

LYNDON MAGAZINE



**MARCH &
APRIL 2025**



Lyndon Methodist Church



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The opinions expressed in this magazine are not necessarily those of the Ministerial team or the Editor

MINISTER'S LETTER

Dear Friends

As the season of Lent approaches, we are, once again, invited to a sacred journey—a path where the hunger of the soul meets the abundance of God's grace. Life, in many ways, is a feast, yet how often do we find ourselves filling our plates with things that do not satisfy? This year's Methodist theme, "Soul Food," calls us to reflect on the nourishment our spirits really crave and the sustenance that only Christ can provide.



Lent is more than a time of sacrifice; it is an opportunity for transformation. Imagine yourself wandering through a vast desert, as Jesus did, each step feeling heavier than the last. The thirst is unrelenting, and the mirages of the world—wealth, status, comfort—promise some relief, yet they never actually deliver. Then, like an oasis in the wilderness, Christ holds out His hand, offering water that quenches eternally. The 40 days of Lent serve as a reminder to turn away from all worldly mirages and drink deeply from the well of God's love. Through fasting, prayer, and service, we empty ourselves of all temporary things, in order to be filled with the eternal. Let's look at those individually:



Prayer

Prayer is much more than just words offered to God. Prayer is the very rhythm of our spirits aligning with God's heart. Prayer is the quiet, whispered conversation in the morning light and also the desperate cry in the dark of night. Prayer is the bread that sustains us through our joys and also through our despersations. This Lent, may we embrace prayer, not simply as something we feel we are meant to do, but as invitation, a moment to sit at God's table and be nourished by the presence of the Divine.



"Give us this day our daily bread." (Matthew 6:11)

Feasting

Imagine a banquet prepared with great love and care—a table overflowing with the yummiest of food. This is what scripture offers: a feast for the soul, full of wisdom, hope, and the very essence of God's voice. Yet, how often do we turn instead to

the fast food of fleeting distractions? May we commit this Lent, to savour the richness of God's word, allowing it to shape and strengthen us.

"Man shall not live by bread alone, but by every word that comes from the mouth of God." (Matthew 4:4)

Serving

A meal is best enjoyed in community, and faith is no different. The abundance of Christ's love is not meant to be hoarded but shared. Imagine a banquet where every seat is filled, where no one is left hungry or forgotten. This is God's vision for each and every one of us, to serve one another, to feed the hungry, to extend the nourishment we have received to those in need.



"For I was hungry and you gave me something to eat." (Matthew 25:35)

A Fasting and Feasting Challenge:

Rather than simply giving up a favourite treat, as we often do during Lent, maybe think of Lent as an opportunity to shift focus:

Fast from negativity – Feast on gratitude

Fast from busyness – Feast on stillness

Fast from selfishness – Feast on generosity

Fast from worry – Feast on trust in God

Each of us has a rich story, a testimony of how God has fed our weary souls. How has God provided for you in your moments of hunger? What has sustained you through trials? Who could you share your story with? It could well be the encouragement someone else needs.

As we walk the Lenten journey this year, may we remember that true nourishment does not come from the fleeting offerings of the world, but from the abundant grace of God. May we feast on God's presence, be filled with God's Word, and share God's love freely. Because, in Christ, our souls are fed, our thirst is quenched, and our spirits are renewed.

Go Well, Karen

The Nicene Creed

Roger Hancock suggested that it would be interesting to write an article on the history relating to the Nicene Creed as the summer of 2025 will mark the 1700th anniversary of the First Council of Nicaea, which took place from June to August 325AD. The Nicene Creed will be familiar to anybody at church who has ever taken Holy Communion as it is regularly said as part of the liturgy of the Holy Communion service. It is the affirmation that begins, “We believe in one God”. The question is, how, when and why did it become such an important part of Christian doctrine?

The Nicene Creed is a statement of Christian faith that has played a crucial role in the history of Christianity. It was formulated during the First Council of Nicaea in 325 AD and later expanded at the First Council of Constantinople in 381 AD. Here's a brief overview of its history:

Origins and Context

The early Christian Church faced numerous theological disputes, particularly concerning the nature of Christ and his relationship to God the Father. These debates often led to divisions within the Church. To address these issues, Emperor Constantine convened the First Council of Nicaea in 325 AD. This was the first ecumenical council, meaning it was intended to represent the entire Christian Church.

Who was Emperor Constantine?



Emperor Constantine is a significant figure in Christian history, particularly for his role in the spread of Christianity within the Roman Empire. However, his personal faith journey is a bit complex.

