

LYNDON MAGAZINE



**NOVEMBER &
DECEMBER 2023**



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

November welcomes in the winter season. It's that cold and dark time of year, when we might feel like hibernating until it's warmer and lighter. It's the month of many rituals and events, like, All souls & all saints, Bonfire night, Remembrance Day and St Andrews Day.

Is it me though, or has this year flown by? It feels like it was only last month that I was preparing for Advent 2022, and yet here I am beginning to think and prepare, as I do every November, for Advent 2023. That's how I spend most of November each year, praying and reflecting on the coming Advent and laying some groundwork for the marathon of services and events to celebrate the Christmas season. This year's Methodist theme for Advent is: '*Out of the Ordinary.*' It's maybe a reminder that, out of our ordinary acts and in our ordinary lives, the world-transforming extraordinary love of God can shine through.



It was over 2,000 years ago that a seemingly ordinary birth in a seemingly ordinary little town, changed the world forever. This Advent and Christmas, the Methodist Church are inviting us to experience how the wonder of God's love is revealed in the ordinary. The campaign will nudge us to think about how we can share how the wonder of God's love is revealed in the ordinary. It's a wonderful opportunity to connect with each other, our neighbours and people who don't normally attend church, but who might come to a service or event in this period.

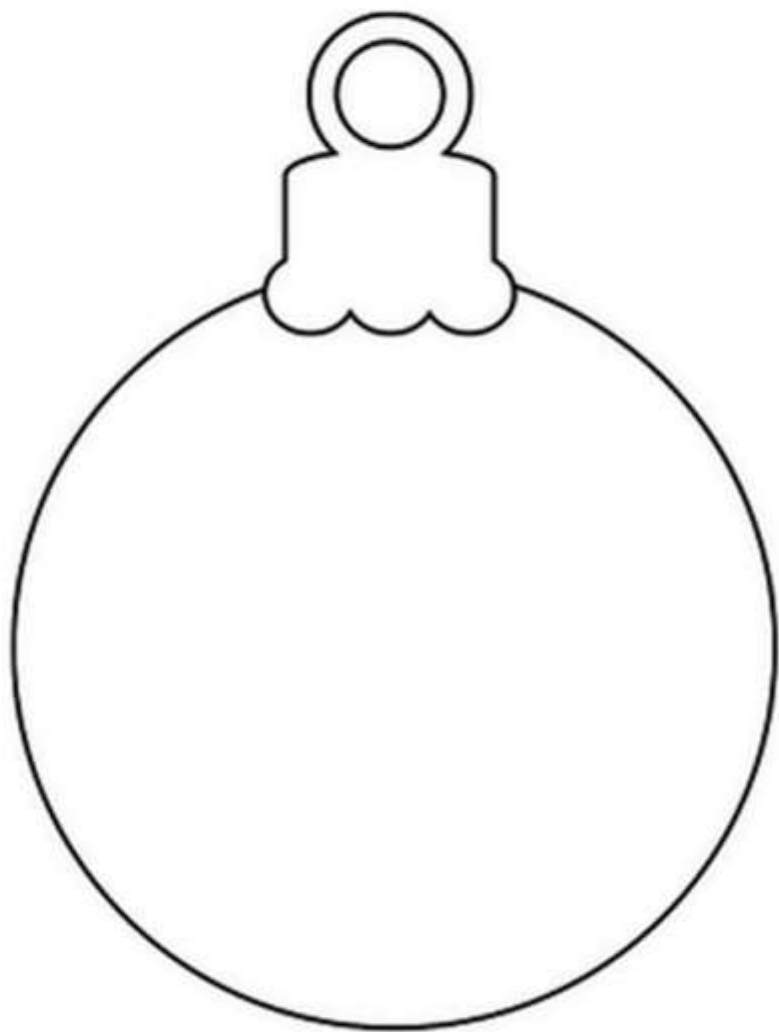
Our creative challenge this year is to decorate a bauble, the template of which follows this letter. We use baubles to decorate our trees at Christmas, which is kind of taking something very ordinary, a tree, and making it extraordinary. The baubles are round in shape, reminding us of God's love and care for all creation. Some are made of glass, or at least a very fine and delicate material, reminding us that life is very fragile and extremely precious. It's also a reminder of the very precious gift God gave us, the Christ child, whose birth we celebrate each Christmas.

We look forward to receiving your beautiful creations by November 20th so we can show them at our Christmas Fayre on Saturday 25th November, when we hope to make our very own *out of the ordinary* Christmas display.

Happy creating

Karen

**Design your own Christmas bauble!
Be as creative as you like**



Thou didst leave thy throne and thy kingly crown

As we have not looked at a hymn for eighteen months, I thought we would do so in this issue of the magazine.

This lovely hymn written by Emily Elizabeth Steele Elliot about 150 years ago has not found its way from 154 in Hymns and Psalms into Singing the Faith but is still available in Mission Praise at 697.

It was often sung during the seasons of Advent and Christmas due to its first verse, but it is a hymn which can be sung at any time as although it starts with the birth of Jesus it covers his ministry on earth, his death and coming again.

Verse 1

*Thou didst leave thy throne
And thy kingly crown
When thou camest to earth for me,
But in Bethlehem's home
Was there found no room
For thy holy nativity:
O come to my heart Lord Jesus!
There is room in my heart for thee.*

This verse tells us three things:

- That Christ existed in heaven with his Father before he came to earth in human form. John's gospel ch1 v1 says "In the beginning was the Word (Jesus), the word was with God, and the Word was God.
- The purpose of his coming was for our salvation.
- There was no room in Bethlehem for his birth. The word "Nativity" means the occasion of one's birth. It was prophesied 700 years earlier by Micah the prophet that Bethlehem would be the birthplace of the Messiah. (Micah 5 v2). The same situation is here today with people having no time or room for Jesus in their lives.



