

March 2021

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.

All through the Storm
Your love is the anchor
My hope is in You alone



Photo Heather Bonnebaigt

Photo Rosemary Nunn



It's not been an easy time has it?

We are all still living with the severe restrictions of the COVID lockdown, many people seem to be struggling even more this time.

I think a lot of folk hit a very low patch when we were told that we had at least another 3 weeks of stay at home lockdown. That with the recent stormy weather has certainly tested us. We seem to have had weeks of wind, rain, snow, ice and then more wind!

Then after the storm came the calm and the amazing sunset that is in Rosemary's photo and that I know a number of us around the circuit watched. Today as I write it's stormy again with the wind blowing the sea up in massive waves. Yet within the waves have been rainbows, literally hundreds of them, a reminder to me at least that God is indeed with us in this storm and its Him who gives us strength to carry on.

Many of you will remember Emily Roe. She grew up in North Wales and was part of the Amlwch and Bangor Churches. Here she tells us what she has been up to since graduating at the end of the last academic year.

CIRCUIT NEWS

2020 - the year I finished my Food and Nutrition degree and started a job. I now work at Christ Church Central in Sheffield as a Ministry Trainee, within that my main focus is on children and youth work.

I spend one day a week (Thursday) at Bible Training Yorkshire (BTY) where we look at 2 books of the Bible, in the Autumn we looked at Genesis and Matthew and now we're onto 1 & 2 Samuel and Romans. As part of the course we also get split into smaller groups and have the opportunity to write, give a talk or bible study and get feedback. This year, as with many things, we've been meeting on zoom each week.

I also work closely with the children and youth worker. At various points over the last few months we have been able to meet physically with our 2 older groups Club Central (year 1-4) and Club Central Plus (year 5-7) on a Sunday morning. When that hasn't been possible we've met with them on zoom



before the service to give them time together, play a game and have some Bible teaching. Unfortunately, we're still unable to do groups with 0-5's due to them having to remain with their parents. We also had a light party and Christmas party, both on zoom with games, craft, a song and a story. This year we're hoping to start a midweek group with the children in Club Central plus initially that's also going to be online because of lockdown but we hope that in coming months we will be able to move it to in person. We also have a youth Bible Study on a Wednesday evening for year 8+, last term we went through Mark, this term we're looking at 10 core doctrines

about what Christians believe. Again, this was done both physically or online depending on regulations and how many of them were having to self-isolate at various times due to contacts in school. It's been a privilege to watch the young people grow in their relationships with each other and with God since starting in September.

I also help with some of the admin and day to day running of the church, running the social media accounts, uploading recordings of sermons to the website and anything else that might need doing. As part of this when we were able to reopen church at the beginning of September I helped with ensuring that seating was socially distanced and we put in place a booking system. Alongside this we stream our services using zoom to those who are unable to join us in person.

If you would like to receive a more regular updates and a prayer letter from me please do drop me an email emily.roe@cccen.co.uk

COVID 19 has impacted upon all our lives and I am sure many of you are very grateful to have been receiving your vaccine over recent weeks. Here is a way we can help people in Africa to have the same protection against COVID

CIRCUIT NEWS

Meet Professor Melita Gordon..... Melita works with the University of Liverpool in Malawi, her job involves three roles, research and teaching; training; a doctor in the hospital.

Melita says “the pandemic is global and in Malawi they have been hit in the same way as everywhere else”. They opened five wards to deal with COVID which has now overspilled to tents in the car park.

At the start of the pandemic they had 2million pounds from the Wellcome Trust which enabled them to buy an oxygen generator for the hospital. However, they do not have ventilation or intubation equipment and unlike here, can only give their patients oxygen and medication.

Vaccines are a long way off, the Economist said recently a large scale roll out of vaccines will not happen in Africa until 2023.

Speaking about the Liverpool School of Tropical Medicine (LSTM) who are handling the campaign Melita says “fantastic, amazing, we work closely with the LSTM and the money goes straight to the people who need it in Africa”.

