

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



Why was Royce In the bath all night?

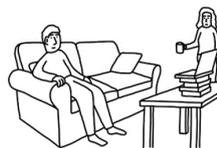
Royce spent the night before his 80th birthday in the bath, yes he was in the bath all night, for 7 hours in total. He was very proud of his achievement. But why on earth would he do that? It can't have been very comfortable.

Action for Children exists to protect and support children and young people, provide practical and emotional care and support, ensure their voices are heard, and campaign to bring lasting improvements to their lives.



THE ONLINE SERVICE

HOW TO MAKE IT FEEL LIKE NORMAL



ARRIVE A FEW MINUTES LATE, CARRYING COFFEE



SCOWL AT THE PERSON SITTING IN YOUR SEAT



WHISPERED DISCIPLINING OF CHILDREN (UNSUCCESSFUL)



USE YOUR PHONE TO 'READ THE BIBLE'



STAND UP AT ENTIRELY THE WRONG POINT



SHARE A PLATE OF STALE BISCUITS

Following on from Royce's project to raise money for the farmers in Ethiopia here are Christina's memories of growing up in the highlands of Ethiopia. Christina attends one of the churches in our circuit

Childhood memories of living just outside Addis Ababa which was in the grassland highlands of Ethiopia, in the Early 1950s.

We were two young missionaries' children under the age of 10.

What memories would we have of climate, harvests or food availability? None really!

We just knew that we had all we needed and loved!

I cannot recall hearing about famine and desert in those days.

However, we do remember the rains which at the time were called the Heavy Rains and the Lighter Rains, both of which were seasons for harvests to follow. More than that we did not know as we lived nowhere near farmlands etc. We recall the abundance of grass which grew very tall and from which pan type pipes were fashioned. Many an hour was spent attempting that skill as well as playing in the mud, wonderful mud! Children's delight!

For a period of each year the entire land appeared thickly covered by a semi tall but small yellow flower, Meskel flowers, rather like daisies. I believe I am correct in saying that the lovely yellow - in between the green and red of the Ethiopian flag - represents this flower and cheerful celebrations of the Ethiopian New Year on 11th September and then the green, the richness and the fertility of the land. I don't remember what the red represented.

Falling asleep to the drumming rains pounding on the corrugated metal roofs, the mournful winds blowing the leaves on the branches of the many Eucalyptus trees outside our window and the drip drip of the waters leaking from a good few gaps in the roof into the buckets placed strategically round the tiny home, or hearing the lonely pipe music of the night watchman playing all night to aid his courage, are my fondest memories.

We both remember the harvests as obviously being able to supply our frugal needs. Our main dish each day was the very basic 'wat' which is a type of thick stew eaten with a large porous pancake called 'injera'. The Injera is traditionally made out of the very nutritious teff flour, the world's tiniest grain and 'wat' was made of pulses, vegetables and on special occasions, tough meat, which added wonderfully to the flavour, with all the different spices all grown in Ethiopia. There are memories of something called 'niter kibbeh' which is a spiced rancid butter, if memory serves me correctly, and then also because of a real scarcity of fresh milk we had to use powdered milk when it was available. Neither my brother nor I remember having any fruit nor vegetables as cooked or eaten in the English way but I assume there were some in the 'Wat'.

Boiled water was our main drink but periodically as a treat, we had Ethiopian grown coffee. Home brewed beer, made out of various grains, was popular - except to my father as it delayed the appearance of the house man on occasions.

My favourite treat was a cup of Addis Tea (Shay) made from black tea grown in Ethiopia, with herbs and sweetened with honey, which I begged from the houseman and his lovely wife. This woman spent cheerful hours every-day chatting with relatives, hands spinning cotton on drop spindles which would be later woven on hand looms by the men, to make the snow white traditional clothing. Cotton had grown well in Ethiopia for generations.

Yes, these memories are precious, and we recognise that we are so privileged to have experienced them. My heart breaks now for the land I loved so completely and that continues to hold my roots and my very heart still.

So, I have started with my Jam Jar. I hope and pray that you will do, also.

Christina Dawkins



CIRCUIT NEWS

Redeveloping St John's Methodist Church, Bangor

We are pleased to report good progress in redeveloping St John's. Members raised £80,000 themselves, and won generous grants for £35,000 from the Circuit, and £30,000 from Wales Synod. This enabled us to accept the best of 3 tenders to undertake the planned work, and to buy from Gwynedd Council the land needed to rebuild the steps. With the approval of the Trustees for Methodist Church Purposes, rebuilding began in early March. With only one working household on site at a time, work could continue through lockdown and is now nearly complete.