Nativity Scene, altarpiece in the church of Saint Matthew in Stitar, Croatia

Verse 2

*Heaven's arches rang
When the angels sang,
Proclaiming thy royal degree;
But of lowly birth
Cam'st thou, Lord, on earth,
And in great humility:
O come to my heart Lord Jesus!
There is room in my heart for thee.*

“Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, Glory to God in the highest, and on earth peace to men on whom his favour rests.” (Luke 2 v13-14) These words must have been uppermost in the mind of the writer when beginning verse two.

This proclamation was not made to a waiting public outside palace gates, as is the norm for a royal birth, but to shepherds looking after their flocks in the night. The birth of the King of kings could not have taken place in more lowly circumstances. His birth was in most humble circumstances and identified with the poor and destitute. The Collect (prayer) for the first Sunday in Advent refers to Christ coming among us in great humility. (Methodist Worship Book page 532)



Verse 3

*The foxes found rest,
And the bird its nest,
In the shade of the cedar tree;
But thy couch was the sod,
O thou son of God,
In the deserts of Galilee:
O come to my heart Lord Jesus!
There is room in my heart for thee.*

This verse moves on from the birth of Jesus to his ministry. When two potential followers approached Jesus, he reminded them that it was a costly business to do so and was a matter of total commitment. This encounter with Jesus is recorded in the gospel of Matthew chapter 8 verse 22. “Foxes have dens and birds have nests, but the Son of Man has nowhere to lay his head.”

The ministry of Jesus mainly took place in the deserts of Galilee and the hymn writer graphically illustrates this with the words “But thy couch was the sod.” The couch or bed were resting places, but Jesus only had the ground he walked on as a resting place. The word “sod” means turf or grass.

Verse 4

*Thou camest, O Lord,
With the living word
That should set thy people free;
But, with mocking scorn,
And with crown of thorn,
They bore thee to Calvary:
O come to my heart Lord Jesus!
Thy cross is my only plea.*

The message of Jesus was to bring people to a new spiritual life. In John 4 verse 10 he told the Samaritan woman at the well "If you knew the gift of God and who it is that asks you for a drink, you would have asked him, and he would have given you living water."

John's gospel records seven sayings of Jesus which are preceded by the words "I am". These can all be regarded as living words of Jesus. The most telling is "I am the way and the truth, and the life. No-one comes to the Father except through me." (John 14 v6)

This Jesus who came to bring salvation to the world was tortured, mocked and led to Calvary for crucifixion. "They stripped him and put a scarlet robe on him, and then twisted together a crown of thorns and set it on his head. They put a staff in his right hand and knelt down in front of him and mocked him. Hail, king of the Jews! Then they led him away to crucify him." (Matthew 27 v28-31).

Verse 5

*When heaven's arches ring,
And her choirs shall sing,
At thy coming in victory,
Let thy voice call me home,
Saying "Yet there is room,
There is room at my side for thee.!"
And my heart shall rejoice, Lord Jesus,
When thou comest and callest for me.*

The first three lines of the last verse seem to be referring to the return of Christ when he will reign on earth and all will be subject to him.

The rest of the verse refers to the time when our life on earth comes to a close. The hymn writer pictures Christ calling us home and assuring us that there is plenty of room in heaven for all.

Refrain

*O come to my heart Lord Jesus!
There is room in my heart for thee.*

The last two lines of each verse form a refrain. Originally the same words applied

to all five verses, but subsequently the writer wrote a separate refrain for each of the last two verses.

Those of the first three verses which are quoted above are a positive response to the call of Jesus for us to invite him into our lives.

*O come to my heart Lord Jesus!
Thy cross is my only plea.*

The refrain of the fourth verse recognises that our salvation is only possible because of the death of Jesus on the cross.

*And my heart shall rejoice, Lord Jesus,
When thou comest and callest for me.*

Finally, verse five looks forward to a time of rejoicing when we come face to face with Jesus.

In his first letter to the church at Corinth, chapter 1 v 9 Paul quotes from Isaiah: "No eye has seen, no ear heard, no mind has conceived what God has prepared for those who love him."

Again, in Romans 8 v18 Paul writes: "I consider that our present sufferings are not worth comparing with the glory that will be revealed in us." In other words, the best is yet to come.

Barry Davis



Prayer For November and December

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 pray particularly for the people of Ukraine, Israel, Palestine and the Yemen.

For people facing fires or floods, and also for those in the emergency services facing danger as they go to help others. We think of those in our own country suffering as a result of the recent storm Babet.

As we see our planet overheating, we pray that people will take steps to reverse the bad practices that have destroyed the temperature balance. May we all take responsibility for preserving our planet's precious resources.

For those in authority that they will direct this and every nation in the ways of justice and peace, so that we honour one another and seek the common good.

Also please pray for:

Pray for those we know who are unwell or with serious illness and for the families of the bereaved. Pray for those who are anxiously waiting for test results or operations. May they all feel God's healing touch.

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 the success of our Christmas Fayre, that both those who are involved in planning and running it, and those who attend come away with the sense that the future will be brighter.

Pray for our services in November and December and all those that lead them. We also pray for all those volunteers that help our services to run smoothly. Help us to think about the ways in which we can help, too, to bring your love and message to our community.

Amen



A message about Birmingham City Council from our District Chair, Rev Novette Headley, to the people of the Birmingham Circuits.

