

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 May edition of **Circuit News**. We hope that this edition finds you all bright eyed and bushy tailed and ready for another great read.

It seems lately we are bombarded with negative messages and images of lockdown. Truth be told, it is difficult but let's look on the bright side and celebrate what gifts it has given us too...

- Time. Just time, time to reflect, time to do, time to just be.
- Getting that 'to do list' finally done!!!!
- Less driving, less pollution.
- Less spending
- Board games and jigsaws are AMAZING!! Who knew?!
- Appreciating where we live
- Experimental cooking
- Re-using materials around our home and clearing out
- Reading (mind you I do plenty of this out of lockdown!)
- Enjoying my children without stress of routine
- Enjoying my husband because he is going through my 'to do list'!!
- Re-engaging with community spirit and empathizing with neighbours all over the world
- Being allowed to make as much noise as possible on a Thursday night at 8pm!!
- Appreciating ALL keyworkers
- Realising we are a team and all needed in our unique way.
- Getting to dress our dog Morrie up as a rainbow to say thank you!



Anita Jones-Warwick
Editor



A message from Rev Sue Atree

Rev Sue Atree is a Supernumerary Minister within the Circuit, based in Holyhead

I keep thinking of our Covenant Prayer, particularly "Let me be used for you or laid aside for you".

For people who are used to being always busy, rushing hither and thither, particularly on church business – visiting the sick, shut ins, lonely or newly bereaved – this must be particularly challenging. But although we may feel 'laid aside' at present there is still much we can do to demonstrate his love in our communities:

Stay in – observe Government Guidelines, this is not just for your own safety but for others you may meet and for NHS workers. Just now staying home for most of us is a way of showing God's love to the world.

This is not just for your own safety but for others you may meet and for NHS workers. Just now staying home for most of us is a way of showing God's love to the world.

Keep as healthy as you can – eat and drink right and exercise sensibly.

Remember too your mental health – find things that make you happy while in isolation.

Think positive – we have so much to thank God for, embrace the difference of everything, find new ways of being a follower of Jesus in isolation.

Sing – anything that lifts your spirits – hymns, opera, punk, music from shows, music from the charts (in my case 1960's charts) fill your lungs and let rip.

Last but certainly not least **Pray** – for the world, your community, NHS, care workers, all the people trying to keep things going, for yourself and all who are self-isolating.

Bring everything to God however trivial or important. Bring any anger and frustration to God he understands. Bring your love and thanks to God, he is gracious and deserves our gratitude and love.

You are never alone – God has not left us. God is within reach of us – perhaps in the words of the prayer 'Footprints' many of us are being "carried" at this time. Rejoice in his presence.

A very bad poem from isolation [her title!] by Rev Sue Altree

I thought I'd do some baking
but I couldn't get the flour
vol au vents I could be making
but no matter how I scour
crowds have been before me and
comestibles they've swiped.



I thought I'd do some
baking
but I couldn't get the yeast
I had a full-blown plan to
give
my friends a lovely feast,
vol au vents a plenty both
savoury and sweet
but without the right ingredients
my great plan was really beat.

I thought I'd do some baking
but I couldn't get a slot
I stayed awake right through the night
But get one – I did not
I will have to venture out if I really
want to bake
and hope the social distancing rules I
do not break.

So I've dropped off my prescription
in a little box outside
then I made my way to Morrison's,
how weird it was to drive
the roads are nearly empty
and few people are about
but that's the way it has to be
if Covid-19 we are to flout.

In my house I have a placard
it says "Love and Laugh and Live"
in these uncertain times it seems
the best advice to give
but mostly when self-isolating many
a long day
the very best advice to give is
Laugh and Love and Pray.

The End

Keep safe,
love from Sue in Holyhead.

Wordsworth will be turning in his grave!

Edith's Animal Quiz – How will you do?

1. A Finnish Spitz is what type of animal?
a) dog b) horse c) cat
2. What is a female donkey called?
3. What is the name of Bill Sykes dog in Oliver?
4. Which animal was the first to go into space? What was its name?
5. Which animal can go the longest without water?
a) camel b) fennec fox c) kangaroo rat
6. Toto made an appearance in which film?
7. A snail can sleep for how many years?
8. Which animal never sleeps?
9. Out of 12, how many dogs survived in the Titanic disaster?
10. A male turkey is known as what?