The scheme seeks to exploit 3 strengths of the Church: our central location in Bangor offers many opportunities for mission; the structure is sound with potential for many flexible uses; and the renovated hall with modern kitchen and toilets is now well used. In contrast redevelopment aims to overcome 3 weaknesses: as our site is on a steep hillside, access is very difficult; the current design limits use of the Church to traditional worship for one hour a week; and the boiler failed last autumn.

So we planned to redevelop the Church for our Mission and the local community, and to improve access, flexibility of use, and evacuation in emergencies, mainly by:

- ◆ replacing existing narrow, steep, slippery slate steps from the High Street by wider, shallower, non-slip concrete steps starting from the fountain and turning behind the public seating area;
- ◆ modernising the central heating system;
- ◆ engineering level access through the old boiler house (no longer needed);
- ◆ creating large flexible space for worship and other uses by removing the hollow platform between organ and pulpit, and installing a level wooden floor;
- ◆ enabling wheelchairs to pass the organ by using mobile communion rails;
- ◆ replacing existing static, rigid pews by modern stackable chairs;
- ◆ converting existing vestry into two toilets with handbasins and driers, one accessible by wheelchairs;
- ◆ creating new soundproofed vestry on the organ side of the vestibule;
- ◆ modernising the audio-visual facilities, coordinated from the pulpit side of the vestibule;
- ◆ converting the existing toilet and corridor outside it into accessible flower room and kitchenette to enable us to serve refreshments after Services and meetings.

Not surprisingly this ambitious scheme needs all our available financial resources. In accordance with Methodist practice we made good allowance for contingencies. This has enabled us to rectify several hidden flaws dating back decades if not centuries. Having overcome the hurdles of funding, designing and implementing redevelopment (praise the Lord!), we are now addressing the equally challenging task of reopening the Church in ways that exploit the exciting new space while keeping us all safe and protecting our community from the coronavirus.

We are likely to need a new organ within 10 years. And we aim to landscape the whole site to enhance the local environment. Though these attractive future developments need further fundraising, we rejoice in the prospect of worshipping and serving God in a building fit for the 21st Century.

Joe White and Ian Russell for Church Council



Deacon Jon Miller from South Wales writes to us about how the young people are coping with 2020 and what is going on Momentwm and 3 Generate. Many of you will remember Jon and his wife Rebecca who moved down to South Wales a short while ago

CIRCUIT NEWS

Hello everyone.

With things the way that they are in the world at the moment it is obvious that we cannot continue working as Momentwm in the way which we had hoped. We could not hold our planned Momentwm Camp in July, we could not have our International exchange with Jefferson City and our Momentwm Deacon has had to call a halt to his grand tour of Wales.

Over the coming months, while the majority of youth groups and churches are still not able to meet physically, we are hoping to put up and share regular resources and ideas which youth workers and parents can use as ready-made sessions for their youth groups.

The plan is to put a new one up frequently enough that they are useful but not so frequently as to snow churches and youth workers under with notifications. To begin with these will come from the Momentwm Core group but as time goes on we will take and vet submissions which others have already tried and found to work.

Much of this thinking has come after it became clear that camp was not going to be possible and we thought that perhaps we could find ways of replicating the "Festival at home" vibe which some of the canceled Christian events from this year have gone for.

We also want to hold more regular Momentwm Meets on Zoom for those people involved in youth work around Wales.

Obviously, Deacon Jon's role as the Momentwm Deacon has needed to undergo some changes. Visiting Churches and Circuits had to stop and it is unlikely to resume any time soon for the sake of maintaining social distance and limiting travel around the country.

For the foreseeable future this work will be done via phone, email, blog and zoom until it is safe and practicable to travel and hold face to face meetings again.

Starting in September Momentwm will also have a shiny new OPP (One Program Participant, check out the link on the next page) and their role will be to work in tandem with Deacon Jon, making contact with Churches, Circuits and Districts, connecting with youth workers and young people and developing our web presence. They will serve as District Youth representative and as such will hold responsibility for the advocating of young people's priorities at all levels. Where possible they will be consistent presence at district wide events, work alongside colleagues in the Core group and in the District. They will be involved in the creation and upkeep of youth work database and be a presence at Wales based youth groups as requested. They will, from the Wales Methodist perspective at least, serve a similar role to the UK Methodist Youth president.