Dear Friends,

As we hear the devastating news from Birmingham City Council declaring bankruptcy today, I wanted to assure the members of our Methodist Churches in the Birmingham Circuit of the Districts continued care and support towards the churches who continue to live out the gospel of Christ's love in this great city.

The Methodist Church, Birmingham District, has been committed to serve each of the Circuits within our District, so that the local church can respond, with prayer and practical, loving action to those in our neighbourhoods.

The focus of last year's District Re:Plant Conference was the Church At the Margins – emphasising the church's commitment to working with people at the economic margins of society. Two of the workshops on that day focussed on Life on the Breadline from Church Action on Poverty, and the Food Pantry Workshop with Revd Karen Webber.

Methodist Conference 2023, received the excellent Justice-Seeking: "Walking With Micah" report Conference 2023 Agenda Volume 1 (methodist.org.uk) - that encourages us to prioritize our care for the most vulnerable.

This news of Birmingham City Council Section 114 Notice, declaring the city bankruptcy will have a serious impact upon those most least able to withstand social spending cut-backs. However, we will respond with loving action, care and compassion to those we seek to serve – as followers of Jesus Christ who never turned away anyone who came to him in need.

Jesus received the meagre five loaves and two fish offered by the child, blessed them, broke them and gave them to feed thousands. Jesus noticed the widow who put her last two coins into the collection and commented that she had given more than all the others who had given thousands. We may only have a small amount to give of our time, energy, buildings' space, and talents – but whatever we give will be blessed and shared with those we meet who are in need.

We hold the officers and the elected Councillors of the Birmingham City Council in our prayers, that they may be guided by the Spirit of truth, mercy and justice as they seek wisdom to guide the city through the difficult months and years ahead. Our trust in God emboldens us to believe that God will accompany us through these turbulent times.

Revd Novette Headley

Chair – Birmingham Methodist District



Remembrance Sunday

Whilst Remembrance Sunday is a day to commemorate the contribution of British and Commonwealth military and civilian servicemen and women in the two world wars and later conflicts this year seems to bring more significance.

Remembrance Sunday is not only a time to honour those who have given their lives for our country, but also a time to reflect on peace and reconciliation. As we approach 2024, we are reminded of how much has changed since 1918, when World War I ended.

We live in a world that is more connected than ever before, but also more divided by conflicts, violence and injustice. We face global challenges such as climate change, poverty and pandemics that require collective action and cooperation.

We also witness examples of courage, resilience and solidarity among people who strive for peace and justice in their communities and beyond. We see how former enemies can become friends and allies, and how dialogue and diplomacy can prevent or resolve conflicts. Yet war persists and atrocities continue.

There is Ukraine, a country that has suffered from war and oppression throughout its history. Since 2014, Ukraine has been engaged in a conflict with Russia over the annexation of Crimea and the escalation into full blown war after Russia's attack last year. Yemen gets little coverage in the UK but has been locked in a seemingly intractable civil war that has killed nearly 10,000 people and pushed millions to the brink of starvation. Now we have the Israel and Hamas conflict which could escalate way beyond the immediate area. Whilst there is not a world war it does almost seem like most of the world is at war.

There is some hope though, despite the ongoing violence and humanitarian crisis, Ukraine has also made significant progress in its democratic reforms, anti-corruption efforts and integration with the European Union. Ukraine has also received support and solidarity from many countries, including the UK, which has provided military training, humanitarian aid and political advocacy.

Whilst Remembrance Sunday is a day specifically to remember our fallen it is also a time to think of and pray for all the other peoples in the world suffering the horrors of war.

History of Remembrance Sunday

The origin of Remembrance Sunday dates back to 1919, when King George V hosted a banquet for the President of France at Buckingham Palace on the evening of 10 November, the eve of the first anniversary of the end of World War I. The next morning, a two-minute silence was observed throughout the nation at 11am, as a mark of respect for those who died in the war and those left behind.

The two-minute silence became an annual tradition, and in 1920, a cenotaph (meaning "empty tomb") was unveiled in Whitehall, London, as a national memorial to the fallen. On the same day, the body of an unknown soldier was buried in Westminster Abbey, representing all those who could not be identified or brought home.



The first official Armistice Day service was held at the cenotaph in 1921, and poppies were distributed by the Royal British Legion as a symbol of remembrance and hope.

In 1939, with the outbreak of World War II, Armistice Day was moved to the second Sunday in November, to avoid interfering with wartime production. The Archbishop of Westminster proposed naming it Remembrance Sunday, while Armistice Day became known as Remembrance Day.

A national service of remembrance is held at the cenotaph every year on Remembrance Sunday, attended by members of the royal family, political leaders, veterans' organisations and representatives of various faiths. Wreaths of poppies are laid on the memorial and a two-minute silence is observed at 11am. Similar services are held at local war memorials across the country, as well as in Commonwealth countries.

The Origin of Poppies as a Symbol

The origin of poppies as a symbol of remembrance dates back to 1915, when a Canadian doctor named John McCrae wrote a poem called 'In Flanders Fields' after witnessing the death of his friend and fellow soldier in Ypres, Belgium. He was inspired by the sight of red poppies that grew among the graves of the fallen soldiers in the battlefields of Flanders and northern France.

The poem was published in a British magazine called Punch in December 1915 and became very popular. It was later translated into many languages and used for propaganda and recruitment purposes. The poem also inspired an American professor named Moina Michael to wear and distribute poppies in memory of those who died in the war. She also wrote a poem in response to McCrae's, called 'We Shall Keep the Faith'.

