

Summer 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
WHOLEHEARTEDLY THROUGH SERVICE AND WORSHIP WITH FUN, FELLOWSHIP AND JOY
FOR ALL THE CHURCH FAMILY AND THE COMMUNITY.**

Welcome to the July Edition of Circuit News. We are now 100 days into lockdown and Amy one of our young people reflects on her experience of lockdown and her desire to get back to normal. We have also been made very aware on the news of the Black Lives Matter campaign. A longer and more serious article than usual gives a view of these events from the eyes of a young adult who was brought up and lives in Manchester.

Longing

As the deer pants for the water, so, my soul longs after You (Psalm 42: verse 1)

We are all longing for something – for this lockdown to end, for the misery to stop, for freedom, shopping, football matches, holidays, theatres, bus tours, seeing our families again - when will all this darkness end?

The psalmist in exile longed too for his exile to end and remembered happier days – festivities, processions, great days in the Temple (verse 4). Is not our experience that in the longing and the remembering, a shaft of light illuminates our darkness and we find God in a deeper way?

Rev R S Thomas describes this in his poem, "The Bright Field"

*I have seen the sun break through
to illuminate a small field for a while and gone my way
and forgotten it.*

*But that was the pearl of great price,
the one field that had treasure in it.*



Like the psalmist, our longing will bring us in to a deeper sense of God.

Like you, that shaft of light has been a neighbour popping around with a cake, or a telephone call from a friend. Or for me, more often, my wife Liz making me laugh again!!

Like the psalmist, let us put our hope in God. Better still – make someone SMILE!!

Rev David Jones

An Interview with Amy from Llanfairfechan.

Amy is a young adult from the blue chapel.

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Tell us about who you live with.

My mum and dad have separated, and I switch between them. I live with Mum in the week, Dad on Thursday and swap every other weekend.

What was your typical weekly routine before COVID 19?

I would wake up at seven and get two buses to Llangefni to go to college. I would get to college for 9:00 in the morning and arrive home for 5:30. On Tuesday nights I would coach children in gymnastics and after that go to a Bible Study, or sometimes I would do the Singing for Fun at St John's Church in Bangor. I wouldn't get home till about 10 o'clock. I had started volunteering with Girlguiding on Wednesday nights, and on Thursday nights I volunteered at a youth group - both in Penmaenmawr. On Friday I used to go to Dodgeball, although it had stopped for family reasons. I was a very busy person before COVID!

What one thing has been the most significant change since lockdown?

Not meeting at church is a massive change - not being able to hug or meet people and not going to the events that the church ran. Not going to college and evening events is also a big change. I enjoy working from home but it's definitely a significant change.

What do you miss the most?

I miss meeting people and greeting them with a hug. You can tell I'm a huggy person!

How are you managing college work at home?

I enjoy working from home. I study with someone else over Zoom, and I work from 9:30 in the morning until midnight. After lunch I have the afternoon to myself.

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

I go for a walk at 7:00 in the morning, before anyone else is up. I also walk after lunch and again after my evening meal. Sometimes I fit in a workout, too. I'm a very active person.

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

I think I do more now. I fellowship with my friend Haf in the evenings. We are reading Revelation in the Bible. I'm also catching up with my friends over Facetime or text

What, if anything, have you gained from lockdown?

I've gained more time and the ability to control it. I can study when I want, and I'm enjoying doing my art when I want.

What are you struggling with the most?

I think I'm struggling with not seeing people in person. Yes, we can see each other on a screen, or we can meet if we stay 2 metres apart, but it's not the same. I'm also struggling with going shopping: having to go one way round makes it all seem strange.

Have you taken up any new skills/hobbies?

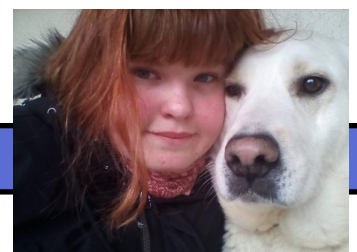
I enjoy doing knitting and doing more of my artwork

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

I have taken up a healthy lifestyle, and I think that will stay that way.

