beach By Immy



Count your blessings By Christine Hughes

During these difficult times it is all too easy to think about all the things that we are missing but I am trying to think of all the positive things that are coming out of all of this.

I am reminded of my lovely mother in law Marion who sadly is no longer with us. She was a wonderful woman who was a great listener and was always thankful and loved to sing the Johnson Oatman Jr hymn Count Your Blessings. So, I have been trying to follow her wonderful and faithful example and think of all the blessings that I have.

- Family and friends who I can communicate with in various ways (telephone, Facetime, Zoom, letters, cards and e-cards).
- A husband who I am actually getting to spend more time with. I am particularly enjoying having breakfast and lunch together something which normally only happens at the weekend.
- A home where I can rest and be safe.
- A job which I can do from home, although being furloughed sounded tempting.
- I have the time to do my three gardens, when you come to the house you will see why I say three and they are starting to look quite good, not quite up to Monty Don standard!

- I have more time to read my Bible and a novel as well.
- I have also been able to sort through the wardrobes and get clothes that are now too big ready to take to the charity shop when they re-open.
- I have the time to do my three gardens, when you come to the house you will see why I say three and they are starting to look quite good, not quite up to Monty Don standard.
- I have more time to read my Bible and a novel as well.

My list could go on....

I am always saying that I don't have enough time to do all the things that I want to do so I am trying to use all this additional time purposefully which can include sitting in the gardening and listening to the birds singing. Taking time to breath and smell the roses.

I am seeing this as an opportunity to get fit mentally, physically and more importantly spiritually. I am thankful for all that I have and am taking each day at a time, for someone who is a planner this is a lesson that I am having to learn.

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FUN TIMES

'Thank you' - a poem By Eric (age 10) To Celebrate 75th anniversary Of VE Day

As the siren beeps,
The hats fly.
The Nazi's have surrendered,
Millions have died we know.
So, we will thank them
For saving us.
For saving our lives.

The teams are home,
Our kids and dads.
All back for good,
75 years on.
We're still here on the rock,
All here today, on earth.
We will remember them.



What did the left eye say to the right eye?

Between you and me, something smells

Say what you see



(good afternoon)



(pillowcase)

Food for Thought by Tricia Dann Amlwch

A Senior Citizen is one who was here before the Pill, television, frozen food, credit cards and ball point pens.

For us time-sharing meant togetherness, there were no computers - a chip meant a piece of wood or piece of fried potato.

hardware meant durable - and software did not exist as a word.

Porn meant going to uncles for a loan and teenagers never wore jeans.

We were before pantyhose, drip-dry, dishwashers, tumble driers, and electric blankets.

We got married first, then lived together (how quaint can you be!); girls wore Peter Pan collars and thought cleavage meant something the butcher did!

We were before Batman, vitamin pills, disposable nappies, pizzas, instant coffee and Chinese take-aways.

In our day cigarette smoking was fashionable, grass was for mowing and pot was a cooking utensil.

A gay person was 'The life and soul of the party' -nothing more, while Aids meant just a beauty treatment or help for someone in trouble.

Senior Citizens must be a hardy bunch when you think of the ways in which the world has changed and the adjustments we have had to make to survive!

Riddle me-re

You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy. What am I?

You see a boat filled with people. It has not sunk, but when you look again you don't see a single person on the boat. Why?

I come from a mine and get surrounded by wood always. Everyone uses me. What am I?

There is a building. One enters it blind and comes out seeing. What is it?

Answers

- 1)candle
- 2)All the people were married
- 3)Pencil lead
- 4)school



Concerned that he might have put on a few pounds, my husband exited the bathroom and asked, "Do you think my chin is getting fat?" I smiled lovingly and replied, "Which one?"



What do you call a woman with one leg?

Eileen

On the Buses by Paul Eckersley

This is the time of year when I should be busy driving my bus/coach around the highways and byways of Britain and maybe if I'm lucky along the autoroute in Lafrance. Obviously because of the pandemic this is not happening.

I've been a bus driver for nearly 31 years, I took two years out to be Team Leader at London City Mission for the one year voluntary scheme and to do foundation training for the Methodist Church in 2003, then onto my ill-fated attempt to become a Deacon.

Over the years I have had many stories to tell of mishaps and misadventures on the way, like the day I went down a one-way street in a Routemaster bus the wrong way!

'all I saw was an empty bike passing me.....'

Or the day I was used as a shield for England and Scotland football fans, that was interesting.

