

CALNE METHODIST CHURCH NEWSLETTER AUGUST 2024



Items for future editions can be sent to:

Jan Sayers

The deadline for the September 2024 issue is

Sunday 25th August



“I wonder have I lost the art of playing by the shore. Am I, as you once said, like a dog with a bone always worrying a thought through to its essence?”

Am I loading all our boats like my bag for the journey with unnecessary things? Yet I know the significance of boats. The image plays lightly on all senses and my mind moves with its rhythm. The sounds of the sea, the wind, and the water, are always calling me from somewhere far off and the sand is not made for building dreams on. Whether we play or dream, the boat will carry us further out than our thoughts.” *About a boat’ by Jan Sutch Pickard & Joy Mead: PL10651, ISBN 978-1-84952-780-4; Published 2021: Wild Goose Publications.*

I have always loved the sea and boats. This was the view from our balcony on our recent holiday. Elizabeth especially loves boats, and ideally boat trips. A holiday for me is *not really* a holiday unless I manage to look out to the sea.

I was drawn to the above text, from a book of reflections about boats and the relationship between two women and a small boat. Two different ways of seeing the same thing – two voices – two diverse people – two friends. One boat. It is called ‘*About A Boat*’, by Jan Sutch Pickard and Joy Mead.

I can still become quite excited, like a child, when I can see and smell the ocean. I feel it calling to me, and I can gaze for hours, in a still and relaxing way, at the lapping waves on the shore, the distant horizons, with dwindling ships, winding their way to alluring destinations.

If I am lucky enough to secure a trip out on a boat, I find that the rhythm of the sea, the cry of the seagulls, the blue sky, and dancing sunlight on clear blue water, is a very special time to be enjoyed by us both. I *understand* the dream like state we find ourselves in, as our minds wander, and drink in the simple beauty that we view from the boat. It is like time stands still, that just for a short time, we are separated from the hustle and bustle of the world.

The idea of the horizon as the place where the ocean meets the sky resonates with me. The gulls that circle overhead, with relaxed, measured beats of their wings, looking further than we are able too but still seeing that distant horizon? I appreciate the beautiful surface of the sea and its unceasing nature. Perhaps though we all have a tendency, to load our boat of life with so many unnecessary things for the journey ahead. For the disciples, their minds were often filled with the ‘what ifs’.

They were always worrying a thought through to its essence. In so doing, they failed to remember everything they had been taught for the journey ahead, losing sight of what was to come. They carried with them the unnecessary baggage of fear and failure. When we are grounded on the land, with our problems and fears, we often forget to dream of the vast possibilities and gifts waiting to be discovered.

An encounter on the ocean, calls us to a different brighter experience, freed by the endless passage of tides, taking us away from the familiar safety of the shore. As the famous quote states '*You can never cross the ocean unless you have the courage to lose sight of the shore.*'

On our holiday our beloved companion, Dizzy, our dog aged 18, died. She had always been with us every day, every holiday for over 14 years and then suddenly she had gone.

The beauty of the view we enjoyed had been tainted because something precious had been lost and was now missing. The stillness we encountered...the empty spaces, the silence became so overwhelming to such an extent that we went home four days early, just a day after Dizzy's death. And as we hid behind the closed doors and drawn curtains of the manse, we found that the silence and the stillness remained. And it always will.....

But as Jesus knew, peace always comes with a price and his offer to give peace to us, not as the world gives, is our hope for the future.

We still have future oceans to cross together, losing sight of the land, to find new experiences not possible before this holiday. The emptiness remains in me, perhaps being akin to something that the disciples must have felt when Christ was lost from their view. An uncertain future, a friend and companion gone from the world.