In 1920, Moina Michael attended a conference of the American Legion, a veterans' organisation, where she met a French woman named Anna Guérin, who was selling artificial poppies made by war widows and orphans in France to raise money for their relief. Guérin decided to bring her idea to Britain and contacted Earl Haig, the founder of the Royal British Legion, a charity that supports ex-servicemen and their families.

Earl Haig agreed to adopt the poppy as the emblem of the Royal British Legion and ordered nine million poppies from France for the first Poppy Appeal in 1921. The poppies were sold on 11 November, the anniversary of the armistice that ended World War I, and raised over £106,000 for veterans' welfare. The poppies sold out quickly and many people were unable to get one.

To meet the growing demand, Earl Haig set up a Poppy Factory in London in 1922, where disabled ex-servicemen were employed to make poppies. The factory still operates today and produces millions of poppies every year. In 1926, Earl Haig's wife Dorothy established another Poppy Factory in Edinburgh to produce poppies exclusively for Scotland.

The poppy soon became a universal symbol of remembrance of those who have died in war and conflict. It is worn by people from all backgrounds, cultures and faiths. It is also used by other organisations and countries, such as Canada, Australia, New Zealand and South Africa, to honour their fallen heroes.

The poppy is not only a symbol of remembrance, but also a symbol of hope. It represents the resilience of life and nature in the face of destruction and death. It reminds us of the sacrifices made by those who fought for our freedom and peace. It also encourages us to work for a better world where war is not necessary.

Remembrance Sunday is a time to reflect on the past, but also to look forward to the future. A future where poppies can grow freely without bloodshed. A future where peace is not a dream, but a reality.



Ann Marie Howes Centre

Dear Friends

I am the Clinical Nurse Lead (Manager) at Ann Marie Howes Centre and recently I met Lynne when she dropped off your kind donations to me.

Thank you so much for the items of clothing and toiletries that you gave, you were most generous and our patients benefitted from your gifts. Many of our patients come in with nothing except the hospital nightie/pyjamas they are transferred over to us in. Thanks to your generosity, we can give many of our patients the dignity they rightly deserve.

If you have anything else you would like to donate (anything apart from pants!!!), please know that your kindness is gratefully received.

Blessings to all of you, *Angie Allbones (Acocks Green Methodist Church)*



Ann Marie Howes Centre is a 32-bedded short stay inpatient unit for adults aged 18 and above.

There is a criteria for admission and the referring hospital will liaise directly with the unit, ensuring a seamless handover of care. We work within the discharge to assess [D2A] model with an average length of stay of approximately 2 weeks.

Within this short time frame, our multi disciplinary team of clinical lead nurse, advanced clinical practitioner, nurses, physiotherapists, occupational therapists, pharmacist and health care assistants make every effort to help patients maximise their potential, in order to regain independence where ever possible.

Thoughts from Ermine Mitchell and her mother Kathleen - part of the Windrush Generation -

In June 1948, the SS Empire Windrush arrived at Tilbury Docks in Essex, on a voyage from Jamaica to London.



On the 22nd June we marked Windrush Day – a day that acknowledges the sacrifices and contributions of the Windrush generation, who arrived in the UK 75 years ago and we celebrated British Caribbean communities of today.

October is Black History Month – a time to reflect on for me all things Black, where do I see myself as a black woman in a society where I experience hostility, who is my role model? Where and how am I represented? My heritage.

So who are the Windrush generation?

HMT Empire Windrush became a symbol of a wider mass-migration movement.

Its 492 Caribbean passengers, and others who arrived to the UK from Caribbean countries between 1948 and 1971, became known as the Windrush generation.

Many had served in the British armed forces in World War Two.

Why did the Windrush generation come to Britain?

People from across the then British Empire were encouraged to move to the UK to help with post-War labour shortages and rebuild its battered economy. They were invited to come.

Many of those who came became manual workers, drivers, cleaners, and nurses in the newly-established NHS. Some broke new ground in representing black Britons in society.

Jamaican-British Sam Beaver King served in the RAF during the War and took a job as a postman after arriving at Tilbury in his 20s. He became a campaigner for black-British rights and the first black mayor of Southwark. He also established a programme for migrants to buy homes in the UK and co-founded the country's first Caribbean-style carnival - a precursor to the Notting Hill Carnival.

My mom left Nevis to sail to the UK in 1957. Her ship started its voyage from Trinidad and the ship stopped off at Barbados, St Lucia, Dominica, Port A Pitre, Montserrat, St Kitts and Vigo. Mum would have embarked at St Kitts.

Her ship was called the Ascania and the ship owners were Messrs Sandell Brothers and Company Ltd.

Mum was 22 years of age when she arrived at the port of Southampton England on 23 September 1957, a journey that would take around 2 weeks. Mum made lots of

Kathleen then



new friends on the boat and remembers it being a pleasant trip, she read a lot of books during her journey. They would all gather together and pray for a safe journey, not knowing what it was going to be like when they arrived, leaving her home country and her parents for a strange place. Mum remembers meeting a lady called Eileen on the ship and they ended up at the same house, they became very good friends and still are to this day.

Her occupation was a seamstress and her first address in UK was 6 George Rd, Hay Mills, Birmingham B25.

and now



One of the things Mum remembers is how cold it was in the UK. Coming from her home town of Nevis, which is very hot, it was a shock to her how cold England was. Not only was England cold in temperature, but it was cold with hostility.

Mum eventually moved in with her sister, brother-in-law and brother. It was very common then for many families and even strangers to live in one house but occupy their own rooms within.

