

Fulwood Methodist Church
Crossroads Centre



CHRISTMAS 2023



Twinned with the Evangelisch-methodistische Kirche,
Recklinghausen, Germany



THE FULWOOD METHODIST

FULWOOD METHODIST CHURCH

Watling Street Road, Fulwood, Preston, PR2 8EA

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MINISTER

Revd Jane Wild - jane.wild@methodist.org.uk

Tel. 01772 715134

YOUTH, CHILDREN AND FAMILY WORKER

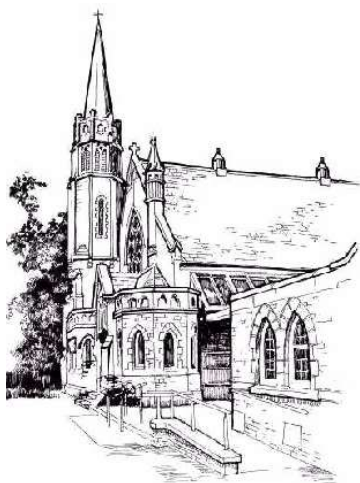
Darren Arnold - darrenarnold.church@gmail.com

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

6.00 pm. EVENING WORSHIP. Usually 3rd Sunday of the month

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 Willow Grove.

HOLY COMMUNION is celebrated monthly (morning and evening) and once a month there is ALL-AGE 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 NEWS

WISHING YOU A GOOD ADVENT

Advent, the preparation for Christmas, is a time when we hear the voices of history and the warnings there that prompt us to turn to God rather than rely on our own strength.

This year the Methodist Church has a theme for Advent, 'Preparing for the Extraordinary'.



We experience the ordinary all the time.

The 'ordinary' includes both special times and mundane. In the way of a God who is interested and involved in our everyday life transformed into something very special. However, at particular times it is good to step outside of our ordinary and pay attention to the extraordinary. This Advent, the Methodist Church as a whole is suggesting we do just that. Over the Sundays in Advent, we will be looking at letting go to allow in the extraordinary God. Being challenged to change our minds to focus on God better; pointing to the light, to listening and finding God in and with us.

Jesus took time to be on his own to reflect and pray and Advent is a challenge to us to do that and encounter the extraordinary that is God. The extraordinary that allows us to find peace and enable peace for the world.

As a ministry team we wish you a peaceful and joy filled Christmas and hope for the new year.

God Bless,

Jane, Sarah, Carolyn, Denise and Darren

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FULWOOD FAMILY NEWS

22nd October 2023 - Baptism Service of Tiwa Adepoju

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CHRISTMAS SERVICES AT FULWOOD

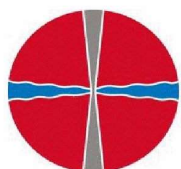
Sunday 3rd 4:00pm - Advent Celebration

Sunday 17th 10:30am - Messy Nativity
5:30pm - Carol Service

Sunday 24th 3:00pm - Christingle Service
11:15pm - Midnight Service

Monday 25th 10:00am - Christmas Day Family Service

Sunday 31st 11:00am - Joint Service with Central,
Kingsfold & Penwortham -
Followed by Bring & Share Lunch



BAMBER BRIDGE

**SUNDAY 17th DECEMBER
4:30pm - CAROL SERVICE**

**THURSDAY 21st DECEMBER
5:00pm - LIGHT AND SOUL PARTY**

**SUNDAY 24th DECEMBER
11:30pm - MIDNIGHT SERVICE**

**MONDAY 25th DECEMBER
10:00am - CHRISTMAS DAY CELEBRATION**

**SUNDAY 31st DECEMBER
10:30pm - JOINT SERVICE WITH TRINTY GREGSON LANE**

HESKETH BANK

**MONDAY 25th DECEMBER
10:30m - CHRISTMAS DAY SERVICE**

**SUNDAY 31st DECEMBER
10:30pm - JOINT SERVICE WITH WEST PRESTON INGOL**

HOOLE

**SUNDAY 17th DECEMBER
10:45am - CAROL SERVICE**

**MONDAY 25th DECEMBER
11:00pm - JOINT CHRISTMAS DAY SERVICE WITH HOPE**

**SUNDAY 31st DECEMBER
10:30pm - JOINT SERVICE WITH WEST PRESTON INGOL**

HOPE

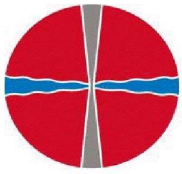
**SUNDAY 17th DECEMBER
10:45am - NATIVITY SERVICE**

**SUNDAY 24th DECEMBER
4:00pm - CAROL SERVICE**

**SUNDAY 25th DECEMBER
11:00am - JOINT CHRISTMAS DAY SERVICE WITH HOOLE**

**SUNDAY 31st DECEMBER
10:30pm - JOINT SERVICE WITH WEST PRESTON INGOL**





KINGSFOLD

**SUNDAY 3rd DECEMBER
10:30am - TOY SERVICE & COMMUNION**

**SUNDAY 17th DECEMBER
10:30am - CAROL SERVICE**

**MONDAY 25th DECEMBER
10:30am - JOINT CHRISTMAS DAY SERVICE WITH PENWORTHAM**

**SUNDAY 31st DECEMBER
11:00am - JOINT SERVICE AT FULWOOD
FOLLOWED BY BRING & SHARE LUNCH**

PENWORTHAM

**SUNDAY 17th DECEMBER
4:30pm - CAROL SERVICE**

**CIRCUIT EVENT
THURSDAY 21st DECEMBER
4:00pm - 6:00pm "AS DARKNESS FALLS"**

**SUNDAY 24th DECEMBER
6:00pm - CHRISTMAS EVE CRIB SERVICE**

**MONDAY 25th DECEMBER
10:30am - JOINT CHRISTMAS DAY SERVICE AT KINGSFOLD**

**SUNDAY 31st DECEMBER
11:00am - JOINT SERVICE AT FULWOOD
FOLLOWED BY BRING & SHARE LUNCH**

TRINITY GREGSON LANE

**FRIDAY 1st DECEMBER
6:00pm - CHRISTMAS TREE LIGHT SWITCH ON**

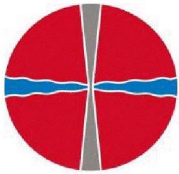
**SUNDAY 17th DECEMBER
3:00pm - CAROL SERVICE**