To read more about the Campaign go to Bump it Forward/ Just Giving and this will take you to the LSTM link.

Thank you to everyone who has donated so far in response to the email that Heather sent last month.

A copy of the email is included below: <https://www.lstmed.ac.uk/bump-it-forward>

Dear All

We now have a vaccine rollout. Brilliant! And we get it for free - even better! So why don't we do some good by 'paying forward' what we might have paid to get the jab?

There is a hospital in Malawi that is desperately in need of funding - I personally know a doctor out there who is working on the front line. Staff are dying, they've run out of oxygen and PPE and funding could change everything.

If I donate my £20.00 it would help a tiny bit, but if you added your £10.00 or £20.00 it starts to build into something that can really save lives in a developing country which has things much worse than us.

World renowned Liverpool School of Tropical Medicine is working with the hospital and as a charity has agreed to manage a fund .

Please follow the link below if you want to help make a real difference and allow something good to come out of this awful situation... and if you want to help even more, please feel free to share this with your friends too.

Stay safe,
Ruth Connolly

Next Month Professor Gordon is sharing with us some more of the experiences of COVID in Africa



Want to bake your own bread?

Keith Alexander explains that having taken over kitchen duties in the last few years he has developed a number of skills. Baking and cooking in particular!

Here is Keith's recipe for good home made bread.

Ingredients:

- 2lbs Strong bread flour
- 500 mls warm water
- 2 x 7g sachets dried yeast
- 2 tsp sugar
- 2 tsp salt
- 1 tbsp veg oil

Method:

Put the flour in a large bowl and add the yeast and sugar with the salt well away from them. Pour the oil into the flour and then add the water.

Start to knead the mixture, checking that it is just a little but sticky. If it is dry add a little more water. If using a mixer with a dough hook set it at a fairly slow speed and mix for 5 minutes.

Next take a piece of oiled cling film and place over the bowl and place it in a warm spot. Leave there until the dough has doubled in size. Knead for a further minute.

Spread some flour on your worktop and lift out the dough with floured hands. Using your fists knock the air out of the dough and make a ball of it.

Cut the dough into two halves and place each half in a loaf tin greased with butter. Cover the two tins with oiled cling film and return them to the warm place for 30 minutes.

Preheat the oven to 225 Celsius or 205 Celsius for a fan oven .

Once the dough has risen once more place the tins (without the cling film!) in the oven for 30 minutes then turn out onto a wire rack to cool. All done!

CIRCUIT NEWS



Be inspired with this loaf that Liz Jones made for harvest.

Breakthrough Prayer

This prayer is being used by the Methodist Evangelism and Growth Team

God of Love, God for all,
Your purposes are more beautiful
than we can possibly imagine.

Fill us with your Holy Spirit.

Help us let go of all that holds us back.
Open our lives and our churches to new

Seasons of humility and faith,
of change and growth.

Shake us up with the Good News
Of Jesus and show us the way.

Amen

Dr Amber Wheatley is a member of St John's in Bangor. Here she tells us about her work during the last year. As you can imagine its been quite a challenging year.



What is it like being a doctor during a pandemic?

It's a difficult question to answer. Every generation has its challenges and humanity has always been able to survive. Despite this truth, it is difficult to put in to words the mixture of confusion, disappointment, and determination to survive when life as we know it has been turned upside down. For the purpose of clarity, I'll use a timeline to illustrate the gradual change I experienced while working in the COVID19 pandemic.

In March 2020, I travelled to Boston, Massachusetts to meet my boyfriend and his family. Prior to flying, there was increased coverage in the news about this mysterious coronavirus. I was nonchalant about it all in the beginning. I had lived through SARS, swine flu, bird flu, MERS, Ebola, and zika. I viewed it as just another illness blown out of proportion by the media. My boyfriend and I got engaged and we spent the rest of my holiday in blissful ignorance. Then former Vice-President Mike Pence came on the news the day before my return flight stating that all flights to the UK were banned. Of course, this was incorrect. I wrote off all talk of coronavirus as sensational American misinformation. Even as my fiancé's aunt sent panicked messages about the impending crisis she was seeing as nurse.