Mum came across signs that said, "No Blacks, No Irish and No Dogs". Many times the word N***** would be used. It is only now looking back that I can point out to Mum that this was and is racism. There are many stories from the Windrush Generation, and not all of them sad, but many have internalised what they have been through and find it difficult to talk about. Being made to feel inferior is hard to comprehend if you have never experienced it. As children we were told to "keep our heads down", "do not make eye contact". It's that feeling that you are a second-class citizen, the bottom of the pile, always at the back of the queue, that you do not matter, you count for nothing, that feeling that you are invisible. As an adult, I am learning to make eye contact, I am making my way up the queue, from the bottom of the pile, I now know that I matter, but I still struggle with the feeling of being invisible.

Many times, Mum and many others were turned away from churches, being told

- You cannot come in here, you have your own church down the road
- You can come in once, but don't come back again
- You can't sit there: that's my seat

As faithful Christians imagine how they would have felt, being turned away from God's house.

We profess to be an "All-welcoming, all-embracing church" Can we truly say that we are?

We all have a story to tell, a story to be heard, irrespective of the colour of our skin, or where we are from. Tell your story, hear others' stories. That is one way of getting to know each other, and I mean truly getting to know each other. We are a diverse community; let's embrace it, let's embrace each other, and love each other as we want to be loved, for we are made in one image - the image of our Lord and Saviour. If he can love us as we are, why can't we?

When we reflect and celebrate Black History Month, we must remember it all: the good, the bad and the ugly. The whole story, and accept it. Then we can look to the future.



I will be forever grateful that not only my parents but those who make up the Windrush Generation came to the UK, despite the hatred they received, despite the injustice they received (and still do to this day). It has taught me resilience, determination and compassion.

We are all made in one image. We must all remember that.

Ermine Mitchell

Ermine worships at Lyndon when she can and also attends our Church Council.. She is now the Lay Pastor for Castle Bromwich, Saltley and Water Orton Methodist churches and works with young people in the Birmingham Circuit.

Originally published in the Acocks Green Methodist Church magazine and republished with their permission. Thank you.

Harvest at Lyndon 2023



Based on the great feedback we got from our Palm Sunday service earlier on in the year, we decided that we wanted to do something different to celebrate harvest this year, but still encompassing the normal themes of harvest, sharing and thankfulness.

The Bible reading for the day focussed on Matthew 6 verses 25 to 33, and how we shouldn't worry about

our life, or what we will eat or drink, or what we should wear, as God already knows what we need and will provide them, just like he provides for the birds of the air and the flowers in the field – a lesson we were to learn as the morning progressed!

The morning began in the hall. This time, rather than providing breakfast, and then do a craft, we decided to make something edible which could also be shared with somebody who hadn't been at church that morning.

The plan was for each person to decorate 2 biscuits with icing and a choice of topping. One biscuit could be eaten, but the other would be taken home within a decorated plate to share with somebody else. Each person, therefore, had to decorate a paper plate, too and was given a sticker to go on the plate which proclaimed, "This biscuit has been decorated by the person who has given it to you in celebration of harvest", ready for it to be handed over.

As the hall began to fill up with people, far more than expected, we began to wonder whether there would be enough plates, icing, biscuits and toppings for everyone, let



alone enough places for people to sit! We should have had more faith, as somehow there was enough for all, with some left over!

Moving into the church, we watched the lesson from the DVD that the children use in Time Out. As is often the case with our messy church type services, as well as the normal



hymns there was an action song. Unfortunately, due to my injury, I couldn't lead it, so we used a YouTube video of Our God is a Great Big God, and it was wonderful to see everybody, both big and small, joining in.

The church looked beautiful, and thanks must go to the flower ladies, who once again excelled themselves. The harvest gifts were shared with the fresh items being given to Lyndon House and the rest of the items sent to the Hobmoor Pantry based at South Yardley Methodist Church. Thanks to all who helped to pull together this truly memorable service.





Lyndon's Christmas Fayre - We Need You!

Our Christmas Fayre is planned for Saturday 25th November between 10am and 1pm but we would welcome your help to put it all together.

Do you have an eye to help decorate our Church and Centre leading up to the event? Would you be willing to help on a stall? Or perhaps to help clear up afterwards?

Are you crafty? Could you make something for our handicraft stall or bake us some cakes?

We would like to ask for donations from week commencing 30th October leading up to the event as follows:

- An item for our children's stall eg, a second hand toy or book in good condition.
- A handcrafted item, eg knitted cardigan, a crocheted hat
- Some chocolate for the GB chocolate stall.
- An item for the Christmas stall eg, a roll of gift wrap, a bag of bows, home made Christmas cards.
- Cakes on Friday 24th pm or Saturday 25th

We will also need help on Friday 24th pm to set up tables and to set down after the event.

There are some sign up sheets in the vestibule but you can also text or call Sarah on 07952 051824.

Thank you so much!

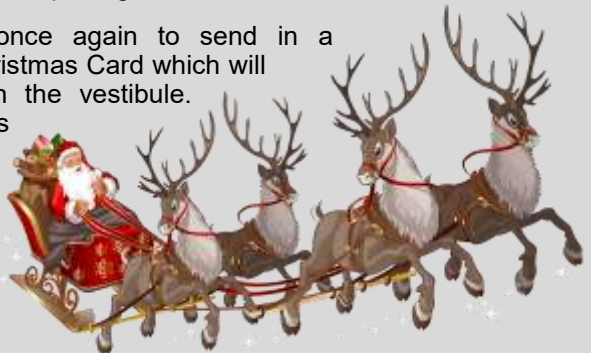
Many hands make light work!