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

Just everything going back to normal.



Cooking corner
Sweet treats to try
Yum - yum



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Verna's Ginger & Lemon Crunch

250g (8 oz) Gingernut biscuits
125g (4 oz) Butter
397g Tin of condensed milk (light version also ok to use)
300ml (½ pint) Double cream
Zest and juice of 2 lemons

Verna a member at Holyhead has had her arm twisted by Robina a fellow member and has finally released the recipe for her crowd-pleasing Ginger & Lemon Crunch. It may look like a cheesecake but it isn't! It's a delicious and quick desert to make especially if you are having visitors.

- Zest lemons on fine grater and then squeeze the juice from both lemons.
- Crush the biscuits (place a few at a time in plastic a bag and crush with a rolling pin)
- Melt the butter in a pan over a gentle heat and add the crushed biscuits.
- Put the biscuit mixture into a greased 8" flan or cake tin with a loose bottom. If using cake tin then line with greaseproof paper as well. (if using a slightly bigger tin the pudding will be a little thinner).
- Chill the biscuit base in the fridge whilst making the filling.
- Lightly whip the double cream and then add the condensed milk (use ¾ of tin if you like it less sweet) along with the lemon zest and juice. Stir gently and the lemon juice will then thicken the mixture.
- Put the lemon mixture on top of the biscuit base and chill in the fridge overnight (or as many hours as possible to let it set).
- Decorate with lemon slices, mixed berries, lemon zest , crumbled biscuits or chocolate.

HELENSBURGH TOFFEE. Jean Owen (always known as fudge in our house!)

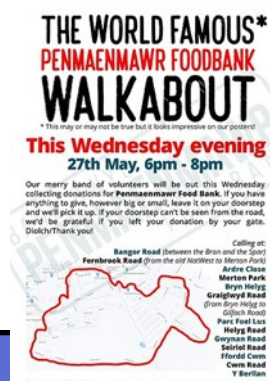
¼ lb butter
½ pt. milk or water
2 lbs sugar
1 large tin condensed milk
1½ tsps. Vanilla essence



- melt the butter with milk or water in a saucepan.
- Add the sugar, and, stirring gently, slowly bring to the boil. Boil until it reaches soft ball stage (240 F.) - takes about 10 mins.
- Add the condensed milk, then reboil to soft ball consistency, beating with a wooden spoon all the time. This takes about 10 minutes.
- Remove from the heat, allow to settle. Add vanilla essence then beat again with a wooden spoon for about 5 minutes until the mixture begins to grain.
- Quickly pour into a greased sandwich tin. Mark into squares before quite cold. When cold, carefully divide into pieces.

As I said it is more like fudge. Keeps well up to 2 weeks, (if it lasts that long)

This is a recipe which has been handed down from my mother, and is in use regularly in our family.





Peter Bonnebaigt is a Manchester based Sound Engineer and Production Manager for



He attended schools in Manchester before studying Music at Salford University. He has lived and worked in a multi-racial and multi-cultural society and many of Peter's friends have been affected by these issues.

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Over the last few months I have been very challenged to further my understanding about what discrimination actually means and have grown concerned about the hurt that members of our society have felt. This started with the God in Love Unites us work and then more recently with the Black Lives Matter which has been on our Newsfeeds in recent weeks. This article has been written for us and I hope it will help others to continue thinking through some of these issues. This article is somewhat longer than others we have included. Heather Bonnebaigt

Growing together: learning how to love.

I reflect here upon a journey I have just begun in an issue I have always been part of. Although this may sound contradictory, for how can someone have always been a part of something they have just begun, my lack of understanding has led me, until now, not to acknowledge my involvement in the issue.

I have been unaware, at times oblivious, to the level to which this issue is ingrained in the foundations of society, although this is the case it does not excuse my impact in this matter. Growth however is not defined by the failings of my past; instead by the choices I make in the present, having learned from these failings, to inform and shape the future.