Perhaps the day when a cyclist was holding on to the bar at the back of a Routemaster bus only for me to break suddenly, all I saw was an empty bike passing me, I turn round and there is the cyclist inside the bus, being charged 30p by the conductor. The cyclist wasn't amused.....

Or even the day I stopped outside St. Paul's Cathedral only to be asked where it was.....not the first time may I add.

Count your Blessings cont. By Christine Hughes

We all have so much to be grateful for and should try to remember the words of the hymn:

When upon life's billows you are tempest tossed,
When you are discouraged, thinking all is lost,
Count your many blessings, name them one by one,
And it will surprise you what the Lord hath done.

Count your blessings, name them one by one,
Count your blessings, see what God hath done!
Count your blessings, name them one by one,
And it will surprise you what the Lord hath done.

How about the time when driving a National Express coach, a customer who got on in Bolton, who then fell asleep and then woke up to ask if this was Birmingham.....the surprise on his face when I said no this is London.....he must have been very tired....

Most recently, back in December I was doing a tour of Christmas markets in Belgium and Holland (you remember these places don't you!!), when we found out a case was not transferred to our coach, normally not a problem, but, on this occasion there was medication in the case, after a few inquiries we found out that the case was in Germany, in Koblenz to exact, I was in Bruges.....next thing I know a hire car was hired, a Fiat 500 and off I went, I retrieved said case to rightful owner, who was a bit grumpy about it,



mind you she was from the WI and you know how grumpy they can be! The next morning, I was taking the hire car back when it had a puncture, after waiting ages for recovery, I then had to catch four trains to meet my coach.....it was not a good experience.

Are you ever burdened with a load of care?
Does the cross seem heavy you are called to bear?
Count your many blessings, every doubt will fly,
And you will keep singing as the days go by.

When you look at others with their lands and gold,
Think that Christ has promised you His wealth untold;
Count your many blessings. Wealth can never buy
Your reward in heaven, nor your home on high.

When you look at others with their lands and gold,
Think that Christ has promised you His wealth untold;
Count your many blessings. Wealth can never buy
Your reward in heaven, nor your home on high.

The bus in the picture is a Dennis Dart and the route is the 211 which goes through Chelsea in London. One day I picked up a passenger, I second glanced and saw it was Valerie Singleton, her of Blue Peter fame from the 1970's, she gave me a tenner and was very apologetic about it. I gave her the correct change back, she said thank you. I cheekily asked for a Blue Peter badge she smiled and then sat down.

'mind you she was from the WI, and you know how grumpy they can be!'

A celebrity you may ask yes but not the only one, I've picked up Michael Hutchence from INXS, Bernard Cribbins, Michael Foot, Paula Yates and no doubt many others in my life.

I've seen all kinds of things that were frightening too, drove a bus round Trafalgar

Square just before the Poll Tax Riot of 1990, seen flypasts in Paris, got into Disneyland Paris free (three times actually).

Most of the time it is very humdrum, but, now and then.....

So, amid the conflict whether great or small,
Do not be disheartened, God is over all;
Count your many blessings, angels will attend,
Help and comfort give you to your journey's end.

'let us remember we have many blessings'

So, when we think about all we do not have let us remember that we have many blessings and remember from whence they come. Life will continue, we will move forward and hopefully we will continue to remember what is actually important and that the good that has come from this time will not be forgotten.

Fun and Yum Yum time!

LORNA'S GINGER BISCUITS!

Thank you to Lorna Sykes for this yummy Gingerbread recipe!



You will need:

- 12 oz SR flour
- 4 oz butter
- 8 oz caster sugar
- 1 tsp ground ginger
- 1 tsp salt
- 1 tbsp. golden syrup
- 1 egg

Rub fat into flour. Mix in all other ingredients to form dough. Roll onto small balls and bake on greased baking sheet (the balls will spread) in moderate oven Gas 5 170C for about 15 mins

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

A big thank you to Rosemary Nunn for the scone and marrow recipes!

Why not treat yourself to these 'melt-in-the mouth' biscuits and scones. Then go for a **BIG** walk afterwards!!

THE NATIONAL TRUST'S BLUEBERRY AND LEMON SCONES (makes 10)

- 500g self-rising flour
- 125g caster sugar
- 125g butter, cubed
- Grated zest of 1 lemon
- 100g blueberries
- Approx 150ml milk



Preheat oven to 190C. Line a baking sheet with greaseproof paper.

Sift the flour and sugar into a mixing bowl and rub in the butter with your fingertips until the mixture resembles fine crumbs. Add the lemon zest and blueberries and stir to combine.