On my return to the UK, I resumed my training in GP out of hours. I was informed on arrival that we had closed our doors and no patients were to be seen face to face. We got call after call of people with flu-like symptoms but severe shortness of breath, coughs, muscle aches, and headaches. All worried that they might have coronavirus. At the time, there was little testing for coronavirus in the community. It was only by specialist request in hospital. I found myself repeating the same practical advice; take paracetamol for the fever, drink plenty of fluids, make sure you rest, and please ensure you self-isolate. At the time, this was all new. I had nothing to base my usual reassurance on. My patients had every right to worry about what could happen. We were all venturing into a great unknown.

In my day to day work in the GP practice, every day there was a new change. We stopped face to face appointments unless it was absolutely necessary. Routine investigations were limited. We did however, continue to do home visits. By mid-march/early April I had gotten used to doing telephone and video consultations. My patients and I were even able to bond over our often hilarious attempts to use new technology. I found myself frustratingly combing through pages of government guidance on who was required to shield and for how long, social distancing measures, and how long people should self-isolate for. My appointment schedule changed with each day. As a GP in training, my appointments start at 20 minutes in the first 3 months and then they drop to 15 minutes. This is to gradually prepare me for 10 minute appointments as a full-fledged GP. How was I to navigate this time constraint when I spend 5 minutes trying to explain to my patient how to unmute their microphone?! The most frustrating thing of all was that the public expected doctors to have all the answers. The problem was, we often found out changes to the government guidance the same time as everyone else! GPs were not involved in the process of providing shielding letters – these came from lists generated by hospital clinics.



Continued...

To further add to the frustration, a lot of the government advice was based on social and economic solutions rather than medical or scientific advice and so they made little sense at times.

As I found my new rhythm at work, we all braced ourselves for the impending strain on the NHS. Thankfully though, most people followed the guidance and for a moment it looked as though we were going to be alright. We relaxed the strictness of face to face appointments. We even dared to make plans for the summer of 2020. Then the 'second wave' happened. Here we go again, this time we knew better; we actually had PPE, there was testing in hospitals, people were getting used to the adaptations needed to prevent the spread of airborne illness. This time was different though, there was growing concern about exactly how long this would last. There was doubt and mistrust of the government and even of doctors. As the frustrations of the public grew, so did the number of COVID19 cases. I recall one patient tell me, "my generation had the war, and I suppose for this generation this is what they have to deal with". I agree, except there was no one spreading information that the war wasn't really happening. I rotated from working a GP surgery to working in Care of the Elderly and acute medicine on-calls. One could say I jumped from the frying pan into the fire. I was relatively protected working in the community, the hospital was a different story. The stress of staff shortages, patients unexpectedly being COVID19 positive, and frequent changes in strategy added to the pressure of trying to 'create bed space', a concept that sounds like a magic trick to me. The sound of the CPAP machines, the beeping of saturation monitors, the short, dry cough of the COVID ward is something I will never forget. It feels like walking into a bubble. This is partly because of all the PPE but there is also an expectant quiet. We have to stay vigilant, patients with COVID19 decline rapidly and it's not always the ones you expect. One minute they're fine, talking to you, the next minute their unconscious and we have to act quickly.

The development of COVID19 vaccines seemed to be a beacon of light but I suspect that we won't be able to see the benefits of this for some time. As the pandemic drags on, I often remind my colleagues that the Spanish flu lasted for 2 years and had 4 waves. Pacing ourselves, looking after ourselves, and looking after those that we care about is what will get us through. The case numbers are again on the rise and the hospital I'm training in is becoming increasingly short staffed and short of beds. It is easy to be pessimistic. I don't expect that things will be back to normal by Easter as Prime Minister Boris Johnson previously said. It is easy to get dragged down in despair but what has gotten me thus far and will get me through my training is the recognition that hope is a daily choice to continue living. In my job, I've made it my responsibility to inspire others to choose hope. I know that this pandemic will end and I'm looking forward to the celebration! As singer Lauryn Hill wrote, "After winter, must come spring. Change, it comes eventually".