The issue in question is race and privilege. The following reflects my findings as simply a beginner, a learner, within this. I can't ever begin to understand the impact or effect this issue has had on people of colour, I can however share my learning with the hope it can encourage people, many of whom have enjoyed the same white privilege I have, to begin to listen to, and learn from, the experiences of people of colour with an aim to humbly and selflessly hear their reality.

My intention is not to devalue any hardship or struggles we all have experienced, these are valid and important. Nor is it to label white people as racist, for many this is not true. Not being racist however is no longer enough, to bring about change we must be anti racist; proactively not be racist. With that in mind it is imperative in this moment to collectively stand with people of colour, and together pursue changes in the foundations of society which will upturn and remove the embedded forms of racism that we are encouraged and allowed to ignore.

It is uncomfortable and difficult to do but we must humble ourselves in order to see and accept the privilege white people are afforded.

As a white person I have never had to think about race. My parents have never had to explain to me that I am white or talk to me about difficulties I may encounter, prejudice I may receive, experiences I may be denied, or brutality that may be directed towards me because of my race. I've never felt my voice would be quashed, and never feared losing a job or accommodation due to my colour. People of colour are not given this same freedom. The same world that allows me those simple privileges forces people of colour to have to notice and think about these things and much more besides.

**BLACK
LIVES
MATTER**

This is the privilege that we, as white people, must see and accept exists if we are to collectively move forward and affect the foundational issues that take the purpose and freedoms from so many people in our communities. It is not a question of beating ourselves up for having this privilege and living in shame, that will help no one. It is rather a question of learning and increasing our understanding to be able to grow, change, and best stand with people of colour in the present and future to ensure this privilege does not remain or define our communities. It is everyone's responsibility, no matter what colour, to stand together and begin to re-shape our communities to leave the best and brightest legacy for each individual in the future.

So how can we as white people start to contribute positively to this issue?

Humility is once again vital to approaching this. Here are three simple ways to begin to be the change right now:

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Listen It's important that people are heard, and not just heard but listened to. So often [people listen to comment rather than hear](#), to justify and protect themselves and their actions rather than understand the perspective of those who are affected.

It's easy to feel defensive in conversations around this topic, it's uncomfortable to hear that your skin colour gives you privilege. This is not a character trial however, it's a conversation designed to further understand the issues, to hear the stories, and to be given an insight into the emotions these issues insight. There is no way to ever fully comprehend the experiences of people of colour, even so we must still do our best to empathize as best we can.

It should be uncomfortable, anyone comfortable with the atrocities of racism must re-evaluate their moral compass. Change in its very nature is uncomfortable, it takes you from a place of familiarity into the unknown. In time however, these new places become known, they become the new familiar.

Eventually we will re-define the foundations of society to not include racist undertones, right now however we must get a little uncomfortable, listen, and hear. Not talk, just hear.

Learn Knowledge is the death of ignorance. Engaging with learning is a great way to further understanding of this issue. The history gives context, knowing the facts removes confusion, and hearing the experiences gives an emotional connection and foundation.

Resources are abundant and more available than ever. They exist in a variety of formats and mediums giving now more than ever the best possible chance to learn, and enjoy the learning. Documentaries, dramas, podcasts, books, articles, all manner of resources exist to enable you to learn however you choose.

Learning doesn't have to be a big task. It can feel overwhelming approaching a new subject but small manageable amounts will lead to the biggest understanding. Much like no one would expect an individual to be fluent in a new language after a week, no one expects mastery of content in a short space of time. Perhaps start with one article, chapter, or video a day or week and go from there. The important thing is to make a start and continue the process from there.

Learning is a lifelong thing. No one will ever know everything, it's ok to not know much. Committing to know more and expand your understanding though is a good practice for life and for advancement of community cohesion.

Love People should feel loved throughout this process, through our actions we can demonstrate this love. Expressing solidarity, standing together will all help and will allow us to start to embody the society that people deserve to live in. One where all feel safe, free, and loved abundantly no matter who they are. It's not acceptable that people feel angry, or sad or worried because of the colour of their skin; it's our responsibility as humans to show each other we can do better and to create a community across the world which represents this, one we all feel loved in.