- **Conversion:** Constantine is often credited with converting to Christianity, especially after his victory at the Battle of the Milvian Bridge in 312 AD. According to historical accounts, he saw a vision of the Christian cross and heard the words "In this sign, conquer." Following this, he adopted the Christian symbol and attributed his victory to the Christian God.
- **Edict of Milan:** In 313 AD, Constantine, along with co-emperor Licinius, issued the Edict of Milan, which granted religious tolerance throughout the empire and specifically allowed Christians to practice their faith openly without persecution.
- **Support for Christianity:** Constantine played a crucial role in the organization and support of the Christian Church. He convened the First Council of Nicaea in 325 AD to address theological disputes and helped to establish the Nicene Creed.
- **Baptism:** Despite his support for Christianity, Constantine was not baptized until shortly before his death in 337 AD. This was not uncommon at the time, as many people delayed baptism until they were near death to ensure forgiveness of sins.

The First Council of Nicaea (325 AD)

The primary issue at the Council of Nicaea was the Arian controversy. Arius, a priest from Alexandria, argued that Christ was a created being and not co-eternal with God the Father. This view was opposed by many, including Athanasius, who argued for the co-eternity and consubstantiality (of the same substance) of the Son with the Father.

The Council ultimately rejected Arianism and formulated the original Nicene Creed, which affirmed the divinity of Christ. The key phrase in the creed is "of one substance with the Father" (homoousios to Patri), which was intended to counter Arius's teachings.

What is Consubstantiality?

Consubstantiality is a theological term used to describe the relationship between Jesus Christ and God the Father in Christian doctrine. It means that Jesus is of the same substance or essence as the Father.

Here's a breakdown of what this means:

- **Same Substance:** Jesus and the Father share the same divine nature. They are not separate beings but are one in essence.
- **Equality:** This term affirms the full divinity of Jesus, making Him equal to the Father in all respects.
- **Counter to Arianism:** The term was specifically chosen to counter the

Arian belief that Jesus was a created being and not divine in the same way as the Father.

In essence, consubstantiality underscores the unity and equality of the Father and the Son within the Holy Trinity.

The First Council of Constantinople (381 AD)

Despite the Nicene Creed, Arianism continued to be influential. To address ongoing theological disputes, the First Council of Constantinople was convened in 381 AD. This council expanded the Nicene Creed to further clarify the Church's teachings on the Holy Spirit and other theological issues.

The revised creed, often referred to as the Niceno-Constantinopolitan Creed, included a more detailed statement on the Holy Spirit, with consubstantiality also applying to the Holy Spirit within the doctrine of the Trinity. The Nicene Creed affirms that the Holy Spirit is "the Lord, the giver of life, who proceeds from the Father" (and the Son, in Western Christianity). This means that the Holy Spirit shares the same divine essence as the Father and the Son.

Here's how consubstantiality relates to the Holy Spirit:

- **Same Divine Essence:** Just as the Father and the Son are of the same substance, the Holy Spirit is also of the same substance with them. This means that all three persons of the Trinity—Father, Son, and Holy Spirit—are co-equal and co-eternal, sharing the same divine nature.
- **Unity in the Trinity:** Consubstantiality underscores the unity of the Trinity. While the Father, Son, and Holy Spirit are distinct persons, they are not separate beings. They are one in essence and being.
- **Role in the Trinity:** The Holy Spirit's consubstantiality with the Father and the Son means that the Holy Spirit is fully divine and participates in the divine work of creation, redemption, and sanctification.

What does the Nicene Creed say?

The Nicene Creed outlines several core beliefs of Christianity. Here are the main points:

1. **Belief in One God:** The creed begins with the affirmation of belief in one God, the Father Almighty, the creator of heaven and earth.
2. **Jesus Christ:** It professes faith in Jesus Christ, the only Son of God, who is eternally begotten of the Father. It emphasizes that Jesus is "true God from true God" and "of one being with the Father." It also recounts key events of Jesus' life, including his incarnation, crucifixion, resurrection, and ascension.
3. **The Holy Spirit:** The creed affirms belief in the Holy Spirit, who is the Lord and giver of life, proceeding from the Father (and the Son, in Western Christianity). The

Holy Spirit is worshipped and glorified together with the Father and the Son.

4. **The Church:** It expresses belief in one, holy, catholic (universal), and apostolic Church.

5. **Baptism:** The creed acknowledges one baptism for the forgiveness of sins.

Resurrection and Eternal Life: It concludes with the belief in the resurrection of the dead and the life of the world to come.

These beliefs form the foundation of Christian doctrine and are recited in many Christian liturgies around the world, including our own communion service.

The Nicene Creed's Enduring Legacy

The Nicene Creed has been a foundational statement of Christian orthodoxy for centuries. It is recited in many Christian liturgies and remains a central element of Christian doctrine. The creed not only helped to unify the Church in its early centuries but also continues to serve as a touchstone for Christian belief and practice.

Lynne Tyler (with a prompt from Roger Hancock)



Prayer For March & April

Please pray for all peoples, at home and abroad who are suffering from financial difficulties, war, hunger, homelessness, lack of medical facilities, trafficking and other forms of exploitation. We continue to pray particularly for the people of Ukraine, Israel and Palestine.