But just as the scripture story reveals, it is not the end because of the promise Jesus made. John 16:33, *"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."*

So, our journey in life continues, changed but possible by holding on in faith and hope. I will always love the sea and be reminded of a faithful friend who knew me so well. May you all be blessed with the Peace of our Lord. **Craig**



Forthcoming Services:

4th August **Rev Craig Manley including Holy Communion**
11th August **Mrs Jenny Colby**
18th August **Rev Ruth Whittard and the Team at Langley Burrell**
25th August **Mr John Williams**



Pastoral News

Congratulations to Ellie Cameron who graduated with a 2:1 in BAsc (Hons) Global Sustainable Development at the end of last month from Warwick University. She will be continuing at Warwick to study a Masters. We wish you all the best Ellie.

We give thanks for members of our congregation who, having received treatment, have had a positive outcome. We pray for those still waiting for treatment and/or waiting for results of tests and scans.

We pray for young people who anxiously await exam results. We also pray they have an enjoyable summer holiday.

Our thoughts and prayers are always with all our church family. Throughout August we particularly pray for Vera Steadman's pastoral group: Ursula and Edward Barham; Eleanor Bujalska; Molly Green; Jean Hadrell; Margaret and Richard Heath and Stephanie Tucker. It is part of our Christian commitment to care for and support each other, so if you have any joys or sorrows that can be shared in our pastoral news please let Ursula know. Thank you.



Dates for your diary

All are very welcome to come along and join in.

Tuesday August 6th, 13th, 20th and 27th

Coffee and Chat

Time: 10.00am - 11.30am

Venue: Church Hall

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Wednesday August 7th, 14th, 21st and 28th.

Friendly Spaces

Time: 10.00am - 4.00pm

Venue: Church Hall

Sunday August 18th

Open Air Service

Time: 11.30

Venue: 11, The Common, Chippenham Rd, Langley Burrell SN15 4LF

Bring a picnic lunch - drinks provided.

Saturday August 31st

Service for the New Chairman of the District

Rev. Marcus Torchon

Time: 3.30pm

Venue: St Mary's Redcliff Bristol

Saturday September 21st

Craft Fair, Coffee and Cakes

Time: 11.00am - 2.00pm

Venue: Church Hall



Refugee Prayer Focus August 2024

As we experience our first real hot weather of the summer let us think of those setting off into the heat, with limited food and water, and having no home to return to.

Calne Food Bank

Calne Food Bank – Please visit their website for details of their opening times - www.calnefoodbank.co.uk

They are currently asking for: **Tinned vegetables Tinned tomatoes Instant noodles Small Pasta Sauces**

Please make sure that any food donated is in date.

bristol
Gloucestershire
Wiltshire
Somerset | Methodist
District

YOU ARE WARMLY INVITED TO THE
WELCOME SERVICE FOR THE...

*New
District Chair*

Reverend Doctor Marcus Torchon

3.30PM SATURDAY AUGUST 31ST 2024	AT ST MARY REDCLIFFE CHURCH, BRISTOL BS1 6RA
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WITH REFRESHMENTS AFTERWARDS
AT FAITHSPACE METHODIST COMMUNITY
REDCLIFFE BS1 6PB

ANY ENQUIRIES AND TO RSVP PLEASE
CONTACT THE DISTRICT OFFICE:
07743398186

Open Air Service



18th AUGUST 2024 - 11.30am

Edward and Ursula Barham's

Langley Burrell

For the past, several years we have always held an open-air service in August. Previously we used to go to Peter Pinnigers Farm before his death and share worship, one memorial year just as the service was beginning, we were joined by his herd of cows, who wanted to join in.

Since then, we have been kindly invited to Ursulas and Edwards home and their lovely garden at Langley Burrell. The service will start at 11.30am to allow anyone who wants to, to remain after service for a picnic lunch, which you need to bring with you.

Please don't be put off if you don't have transport, just let a steward know and we will arrange transport.

Directions to Edward and Ursulas home will be provided on the notice sheet for 11th and 18th August.

If in the unlikely event that the weather is so bad the service can't be held outside the service will be at the church at 11.30 instead. We will advise as many people as possible if this is the case.

There will be no zoom facility on this Sunday.