**SUNDAY 24th DECEMBER
4:00pm - CHRISTINGLE SERVICE**

**MONDAY 25th DECEMBER
9:30am - CHRISTMAS DAY SERVICE**

**SUNDAY 31st DECEMBER
10:30am - JOINT SERVICE WITH BAMBER BRIDGE**





CENTRAL

MONDAY 4th DECEMBER

1:00pm - CAROLS IN THE COFFEE SHOP

CIRCUIT EVENT

WEDNESDAY 29th NOVEMBER & 6th DECEMBER

**11:30am - 12:30pm - OUT OF THE ORDINARY BIBLE STUDIES
FOLLOWED BY THE 1:00pm SERVICE**

SUNDAY 24th DECEMBER

10:30am - CHRISTMAS EVE CAROL SERVICE

MONDAY 25th DECEMBER

11:00am - CHRISTMAS DAY FAMILY SERVICE

SUNDAY 31st DECEMBER

**11:00am - JOINT SERVICE AT FULWOOD
FOLLOWED BY BRING & SHARE LUNCH**

FULWOOD

SUNDAY 3rd DECEMBER

4:00pm - ADVENT CELEBRATION

SUNDAY 17th DECEMBER

10:30am - MESSY NATIVITY

5:30pm - CAROL SERVICE

SUNDAY 24th DECEMBER

3:00pm - CHRISTINGLE SERVICE

11:15pm - MIDNIGHT SERVICE

MONDAY 25th DECEMBER

10:00am - CHRISTMAS DAY FAMILY SERVICE

SUNDAY 31st DECEMBER

**11:00am - JOINT SERVICE
FOLLOWED BY BRING & SHARE LUNCH**

LONGRIDGE

SUNDAY 3rd DECEMBER

3:00pm - CAROL SERVICE

FRIDAY 15th DECEMBER

12:00pm - CHRISTMAS SHOPPERS' CAROL SINGING

MONDAY 25th DECEMBER

11:00am - CHRISTMAS DAY SERVICE





ASHTON

ADVENT REFLECTIONS

THURSDAY 30th NOVEMBER, 7th & 14th DECEMBER at 11:30am

SUNDAY 10th DECEMBER

10:30am - NATIVITY JOINT SERVICE

MONDAY 18th DECEMBER

12:00PM - LANCASHIRE SINGS CHRISTMAS @HOME CAFÉ

THURSDAY 21st DECEMBER

7:00pm - @HOME CAFÉ COMMUNITY CAROLS

SUNDAY 24th DECEMBER

10:30am - CAROL SERVICE

MONDAY 25th DECEMBER

10:30am - CHRISTMAS DAYCELEBRATION

SUNDAY 31st DECEMBER

10:30am - JOINT SERVICE WITH WEST PRESTON INGOL

COTTAM

ADVENT REFLECTIONS

THURSDAY 7th, 14th & 21st DECEMBER at 11:30am

SUNDAY 31st DECEMBER

10:30am - JOINT SERVICE WITH WEST PRESTON INGOL

INGOL

WEDNESDAY 29TH NOVEMBER

6:00pm - COMMUNITY CHRISTMAS TREE LIGHT UP

THURSDAY 14th DECEMBER

5:00pm - MESSY CHURCH CHRISTMAS

SUNDAY 24th DECEMBER

9:30am - CAROLS & CHRISTINGLE SERVICE

MONDAY 25th DECEMBER

9:30am - CHRISTMAS DAY CELEBRATION

SUNDAY 31st DECEMBER

**10:30am - JOINT SERVICE WITH HESKETH BANK, HOOLE, HOPE
ASHTON & COTTAM**



CHURCH LEADERSHIP TEAM

Ladipo Adepoju: *God for All*, John Ferris: *Property*, Mavis Fletcher: *Worship*
Karen Hunt: *Outreach and Service*, Amanda Latham: *Finance*, Judith Lowe: *Worship*,
Laura Pavlikova: *Learning and Caring*, Sue Penrith: *Learning and Caring*,
Sonia Phillips: *Communications*, Margaret Squire: *Governance*

* * * * *

COMMUNION STEWARDS

John Butterworth, Jacqueline Clarke, Barry Crossley,
Anne Garsed, Sue Hogarth, Olivia Parkinson, Laura Pavlikova.

* * * * *

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	e-mail	fmc magazine@yahoo.co.uk

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DOMESTIC ABUSE GROUP

On Saturday 14th October we had the pleasure of listening to Cllr. Clare Hunter. Previous Refuges Manager of Preston Domestic Violence Services. She came and gave us a condensed presentation on domestic abuse. The session was informative and thought provoking. It never ceases to amaze us how many different forms of abuse there are and the severity and impact it can have on people from all walks of life who suffer a lot of time in silence and isolation. Please spare a thought and a prayer this Christmas for both the victims and survivors of domestic abuse.

Cheryl Arnold
on behalf of the team

* * * * *

3GENERATE 2023

One Friday in October I went on a coach with Church to Birmingham to take part in 3Generate. We stayed there for two nights in tents of two or three people. There were lots of things to do like dancing, crafts, games,



biking, escape room, yoga class, rock music, boxing on a screen and we also learned about guide dogs and met some. They were lovely. The food was delicious, and I especially liked the curry. My favourite part was the games, one in particular which was about break dancing in which I came second. The only thing I think could be improved would be the fact that we had to queue up for the toilets. All in all, I had a great weekend, and I can't wait to do it again.

Written by Cici, a member of this year's group (Darren Arnold - leader)

* * * * *

EDITORIAL NOTE

Fulwood Methodist Church magazine is published four times a year, at Easter, Summer, Harvest and Christmas. It is intended to provide information, to stimulate the brain cells, to amuse, encourage and just occasionally to provoke our readers! Sometimes space is filled by material taken from the internet. We would like more items or suggestions from a wider range of people. These can be sent at any time to fmc magazine@yahoo.co.uk. We reserve the right to edit any material published, but we do try to provide something to meet all tastes. How can we make the magazine more interesting for you? Do let us know.