We pray for those who have the power and authority to determine the outcome of peace negotiations which are fair to all sides, to ensure that peace is restored, the wasteful destruction of people and property is ended and people can once more live without fear.

For people facing fires, floods, eruptions and earthquakes caused by climate change as well as for those in the emergency services facing danger as they go to help others. Help us to think about what we can do, however small, to reduce the impact of climate change on the wonderful world that has been created for us by God.



Pray for the work of the Leprosy Mission and all those people that they support.

Thinking of our more local community, including those within our church community, please pray for those you know who are unwell or have serious or life-threatening illnesses and for the families and friends of the bereaved. Pray for those who are anxiously waiting for test results or operations. May they all feel God's healing touch and support.

Pray for the doctors, nurses, care workers and volunteers. Give them the skills and strength they need to support those in need.

We pray for those members of our congregation who, for whatever reason, are unable to join us in our acts of worship. May they know that they are still in our hearts and minds.

Pray for our services in March and April and all those that lead them, in particular for our services during Lent and Easter leading to our Easter Sunday service when we celebrate the resurrection of Jesus.

We continue to pray for all those volunteers that help our services to run smoothly. Help us to all think about the ways in which we can help, too, to bring Your love and message to our community.

Amen



Based on J M Barrie's original play
with permission from
Great Ormond Street Hospital for Children



PETER PAN



A musical adventure

Music: George Stiles
Lyrics: Anthony Drewe
Book: Willis Hall

April 3rd-6th 2025

Thursday, Friday, Saturday at 7:30 pm
Saturday and Sunday at 2:30 pm

Dovehouse Theatre, Solihull

ticketsource.co.uk/smash



This amateur production is presented by arrangement
with Music Theatre International
All authorised performance materials are also supplied by MTI:
mtishows.co.uk



LA Wildfires – Feb 2025

The LA Wildfires started on 7th February USA West coast time. Our son, Robert, his wife, Georgie, and their two sons, Rufus (aged 15) and Jarvis (aged 10) lived in Alta Dena.

On the morning of 8th January about 4.00 am (UK time) we got a message from Robert saying:

“Just to say we got hit hard by the California wildfires. We are safely far away, and the kids are with their best friends. We lost the house and most of the neighbourhood, but we are unharmed and surrounded by friends who are incredibly supportive. We have an uncertain future but are hopeful and appreciative of the love and prayers we have been receiving.”

When the fires were getting too close and it was not safe to stay, they packed up what they could and drove away from home. They sent us a video of this, and we saw red fire and a lot of smoke coming towards them along the road. Georgie was telling the children to get a few of their favourite things and not to panic. Rufus made sure he had his hair gel with him! They were fortunate that the road was clear as we heard later that there were traffic jams in some places.

California had had a lot of rain causing vegetation to become lush and that was followed by a drought making everything tinder-dry, then there were gale force winds. Fire hydrants had not been filled up, so firefighters faced a losing battle. Planes were using water from swimming pools to spray over the fires, but this was insufficient, so the fires carried on burning.



While Robert and his family were staying at their friends' house, someone they knew who was a firefighter went back to Alta Dena. He managed to get past the police guards and took a video showing the complete destruction of their house.

Robert sent another text message. This one said:

“Our area is still closed off by the National Guard. They are saying it could be 3 months for FEMA (Federal Emergency Management Association) to make the area safe enough for people to return. Not sure of any Government relief as it is mainly for the under and uninsured. Luckily you cannot get a mortgage here without fire insurance, so we had got a policy. The cost of re-building is skyrocketing as so many people will need contractors etc. and our insurance policy will not stretch that far. We have held off on trying for FEMA money as they consider it Government fraud if you are getting charity or insurance money. The insurance will probably clear our mortgage and leave us with a chunk of land.”

The latest news is that they had been given a trailer if they wanted to return and live in their garden, but they are renting some accommodation, and the children have gone back to school. Some landlords are taking advantage of the situation and charging up to 25,000 dollars a month to rent a property.

Beryl Jalil

Editor's Note: If you would like to help Beryl's family as they start to pick up the pieces of their lives again then a GoFundMe page has been set up for them by one of their friends, details below:

<https://gofund.me/2e9941bb>

Or search GoFundMe + Help wildfire victims the Jalil Family

2025 is an amazing year!

Thrill your inner mathematician!

1 2025 is the square of a number

$$45^2 = 2025$$

2 2025 is the product of two square numbers

$$9^2 \times 5^2 = 2025$$

3 2025 is the sum of three square numbers

$$40^2 + 20^2 + 5^2 = 2025$$

4 2025 is the sum of all the cube numbers from 1 to 9

$$1^3 + 2^3 + 3^3 + 4^3 + 5^3 + 6^3 + 7^3 + 8^3 + 9^3 = 2025$$

5 2025 is the square of the sum of 1 to 9

$$(1 + 2 + 3 + 4 + 5 + 6 + 7 + 8 + 9)^2 = 2025$$

6 The previous year that was a square number was 1936 (= 44²). When will the next one be?

Put it in your diary now before you forget!!