We look forward to seeing you.

The Stewards

150 Years Old in 2026



The Church will be celebrating its 150th anniversary during 2026 and we are in the process of starting to consider how we celebrate and commemorate this amazing achievement.

I intend to hold an open meeting on Thursday 26th September at 7.30pm to consider how we proceed.

Attendance does not mean that you will be expected to organise anything, sit on a committee, or be committed to anything. Its an opportunity to discuss ideas and the direction our celebrations and mission will take.

This evening will be a fun time, (It will even include coffee, tea and bickies) a time to let our imaginations fly, a time to let the Holy Spirit direct us and a chance for you to have input in the direction our church will take.

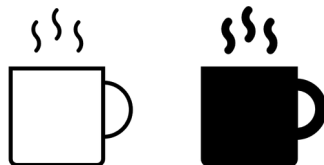
I need your contribution to help me organise how we proceed.

Please put this date in your diary.

Thank you.

Derek

Coffee Morning



Every Tuesday 10.00 until 11.30 in the church hall.

All welcome

Tea

Coffee

Biscuits

Friendship

Autumn Programme

The autumn programme is back this year.

What will it include?

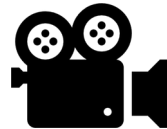
Poetry



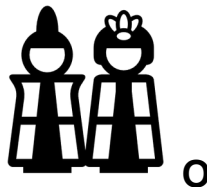
Music



Film – Sing along!



Talks –on Japan



On Casablanca (Edward Barham “Playing it again “with added facts and fascination.



Dance



Food



Details and full programme in next months magazine. On the website and on the programme leaflet



Warm/ Friendly Space - Open to all – every week

When: Every Wednesday 10am- 4pm

**Who: All who would value a friendly welcoming
and safe place**

**What is on offer: warmth, hot drinks and snacks,
newspapers, a quiet space to read, and friendship**

Free of Charge – All are very welcome

Fortnightly Movement to Music 10.30 until 11.30.

Knit and Natter – 1.30 until 3.30.

See Notices and web site for further details.

How do we cope with bad news

The national and international news as not been good of late. I found the following item produced by MIND the mental health charity which might be useful. The only thing I would add, as a Christian is Prayer and fellowship.

I hope it helps.

Derek

How events in the news might impact our wellbeing

We live in a complicated world. Over the past few years headlines have included the cost of living crisis, climate change, wars, natural disasters, coronavirus, terrorism, and political uncertainty.

Some news highlights a difficult reality - like the existence of racism, poverty, and other kinds of inequality. Coverage can seem constant through 24-hour TV, news websites and social media. And for many of us these issues aren't only in the headlines - they impact our daily lives.

For example, we may feel:

- Anxious or worried about what an event means for us, or our loved ones
- Overwhelmed or stressed - especially when an event is dominating the news
- Angry or frustrated - for example about injustice
- Sad or upset
- Afraid or unsafe
- Hopeless or powerless about a situation we can't control
- Confused about what's happening, and who we can trust
- Pressured to always stay informed - and guilty when we can't
- Traumatized - as seeing other people experiencing violence or grief can bring up painful feelings and traumatic memories from our own lives
- Isolated, conflicted or suspicious of others - for example when other people hold opinions you don't share
- Unable to enjoy any media - like we can't use TV or our phones to help us relax any more, when we usually would
- Unable to switch off or stop scrolling - even though it might be making us feel worse
- Unsure how to talk about what's happening - especially to younger children

My head and mind felt like I was being sucked into a whirlwind of information, and I could feel my anxiety creep back in and wash over me.

Of course there are always positive and inspiring things happening in the world. And keeping informed about what's going on around us can feel useful and empowering.

Events may affect each of us differently depending on our own views and experiences. There's no right or wrong way to feel.

But if you're finding things hard, you might find the following tips helpful.

Tips for coping with distressing news events

Remember that different things work for different people at different times. If a particular suggestion doesn't work for you, be kind to yourself. You could try something else, or try again later.