The Editorial Team

* * * * *

There are only two ways to live your life: one is as though nothing is a miracle. The other is as if everything is. *Albert Einstein*



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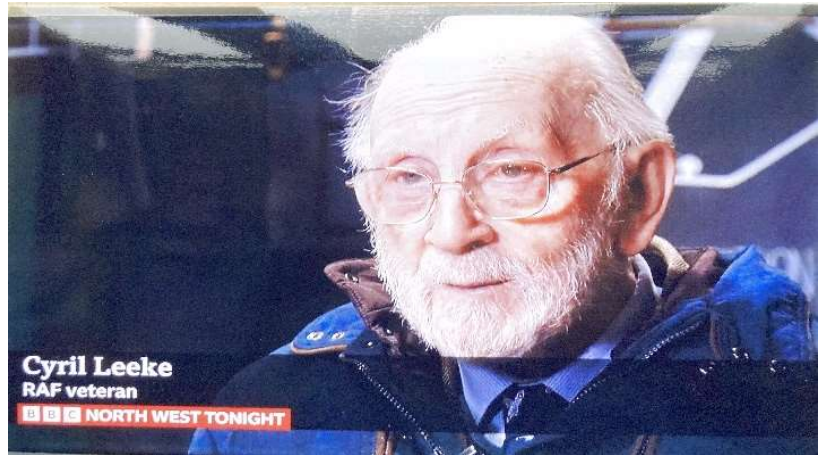
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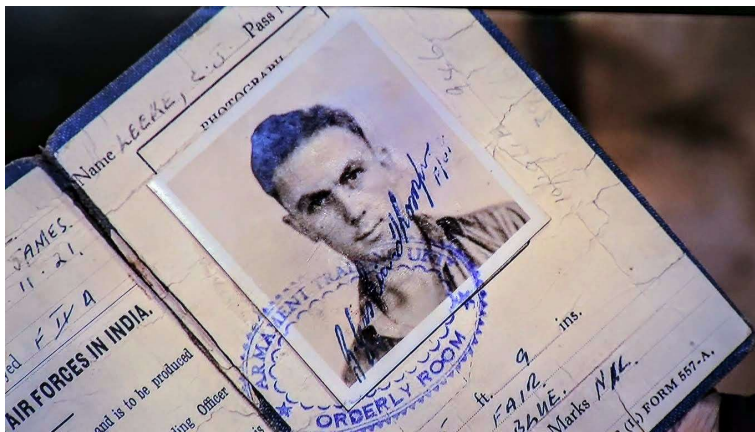
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CYRIL ON TV

Last summer my son Robert took my dad Cyril to see the Spitfire on Preston Flag Market. There they met David Walters and Stuart who was 100. During the war dad had worked at 101 RSU at Nagpur in India repairing and salvaging aircraft, mainly Dakotas, and Stuart had been a pilot of Dakotas also in India.



As a result of this meeting David, who is a retired Colonel, invited dad to the Spitfire Museum at Blackpool to be interviewed with Stuart and other veterans about their wartime experiences for BBC Look Northwest. We arrived to meet 101 year old Mary who had been in WRAF and 98 year old Ken who had



been in the Royal Navy. They were interviewed by Annabel Tiffin and it was a very pleasant day for them and their family members who accompanied them. The interview was broadcast on Friday's edition of the programme on Nov 10th for the Armistice Day celebrations on the 11th. Unfortunately, my attempt to record the programme failed so, although we watched it live, I don't have a copy to keep and



show dad and others in the family. If anyone does have a recording it would be great to get a copy, please. John Butterworth did take a photo of dad from the TV and gave it to me for dad and hopes to do a DVD of it soon.

Here are some photos of the day, and dad's identity card which was shown on the programme

Veronica Frost

HEALING POWER OF HUMOUR (2)

Readers may recall my first article which highlighted the health and wellbeing benefits of humour. I made a case for utilising appropriate humour to help us cope in a range of settings and occasions. I also described some Do's + Don'ts and shared some humorous stories and fun riddles.

I often ask my wife Joyce to check my writing and make constructive comments for improvement. When she last did so, I was heartened to hear her loud laughter and I asked her what had amused her so much? She guffawed “Your spelling mistakes!”.

In this edition we will take a serious look at the connection between laughing and crying and we will discuss two techniques to try.

I will continue to share some amusing stories and further fun riddles with a Christmas orientation.

I'm mindful that preparing for the Christmas season for many people can be stressful and challenging, especially in the post-Christmas period, when we may be exhausted and we need a shot of humour to banish the blues!

The Laughing / Crying connection, a bit of serious and interesting stuff!

I like the quote of Kurt Vonnegut “Laughter and tears are both responses to frustration and exhaustion...”. I myself prefer to laugh, since there's less cleaning up to do afterwards!

Laughing and crying are very similar. Often, derived from the same source, they both look and sound alike and serve many of the same functions. There is one significant difference however, that makes laughter more powerful than tears.



Let's look at the connections; we may often find tears streaming down our face during gales of laughter and frequently hearty laughter emerges after we have had a good cry. Even facial expressions are similar. It is sometimes hard to deduce if someone is laughing or crying.

You may be able to recall the last time you had a good cry, you probably felt drained, but you may also have felt better. The chances are, you also felt this way after a good hearty laugh. The reason for this is another association between laughter and crying. Each provides a powerful cathartic cleansing! Each is an important mechanism for releasing stress and tension.

Tears of sorrow and tears of joy seem to be related too. An expert biochemist in the USA found that emotional tears contain a greater concentration of protein than tears that are produced by other means, such as chopping an onion. The researcher believes tears of sadness play an important part in removing harmful substances

produced during stress. He also speculates that tears of laughter serve the same function as tears of sorrow. In other words, laughter tears may also carry away harmful toxins from the body and suppression of them increases our susceptibility to stress related disorders.

But there is one big difference between laughter and crying; laughter helps us transcend our suffering, crying does not.

Tears of sadness turn us inwards. When we cry we feel sorry for ourselves, laughter on the other hand, focuses us outward. Laughter expands our outlook, gives us a new way of seeing our situation. It is asserted that the laughing person is ‘open to the world’. The crying person, on the other hand, only sees his or her own world or problems. This is what one Yiddish proverb has to say; “Laughter can be heard further away than weeping”.



Tears of sorrow focus only on one aspect of our loss and our pain. They emphasise the seriousness of the situation, binds us to our suffering and narrows our vision.

If we can avoid feeling sorry for ourselves and find some humour in our pain, for example, if after a binge eating episode and I’m feeling uncomfortable and sorry for myself, I say, “I don’t consider myself fat, I consider myself well insulated”, it won’t make me lighter, but can help me become mentally lighter.

When we allow some humour to be part of our pain, we are not directly involved in our suffering. It’s as if we have put someone else’s glasses on to view our situation. Everything seems familiar, but there is a slightly different look to the scene; it is not that our pain has diminished, it’s that the space around has become bigger.

Any animal confined to a small pen will eventually become agitated and restless. It may bray, kick and try to tear down the fence. Expand the fence and it is likely to settle down and be content.

“To give your sheep or cow a large spacious meadow,” said one Zen Master “is the way to control him”.

So, to quell the pain, try making the fence around yourself bigger, with humour.

In encouraging the search for humour in our losses, upsets, difficulties, trials and troubled times, in no way am I diminishing the value of crying.

Crying is an important part of our pain, loss and grief. It is one of the primary ways the body releases tension when under pressure.