Add enough milk to make a soft dough and knead briefly until smooth.

Turn onto a lightly floured surface and roll out to about 3cm thick. Stamp out using a 7cm cutter and place on the baking sheet. Bake for 12-18 minutes until risen and golden. Transfer to a wire rack to cool.

NIGEL SLATER'S MARVELLOUS MARROW



Quantities non-existent - depends on size of marrow and how many you aim to feed!

Slice an unpeeled marrow or some large courgettes quite thickly. Push out the middles. Fill with halved small tomatoes, sliced chilli (or dried chilli flakes), chopped oregano or other fresh herbs, salt and pepper.

Wrap in greaseproof paper in a baking dish and bake at 200C for 40 minutes before crumbling feta cheese on top and baking for 5 minutes more.

Well done to Pauline Pratt



Look at these amazing prayer squares made by Pauline from Jacqueline's article last month



Interview with Ben Sinfield — How a young person is coping with lockdown *by Anita Jones-Warwick*

Ben is 11 years old and lives in Penmaenmawr. Can you imagine being a young lad and not being able to meet up with your friends on a sunny day for over 2 months? Here he shares his thoughts on being kept away from his friends and normal life.....

Tell us about who you live with?

Mum, Dad, brother (age 10), sister (age 7) and two cats.

Bens mum is currently working from home and home schooling the children, and his dad shares his time between work and home.

What is your normal weekly routine? (out of Covid 19)

I would normally leave the house at 7:45 to catch the bus to school. After school I would have dinner and then either go swim training or do homework. Weekends I go sailing, surfing or swimming galas.

What one thing has been the biggest change since lockdown?

Not going to school.

What do you miss the most?

I miss my friends the most.

'it is harder because my cat always comes and sits on my keyboard!'

How are you managing school work at home?

I am managing ok BUT, it is harder because my cat always comes and sits on my keyboard and I can't do my work!!



Are you taking your daily exercise? How are you keeping active?

YES! I was doing 1 bike ride a day but now we are allowed out more than once a day I go out for 2 bike rides. We sometimes go for family walks and I do strength and conditioning 3 times a week with my swim team.

Do you find yourself using social media lots to keep in touch with friends?

Yes. I WhatsApp my friends. I like group chats because it is more like a conversation with lots of people.

What, if anything, have you gained from lockdown?

I have done a lot of biking and exploring the hills behind our house which has been fun.

What are you struggling with the most?

Not seeing other people and everything being about the coronavirus - from the news to everyone else talking about it.

'I miss my friends the most'

Have you taken up any new skills/hobbies?

As I have said I have done a lot more biking but this isn't a new hobby, it's just a sport I have done more of.

Will you carry on any changes you have made to your life during lockdown, when it is over?

Probably not.

What are you looking forward to most when lockdown is over?

Going back to normal life and seeing more than 4 other people in my life.



Time to spare? By Becky Sefton

I'm Becky and I moved to Penmaenmawr in 2016 from Farnborough in Hampshire. When I am not working, studying for my Science degree, making a glued up sticky mess, badly sewing something together, burning something in the oven, researching new and interesting ways to annoy my 15-year-old sister, I can be found in my role as a volunteer within this community.

Volunteering for Girlguiding is one of the most fulfilling areas of my life. Through my role I am constantly challenging myself, broadening my skills, sharing my interests, supporting others and I'm rarely bored. It is through Girlguiding that some of my very best friends have made. And now, while every other aspect of my life appears to be on hold, Girlguiding is still shining bright.



Like a lot of things, Girlguiding Unit Meetings have had to cease while we protect ourselves and our families from Covid-19. While I am coping extremely well with a situation that is not unfamiliar to me, this new and hopefully temporary way of living for the entire country has been challenging me as a Unit Leader. I am finding a new and modern path to offer a Girlguiding Programme to the Rainbows, Guides and Rangers

in Penmaenmawr. I am having to embrace new ways of communicating with two very different age groups! I honestly think that if I didn't have my Units to focus on during this time, I might go very crazy indeed!

I have been a member of Girlguiding since I was a Rainbow in 1991. As a Young Member it was "just a club" that I went to each week to see my friends and do fun activities. As an adult volunteer it has become a commitment that I am honoured to undertake and I do so with great pride. It brings me great joy each week when we accomplish a tricky activity, we overcome fears, we pull together in a plumbing emergency or when we (the Leaders) have just survived the Unit Meeting with our sanity largely intact. Whatever is thrown at us, with a can-do attitude, we can achieve what is set before us; whether that is seeking new volunteers to keep a Unit open or whether that is us having to not meet so that we can protect each other. We can do it...