Set boundaries with your news habits

Watching, reading or listening to the news is a helpful way to stay informed. And when a story is developing, it can be tempting to see what everyone else is saying on social media. But if that's making you feel worse, you might want to change your habits.

You could try to:

- Set yourself limits, and try to stick to them - like only looking at the news at a certain time of day, or for a set amount of time
- Mute notifications from news websites and apps, so you only engage with the news when you choose to
- Tailor your social media - for example by choosing to view certain pages, but not scroll through timelines or newsfeeds
- Focus on factual content rather than opinions - even though the facts may still be difficult
- Seek out some positive or uplifting news stories, or scroll social feeds that make you feel good

Remember it's not possible to keep up to date with everything, and it's ok to take a break if you need to.

I started to feel overwhelmed with the coronavirus crisis, so I decided to listen to the news just once a day as it was all getting too much and I was getting anxious about all sorts of uncertainties.

Focus on what you can control

It might help to try to focus on what you can control – even if there aren't many things, or if they only feel small.

To help focus your thoughts you could:

- Make a list of the things you can change, and the things you can't
- Try to notice positive things in your life that are staying the same, despite other things feeling uncertain

- Try to distract yourself from the things you can't control - for example with a relaxation exercise

Worried about the cost of living?

The cost of living crisis has been hitting many of us hard. Especially those of us who were already struggling. Money worries can impact wellbeing - and when your mental health takes a hit, keeping on top of money and bills can become even harder.

But if you're feeling overwhelmed, there may be some practical steps you can take.

Take care of your overall wellbeing

Taking care of ourselves is sometimes called practising self-care. Self-care means different things to different people. It can describe anything you do to look after your own physical and mental wellbeing. It's a way to build up your energy and strength.

When you're feeling very worried or distressed, you may find it harder to sleep, exercise or take care of your diet. But even when lots of things feel out of control – you can decide when and how you show yourself kindness.

We also have tailored self-care ideas if you're living with a particular type of mental health problem. For example, we have some self-care suggestions for coping with anxiety.

I aim to go for a walk at lunchtime... It gives me time to clear my head from the morning. It also reminds me that I need to look after myself.

Take action for change in the world

Depending on the issue affecting you, you may find it rewarding to take action for change.

This won't always feel possible. And it's important to remember that it's not your responsibility alone to tackle big problems.

But there may be times where you find taking action helpful. And even small actions can contribute to making a difference.

Talk to someone you trust

It could help to speak to someone you trust about how you're feeling. They may be feeling the same way. Talking to someone else about it might help you to feel heard.

Published: February 2023

Olympic Funnies brought together by Derek.



A book never written: “The Olympic Trials” by Willy Qualify

Fan: I see you won a silver medal at the Olympics. What’s it for?

Athlete: It’s for telling knock knock jokes.

Fan: And what’s that gold medal for?

Athlete: For stopping.

Jack: What’s the name of the fastest dinosaur at the Olympics?

Jill: I haven’t a clue. What?

Jack: Prontosaurus

Dan: Why does Cinderella never win the Olympics?

Stan: Why?

Dan: She has a pumpkin for a coach and runs away from the ball.

A book never written: “Winter Olympic Sports” by Bob Sled.

Joe: What is a banana’s favourite gymnastics move?

Barbara: Beats me.

Joe: The splits!

Zeke: Why were the swimming elephants thrown out of the Olympics?

Kyle: I haven’t a clue.

Zeke: Because they couldn’t keep their trunks up!

Jeffrey: Knock, knock.

Joseph: Who’s there?

Jeffrey: Woo.

Joseph: Woo, who?

Jeffrey: What are you cheering for? We didn’t win a medal.

Wyatt: Why can’t tomatoes win races against lettuce at the Summer Games?

Steven: Tell me.

Wyatt: Because the lettuce is always a head, and the tomatoes are always trying to ketchup!