Take small actions to show this. Perhaps one of the above, listening to hear and grow, learning to increase understanding and awareness. Simply taking ownership over your actions can bring change too, with each decision you make or thing you say, consider the impact on others and ask yourself if it is loving. That is a choice everyone has in each and every moment.

I don't here, nor should I, decide the ways which change should come in all of this. My race has decided the fates of others throughout history. Instead I present the ways in which I look to be the best and most supportive friend and ally in this. It is an ongoing process, I don't have all the answers. Next week I will have gained new understanding and fresh insight; that is a good thing, to always be looking to and pursuing growth. These are simple things I am going to do now; listen to the stories and experiences, learn and expand my knowledge to remove my ignorance, and love all people through my actions. I compel you to do the same. Collectively society has failed so many people, this however doesn't have to be our future. It's important for each of us to engage in change and proactively push to be more than 'not racist', to be anti racist. One big change from a single person can easily be overlooked by the majority, one small change from every single person is much harder to ignore. This will lead to the systemic changes society needs, and people deserve. Choose to be anti racist each and every day, choose to be the change.

From Sunrise to Sun set I am sure we have all been rejoicing in Gods amazing creation and the wonderful place that we live. Here are a selection of photos of places across the circuit that have been special places for members of our churches during these difficult days.

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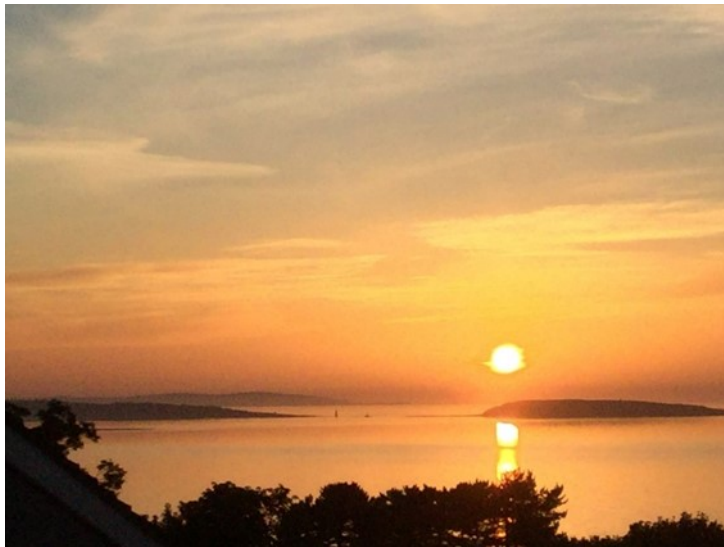


Sunrise Penmaenmawr by John



Here is a favourite place of mine, Point Lynas. It is actually within my five mile radius from home for exercise. From here there is an anchorage for ships entering the Port of Liverpool. It is also the most northerly point in Wales.

Keith Alexander



Sunset in Penmaenmawr by Ruth Connolly



Holyhead by Adrienne Wright



This month has seen a change in the editorial team as Anita is currently on furlough from her role and therefore this edition has been put together by Heather. The Circuit News Team would like to thank everyone who has contributed to this edition of Circuit News. Special thanks to the Rosemary and John Nunn and Christine Hughes who have assisted with proof reading articles.

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.

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It's still not too late!.....

To write a hymn for the competion.

For full details email John Hughes or Heather Bonnebaigt.

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Colours

Mrs Lesley Owen - St Pauls

Many years ago I remember hearing about a survey that was carried out on the subject of colours, and how people reacted to them. The survey concluded that bright blue makes people happy, while yellow, red, orange and pink cheered people up. Soft greens, brown and beige shades were calm and relaxing . That's true, I remarked to my dad. He agreed with me, he was not a church goer but said that there had been no need for any survey as that had been thought of years and years ago. He looked at me and said " What colour is the sky, and the beach in summer, and what colours are the flowers , and what colours are the fields, the trees, hills and mountains, and who has it who made them all that colour.