LOOKING OUTWARDS

Circuit Web page

The circuit is currently updating its web page but the current one is still in being .

It can be found by looking up Bangor and Holyhead Methodist Church.

It's got details of the plan, weekly service sheets, the Newsletters and also contact details for our churches.

Social Media

For those of you who use Facebook (and we understand its not for everyone) the circuit has 2 Facebook pages.

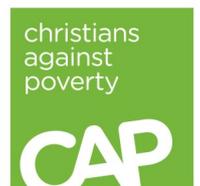
Bangor and Holyhead Methodist Circuit is a public Facebook page which we use to advertise what we are doing and we do connect with a number of people outside the circuit using this page. If you look for this page and "like" "Comment" or "Share" from the page it all helps to spread our news a bit further. The circuit administrator will upload content for you if you have anything to be shared in this way.

We have a second private Facebook Group called Bangor and Holyhead Methodists Communicating. You have to look this up on Facebook and ask to join. All members of the group can share items on here and the members use it to encourage and support each other.

For more information email Heather Bonnebaigt heather.bangormeth@gmail.com

CAP

The CAP (Christian's Against Poverty) Money Course is a free course which teaches budgeting and money management. It is open to all and everyone can benefit from the skills it teaches. John Hay and Sue Eckersley will be running this course by Zoom over three weeks starting on Wednesday March 17th 1.15 to 2.15pm and followed by two following Wednesdays . Numbers are limited so please apply to sue-eckersley@hotmail.co.uk or ring 07713 225028 to book a place or for more details. Please share this link with anyone you feel may be interested.



Climate Sunday 16th May 2021

Those of you who have seen a copy of the next Plan may be wondering what this is. Below is a link which explains the significance of this new date in our Church calendar.

<https://www.methodist.org.uk/about-us/news/latest-news/all-news/climate-sunday-giving-a-voice-to-local-churches/>

This date has been requested by the Eco-Action Group at St John's when we hope to highlight the wonder of God's creation and our responsibility as stewards to look after the world. One possibility is that we organise a series of events across the circuit in the week beforehand to link in. I have lots of ideas but won't be able to do it on my own. Is there anyone interested in helping me organise this? If so, please let me know.

John Hay

Easter Services

As we approach the Easter period we are still meeting on ZOOM. When we can start to meet again everyone will be told but the ZOOM link in to services and sheets are continuing. ZOOM log in details will be circulated nearer the time.

Maundy Thursday 1st April 18:00

Circuit ZOOM Service hosted by St Paul's Penmaenmawr and led by Rev David Jones.

Good Friday 2nd April 11am

Circuit ZOOM service hosted by St John's Bangor and led by Rev John Hughes

Easter Day Sunday 4th April

There will be a mixture of phone services and ZOOM services as per the preaching plan. If worship is possible in church we will let everyone know nearer the time.

Easter Day Songs of Praise

Easter Sunday at 18:00

An opportunity to meet on ZOOM and to share a time of worship together.

CIRCUIT NEWS

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 to us.

How to contact the editorial team:

Heather Bonnebaigt

Editor, Printing and Distribution Manger

Circuit Administrator

☎ 07944 006196

✉ Heather.bangormeth@gmail.com

Rev John Hughes

Superintendent Minister

☎ 01248 352015

✉ john.hughes@methodist.org.uk

A farewell service for the Rev John and Christine Hughes is planned to take place on Sunday 2nd May at 18:00.

This will take place via ZOOM and will be led by the Rev Mike Hall the Forces Chaplain based at RAF Valley.