Going Green with Christmas Cards

As we did last year, we will not be putting out tables for Christmas Cards.

Instead, we encourage you once again to send in a message to go on a Church Christmas Card which will be displayed for all to see in the vestibule.

Money saved on buying cards and postage could be donated to church or to your favourite charity. Send your message to Lynne Tyler or church email or put it in the box at the rear of the church. Deadline Sunday 26th November.





LYNDON METHODIST CHURCH

CHRISTMAS

Fayre

SATURDAY 25 NOVEMBER 10AM - 1PM

**Come along for cake, games, handicrafts,
chocolate & to see santa**

Email captainsarah@blueyonder.co.uk
for more details about hiring a table.

Stay and Play Group

September saw the start of the church Stay and Play group. Jayne Kilding, one of our GB officers, is leading the sessions with the help of Emma Murphy (not a member of Lyndon) and other volunteers, all of whom are DBS checked.

They meet on a Thursday afternoon from 1.00pm to 2.20pm and provide toys, singing, storytime and refreshments for babies and toddlers and their parents/carers, for a small fee.

The first session, apparently, was a bit chaotic but it has settled down now. They have had many parents and grandparents register with them and have gained a few regulars already. Hopefully, the group will continue to attract a steady number of families over the coming weeks.

For more information see our Facebook page: <https://www.facebook.com/LyndonMethodist>



If the mountain seems too big today
then climb a hill instead
if the morning brings you sadness
it's ok to stay in bed
if the day ahead weighs heavy
and your plans feel like a curse
there's no shame in rearranging
don't make yourself feel worse
if a shower stings like needles
and a bath feels like you'll drown
if you haven't washed your hair for days
don't throw away your crown
a day is not a lifetime
a rest is not defeat
don't think of it as failure
just a quiet, kind retreat
it's ok to take a moment
from an anxious, fractured mind
the world will not stop turning
while you get realigned
the mountain will still be there
when you want to try again
you can climb it in your own time
just love yourself til then

~ By Laura Ding-Edwards ~

November & December Quiz

All your answers should be alliterative (i.e. both words of your answers will start with the same letter. e.g. Host of Pointless is? **Alexander Armstrong**)

1	Who was the 40th President of the USA?	
2	Which football team play their home games at Molineux?	
3	Which former U S tennis player is married to Steffi Graff?	
4	What or Who connects Mr Billy, Mr Derek and 'Boom Boom'?	
5	What is the capital of Ethiopia?	
6	Which make of car has the emblem 'Spirit of Ecstasy'?	
7	What did Sir Howard Carter discover in 1922?	
8	Which former Welsh Snooker Player was known as 'Dracula'?	
9	Which sitcom featured Rene Artois, Officer Crabtree and Herr Flick?	
10	Born in Birmingham, who was the vocalist in Black Sabbath?	
11	Who directed the film 'Jaws'?	
12	Which crime series, stars Neil Dudgeon as a DI?	
13	Who 'picked a peck of pickled peppers' ?	
14	Which comic actor, (born 1889 died Christmas Day 1977) starred in many films including The Great Dictator and Limelight?	
15	Lady Marian Fitzwalter of Leaford was known in part of Nottingham as who?	

**Answers please to Lynne Tyler or Church Email
by Friday 15th December 2023**

Decode the Christmas Message

Each letter in the phrase has been replaced with a random number.
Try to decode the message by working out which number relates to which letter.

A	B	C	D	E	F	G	H	I	J	K	L	M
24						10					20	

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
						9						

G **L** **T** **G**
 $\frac{10}{}$ $\frac{20}{}$ $\frac{21}{}$ $\frac{8}{}$ $\frac{17}{}$ $\frac{9}{}$ $\frac{21}{}$ $\frac{10}{}$ $\frac{21}{}$ $\frac{25}{}$

T **G** **T**
 $\frac{23}{}$ $\frac{6}{}$ $\frac{9}{}$ $\frac{12}{}$ $\frac{5}{}$ $\frac{12}{}$ $\frac{23}{}$ $\frac{10}{}$ $\frac{12}{}$ $\frac{5}{}$ $\frac{2}{}$ $\frac{9}{}$

A **A** **T**
 $\frac{24}{}$ $\frac{6}{}$ $\frac{25}{}$ $\frac{21}{}$ $\frac{6}{}$ $\frac{5}{}$ $\frac{24}{}$ $\frac{8}{}$ $\frac{9}{}$ $\frac{12}{}$

A **G** **L** **L**
 $\frac{19}{}$ $\frac{5}{}$ $\frac{24}{}$ $\frac{4}{}$ $\frac{5}{}$ $\frac{10}{}$ $\frac{21}{}$ $\frac{21}{}$ $\frac{25}{}$ $\frac{3}{}$ $\frac{23}{}$ $\frac{20}{}$ $\frac{20}{}$

T **A**
 $\frac{9}{}$ $\frac{21}{}$ $\frac{3}{}$ $\frac{24}{}$ $\frac{8}{}$ $\frac{25}{}$ $\frac{13}{}$ $\frac{5}{}$ $\frac{6}{}$

Remembrance Wordsearch

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

ARMISTICE

DIPLOMACY

FRIENDSHIP

PEACE

REMEMBRANCE

CENOTAPH

FALLEN

HOPE

POPPIES

SILENCE

COOPERATION

FLANDERS

JUSTICE

RECONCILIATION

SOLIDARITY

September - October Quiz Answers - Old Adverts

1) PERSIL 2) MURRAY MINT 3) 1001 4) HOMEPRIDE 5) THE ESSO SIGN 6) MARS 7) FAIRY LIQUID 8) BRITISH AIRWAYS 9) CADBURYS DAIRY MILK 10) REMINGTON 11) A PENGUIN 12) YELLOW PAGES 13) BEANZ 14) ESSO 15) PEPSODENT

Congratulations for 100% correct answers to the Hunt family and commiserations to Sarah Baldwin who got 1 wrong.

