

Autumn 2020

# 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 WHOLE-HEARTEDLY THROUGH SERVICE AND WORSHIP WITH FUN, FELLOWSHIP AND JOY FOR ALL THE CHURCH FAMILY AND THE COMMUNITY.**



Sunrise from  
Foel Lus  
Penmaenmawr

Autumn / 2020

Recently, I asked people to send me photos that inspired them. I got lots of responses and some are included in this issue of our Newsletter. I think this photo is for me the most inspiring.

It's a photo of Eric and Edith, Anita's children very early one morning on top of Foel Lus watching the sunrise. As I write this Newsletter, we face a long winter of uncertainty, anxiety and possibly weeks separated physically from those we love. But as night turns today a new season will emerge. We will each weather our personal COVID storm.

As Christians our hope and certainly is in our Faith.

"No, in all these things we are more than conquerors through Him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. Romans 8: 37-39.



# CIRCUIT NEWS

## Cooking corner

### Heather's Fresh Fruit Cake - Gluten free

This is a cake I make with Gluten free flour, I haven't tried but I am sure it would work with ordinary self raising flour. It's a quick and easy pudding.

1 mashed up banana

1 cup berries ( e.g. blueberries, strawberries, raspberries)

Juice or an orange or lemon

1/3 cup melted butter

2 eggs

1 cup of gluten free self raising flour

1/2 cup of sugar

Mash the banana and mix with the eggs, melted butter and juice. Stir in the flour, sugar and berries.

Bake at 170c for about half an hour, until it's golden brown.

I serve it as a desert with cream. It's best eaten fresh.

Lots of us have been encouraged and inspired during the recent months and have much to be thankful for. Becky was so pleased her raspberries grew and Jean is delighted with her new rose arch. On the left we have Ken and his grandson preparing to go on a park run together.



# CIRCUIT NEWS

## CLIMATE ISSUES ARE VERY MUCH IN THE NEWS AGAIN BUT DID YOU KNOW ABOUT THESE 3 THINGS.....

### Eco-Church

In different ways, the Methodist Church in Britain has partnered, or promotes, a number of organization's that encourage Christians to engage with ecological issues and to relate issues around climate and creation to faith. One key initiative, supported by the ecumenical Joint Public Issues Team, is the Eco-Church award scheme, coordinated by A Rocha UK.

[Eco Church](#) is a Rocha UK award scheme for churches in England and Wales "who want to demonstrate that the gospel is good news for God's earth". It is a free online scheme designed to equip an applicant church to work towards environmentally friendly practices. The process involves a simple online questionnaire and awards your church with a certificate.

Awards (bronze, silver and gold) are given to local churches dependent on a range of criteria: how you -

- express your care for God's world in your worship and teaching
- look after your buildings and land
- engage with your local community and in global campaign

reflect eco-sensitive values in the personal lifestyles of your congregation

By the end of 2017, around 100 Methodist churches had registered an interest in Eco Church and 15 had applied for an award.

Eco-Church provides a list of worship, preaching and study resources to support those involved in leading services and other activities: [www.ecochurch.arocha.org.uk/resources](http://www.ecochurch.arocha.org.uk/resources).

Many other organisations also provide useful resources. Further suggestions and links can be found on The Methodist Church Climate and Creation worship resources page. These are the partner organisations linked to A Rocha in this project.....



A cursory glance through the incredibly detailed questionnaire which can be downloaded from either the A Rocha or Methodist Church website highlights that it is no easy ride to get any of these awards, but if we take **Responding to God's calling for the earth** seriously, maybe we should give it a go! Something for each of our church councils to consider?

# CIRCUIT NEWS

## Climate Sunday

The Methodist Church in Britain has issued a challenge for each local church to plan and put in to effect a Climate Focus Service to take place between 6/09/20 and 5/09/21. Something else to look in to and get our thinking caps on about.....

## Avoiding Plastic Waste

I am surely not alone in noticing that as soon as the Coronavirus epidemic hit, good intentions expressed by the Government, retailers and the public seemed to go out the window as plastic made a dramatic come-back in the life of the nation. Single use plastic masks, gloves, aprons and packaging on food are all back in the climate equation, as more and more of the stuff gets washed up on our shores and left in our streets and country lanes. According to some reports there has been a particular problem in the vicinity of hospitals, as seemingly some patients or visitors are simply throwing masks and gloves away rather than disposing of them responsibly.

So, here are a few things we can do to help according to experts quoted in a recent edition of Waitrose Weekend (Note – other, and slightly less middle-class, Supermarkets are available!!!).....

Start with a plastic audit. Make a list of all the single-use items you use in a week and then decide on the easiest thing to cut out.