CIRCUIT NEWS

Deacon Jon continues

The OPP will also be serving as the Wales District ambassador for 3Generate 365 alongside Deacon Jon who will serve as the Synod Cymru ambassador.

3Generate, the Methodist Church’s Youth Assembly, is also unable to meet this year in its usual format and has decided to implement an idea which has been talked about for some time. 3Generate 365, a series of rolling events, webinars, workshops and resources which span the entire year in order to keep the young people of the Methodist church as connected and linked in as possible while we are unable to meet as we would wish.

Further details about 3Generate 365 and the work of Momentwm in the coming months keep your eyes peeled for more notices and check out our Facebook page, our Blog and the 3Gen page.

- www.facebook.com/momentwmcymru/
- <https://momentwmnet.blogspot.com/>
- <https://www.methodist.org.uk/our-work/children-youth-family-ministry/3generate/>
- <https://www.methodist.org.uk/our-work/children-youth-family-ministry/the-well-learning-hub-equipping-and-supporting-workers/one-programme/>

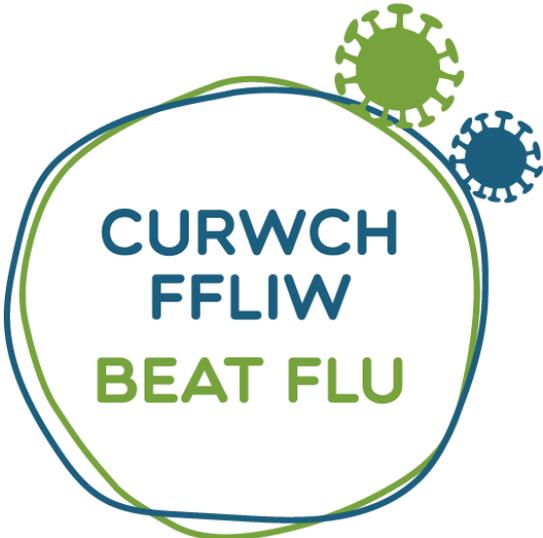
God bless,

**DEVILISH DEFINITIONS TO GET PEOPLES' BRAIN-CELLS WORKING
BY PATRICIA DANN FROM AMLWCH**

- HEUDE*
 A. HEALTHY ATTITUDE
 B. A FIT OF DEPRESSION
 C. DULLNESS, LETHARGY

- MARMALISE*
 A. TO COMMEMORATE
 B. TO DESTROY UTTERLY
 C. VERBALLY TO BELITTLE SOMEONE

- SNOD*
 A. ASLEEP
 B. TO POKE AROUND WITH ONE'S NOSE, AS DOGS DO.
 C. TRIMMED, SMOOTH, SLEEK
 ANSWERS ON BACK PAGE



Information will be coming out soon about the Flu Vaccine Campaign. This year its more important than ever to consider taking up the vaccine. Flu can be a serious illness especially for people who are older and those with pre-existing health conditions. By having the vaccine you not only protect yourself but family and friends who may be more vulnerable than you are. The NHS often gets over whelmed with seriously ill flu patients each year, this year more than ever they won't be able to cope if Flu and Covid hit together. If you are offered the vaccine for the first time this year please consider having it.



Back on John and Della's farm the story of lambing continues

And then lambing really started. Even after 30 years of practice the first few days are nail-biting. We only do this once a year and getting into the swing, making sure that you are not missing vital clues, can be difficult. This year the weather was on our side – beautiful days and beautiful nights with no wind and no rain so very little to challenge the fragility of the new-born lamb. We lamb out in the fields with ewes carrying singles in a separate field to the twins so that they can be fed appropriately. Ewes with single lambs do not generally need to come inside after lambing as a healthy ewe with a strong lamb is capable of seeing-off any predators. Nevertheless we bring the singles into a small area near the house as soon as they are well-bonded, give the ewe a feed and mark the lamb with the same number as its mother.