Answers

- 1)a
- 2)Jenny
- 3)Bullseye
- 4)Dog – Kaika
- 5)Kangaroo rat
- 6) Wizard of Oz
- 7)3 years
- 8)Bullfrog
- 9)3
- 10)Tom/Gobbler

ERIC'S JOKES...

At our weekly Bible study, the leader asked an elderly gentleman, Walt, to open the meeting with prayer. Walt did so in a soft voice. Another man, straining to hear, shouted, "I can't hear you!" Walt replied, "I wasn't talking to you."



I noticed that Eric kept thanking Howard for dinner and looking after us during the Corona Virus. So I asked him who Howard was? 'He's God' was Eric's reply. I explained that God did not have a name, he is just God. To which Eric said "No, Gods is Howard!" He went on to explain "Our Father who art in heaven, Howard be thy name....."



Knock, Knock
Who's there
Heaven
Heaven who?
Heaven seen you in ages.....!



Knock, Knock
Who's there
Water
Water who?
Actually, its wine... SURPRISE!



Just in case you
hadn't realised,
Edith and Eric
are the children of
Anita, our editor!

Ffestiniog Railway and COVID 19

Rev John Fenner, one of our Circuit's Supernumerary Ministers is also the Society Secretary of the Ffestiniog Railway. He shares with us some thoughts about how the current pandemic has decimated the tourist industry – the Ffestiniog Railway in particular - so important to our local economy.

Deep in the South of a Circuit that broadly speaking is spread East to West is the world famous Ffestiniog Railway, which I have been involved with for over 50 years now, ever since a first family holiday in Aberdaron as a mid-teenager. I say world famous, but that might be true only for those of us who have an affection for all things steam.

The Ffestiniog Railway was built as a horse drawn tramway to make the export of slate from the Blaenau Ffestiniog slate quarries and mines easier and more economical. In 1863, after just 27 years of operation, it was realised that the horse system was not keeping up with the levels of traffic being carried. So steam locomotives were ordered and they became the first revenue earning narrow gauge steam locomotives in the world.

*No trains are running
... no money is coming in*

The Ffestiniog Railway went on to create and still holds a number of other “First in the World/UK” accolades. Then by the end of the 1st World War things had begun to go downhill for the railway and by the end of the 2nd World War it was on its knees, not even having sufficient funds to be wound-up. The railway became a non-operating derelict until 1951.

In that year a 17-year-old schoolboy convened a meeting to explore the revival of the Ffestiniog Railway. Matters moved very slowly, and another group of people entered the scene, including one Alan Peglar, former owner of the Flying Scotsman steam engine.



Photo© Ffestiniog Railway Society

He and his supporters managed to acquire a controlling interest in the Ffestiniog Railway Company, while Leonard Heath Humphries' group of supporters formed the Ffestiniog Railway Society, to support the revival of the railway.

Over the years that project has grown and grown, culminating in the early 2000s with the reinstatement of the Welsh Highland Railway running from Caernarfon to Porthmadog. The two lines together make the Ffestiniog and Welsh Highland Railways the longest “Heritage Railway” in the UK and a major tourist attraction in the area, and a large employer in the local economy.

The railway now has some 90 permanent staff and a further 50-75 seasonally employed posts. With the lockdown and travel “ban” imposed by the Coronavirus mitigation steps there are no tourists to transport so the business of the railway has ground to a halt – literally.

*The railway has ground to
a halt - literally*

No trains are running and the attempt to keep the workshops open has had to be abandoned with the Senedd requirements for safe distancing within the workplace. Not running trains and not carrying out engineering work means that no money is coming in.

Cymdeithas
RHEILFFORDD FFESTINIOG RAILWAY
Society

Permanent staff have all been furloughed under the UK and Welsh Government schemes while seasonal staff have been put on Zero-hours contracts because they were not on the payroll at the shut-down.

The pool of 500 or so volunteers who run the trains have also been told not to come in.

The railway is shut and this, as with countless other businesses, is having a dramatic impact on cash-flow. In most business failures it is cash-flow that is critical. And that is certainly true with the “Heritage Railway” business.

*Several railways
across the UK
are in dire
financial straits*

Many railways close down for the winter to undertake maintenance ... and because there are insufficient passengers to make operating financially viable. Most rely on the Easter break through to the May Bank Holiday to kick-start the cash-flow. This has not happened this year.