Found by Peter Harding and published in the Acocks Green magazine, from the Kumon Coventry East Study Centre

Putting things in perspective

In this age of light pollution there is little opportunity to gaze in awe at the wonder of the heavens. Fortunately, pictures from the Hubble and James Webb space telescopes can help us appreciate our place in the universe.

The image shows a galaxy (M81) which is about 12 million light years away from earth. It was first discovered by Johann Bode in 1779 and at its centre is a supermassive black hole of about 70 million solar masses.

It is roughly what our galaxy would look like if viewed from the same perspective and distance.



[Image from Hubble Space Telescope, NASA, STScI.]

Picturing this as our own galaxy, our Solar system would be in a small spiral arm about halfway between the galaxy's centre and its edge. Every other point of light is another star, each probably with its own planet or planets. There are hundreds of billions of stars in our own galaxy, and, according to Leah Crane (New Scientist 1/2/2025), that is just about one solar system for every human who has ever lived!

If you've got a worrying problem, imagine looking at it from 12 million light years away.

Roger Hancock



We do not live by bread alone

In the wilderness, Jesus reminded us that people don't live by bread alone. Each week during Lent, the Methodist Church invites us to reflect on what sustains us, based on the lectionary Gospel passage for Sunday.

If you sign up, there will be 40 daily deliveries of spiritual nourishment throughout Lent, delivered directly to your email inbox, beginning on Ash Wednesday, 5th March.

Here's what to expect each day:

- | | |
|------------------|--|
| Monday | A recipe video using easily available ingredients. |
| Tuesday | A Bible study video, with discussion on questions from the week's Gospel passage. |
| Wednesday | A craft video, perfect for doing at home or in a group setting. |
| Thursday | An inspiring story about how the Methodist Church and their partners work to ensure nourishment and care for all. |
| Friday | A reflection on a classic soul song, revealing the good news within its lyrics. |
| Saturday | <i>Soul Food Saturday</i> , a magazine-style video show, featuring a panel sharing weekly highlights and showcasing photos from across the church. They'd love to see what you're up to during Lent! |
| Sunday | No email, but you are invited to gather in worship, reflecting on the theme as you praise God together. |

To sign up for these daily emails, please go to www.methodist.org.uk/for-churches/soul-food/

The Origins of April Fool's Day and Its Religious Connections

April Fool's Day, celebrated on April 1st, is a day marked by playing practical jokes and spreading hoaxes. The exact origins of this day remain somewhat ambiguous, but various theories attempt to shed light on how it all began and its possible religious connections.

Historical Theories and Religious Connections

One popular theory traces April Fool's Day back to 1582, when Pope Gregory XIII decreed the adoption of the "Gregorian calendar" - named after himself - which moved New Year's Day from the end of March to January 1.

The change was published widely, but those who didn't get the message and continued to celebrate New Year on April 1 were ridiculed and, because they were seen as foolish, called April Fools. This teasing often took the form of pranks, hence the tradition of practical jokes on this day.



Another theory links April Fool's Day to ancient Roman festivals, particularly the festival of Hilaria. This festival, celebrated at the end of March, honoured the god Attis and involved dressing up in disguises and mocking fellow citizens and even magistrates - another early example of the playful spirit we associate with April Fool's today.

Religiously, the ties are more nuanced. In some Christian traditions, April Fool's Day is seen as being related to the Feast of Fools, a medieval festival held by the clergy in Europe. During this time, lower-ranking clergy members would mock higher-ranking members and engage in mischief. Whilst not directly connected, the spirit of jest and role reversal carries a thematic similarity to the modern celebration.

Even though the annual panoply of pranks meant to mock the gullible or to send a friend on a "fool's errand" may not be grounded in any ancient religious merrymaking, the notion of "holy fools" does have a long and respected place in Judeo-Christian history.

Hebrew prophets were often scorned as mad or eccentric for pronouncing unwelcome or uncomfortable truths. The Apostle Paul talked to the Corinthians about becoming "fools for Christ." And Eastern Orthodoxy still sees the "holy fool" as a type of Christian martyr.

Early Traditions

In its earlier days, April Fool's Day was a localised celebration with customs that varied from one culture to another. Pranks were generally small-scale and

personal, often involving friends and family. The day was more about light-hearted fun rather than elaborate schemes.

Global Spread and Modernisation

As communication and travel improved, the celebration of April Fool's Day spread across the globe. With the rise of newspapers, radio, and television, the scope of pranks expanded. Media outlets began to participate, staging elaborate hoaxes that could reach a wider audience. For instance, the BBC's famous 1957 "spaghetti tree" hoax, which showed a family harvesting spaghetti from trees, fooled many viewers and became a legendary prank.