Right now I am having to "shield" for a 12-week period and outside of my family, most of the other people who I am in constant communication with are my next door neighbour, or my friends within the Girlguiding community both here in Penmaenmawr or in my home town. We are pulling together to provide activities for our Young Members who are still able to and wanting to continue with Girlguiding activities. It is also now that I am beginning to fully embrace the (not so new) Programme that Girlguiding launched in 2018 which was made more modern and relevant to today's society. While my experience as a Guide was to tie knots and make washing up stands, today's activities also embrace Internet safety and the girls have Interest Badges such as vlogging and media critic. While I am a big moaner about the constant presence of mobile phones, I am beginning to understand that mobile technology is actually what is

keeping me connected to most of the members of my Units!

It isn't just Girlguiding that I miss in my life at the moment. I miss being outside, because I am heeding to medical advice! I miss going to work. I miss chatting to a couple of my neighbours. And, I miss my other voluntary adventures.

For a few months leading up to everything closing down, I had been helping Anita (or gracing Anita with my wonderful presence) at the Youth Group in St Paul's on a Thursday evening. I started going along because I was interested to see what Anita was doing, and because Anita needed another adult to help. To be honest, I didn't think I would want to go every week. I live with my teenage sister and I already spend 90 minutes on a Wednesday with young girls and teenagers. Except, I went for a few weeks and I wanted to keep going. There were so many challenging and mind-boggling things going on when I was a young girl and teenager, and these things are only getting more complex as we go along.

I miss being outside, because I am heeding to medical advice!

Technology evolves and becomes more prevalent in their lives. Bullying unfortunately moves away from the school playground and is gate crashed into homes. Photos are even more air-brushed and everyone appears to be a social media "influencer", I think all youth work is vital. There were so many challenging and mind putting more pressure on our youngsters. I feel that all youth groups are able to provide a safe space where we can "just be" – where we have different ears that listen, and where the young people are able to talk about anything that is troubling them, or anything that they are super excited about. We can show them how much fun you can have with masking tape on the floor, or ribbon obstacle courses. Anita and I have had the privilege from a front row seat to watch these youngsters cooking, and to bring them together as a team, and to try (and we try really, really hard) to remind some youngsters that not everything needs to be a competition!

I only hope that in the coming months we are able to resume some level of what we have been doing before. Until then we have to embrace a new way of living. For me, this is expanding my skills and making plans for how I can personally approach things as we move forwards – not just as a volunteer in Penmaenmawr, but as a person, too.

Pentewhat? by Rosemary Nunn

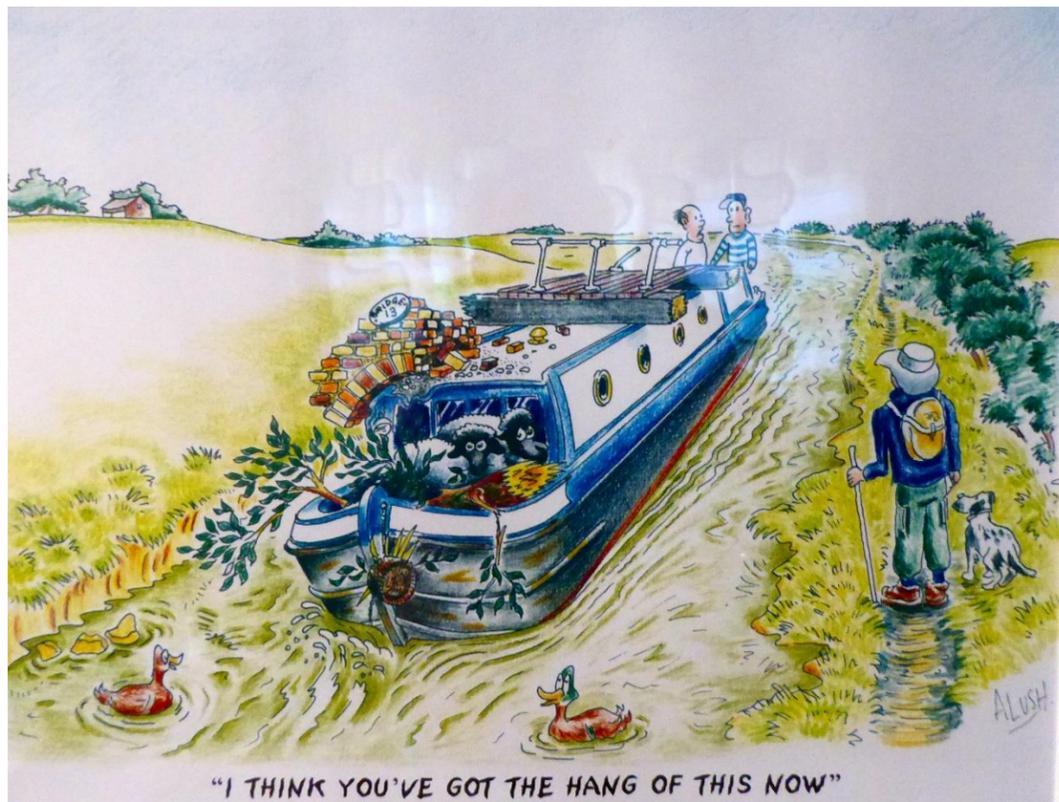
For more than 20 years, John and I were keen narrowboaters. We enjoyed countless holidays and short breaks exploring the canals and rivers of England and Wales aboard our succession of narrowboats - "The QE3", "The Nervous Wreck" and "The Second to Nunn". We often needed to search our waterways maps for a suitable "winding hole" on the narrow canals. Winding holes are widened-out sections of canal where boats have room to manoeuvre, to turn around and then move off in the opposite direction. Those not in the know often assume the word is "wind- ing" as in *winding a clock*, but in fact it is "wind-ing" as in *wind which blows*. Before the advent of engine-power, boatmen would unhitch the horse used to pull the boat and use the power of the wind to turn the boat around.