We must give ourselves permission to cry. Do try and avoid bottling emotions up. Suppressed tears can linger and can continue to cause problems for a lifetime.

It can be detrimental to both our physical and mental health. Researchers have found a link between those who rarely cry or have a negative attitude about crying and illnesses such as ulcers and colitis.

Crying is important and shouldn't be suppressed, but at some point in our upsets and pain, continued crying may not be the healthiest thing for us.

We must try to begin putting what we cry about into some perspective so that we can get on with our life.

Tears cannot do that, humour and chuckles can!

Developing a smile mindset, where you can begin to smile rather than cry.

We can effectively erase unpleasant thoughts by concentrating on happy ones. Two techniques to try:

If you begin with the assumption that laughter will not work, it will not. However, if we try to put some humour into trials and tribulations then we have already begun to move in the right direction.

Whilst laughter is spontaneous, we can nevertheless set the stage or conditions for it to occur. We can encourage or discourage it, plan for it or ignore it, be open to it or closed. If you look for humour, you will find it.

If you get into the habit of setting a mental channel, a mindset to steer you in the direction you want to head, learning to laugh when you feel like crying, it is likely to occur.

Some handy tips

- Take a look around when you are feeling low and think of a number of things that make you smile - go ahead and try it!
- With a smile mindset you are likely to recall things or events which make you smile.
- An amusing or embarrassing incident which caused you to laugh.
- A favourite photo or picture of your pet. A cartoon or hilarious TV programme, for example, Fawlty Towers or a Tommy Cooper sketch.
- An old school report, if you haven't burnt it!
- When you smile things often seem to smile back. In other words, if you look for smiles, you will find them. It's also a matter of setting or pre-recording your mental channel.

An alternative and simple but effective approach is 'BE, DO and HAVE'.

First, **BE**. What would you like to happen? If your aim is not to be so serious about life's punches, act like someone who sees the lighter side of things. Constantly ask yourself, "How would a 'Whistle a Happy Tune' optimistic type of person, react to the situation I'm in. Then act accordingly.

DO. What do you want to happen? Whilst you might not have much to laugh about now, you could ‘laugh on credit’. Think about what used to make you laugh in the past and use it to trigger laughter.

Realise too that things do change and that the cliché about “Turning out for the best,” is usually true!

The third step, is **HAVE**. It happens automatically once you have achieved the first two. Because you are already acting like a person who can laugh in difficult times, you already have accomplished what you set out to do.

Christmas humour

Some stories to make you smile along with some festive jokes and riddles to provide moments of light relief for those of you who may find the Christmas period an ordeal.

As a member of the welcoming team I was particularly amused by the following story.

“Three visitors arrived at an Irish country church just before the service started. The welcomer shouted, “Three chairs for the visitors,” and the congregation responded “Hip Hip Hooray!”

When the surgery opened after Christmas, a man went to see his doctor about his breathing problems. “Did you sleep by an open window as I suggested?” asked the doctor. “Yes, I did,” said the man. “And have you lost your bronchitis?” the doctor asked. “No, so far, all I have lost is my laptop and my phone!” replied the man.

New Year humour

An iPhone and a firework were arrested on New Year’s Eve. One was charged and the other was let off.

When the company returned to work on 2nd January, the boss asked one of his employees, “Do you believe in life after death?” “I’m not sure Sir”, he replied, “why do you ask?” “Because”, said the boss, “after you asked to have Christmas Eve off so that you could attend your grandma’s funeral, she came in to see you!”

After Christmas, three children were asked what they had done on Christmas Day. One, the son of a vicar, said that after arriving home following the Christmas service, they’d opened their presents and sung carols. The second, a Roman Catholic lad said when they arrived home after Mass, they opened their presents and later sang carols. A little boy whose father owned a toy factory, said they had looked at all the empty shelves and sang “What a Friend we have in Jesus!” They all went to the toy factory after breakfast.



Malcolm Rae

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BOOK CLUB

It may be unfortunate that you are reading this too late to take part in one of Fulwood's society-events of the year. There again, maybe it is fortunate that I am writing about it now, before the event, to meet the timetable for the publication of this edition of the magazine. For it might have been rather a non-event, but I doubt it. I refer of course to the Book Club's annual evening of mayhem and confusion which we hold each December as part of our festivities. Nevertheless any claim of mine that this was a hugely enjoyable evening can be no more than aspirational. I am though more confident in predicting that there will have been a voluminous consumption of seasonal goodies and much laughter. If you really want to know how it went - ask some of the usual suspects.

What I can report with much greater confidence is how much we enjoyed our November meeting led by Mike Halewood. Mike is a fountain of knowledge of trade in the printed word especially in the first half of the twentieth century. This time he spoke to us about the world of 'The Strand Magazine' which introduced so many to literature and to wider culture for over half a century. It was, of course, the organ through which Sherlock Holmes was introduced to the world by Arthur Conan Doyle. Mike has a treasure trove of back copies and collected volumes in his Friargate shop and generously brought some of them with him for us to savour. Maybe some OF you older readers remember the later years of this journal and possibly have the odd copy in the attic!



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2024 is a leap year - but our early programme for the year looks rather more factual than romantic. Possibly we can address that later in the year. In fact our first meeting in January will be thinking about the theme of 'revolution'. Some of us may read 'A Tale of Two Cities' while others might look at other fiction which takes up that theme. Hilary Mantel or Simon Schama perhaps. The meeting after that may be even more varied. We have challenged ourselves to introduce each other to fiction from each continent of the world. Lots were drawn at our November meeting but, if you were not there, you could come along and tell us about something from another continent which has caught your interest in the past. A sort of Around the World in Eighty Minutes. Do come and enrich our itinerary.

We constantly want to welcome newcomers to our meetings which are, we hope, relaxed and friendly. Do watch out for further details in the Church weekly notices and on the Church website. Just come along for a taster - and a chocolate biscuit or two.

Ken Wales

A PIECE WRITTEN BY CYRIL LEEKE OVER 50 YEARS AGO.

I found this piece of writing in amongst dad's photos. It is obviously an introduction to an illustrated talk he was giving about the evolution of fish, possibly to the Natural History Society in Reading, his hometown. I was impressed by the vivid descriptions and images. For many years he gave talks to a wide variety of groups, mainly about natural history in its widest remit, from his own biological background and his overseas holidays.

In later years he always donated his fees to Reading Crossroads Group, who provided support for people with dementia and their families, because they helped with my step-mum Nancy who had Alzheimer's.