The Digital Age

The advent of the internet and social media has brought a new dimension to April Fool's Day. Now, pranks can go viral within minutes, reaching millions of people worldwide. Companies and brands have joined the fray, using the day as an opportunity for marketing and engagement. This has led to a mix of genuine humour and promotional content. Online platforms like YouTube, Twitter, and Facebook have become hotbeds for creative and often elaborate pranks.

Changing Perceptions

While the spirit of fun remains, perceptions of April Fool's Day have also shifted. With the increasing awareness of mental health and the potential for pranks to cause harm, there's a growing emphasis on ensuring that jokes are light-hearted and do not cross the line into cruelty. Many people now advocate for pranks that are inclusive and considerate, avoiding those that might embarrass or hurt someone.

Contemporary Celebrations

Today, April Fool's Day is a blend of traditional pranks and modern innovations. From harmless office jokes to sophisticated online hoaxes, the day continues to evolve. Some use it as an opportunity to break the monotony of daily life with a bit of fun, while others see it as a challenge to create the most clever and surprising prank.

In essence, while the methods and scale of April Fool's Day pranks have

changed, the underlying purpose of bringing laughter and joy remains steadfast. The day serves as a reminder of the importance of humour and the power of a good-natured joke in connecting people.

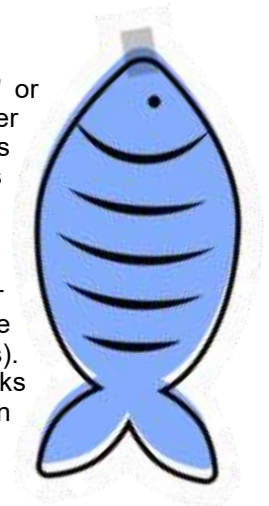


Cultural Spread and Modern Practices

The spread of April Fool's Day across Europe has led to a variety of customs. Meaning, April Fool's Day is celebrated in various unique ways around the world, each country adding its own flavour to the tradition of pranks and jokes. Here are some intriguing examples:

France - Poisson d'Avril

In France, April Fool's Day is known as "Poisson d'Avril" or "April Fish." The traditional prank involves sticking a paper fish on someone's back without them noticing. The day is filled with playful jests and the phrase "Poisson d'Avril" is often called out when the joke is revealed.



Scotland - Hunt-the-Gowk Day

In Scotland, April Fool's Day celebrations are extended over two days. The first day is called "Hunt-the-Gowk Day," where people are sent on fake errands or "gowks" (fools' errands). The second day, known as "Taily Day," focuses on pranks involving the back, such as placing a "kick me" sign on someone's back.

England

In England, pranks and jokes are traditionally played only until noon. After midday, it is considered bad luck to play pranks. Those who continue to prank after noon are themselves called "April Fools."

Spain and Latin America - Día de los Santos Inocentes

Although not celebrated on April 1st, Spain and many Latin American countries have a similar day of pranks called "Día de los Santos Inocentes" on December 28th. This day commemorates the biblical massacre of innocent children by King Herod, but over time, it evolved into a day of light-hearted tricks and practical jokes.

Italy - Pesce d'Aprile

Much like France, Italy celebrates April Fool's Day with the "Pesce d'Aprile" (April Fish). Italians also play pranks involving a paper fish, sticking it to the backs of unsuspecting individuals.

Sweden and Denmark

In Sweden and Denmark, media outlets play a significant role in April Fool's Day. Newspapers, radio, and television stations often run fake stories or hoaxes, adding a layer of entertainment to the day's festivities.

India

In India, April Fool's Day is celebrated with enthusiasm, especially among the younger generation. Pranks range from simple to elaborate, and the day is seen as an opportunity to bring laughter and surprise to friends and family.

Poland - Prima Aprilis

In Poland, April Fool's Day is a day for jokes and pranks of all kinds. However, it is not just individuals who participate. Even the media, public institutions, and businesses join in the fun, often releasing humorous or false information to see who falls for the tricks.

Japan

In Japan, pranks and jokes on April Fool's Day are generally mild and good-natured. The day is seen as an opportunity to play light-hearted tricks on friends, colleagues, and family members.

Conclusion

Despite its somewhat obscure and mixed origins, the day has become a global celebration of humour. In contemporary times, it is not uncommon to see large-scale pranks carried out by media organizations and corporations, adding a modern twist to this ancient tradition.

While the true origins of April Fool's Day might be lost to time, its enduring appeal lies in its universal ability to evoke laughter and surprise. Whether tracing its beginnings to calendar changes, Roman festivals, or medieval church traditions, the day serves as a reminder of the importance of humour in human culture.

The essence of April Fool's Day has remained consistent in its core purpose of humour and playful trickery, but its meaning and the way it is celebrated have evolved significantly over the years.