Several railways across the UK are in dire financial straits. The Ffestiniog and Welsh Highland Railways are among them, but it is lucky to be backed by three supporter trusts that are making funds available as loans to keep the railways afloat while there is no revenue coming in.

The challenge will then be how to repay the loans once, or if, things improve.

Fun and Yum Yum time!

BARBARA'S SCOTCH EGGS

These Scotch Eggs are famous at the regular Ploughman's Lunches held at Llanfairfechan. Barbara Tottle has been 'persuaded' to share her recipe with us!



You will need

6 cereal bowls and cooking apparatus (I use a dry fryer but the oven or a deep fat fryer are ok)

4 hard boiled medium eggs.

1 pack of ASDA Sausage Meat (other brands are available)

Plain or Corn flour.

Breadcrumbs (bought or home-made for GF)

Salt and Pepper,

Chopped Sage.

Chopped Spring Onions.

1 beaten egg.

All times and measurements are adjustable to taste.

Put all ingredients in individual bowls:

- 4 boiled eggs
- Seasoned flour
- Sausage meat mixed with chopped sage
- chopped spring onions and lots of ground black pepper
- beaten egg and
- breadcrumbs

Method:

Combine the Sausage Meat, the Sage and the Spring Onions with plenty of Seasoning – get your hands sticky!

Coat your hands and an egg in flour. Wrap sausage meat around egg but ensure well sealed. Repeat for each egg.

Dip eggs in the beaten egg and roll them in the breadcrumbs. Do this for all 4 eggs but make sure each egg is well covered and sealed.

Place each one in an empty bowl until they are all ready to cook. I cook mine for about 15-18 mins at 180. It is all trial and error, but I am told they are tasty whatever.

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

JOHN'S LETTUCE SOUP

(it tastes a lot better than it sounds!)

1tbsp butter.

4 Spring Onions, sliced (white part only).

1½ pints/900ml vegetable or chicken stock.

4 egg-sized new potatoes, (peeled & chopped).

9oz/250g (approx) lettuce leaves, (chopped).

Tarragon leaves (to taste).

3tbsp crème fraîche.

Melt the butter in a large pan and cook the onions until softened.

Add the stock and the potatoes and simmer until the potatoes are cooked.

Add the lettuce and tarragon to the pan and stir until the leaves have wilted down.

Puree in a liquidiser or with a blender.

Stir in the crème fraîche and seasoning.

Why not treat yourself to these 'melt-in-the-mouth' Cheese Biscuits!

CHEESE BISCUITS

You will need

2 ½ oz Butter

1 oz Stilton

1 oz Cheddar

2 ½ oz Self Raising Flour

A pinch of Salt and cayenne pepper

Poppy Seeds

Mix the ingredients together (not the poppy seeds) then roll out into four long sausages.

Wrap in cling film and put in fridge for couple of hours or overnight.

Cut along each 'sausage' - not too thinly - and dip each slice into the poppy seeds.

Put each slice onto a baking tray about an inch apart and cook.

Cook at 180 degrees for 8-10 mins



A little something from Adrienne (Holyhead's Treasurer)

I went to a children's party and a little girl came up to me and asked, "Can I say a poem?" Yes, I replied:

*I went to a Party with my Uncle Jim
and someone threw a tomato at him.
Tomatoes are soft and covered with skin
But this one wasn't,
it was still in a TIN*

Interview with Heather – *Our Circuit Administrator and friend* by Anita Jones-Warwick

When were you happiest?

I am happiest now!! I love where we live and our lifestyle. I have time for people and time to spend enjoying Gods amazing creation.

Which living person do you most admire and why?

The Queen! I think she is an amazing human being, having given so much of her life to serving others and doing it with dignity and integrity.

What is the trait you most deplore in yourself?

I always want to get things done now and don't like waiting, but I am getting better as I get older.

What was your most embarrassing moment?

It involved acting like a chicken!! I was about 14 and still remember it to this day.

What makes you unhappy?

Unfairness, especially when people are treated badly due to disability, ethnicity etc.



What do you most dislike about your appearance?

I quite like me really!! As a child I always wanted curly hair but I have grown to like short straight hair and it's easy to look after.

What is your most unappealing habit?