Veronica Frost

My earliest recollection is of falling into the paddling pool at Hill's Meadow some 45 years ago. My memory is of two things, one was the green colour and the other was the sense of surprise and wonderment as I held my breath, by some instinct, for the few seconds it took my mother to rescue me. I was most put out at being stripped and dried with the whole of Reading looking on.

Almost certainly my interest in aquatic situations dated from then. From stamping my feet in puddles to enjoy the splashes I passed on to lying prone to watch the fascinating world of a clear flowing ditch where the dazzling green of the starwort pads rippled and afforded cover for those side stroke swimmers, the gammarids, tiny invertebrates like fleas which fish feed on and the tiny black mud snails. Often leaches could be seen undulating rapidly against the current or slender tubifex worms performing conjuring tricks and disappearing before my very eyes, but the prince of the ditch for me was the red breasted spring-time stickleback with the fluorescent eyes. It was never really clear to me whether my interest stemmed from the habitat or the inhabitants. There may be good psychological reasons for this, if we are to accept Haeckel's famous tenet which has been succinctly expressed in the words "ontogeny is phylogeny writ small" or "an embryo climbs its family tree". In any case we certainly have an aquatic stage in the amniotic fluid of our mothers and thanks to the joint work of Mr. Darwin and Mr. Wallace, the ideas I shall shortly propound on our fish ancestry are now considered respectable.

At this stage I should probably apologise to those of you who are familiar with the story and say that I hope that my exposition will be sufficiently novel to interest, but not so novel as to evoke incredulity.

If you want to know more, ask Cyril. This has prompted me to suggest that other people might like to write about their earliest recollections too. (Veronica)



Cyril on his 102nd birthday

“NO ONE HAS EVER BECOME POOR FROM GIVING.” *Anne Frank.*

As many of you will know, RAMJS, Ribbleton Avenue Methodist Junior School, is located in an area of high social deprivation and as a result, around 50% of our children are in receipt of the Pupil Premium Grant. This funding from the government goes a long way to helping the team at RAMJS to provide additional support with learning and cover the costs of experiential learning opportunities so that no children are disadvantaged as a result of lower household incomes. As a school we are in an amazing position where we are able to provide free trips for all pupils in school, a free breakfast club and subsidised after school clubs.

Much of this could and would not happen if we were not able to provide an additional subsidy to costs throughout school from external organisations such as Greggs the Bakers, The Ernest Cook Trust, The Countryside Alliance and sponsorship from businesses like Preston Jaguar Centre, Morrison's, Bridge Education and Evolve Document Solutions, to name but a few.



*RAMJS Girl's Football Team,
sponsored by Preston Jaguar Centre*

Greggs have a long history of giving back to the community and as a result of their generosity we are able to provide free food for all of the pupils who access our daily Breakfast Club. Not only do they provide funds for school to buy breakfast provisions, they also provide us with a weekly supply of bread and the occasional treat for the adults in school.



Children at Woodend Farm, Clitheroe, paid for by The Countryside Alliance.

Ours is not the only school in the area which is lucky enough to access this amazing resource; Greggs offer this at national level to schools where poverty can impact on life chances for children and I think we would all agree that no child should go hungry in a world where there is so much abundance. So, many thanks to this national business, which started off in the north East.

We are also blessed to be able to access funding from The Countryside Alliance who provide us with free transport to visit farms who have signed up to the scheme. The intention is to give inner city children the chance to experience localities different from their own. In doing this, they are also raising awareness of the important roles which farmers play in bringing food supplies from the farm to the plate.



Year 3 telling our school community about Harvest and celebrating the donations made from our children and staff.

At RAMJS however, it is not all about the things we receive from other people, we also like to promote the good we can do by giving back to our local community.

‘Giving opens the way to receiving.’ - Florence Scovel Shinn.

At various points in the year we gratefully receive donations of unwanted Christmas/birthday gifts from our staff and their families which we then use to set up a Mother’s Day market. Children are able to make a donation to buy a gift for their grown ups and any funds raised are then used to buy gifts for residents in our local care homes, many of whom have lived in Ribbleson at some time in their lives. The staff working in the care homes also have children attending RAMJS so this acts as a wonderful way of showing that as a school we can feel the benefits of receiving but also the joys of giving!

This is repeated at various points of the year, especially around Harvest time when our school family bring in food donations which we are then able to gift to The Foxton Centre Food Bank, a local charity that offers aid to our local community.

‘A generous person will prosper.’ – Proverbs 11:25

We are blessed to be part of such a loving school and to receive so much support from the surrounding area; from the termly financial contribution from Sue and the Church, to the gifts we receive at Christmas from our friends at the Methodist Church and the wider Circuit. We just want to use this opportunity to say how grateful we are, how each act of kindness helps us to thrive as a school and enabling us to give back when and where we can.

***Fran Nickson
Headteacher - RAMJS***

SOME MID-WINTER CUSTOMS

On the approach to Christmastime there are activities such as ‘Stir Up Sunday’ (happily revived at FMC this year) and Carol Singing from door to door (sadly, something which has pretty well disappeared). Having a Christmas Tree, sending Christmas cards, giving presents, and dining on turkey are still some of our inherited traditions. There’s the good old visit to a pantomime too.

From medieval times there was the opening of alms boxes on St Stephen’s Day (i.e. Boxing Day) and the distribution of money to the poor. The Victorians burnt Yule Logs (a custom from earlier times) and in cider-producing areas of the country, on Old Twelfth Night, it was – and still is in some places – the tradition to go ‘wassailing’. This can include singing to the trees, firing guns into the topmost branches to drive out bad spirits; playing music, dancing and drinking a toast to good health and a good harvest in the future. Wassailing at Bodmin in Cornwall has a 400 year history. There, men in top hats and tail coats sing wassail songs around the town to raise money for charity.



Other somewhat bizarre (to some folk) events include going for a swim in the sea or a lake or a local lido on Christmas morning, or taking part in the Matlock Bath Raft Race (to raise money for the RNLI) on Boxing Day. There is the now regular New Year’s Day Parade in London which will

involve thousands of people, and a revived Plough Monday tradition is that of the Whittlesey (near Peterborough) Straw Bear.



The next is on Saturday 13 January 2024. This will see a man, dressed in a suit of straw, parading around the village accompanied by hordes of Morris Dancers – particularly of the Border Morris type.



Around Twelfth Night the Lincolnshire village of Haxey indulges in its Haxey Hood ritual: a re-enactment of chasing the hood of a 14th century lady, which was blown across the local fields. In reality it’s an example of the game of Old English Football, with any number of participants and very few rules. Come to think of it: from what we see of football on TV, things don’t seem to have altered all that much over the years!!

Also, don’t forget the Chinese New Year celebrations – and you don’t have to travel to London, Liverpool and Manchester have indigenous Chinese populations too.