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.

COPPER PHONE NETWORK SWITCH-OFF SCAMS

As we have been mentioning in the magazine the old copper phone lines will be switched off by the end of 2024. This means your current supplier will be contacting you sometime in the near future to switch you to a digital phone service. Scammers have now started exploiting the fears and confusion over the changes.

How Can You Stay Safe?

First, make a mental note that switching from a copper based landline to a digital phone service won't cost you any money. Nobody from your phone provider, the council, healthcare firms or the NHS will ask you for a payment to upgrade.

If you own a personal health alarm outright rather than leasing it from a company you may need to buy a new one to work beyond 2025. You should talk directly to your service provider to discuss what changes you may need to make. Never give personal details to cold callers.

What Will Happen?

Your telephone service provider will contact you and let you know when the switchover will happen and what you have to do to make the change. They will not ask for personal details or a payment upfront.

We have been contacted by Virgin telling us our switchover will happen on 1st February 2024. They gave detailed information about what is going to happen and all the things we need to do and check before that date. If required they will send an engineer to make the necessary changes before the switchover, all free of charge.

Vulnerable People

All telecom companies have to make sure vulnerable people can still make emergency calls, something you cannot do in a power cut with a digital landline. They may provide you with a battery backup or even a mobile phone. All of this will be free, you just have to contact your company when you receive your notification.

Remember!

No legitimate telecom company will ask for payment or personal details.

RADIATOR REFLECTORS - UPDATE

In the May - June magazine we spoke about radiator reflectors. Well we have taken our own advice and bought two of the products mentioned. We thought it would be of interest to let you know how we have got on so far.

The two we bought were the Radflek Radiator Reflectors (5 Sheets, Fits 5-10 Radiators) and the SuperFOIL Radpack Radiator Insulation Reflective Foil (up to 5 radiators), the third option we mentioned was not available on Amazon at the time of purchase. Radflek currently on Amazon is £42.98 whilst the SuperFOIL is £19.99.

We have started fitting them, initially to the radiators mounted onto external walls, but will fit the reflectors behind every radiator.

There was certainly a difference in instructions provided. The SuperFOIL has very simple instructions that are easy to follow but there are some gaps in the information supplied.

The Radflek product has quite a lot more instructions and also links to their website for further information. Initially, it all seemed over complicated but having looked at all of the information on their website things are a lot simpler than first impressions.

Fitting

Intrinsically both products are easy to fit. We started with our largest, most complicated radiator which is a big curved one in the lounge bay window. In hindsight it may have been easier to start on a simpler radiator and build up!

We chose to fit the Radflek product because it did seem the most professional option with online instructions in how to fit to a curved radiator. Following the instructions on the pack you cut the reflecting foil to size to fit between the radiator brackets and then using the supplied plastic 'arms' to fix onto the supplied reflecting foil. So, we cut two pieces to size and then tried to fix the 'arms' by sliding the foil into the plastic and fording over. The first attempt worked but, so we found out, the plastic just slides off the foil if slanted.

Our radiator was fitted before we moved in and not quite as well as it could have been. This means one edge is almost touching the wall, making it very difficult to get the foil behind. After a lot of fiddling, we managed. Everything looks OK but does not quite match the exact distances between the wall and radiator as per the instructions.

The second radiator was simpler, and we chose to fit the SuperFOIL. As mentioned, the instructions were much simpler but basically the same. Getting

confident you can measure the whole radiator and then cut slits in the foil so everything just slips behind the radiator covering more of the back of the radiator surface. So, this is what we did.

Once fitted behind the radiator you are supposed to use double sided tape to fix in place. This is all well and good but there was wallpaper behind this radiator. We had to use several of the double-sided patches because, again, it was a curved bay but stretching the foil pulled off the first sticker, taking wallpaper with it. If you have wallpaper and need to move or re-stick the foil be warned you may lose some wallpaper!

For the third radiator we read more on the Radflek website and found they said you didn't need to use the plastic 'arms' the foil was strong enough to do as we had done with the SuperFOIL, without the sticky pads. So, we measured and cut the Radflek foil, cut slits and fed down the back of a straight radiator, oh joys no curves. Everything went well until we noticed this radiator is actually shorter than standard, so the foil emerged out of the bottom of the radiator, almost to the floor!

Conclusion - So Far

Bottom line is both are easy to fit, with a few foibles. First impressions are we prefer the Radflek because it appears more professional, but the SuperFOIL also looks up to the job. Time will tell whether it makes a difference. They both claim to make up to 95% of the wasted heat reflect back into the room. So far though the nights have not been quite cold enough to really test. We will update you with how efficient they end up being. For the money though it has to be worth trying.

BE SCAM SAFE

BBC Be Scam Safe is a joint effort between BBC programmes, Stop Scams UK, and major UK organisations, in an attempt to provide you with advice to spot, and avoid scams. They believe that empowering everybody with the tools to help identify scams, will help avoid the financial and emotional damage caused by this kind of fraud.

The week of special programmes was from 23 October but all of the resources are still available on the BBC website and the TV programmes on iPlayer.

To access the resources use this link <https://www.bbc.co.uk/bescamsafe>. Alternatively, search BBC - Be Scam Safe either on the BBC website or through a browser.