Solihull Memory Singers



LAUNCHING 16 JANUARY 2025

Thursdays | Bi-weekly | 1pm-2.30pm
The Onward Club, 107 Helmswood Drive,
Chelmsley Wood, B37 7NS

To book a place or for further information please contact Sarah Riddell:
sriddell@armonico.org.uk or call 07722 632242

Supported by the Solihull Fairer Futures Fund

www.armonico.org.uk f X  

Registered charity no. 1103159

Armonico Consort's first community choir group for people living with dementia and their carers was based in Warwick. They have worked in partnership with the Alzheimer's Society's Singing for the Brain initiative who have trained their professional musicians to deliver these specialist sessions.

They have now opened a new bi-weekly social group in Solihull which aims to create a relaxed, fun space for the carers as much as for the participants, with tea, cake and chat as well as singing, movement and percussion instruments.

The music is very varied, depending on the participants involved, and includes golden oldies and some Baroque music in which Armonico Consort are specialists.

An occasional mini performance gives participants and carers a chance to enjoy some beautiful music performed by Armonico's superb musicians.

They hope to add data to early studies on how Baroque music specifically can help people living with dementia. This will add to the already well documented health and well-being benefits of music and singing generally.

The new group will be meeting fortnightly on Thursdays at The Onward Club, 107 Helmswood Drive, Chelmsley Wood, B37 7NS.

To book a place or for further information please contact Sarah Riddell details below: sriddell@armonico.org.uk or call 07722 632242.

Bible Readings for 2025

May I share with the Church, the people of God, these scriptures were drawn to my attention by the Holy Spirit for the year 2025 and onwards.

1 Peter 1: 3-5, 2: 9-10, Psalm 29: 11, 94: 14.

1 Samuel 12: 22-24, Psalm 146: 8, Isaiah 41: 17.

Hosea 5: 15, 6: 1-3, 10: 12, Acts 20: 27-28.

Ephesians 1: 22-23, Hebrews 12: 22-29

Prayers

Ephesians 1: 17-19, 3: 14-21, Colossians 1: 9-12

1 Chronicles 29: 11-13, Nehemiah 9: 6

Praise and Worship

Psalm 138: 1-8, 95: 1-7, 96: 8-9, 97: 9-12, 89: 7, 26: 8-12

Luke 11: 28, John 8: 47, 6: 63

Joyce Greaves

THOUGHT FOR THE MONTH

**GOOD FRIENDS ARE LIKE STARS,
YOU DON'T ALWAYS SEE THEM,
BUT YOU KNOW THEY'RE ALWAYS THERE**

Anon

March & April Quiz

All the answers are types of flower

1	National flower of Japan	
2	Flower used to make saffron spice	
3	Flower associated with Christmas	
4	Flower symbolizing love and passion	
5	Flower with the scientific name "Narcissus"	
6	Flower associated with Easter	
7	National flower of India	
8	Flower symbolizing beauty and refinement	
9	Flower that symbolizes purity and innocence	
10	Flower known as "the herb of the sun"	
11	Flower associated with the month of May	
12	Flower named after the Greek god of the sun	
13	Flower known for its strong fragrance	
14	Flower associated with remembrance	
15	Common garden flower with the variety "Bishop of Llandaff"	
16	Flower named after the 16th-century botanist, Leonard Fuchs	
17	Wildflower known for its sweet smell and yellow colour	
18	Flower symbolic of English gardens	

**Answers please to Lynne Tyler or Church Email
by 15th April 2025**

LENT WORD SEARCH

L	E	N	T	J	L	Y	Z	F	U	Y	C
S	W	S	U	A	D	J	A	Z	A	N	O
R	A	W	E	N	F	S	W	D	S	O	M
E	Y	C	U	R	T	K	S	O	A	I	M
M	Y	A	R	I	V	E	Z	I	B	T	A
E	M	T	N	I	N	I	M	R	S	C	N
M	H	G	R	D	F	R	C	I	T	E	D
B	S	Y	E	O	N	I	V	E	A	L	M
E	A	W	C	Y	F	Q	C	Q	I	F	E
R	N	Z	F	L	I	D	A	E	N	E	N
E	T	A	L	O	C	O	H	C	O	R	T
Y	D	Q	E	H	R	E	Y	A	R	P	S

ABSTAIN

ASH

CHOCOLATE

COMMANDMENTS

FASTING

FORTY

HOLY

LENT

MAUNDY

PRAYER

REFLECTION

REMEMBER

SACRIFICE

SERVICE

WEDNESDAY

January & February Quiz Answers

1) BEATRICE 2) BEAR 3) BARBER OF SEVILLE 4) BAKELITE 5) BREAKFAST AT TIFFANYS 6) BRONZE 7) BERKSHIRE 8) BOB MORTIMER 9) BATMAN AND ROBIN 10) BATES 11) BILL & BEN 12) BALD EAGLE 13) BELLAMY 14) BLOOD TYPE 15) BADGER 16) BERNARD MATTHEWS 17) BLUE 18) BARN OWL 19) BULGARIA 20) BANQUO

There was only 1 entry this month with 100% correct answers. Congratulations to the Moseley family who got 100% right, and commiserations to Sarah Baldwin, Barry Davis, the Hunt family and Jo Hancock who got 1 wrong and Kate Collen who got 2 wrong. Q6 foiled most people - brass is made out of copper and zinc!