Roy Smith

HARVEST HUMDINGER

The Harvest Humdinger was a Harvest meal, followed with a concert by the Freckleton Brass Band and their Junior section held in church back in September. We don't like blowing our own trumpet, but it raised £1078.78 for church funds. Thanks everyone who helped make it such a roaring success!!

Amanda Latham (finance group)



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CHRISTMAS CAROLS & SONGS QUIZ

Example - **O C A Y F** *O Come All Ye Faithful*

O L T O B

W S W T F B N

G C M R

R T R N R

T H A T I

T F N T A D S

A W G M O O

G R Y M G

O I R D C

O T F D O C

A F T R O G

H T H A S

I S T S C S I

S A T W S

W T K O O A

D D M O H

G K W L O

S N H N

C A S T H M

W W Y A M C

Answers on page 30

CHRISTMAS FULFILLMENT

This Christmas,
may you have the fulfillment
of seeing around you
the people you love the most.
May you have the satisfaction
of creating special memories
they will remember with pleasure forever.
This Christmas,
may you feel peaceful and contented,
knowing what Christmas means,
and celebrating it your way.

Joanna Fuchs

* * * * *

THE PROMISE

God hath not promised skies always blue,
Flower-strewn pathways all our lives through;
God hath not promised sun without rain,
Joy without sorrow, peace without pain.

But God hath promised strength for the day,
Rest for the labour, light for the way,
Grace for the trials, help from above,
Unfailing sympathy, undying love.

God hath not promised we shall not know
Toil and temptation, trouble and woe;
God hath not told us we shall not bear
Many a burden, many a care.

God hath not promised smooth roads and wide,
Swift, easy travel, needing no guide;
Never a mountain, rocky and steep,
Never a river, turbid and deep.



Annie Johnson Flint

CHRISTMAS FUN RIDDLES/QUIZ

Over the years, no doubt we have all groaned at the silly Christmas cracker jokes. However, some are clever and imaginative, so let's test your creative juices and lateral thinking skills. You may also wish to use them as a Christmas party quiz.

Answers on page ?

- 1 Why are Christmas trees like clumsy knitters?
- 2 Who hides in a bakery over Christmas?
- 3 What do you call Santa's helper?
- 4 How do you stop your mouth from freezing over Christmas?
- 5 What did Adam say the day before Christmas?
- 6 How did the three Wise Men figure out Jesus was exactly 6 pounds 9 oz when he was born?
- 7 How did Scrooge score the winning goal in the football match?
- 8 What did the bald man say when he got a comb for Christmas?
- 9 Why couldn't the skeleton go the Christmas party?
- 10 Why did Cinderella never make it as a footballer?
- 11 What do you get from sitting on snow too long?
- 12 Why does Dick Whittington have a beard?
- 13 What happened to the turkey who got in a fight?
- 14 Why has Santa been banned from sooty chimneys?
- 15 Why was the snowman sad?

My next offering will focus on compassionate humour at times of sadness and despair. Keep smiling – and if you meet someone without a smile, give them one of yours!

Malcolm Rae

Answers on Page 32

* * * * *

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101 YEARS OF LOVING WILDLIFE FOR OUR MEMBER, CYRIL

This article was published in the Winter 2023 issue of LAPWING, the magazine of ‘The Wildlife Trust for Lancashire, Manchester and North Merseyside’, and is republished with their permission.

When Cyril Leeke’s 101st birthday was approaching in 2022, his daughter, Veronica, and their family decided to surprise him with a memory leaf on the tree of his favourite LWT nature reserve, Brockholes.

It was wonderful to meet Cyril and hear about how he’s loved visiting Brockholes over the years and been present as the reserve developed into the wildlife haven it is today.

Thank you once again to Cyril and his family for remembering his special birthday with us.

Our memory leaves are a lovely way to remember your loved ones, and a moment of quiet reflection in their favourite wild place can bring comfort in difficult times.

Your leaf, whether in memory or in celebration, will help us to protect the special places nature calls home.



Cyril stands proudly with his 101st birthday leaf

Cyril recently celebrated his 102nd birthday.

HARVEST CROSSWORD SOLUTION

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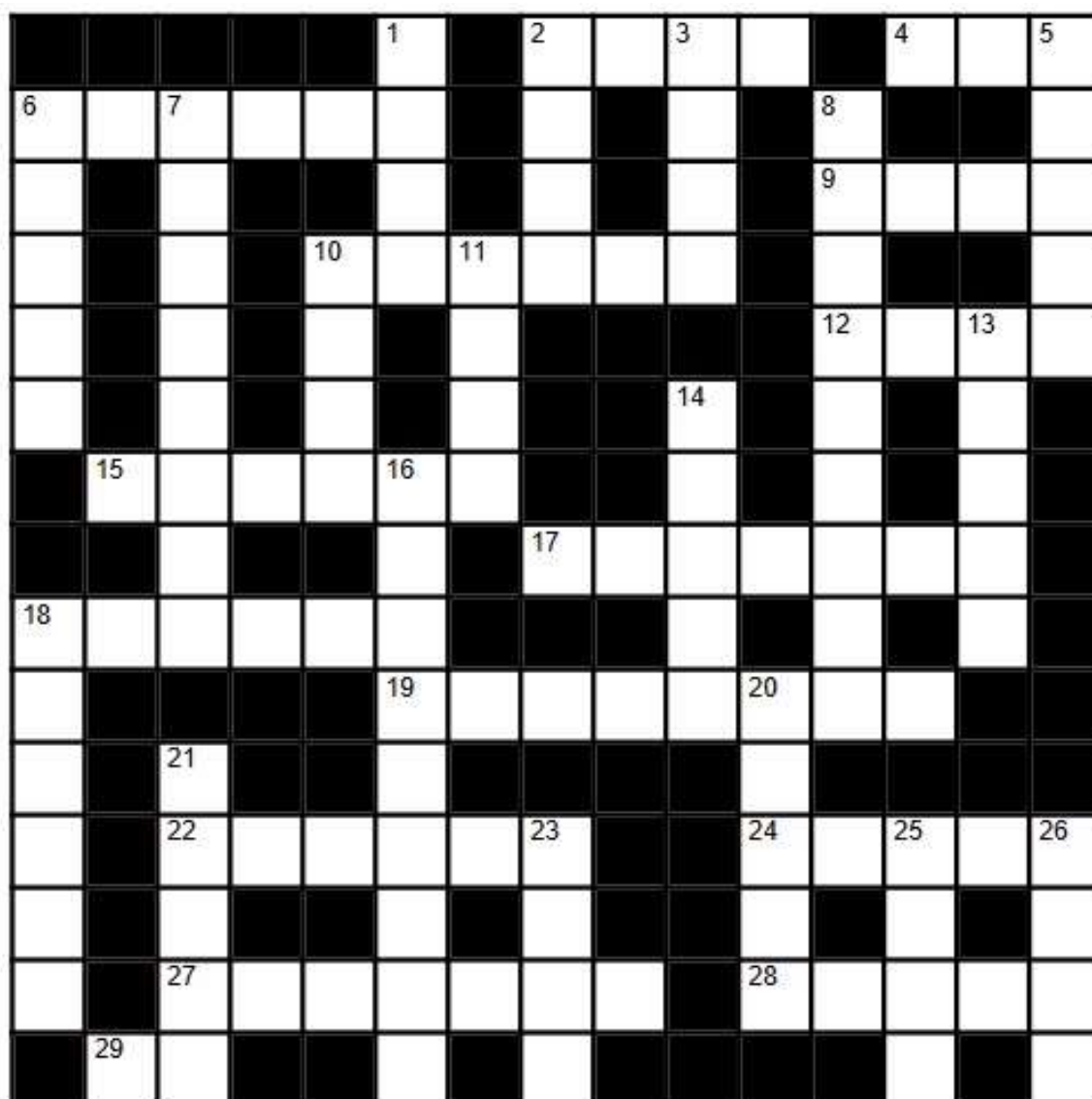
CHRISTMAS CROSSWORD