The ewe's eartag and painted number is recorded as is the sex of the lamb and any comments about the birth (e.g. was assistance needed), whether antibiotics had to be administered, how big is the lamb and how much milk does the ewe have. Following a difficult birth involving human intervention antibiotics are administered and this must be recorded by law. Healthy animals go into a new field to join other ewes that have lambed. Ewes with twins are always brought inside for the first two nights. The lambs need to develop a strong bond with their mums in order to resist the temptation to wander off with the first fox that is wandering past. Anyone who has felt the impact of an angry ewe's skull will know how powerful they can be but foxes are clever and will separate twin lambs so that the ewe can only effectively protect one. We have very little problems with foxes though we see their eyes in the torchlight but that is because we patrol until the early hours of the morning and then again from 5am onwards. During the daytime hours a 2-hourly check of the flock enables us to identify ewes which are starting to lamb and to monitor progress. Any weak lambs or ewes are housed away from predators and so our lamb mortality is low. Many of the bigger flocks. with ourselves.

One of the big challenges during lambing is spotting ewes where the lamb is breach. You need to know your ewes well and, on the 2-hourly patrol, observe behaviours that are suspicious. When the lamb is breach (i.e. the back and not the head is against the cervix) the messages to open the cervix to allow the imminent birth are absent. There may be some contractions and may cause the waters to break. The ewe may look miswith ears down and restless but, unless you see the water break you might not be aware that she is lambing. After the waters have broken the rule of thumb is to wait an hour for birth and then to intervene otherwise the lamb is at risk. Inspecting the ewe will soon identify problems with the cervix only partially open a breach can still be diagnosed. Of course there are many ways in which lambs on their way out cause problems. Some may just be too big for the ewe, others may try to emerge with one leg back or tucked behind the pelvis. When there are twins they may both be vying for the first place and we have had a sort of spaghetti situation where it is not clear which leg or head belongs to which lamb. As you can't see what is happening it sometimes takes a lot of patient exploration before ownership of limbs is determined and sorted into an order which allows the lamb to be extracted safely. Continued on the next page



the cervix
these
extractable
waters
the waters
Catch-
though,
difficult
lambs



Lambing is not all dealing with emergencies. Sometimes it's about standing and watching as the ewe and new-born lamb start their first conversation and develop their essential strong, long-lasting bond. It's about marvelling that a first-time ewe who has just experienced a painful birth will turn round and tentatively lick the wet lamb, often with some reluctance but then with increasing enthusiasm. It's about being outside before dawn has fully broken and experiencing once again the gradual emergence of the sun which changes sounds, sights and smells. It's the incredible wonder of holding a new, vulnerable life in your hands. It's about sitting back on a rock at night after helping a ewe to lamb and listening to the night sounds under the stars. There are joys and sadness's in lambing. Many times when we've made a mistake we've wanted to walk away to cry, but recognise that would be self-indulgent as there's a ewe lambing on the other side of the field. And, through all the joys and traumas the glory of the natural world shines through as the re-awakening of each day and the steady arrival of spring heightens our awareness of the jaw-dropping wonder of God's universe.

Della and John Fazey



Student Lockdown Essential Recipe: No Yeast Pizza by Izzy Middleton

Ingredients:

350g flour

2 ½ tsp Baking Powder

1 Tbsp Oil

Salt

Water

Passata pizza topping and cheese

Method

Combine flour, baking powder, oil and salt in a bowl and mix

Add water slowly and combine with hands

When mixture forms a dough that is not too sticky your pizza dough is ready

Roll dough and place on baking tray

Add passata pizza topping and cheese

Place in oven on 180°C for aprox 15 minutes

Enjoy

Thanks for the feed back -

During the recent few weeks some of the people receiving the weekly service sheets and the Newsletter in the post have been asked for feed back.

Quite a few people have commented on their replies and its really good to know that sending these resources into peoples homes has really helped them feel close to their church during these last few months. I would also like to say thank you to those who were able to contribute to the cost of producing these resources. If anyone who receives these resources by email would like to comment please email Rev John Hughes or Heather Bonnebaigt

During the next few months as the lockdown continues to be eased our churches are starting to make plans to start services in the church buildings, to begin with these will be shorter services than we are used to with no singing. We will also be asked to leave straight after the service rather than stay around to chat over tea or coffee. As well as this there are plans to continue sending the weekly resources out by post and email as we know not everyone will be ready or able to attend church in person for some time yet.

ANSWERS: HEUDE - C MARMALISE B SNOD C

CIRCUIT NEWS

We need you to help us to fill future editions of Circuit News. If you have any words of wisdom, jokes, pictures, stories or letters you would like to share please send them to us.

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