Lyndon Community Page

We really would like to make this page and the whole magazine relevant, therefore, please get in touch. Let us know what you like and don't like and send or give any important events, ideas, offers, stories, feedback or tips personally to Lynne Tyler or by e-mail to lyndonmethodist@btconnect.com.

As previously mentioned, to keep this section going, improve this magazine and to try and create a closer community we really need your interaction.

RING AND RIDE SERVICE – IS IT FOR YOU?



A few weeks ago, as I was coming out of Tesco having just finished my weekly shopping, I met one of the members of our congregation who had been waiting nearly an hour in the cold for her ring and ride bus to pick up her up, but couldn't contact the driver as she hadn't got her mobile phone with her.

This got me thinking about the service, how it can be used and who by. Below is the information I found on the ring and ride website page which is <https://www.ringandride.org>. I hope you find it useful.

What is Ring & Ride?

Ring & Ride is a door-to-door transport service for anyone living in the West

Midlands who finds it difficult or impossible to use public transport.

The service is ideal for anyone:

- suffering from a temporary injury (such as a broken leg, a sprain, a sports injury or recovering from an operation)
 - who finds it physically or mentally difficult to use public transport
- disabled people who require a door-to-door service

Where does Ring & Ride operate?

Ring & Ride operates across the West Midlands. Registered users can travel within their surrounding area. For example, a passenger living in Erdington can travel anywhere in North Birmingham.

The service does not operate in Coventry, Meriden or the surrounding area.

Who can use Ring & Ride?

To become a registered user of Ring & Ride you must find it difficult or impossible to use public transport and be resident in one of the following six districts of the West Midlands:

Birmingham - Dudley - Sandwell - Solihull - Walsall - Wolverhampton

Passengers can take a companion, and dependent children provided they book in advance. We use minibuses with ramps or lifts, so people who use wheelchairs or find steps difficult can easily use our service.

A wheelchair risk assessment may need to be carried out following the registration process. This could take up to 30 days.

Other local authorities may provide a similar service for residents in their area.

What kind of trips can Ring & Ride be used for?

Passengers can use the service for the same short journeys they would make on public transport such as commuting to and from work, visiting friends, shopping and leisure activities.

Can I use Ring & Ride for hospital appointments?

Passengers can use Ring & Ride for trips to GP and other medical appointments. You can also use it if you are visiting someone in hospital.

However, you cannot use Ring & Ride for hospital appointments.

What if I have a hospital appointment?

For hospital appointments, residents can use the West Midlands Ambulance Service Patient Transport Service. These services provide non-emergency free transport to and from hospital.

If unsure, please speak to your GP or local hospital about transport arrangements.

When can I travel?

The Ring & Ride service is available from:

- Monday to Saturday 8am to 11pm

Sunday 8am to 3:30pm

There is no service on bank holidays. The service may differ over Christmas, New Year and Easter.

When do I need to request a journey?

You can book a journey up to seven days in advance. Journeys must be booked at least one day prior to travel.

How much does Ring and Ride cost?

Registered user (Age 16+) and Essential Escort/Carer

£1.30 single

Registered user (Age 5-15)

£0.65 single

Non-registered users (travelling with a registered user)

- Adults - £2.40 single
- Children under 16 - £0.65

Children under 5 travel free.

(n) network and (n) bus passes are valid on Ring and Ride services.

Please note that Disabled or Older Persons travel passes are not accepted.

Register for the Ring & Ride service

You can register for Ring & Ride:

- online
- by telephone (see below)

by requesting an accessible printed copy of the application form

Customer Service Centre

Phone: 0330 053 8141

Monday to Saturday, 10am to 3:30pm

Sundays and Bank Holidays, Closed

Request a journey

You can request a Ring & Ride journey by phone or through their app which can be downloaded on both iOS and Android phones.

To request a journey by phone, just ring the Customer Service Centre number above.

If you are a user of this service, it would be great to get some feedback from you, or hints and tips on using this service which might help others.