This is more of a word puzzle than a crossword. At least it is seasonal! The 1 down is that the word puzzle is based upon 18 down. Nearly all the solutions are based upon the first and last lines of items to be found in 'Singing the Faith'. (If you don't have a copy at home, then one could be 'borrowed' from Church so long as it is returned promptly.)

For most clues, the correct entry can be found in either the first or last line of the item concerned. The position of X in the clue indicates whether it is the first or the last line where the word is to be found. The other words in each clue direct you to the item itself. These clues are not cryptic: you simply need to find a word of the correct number of letters which fits the grid.

By the end you should be more familiar with this section of StF. Enjoy.

Ken Wales



Across

- 2 Angels from the realms of glory: X (4)
- 4 Glory be to God on High: X (3)
- 6 Hark, the herald angels sing: X (6)
- 9 see 21 across (4)
- 10 X: To live with you there (6)
- 12 Love came down at Christmas: X (4)
- 15 Christians awake, salute...: X (6)
- 17 Born in the night: X (7)
- 18 X: of his holy fire (6)
- 19 X: Saviour, do not tarry (8)
- 22 with 8 across, the place where the fifth candle is lit on Christmas day (6)
- 24 X: Bright like stars, with glory crowned (5)
- 27 O Come, O Come...: X (7)
- 28 In the bleak midwinter: X (5)
- 29 X: Now in flesh appearing (2)

Down

- 1 See preamble. (4)
- 2 Sing we the King who is coming to reign: X (4)
- 3 Of the Father's love begotten: X (twice part of a word here) (4)
- 5 X: for the triumph of the King (5)
- 6 X: child of sorrow for my joy (5)
- 7 Tell out my soul: X (8)
- 8 X; Guide where our infant redeemer is laid (9)
- 10 Were there three of these wise journeymen? (4)
- 11 After the three French hens, how many days were left? (4)
- 13 O come all ye faithful: X (5)
- 14 Gum resin extracted from small thorny trees and delivered by one of the 10 down (5)
- 16 X: begin and never cease (9)
- 18 See preamble (6)
- 20 X: we shall all be lost in God (5)
- 21 Stop for a moment! Are those dog's feet you hear? (cryptic) (5)
- 23 X: Our Lord Immanuel (4)
- 25 The next one will be one day longer than this one (4)
- 26 Sounds like tea taken from milky coffee. About time too!! (cryptic) (4)

Solution in the Easter edition

FOR REFLECTION

God is not good habit
a useful Sunday exercise
one interest amongst others
a fascinating hobby
God is life itself
God is Someone
not to be analysed
examined, proved
but to be met
And when that happens
Life unfolds
meanings matter
love is deeper
Be still. Relax. Unwind
Open those inner doors

Howard Booth

THE SECRET

I met God in the morning,
When my day was at its best
And His presence came like sunrise,
Like a glory in my breast.

All day long the Presence lingered;
All day long He stayed with me;
And we sailed in perfect calmness
O'er a very troubled sea.

Other ships were blown and battered,
Other ships were sore distressed,
But the winds that seemed to drive them
Brought to us a peace and rest.

Then I thought of other mornings,
With a keen remorse of mind.
When I too had loosed the moorings
With the Presence left behind.

So, I think I know the secret,
Learned from many a troubled way;
You must seek Him in the morning
If you want Him through the day.

Ralph Spaulding Cushman

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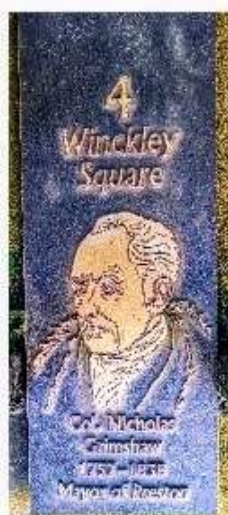
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MORE WINCKLEY SQUARE PLAQUES

Please go and see if you can find any more.



Col Nicholas Grimshaw
Mayor



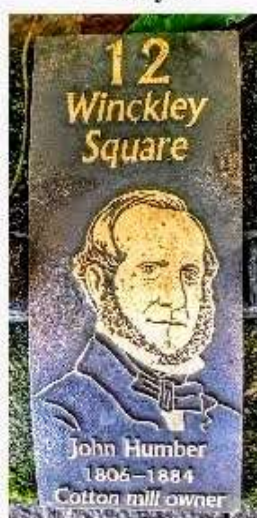
Edward Garlick
Civil Engineer



James Pepper Parker
Grocer



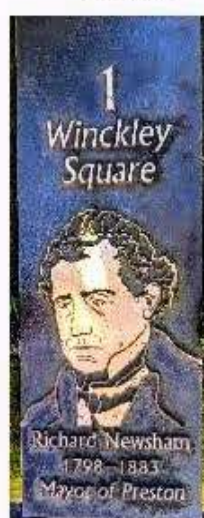
James Tullis
Stonemason



John Humber
Cotton Mill Owner



Revd Roger Carus Wilson
Vicar of Preston



Richard Newsham
Mayor



Thomas Batty Addison
Barrister



Thomas Miller
Cotton manufacturer



Winckley Square Gardens - The Syke



William Cross
Deputy Prothonotary

We wonder if any of our older readers have any memories or connections with these northerners. If so please share them with us.