Notices & Events

Ladies Club - 1.30pm to 3.30pm

Wednesday 1st, 15th and 29th November

Wednesday 13th December

Lunch Club - Fridays 12pm to 1pm

NOVEMBER

3rd CLOSED - HALF TERM

10th Chilli and Rice

17th Moussaka

24th Fish Pie

DECEMBER

1st All Day Breakfast

8th Baked Potatoes and Various Fillings

15th Christmas Dinner

22nd CLOSED

29th CLOSED

Price: starter £1, main £4, pudding £1

No need to book - Just come along

Monthly Prayer and Bible Study - 7.00pm - 8.30pm

Wednesday 1st November

Wednesday 6th December

Hobs Moat WI - 7pm to 9pm

Monday 20th November

Monday 18th December

Notices & Events

CHRISTMAS FLOWERS

The flower ladies will be decorating the Church for the Christmas services on Friday 15th December and if anyone would like to help in anyway, please contact Brenda directly. If you have any holly or ivy that we could use, please bring it to the church on the morning of 15th December between 9.30 am and 10.00am.

If you would like to donate towards the cost of the flowers, however small, it would be much appreciated. Please hand it to one of the Stewards or Brenda.

Thank you, Brenda

USED STAMPS for BRITISH HEART FOUNDATION

The time is quickly approaching when most of us will be receiving post with stamps on. Please will you carefully cut them off the envelopes and save them for the BRITISH HEART FOUNDATION and put them in the box provided at church which is normally in the vestibule. *Thank you, Brenda*

CHARITY SUPPORT THIS CHRISTMAS

This year we are supporting two local charities as part of our gift service on 10th December.

The first one is Lyndon House, based just up the road from the church, which offers respite care to children from 4yrs to 16 yrs old with learning difficulties. They would like us to donate bottles of bubble bath and separate bars of chocolate eg Twix, Flake, Twirl, Freddo. They felt that this would be better than selection boxes as this allows them to comply with special dietary needs more easily.

The second one is the food panty at South Yardley, which we support throughout the year with our boxes which are in the vestibule and on the reception desk. As part of our Christmas giving, we thought that it would nice if we could provide some luxury items like chocolates, biscuits, jellies, tins of fruit etc to help make someone's Christmas a little bit happier.

If you have any questions, please contact me. Also, if you would like to contribute but are unable to get the items then I'm willing to purchase them on your behalf. Thank you for your ongoing support. *God bless, Kate Collen*

CHRISTMAS COLLECTION

As usual, the collections at the three main Christmas services, Carols by Candlelight, Crib Service and Christmas Eve Communion, will be donated to charity. This year the nominated charity is Action for Children, a charity which protects and supports children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives.

Services in November

Sunday 5th November

10:30am Communion Service

5.00pm Lyndon People

Sunday 12th November

10:30am Remembrance Service/Memorial Service

Sunday 19th November

10:30am Service

Sunday 26th November

10:30am Own arrangement service

Note : The Circuit has asked that we do not include details of the preachers on our service listing.

Services in December

Sunday 3rd December

10:30am Communion, Baptism and Membership Service

5.00pm Lyndon People

Sunday 10th December

10:30am Gift Service (including blessing of gifts for Food Pantry and Lyndon House).

Sunday 17th December

10:30am Service

6.00pm Carols by Candlelight Service

Sunday 24th December

10.30am Crib Service (possibly Messy!)

11.15pm Christmas Eve Communion

Monday 25th December (at South Yardley)

11.00am Joint Christmas Morning Service with congregation at South Yardley Methodist Church, B25 8LW

Sunday 31st December

10.30am Service

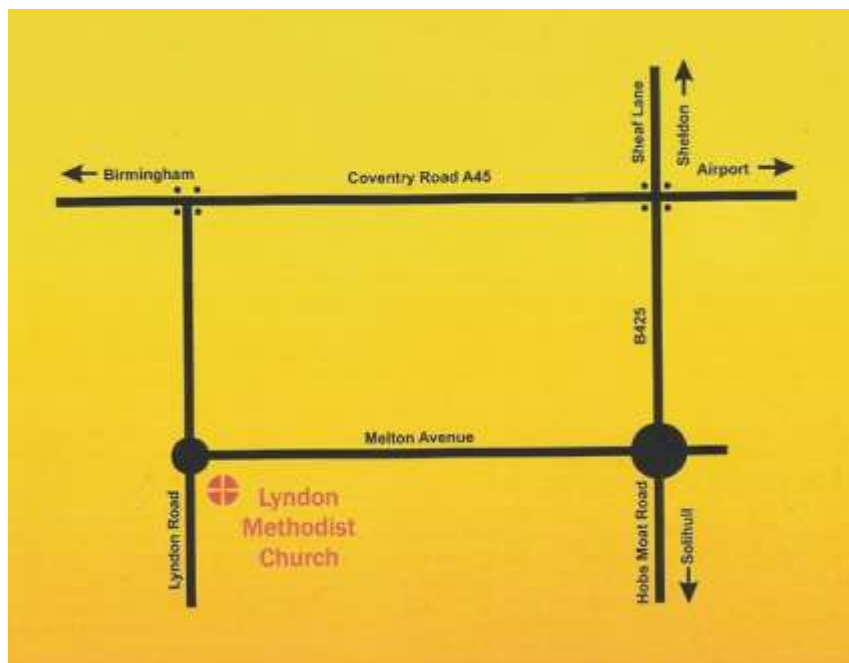
Our next issue will be January 2024

I am looking forward to receiving your contributions by

15th December 2023

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

or by post to Church – address below



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Charity No. 1150167