Wear a washable fabric face covering instead of a disposable one. University College London's Plastic Waste Innovation Hub estimates that if every person in the UK used a single-use face mask each day for a year, it would create 66,000 tonnes of contaminated plastic waste.

Buy products in clear rather than coloured PET ( Polyethylene terephthalate) where possible and avoid bottles with plastic sleeves. PET is the best material for drinks bottles and is highly recyclable, but pigments in the plastic can reduce its recycled value by half.

There is a shortage of trigger sprays and hand soap pumps, so make use of refill if you can, and replenish old bottles using refill products.

Look at recycling information on packaging. If it says, 'not currently recycled', buy an alternative in packaging that can be recycled. Better options are PET, Polyethylene and Polypropylene.

John Hay (with more than a little help from the Methodist Church website and Waitrose Weekend!)



BANGOR

By a monument of marble,  
or a simple wooden cross,  
here we gather to remember  
sacrifice and tragic loss.

Blood-red poppy petals flutter,  
each a symbol for a life,  
drifting in a crimson curtain,  
shadow of our constant strife.

Solemn silence now surrounds us  
as we stand in memory.

Why must factions stir up conflict?

This eternal mystery  
troubles hearts and stirs the conscience,  
urges us to think again;  
face the curse of confrontation,  
yet reduce this searing pain.

For the sound of war still thunders  
through our planet, on this day.  
Every hour new victims suffer,  
even as we meet to pray.  
God, we need your help and guidance  
in our constant search for peace.  
Move us on to new solutions  
as we pray that wars may cease.



PENMAENMAWR

Marjorie Dobson (b1940)  
Used with permission StF 132



LLANFAIRFECHAN



AMLWCH



HOLYHEAD



## CIRCUIT NEWS



### Circuit Newsletter – October 2020

The roles and responsibilities of a Forces Chaplain are many and varied (as they are for any minister!). Possibly one aspect of a chaplain's work that doesn't necessarily feature in circuit life is that of commemoration – the appropriate and helpful marking and remembering of key events in our national life. For a military chaplain, the focus is on conflicts past and present, and provide a reminder of the huge cost of war on human life and the life of a nation. Despite the Covid19 crisis, this year's key ceremonial events, namely, 75<sup>th</sup> anniversary of Victory in Europe Day, and Victory over Japan Day, and more recently the 80<sup>th</sup> anniversary of the Battle of Britain, have still happened but without parades, services, and other gatherings usually held to mark these occasions. One of the privileges of chaplaincy is having conversations with eye witnesses to these events, and sometimes visiting the places around the world where lives were lost and victories gained. This year I have trawled the internet for photographs taken by those on the scene at the time. These have taken the place of face to face events and have brought to life those anniversaries in a way that probably would not have been part of a commemoration under normal circumstances. I am thankful for the people who were behind the camera, so that the people, the moment, and the emotion are preserved forever.

The images included with this article are just a few of the many that I have viewed and used for online presentations to help in giving thanks for the victory that was secured for our nation and world in the name of justice and peace. Even though those to whom we owe a great debt of gratitude are no longer with us, these images help and will continue to help us be thankful for them and all that they did. It is an honour to front these occasions, and is a privileged part of the calling and duty of a Forces Chaplain.

Padre Mike Hall

# THIRD VERSE

## THIRD LINE ? QUIZ

CIRCUIT  
NEWS

---

*We don't get the chance to sing many hymns at the moment,  
so can you identify these hymns  
from the third line of the third verse?*

- 1 Speed forth thy flight
- 2 The keys of death and hell
- 3 Then shall I sing and bear a part
- 4 Each jubilant chord
- 5 Still let me guard the holy fire
- 6 Brothers, we are treading
- 7 And on his shoulder gently laid
- 8 Until this earthly part of me
- 9 And blessings more than we can give
- 10 The praises of Jesus the angels proclaim
- 11 We know we at the end
- 12 Where Jesus knelt to share with thee
- 13 To pour is ever wont
- 14 The faithful few fought bravely
- 15 Gems of the mountain and pearls of the ocean
- 16 Fight, nor think the battle long
- 17 In his hands he gently bears us
- 18 The seed-time and the harvest-time
- 19 Beneath the angel-strain have rolled
- 20 Now above the sky he's King Alleluya!



# 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:

### Anita Jones– Warwick

Circuit News Editor

Circuit Youth and Community Co-ordinator

Action 4 Youth - based at St Paul's Penmaenmawr

📞 07958 192933

✉️ anitaj71@aol.com

### Heather Bonnebaigt

Printing and Distribution Manger

Circuit Administrator

📞 07944 006196

✉️ Heather.bangormeth@gmail.com

### Rev John Hughes

Superintendant Minister

📞 01248 352015

✉️ john.hughes@methodist.org.uk