THERE'S A SUNSHINE IN A SMILE

Life is a mixture of sunshine and rain
Laughter and pleasure, teardrops and pain.

All days can't be bright, but it's certainly true,
There was never a cloud the sun didn't shine through.

You'll find when you smile, your day will be brighter.
And all of your burdens will seem much lighter -

For each time you smile, you will find it is true,
Somebody, somewhere will smile back at you

And nothing on earth can make life more worthwhile.
Than the sunshine and warmth of a beautiful smile.

Helen Steiner Rice

* * * * *

CHRISTMAS CAROLS AND SONGS ANSWERS

O Little Town Of Bethlehem; While Shepherds Watched Their Flocks By Night;
Good Christian Men Rejoice; Rudolph The Red Nosed Reindeer; The Holly And
The Ivy; The First Noel The Angels Did Say; As With Gladness Men Of Old;
God Rest Ye Merry Gentlemen; Once In Royal David's City; On The First Day Of
Christmas; Angels From The Realms Of Glory; Hark The Herald Angels Sing; I
Saw Three Ships Come Sailing In; See Amid The Winter Snow; We Three Kings
Of Orient Are; Ding Dong Merrily On High; Good King Wenceslas Looked Out;
Silent Night Holy Night; Christians Awake Salute The Happy Morn; We Wish
You A Merry Christmas.

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THE PRICELESS GIFT OF CHRISTMAS

Now Christmas is a season for joy and merrymaking
A time for gifts and presents for giving and for taking,
A festive, friendly, happy time when everyone is gay -
But have we ever really felt the GREATNESS of the Day ?...
For through the centuries the world has wandered far away
From the beauty and the meaning of the HOLY CHRISTMAS DAY.

For Christmas is a heavenly gift that only God can give,
It's ours just for the asking, for as long as we shall live,
It can't be bought or bartered, it can't be won or sold,
It doesn't cost a penny, and its worth far more than gold
It isn't bright and gleaming for eager eyes to see,
It can't be wrapped in tinsel or placed beneath a tree.



It isn't soft and shimmering, for reaching hands to touch,
Or some expensive luxury you've wanted very much ...
For the PRICELESS GIFT OF CHRISTMAS is meant just for the heart
And we receive it only when we become a part
Of the Kingdom and the glory which is ours to freely take,
For God sent the Holy Christ Child at Christmas for our sake.

So man might come to know Him and feel His Presence near
And see the many miracles performed while He was here
And this PRICELESS GIFT OF CHRISTMAS is within the reach of all,
The rich, the poor, the young and old, the greatest and the small
So take HIS PRICELESS GIFT OF LOVE, REACH OUT and YOU RECEIVE,
And the only payment that God asks is just that YOU BELIEVE.

Helen Steiner Rice

* * * * *

THE PROMISE

GOD hath not promised, Skies ever blue
Flower strewn pathways, All our lives through:
God hath not promised, Sun without rain,
Joy without sorrow, Peace without pain
But He hath promised, Strength for each day,
Rest after labour, Light for our way
Grace for our trials, Help from above,
Unfailing sympathy, Undying love.

Anne Kirkham

MALCOLM'S QUIZ ANSWERS

1. They both drop their needles.
2. A mince spy.
3. Answer is subordinate clause.
4. Grit your teeth.
5. It's Christmas, Eve!
6. They had 'a weigh' in a manager.
7. The ghost of Christmas passed to him!
8. Thanks, I will never part with it.
9. Because he had nobody to go with!
10. She kept running away from the ball!
11. Polaroids.
12. Because 9 out of 10 cats prefer whiskas!
13. He had the stuffing knocked out of him.
14. Because of his carbon footprint!
15. Because he had a meltdown!



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THE HUMAN BODY QUIZ ANSWERS

(to quiz in the Harvest issue)

1) Tropical trees	PALMS
2) Parts of a chair or table	LEGS
3) Two young farm animals	CALVES
4) A clock has two	HANDS
5) Foreign places of worship	TEMPLES
6) Noisy instruments	DRUMS
7) A fine stag	HEART (HART)
8) Swift animals	HAIR (HARE)
9) A crest of a hill	BROW
10) A personal pronoun	EYE (I)
11) A large box	CHEST
12) Kettle covers	LID
13) Used by carpenters and blacksmiths	NAILS
14) What the army marches on	STOMACH
15) English measure	FOOT
16) A type of bean	KIDNEY
17) Two scholars	PUPILS
18) Part of a cereal	EAR
19) Used for rowing	SKULL
20) A container of liquid	BLADDER
21) Part of a knife	BLADE
22) Smoking damages these	LUNGS
23) Used by an artist	PALATE (PALLET)
24) Anger / vent your ‘?’	SPLEEN
25) Pages at the end of a book	APPENDIX
26) Roads	ARTERIES
27) Worn by a monarch	CROWN
28) Shellfish	MUSCLE (MUSSEL)
29) You can get that from naughty boys	CHEEK
30) Two flowers	IRIS or TWO LIPS (TULIPS)!!
31) Weapons of warfare	ARMS
32) Found in marble	VEINS
33) Top of a drum	SKIN
34) Small fish	SOUL (SOLE)

FOR THE NEW YEAR

Lord, in the morning of this year,
Myself to Thee I bring,
Teach me to use the gifts I bear,
In all humility.
Teach me to love instead of fear,
The good things I desire.
Show me a way through another year,
And plant my footsteps higher.
Along the very narrow way
Be Thou each day my patient guide,
And Lord with me always abide.

Enid E. Wratten

* * * * *

I MET GOD IN THE MORNING

I met God in the morning,
When my day was at its best
And His presence came like sunrise,
Like a glory in my breast.

All day long the Presence lingered;
All day long He stayed with me;
And we sailed in perfect calmness
O'er a very troubled sea.

Other ships were blown and battered,
Other ships were sore distressed,
But the winds that seemed to drive them
Brought to us a peace and rest.

Then I thought of other mornings,
With a keen remorse of mind.
When I too had loosed the moorings
With the Presence left behind.

So, I think I know the secret,
Learned from many a troubled way;
You must seek Him in the morning
If you want Him through the day.

Ralph Spaulding Cushman

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 - Men (fortnightly)	Roy Smith
2.00 pm	Tuesday at Two - Ladies (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 1.30	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
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Friday

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

10.30 - noon	Who Let The Dads Out? (monthly)	Darren Arnold
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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	OMG (2nd Sun of month for years 5 to 8/9)	Wendy Bennett

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