Perhaps you should ask Julian this! I do tend to get lost in thought and forget to connect with the world and smile!

What has been your biggest disappointment?

Not sure!

To whom would you most like to say sorry and why?

To anyone that I have upset by not accepting them for who they are. Increasingly I have become aware how easy it is to judge someone by our standards and cultural norms without really understanding them and their culture.

What is the worst job you have done?

The hardest and most stressful job was being the out of hours senior manager in a large NHS hospital. This was worst when we had 7 ambulances waiting outside the emergency department, no space in the emergency department and no spare beds anywhere to move people to. Amazingly, we always found a solution but many a time I walked down the corridor praying for inspiration.

How do you pronounce your surname?

The short answer is with difficulty! It's even harder to spell!! It comes from the Pyrenees area of France around Pau.

It is pronounced *Bon-beck*.

What did you most want to be when you were growing up?

I wanted to be a nurse for a long time and I was very glad that I took that pathway. It was a fantastic job!



Where would you most like to be right now?
Walking down Snowdon on a warm sunny day.

What is your favourite food?

Liquorice ice cream. Ideally black ice cream with chunks of liquorice in. However, I have only ever had it in Norway.

What single thing would most improve the quality of your life and why?

Actually, I am quite happy with my life!! The thing I miss most at the moment is speaking face to face with friends. Video chats only go so far!

It involved acting like a chicken!!

What song would you like played at your funeral?

In Christ Alone my hope is found by Stuart Townsend.

What is the most important lesson life has taught you?

That Jesus Christ is my solid rock, He is there for me all the time.

Prayer Square Challenge

To all who may like knitting or crochet or simply those who have time on their hands at the moment and would like a new challenge while under lockdown, our Circuit Mission Enabler Jacqueline Ashworth has issued you a challenge: why not try a prayer square?

Jacqueline says, "I have named it the prayer square



challenge, although in actual fact it is a rectangle - 24" / 60cm in length and 12"/30cm wide – that I am asking for, Prayer Square simply rolls off the tongue easier than Prayer Rectangle!

Can I invite you to knit a Prayer

Square that is 45-60 stitches wide using any wool you like: it should be different colours and different thicknesses - ideal if you are a knitter already, with lots of remnants of wool from ends of knitting projects. You could even unravel an old woolly jumper or two that are stashed someplace in your loft"!!

So, what are we going to do with all these Squares? We are going to create Twiddle Muffs!

What is a Twiddle Muff I can hear you ask! I will explain, people with dementia often have restless hands and like to have something to keep their hands occupied. A Twiddle Muff provides a wonderful source of visual, tactile and sensory stimulation, and keeps hands snug and warm at the same time.

As you knit, you are invited to pray. The idea is loosely based on the idea of rosary beads prayer, where each stitch/bead represents a prayer. Jacqueline points out that

"not all of us pray in the same way, so this is deliberately something very different. How to pray as you knit.

It's as easy as **A-B-C.**"

A. As you knit each stitch or row pray for:

- a member of your family to receive a blessing from God.
- pray for a friend to know that God is with them in the situation they are in, for God is always with us whatever we go through.

Caleb Prayer

O High King of Heaven,
have mercy on our Land.
Revive your church.
send the Holy Spirit for the
sake of the children.
May your Kingdom come to
our nation.
In Jesus' mighty name.
Amen.

© Ffald y Brenin Christian Centre

- pray for God to comfort and bring healing to someone you know who is sick and needs a healing touch from God.
- pray for your community not to get into economic crisis at this time, but instead would flourish.
- pray for God's blessing on our Land. (The Ffald Y Brenin Caleb prayer is good for this).
- pray for a hunger and thirst for God's word and righteousness in our lives.
- pray for our church.
- pray for our government officials to turn to God at this time and, as Winston Churchill did, seek His (the Lord's) answer in prayer to every decision they have to make.

B. You then stitch onto the rectangle some buttons, beads, bells bobbles, ribbons etc to make a beautiful practical twiddle muff. Pray as you sew for those who care for people with dementia.

C. The final thing is to stitch together the beginning and the end to make a tube, like the mufflers of times gone by!!



Why not finish your work while you recite the Lord's Prayer, the prayer that Jesus taught us?