Lynne Tyler



Notices & Events

Ladies Club - 1.30pm to 3.30pm

Wednesday 12th and 26th March

Wednesday 9th and 23rd April

Lunch Club - Fridays 12pm to 1pm

MARCH

7th Sausage Casserole

14th Baked Stuffed Liver

21st Lasagne

28th Minced Beef Pie

APRIL

4th Fish Cakes

11th CLOSED

18th GOOD FRIDAY - CLOSED

25th CLOSED FOR HALF TERM

Price: starter £1, main £5, pudding £1

No need to book - Just come along

Monthly Prayer and Bible Study - 7.00pm - 8.30pm

Wednesday 5th March

Wednesday 2nd April

Hobs Moat WI - 7pm to 9pm

Monday 17th March

Monday 14th April (not 21st as might be expected)

Notices & Events

LEPROSY SUNDAY

Due to the illness of the usual representative from the Leprosy Mission, our Leprosy Sunday this year will now take place on 16th March 2025 at 10.30 a.m. The service will be taken by a Leprosy Mission Representative. The theme this year is "Revive" and is based on the text from 1 Chronicles 4 v 10 (NIV):- Jabez cried out to the God of Israel "Oh, that you would bless me and enlarge my territory! Let your hand be with me and keep me from harm so that I will be free from pain!" And God granted his request.

Brenda Davis

ANNUAL CHURCH MEETING

This year's Annual Church Meeting is due to take place on 18th May, 2025 following the morning service. Everyone who attends Lyndon is welcome to come to the meeting and participate.

Janet Rudge

MOVE IT OR LOSE IT

This is a new chair based class designed for older folk starting at Lyndon on Monday 3rd March at 11.30am. All the exercises are designed for you to do them either whilst seated or standing next to your chair. Feel free to come along and see what it's all about. I'm sure you'll be made very welcome.

Jo Hancock

CHURCH FLOWER COORDINATOR REQUIRED

We are still looking for somebody to take over the very important role of church flower coordinator. You don't need to be able to do flower arranging, as this is more of an admin role. Annually, you would need to prepare the rota for arrangers and donors which is usually done for the period March to February. In addition, on a weekly basis you would need to contact the donor about two weeks before the date they have chosen to ask for their donation. You would also need to co-ordinate the flower arranging process for the special festivals - Easter, Harvest, Remembrance and Christmas. Please speak to Lorraine Sibson for more information. Thank you

Lorraine Sibson

BRITISH SUMMER TIME

Clocks change from Greenwich Mean Time (GMT) to British Summer Time (BST) on 30 March. If you're familiar with the phrase, the clocks will 'spring forward' by an hour.

Services in March

Sunday 2nd March

10:30am Communion Service led by Rev Ian Howarth

5.00pm Lyndon People

Sunday 9th March

10:30am Service led by Deacon Mel Beaven

Sunday 16th March

10:30am Leprosy Sunday Service led by Chris Stratta from the Leprosy Mission

Sunday 23rd March

10:30am Own arrangement service led by Claire Frew

Sunday 30th March

10:30am Mothering Sunday and Parade Service led by
Rev Karen Webber

Services in April

Sunday 6th April

10:30am Service led by Barry Davis

5.00pm Lyndon People

Sunday 13th April

10:30am Palm Sunday Service led by Rev Novette Headley

Sunday 20th April

10:30am Easter Sunday Service with Holy Communion led by Rev Donald Ker

Sunday 27th April

10.30am Own arrangement service led by Jeremy Wassall

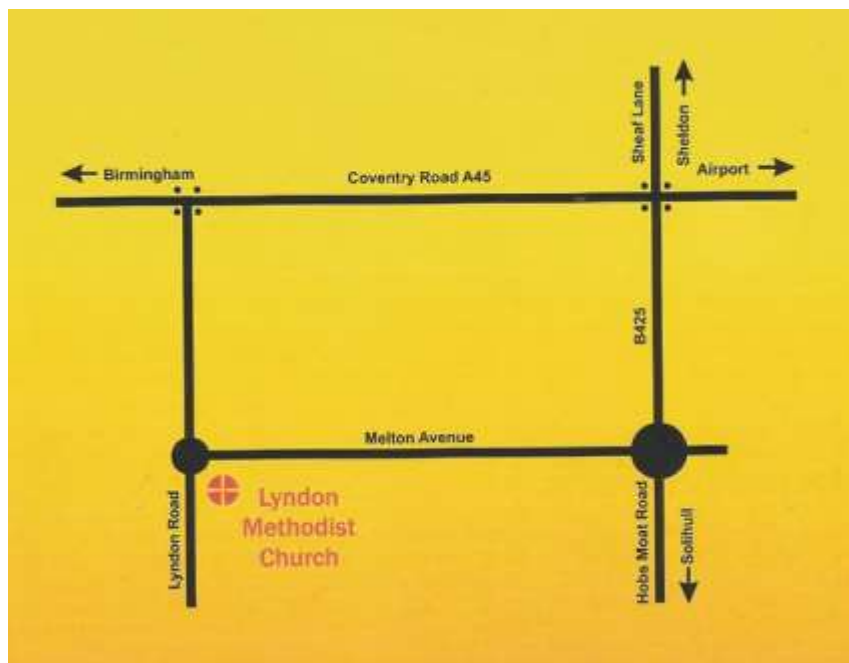
Our next issue will be May 2025

I am looking forward to receiving your contributions by

15th April 2025

by email to Lynne Tyler or to lyndonmethodist@btconnect.com

or by post to Church – address below



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