'about three thousand were added to their number that day'. I wonder how our churches would cope with that!

That reminds me of the dramatic turnaround effect that the power of the Holy Spirit – described in terms of the blowing of a violent wind - had on human lives on the occasion of the first Pentecost. Men who had been timid and fearful, demoralised and introspective were given new voice, new confidence, a new sense of purpose, new power to speak, even new languages. And what a difference that made: we're told that "about three thousand were added to their number that day." I wonder how our churches would cope with that!

It never ceases to amaze me that Pentecost seems to be the most overlooked or underplayed of our Christian festivals, even in Church circles. We can't blame "commercialisation" for this: I am not aware of attempts to market the Pentecost equivalent of Christmas decorations or Easter Eggs: no chocolate doves or plastic flames!

Do we sometimes fail to catch or share the excitement of those who were present when human lives were visibly affected through the dramatic action of God's Spirit on human hearts? Do we sometimes forget that the Holy Spirit didn't up and leave afterwards?



"I THINK YOU'VE GOT THE HANG OF THIS NOW"



Do we sometimes forget that we too can be inspired, energised, equipped, enabled and empowered to be and to do what God wants us to be and do? Have we sometimes failed to recognise the action of a God who is present, who is real, who is contemporary, who makes a difference? How tragic if we somehow miss out on the sheer wonder of a God who can be described and known and experienced not only as Father, not only as Son, but also as Spirit – active and able and powerful and effective!

'how tragic if we miss out on the sheer wonder of a God.....'

May the wind of the Spirit be sought after, welcomed, and acted upon in the life of our churches and our people, not just at Pentecost, but all the time – even (especially?) when our lives are severely disrupted as they are at the moment.

Every Blessing

Competition:

Write a hymn of Celebration!



When we have come through the self-isolation and social distancing it is hoped that the work to refurbish St. John's, Bangor will be nearing completion and that arrangements are therefore well in hand to hold a re-dedication service.

At this service we would hope to sing a new hymn, your hymn perhaps?!

The challenge therefore is to write a hymn, of any length (but not a Charles Wesley 18 verse epic please!) which is suitable for congregational singing that can be sung to any of the tunes found in the Singing the Faith hymnbook. The hymn should be celebratory, joyful and hopeful.

This competition is open to members and friends of any of the Churches that form the Bangor & Holyhead Methodist Circuit.

Deadline: Monday 31st August 2020

All hymn entries should (ideally) be typed and must indicate the tune number (in the Singing the Faith hymnbook) to which it is set alongside your name, address and contact number.

They should be posted to:

☐ Hymn Competition
Bangor & Holyhead Methodist Circuit
Hafod
Lôn-y-Ffrwd
Bangor LL57 2LG

Or alternatively (and preferably) sent by email to:

✉ john.hughes@methodist.org.uk

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

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