Please contact Jacqueline: ☎ 07880720257

✉ jacqueline.daniella@yahoo.co.uk - once you have completed your Muff so that she can make arrangements for it to be posted to her and then arrange for it to be forwarded to someone who will benefit from your prayerful work.

Exercise with Lorna!

Lorna Sykes regularly runs an exercise class – that involves a lot of dancing – at Llanfairfechan where she worships.

Whatever exercise you take make sure you enjoy it!! Having fun is one of the most important reasons for partaking in any activity and will help you to continue.

These exercises we usually do at the class to music, so find your favourite music and go with the flow!!

Sit or stand - the choice is yours.

Exercising to worship music can be very uplifting and can give a new dimension to your quiet time!!

Just 3 Rules

- 1) No right or wrong just “Let the Music Move You”
- 2) If it hurts - don't do it
- 3) Have fun

Below are some basic movements if you want to use them.

Part of Body	Exercise
Head/Neck	Gently take head over to one shoulder then to the other shoulder Little nods
Shoulders	Circle shoulders forwards and backwards Circle alternate arms forward and backwards
Arms/Hands	Stretch and curl fingers and thumbs Rotate wrists Take hands to shoulders Stretch arms up, to sides, forward and back
Hips	Take legs to side alternately keeping knees over toes Take legs straight out in front alternately Raise knees alternately
Knees/Legs	Take leg straight out in front, stretch toes forward/pull toes upwards Stretch heels/toes forward March feet Paddle feet
Ankles/Toes	Stretch ankles, go up on toes Tap toes alternate feet Take leg forward, circle foot clockwise/anti-clockwise
Standing	Sway taking weight from one foot to the other Step side/forward and back March on the spot Kick alternate feet forward Lunge forward on alternate legs Raise alternate knees

Remember to dance like nobody's watching - they're probably not 'cos we're all isolating anyway.

Always start with a gentle warm up - slowly stretching and relaxing hands/arms, feet/legs.

Try a gentle march on the spot or round the room swinging arms and raising knees, add a few squats for good measure.

Don't try and do them all at once, pick ones you're comfortable with.

Some ideas about how and where to exercise around the house:

In the Kitchen

Place all your favourite foods on the top shelves of your cupboards - put on the music.

Now reach up to high - do a couple of extra stretches on each side as you reach for that chocolate spread.

Hold the worktop to balance as you try some leg extensions forward, back and to the side - only try one leg at once!!

As you bend to retrieve a plate from the lower cupboard try squatting instead of bending. You may need to hold onto the worktop again for this one!! Don't go down too far - just gentle bobs is what we're after.

Having retrieved the plate you could hold it out in front of you and do some circles/waves and wafts with your arms.

In the Hallway

Try some more energetic marching, skipping, steps to side, back and forward. Don't forget to use your arms too. Use the stairs if you have some.

In the Living Room

Try sitting up straight in your chair feet flat on the floor. Can you get up without using the arms? If yes – well done. If not, try using them a little less each time you rise and sit. Repeat the rising and sitting several times then sit and put your feet on a stool and rest if necessary.

Cool Down

Remember to cool down when you're finished - gentle stretches; stretching out all the muscles you've used (you may have found some you didn't know you had!!) and relaxing those muscles to some gentle music is a great way to finish off.

**Now grab a cuppa and relax - well done!!
You've done a good thing today.**

Thank God for your health and strength, for the music and for the fun!!

Competition: Write a hymn of Celebration!



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

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

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

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

Deadline: Monday 31st August 2020

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

They should be posted to:

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

Or alternatively (and preferably) sent by email to:

✉ john.hughes@methodist.org.uk



Christian Aid Week 10 – 16th May

Unfortunately, under the current circumstances regarding Covid-19, there will be no house to house, supermarket or street collections during Christian Aid Week, and there will be, inevitably, a delay to processing donations made by post.



Please give via the website where possible:
www.christianaid.org
or call **020 7523 2269** to donate by 'phone.
Thank you.

We need you to help us to fill future editions of Circuit News.

If you have any words of wisdom, jokes, pictures, stories you would like to share please send them into us.

SPEAKERS CORNER – let us know what new skill you have learnt during lockdown.

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 & Distribution Manager

Circuit Administrator

☎ 07944 006196

✉ heather.bonnebaigt@googlemail.com

Rev. John Hughes

Superintendent Minister

☎ 01248 352015

✉ john.hughes@methodist.org.uk

