

LYNDON MAGAZINE



SEPTEMBER &
OCTOBER 2024



Lyndon Methodist Church



MINISTER IN PASTORAL CHARGE

Rev Karen Webber

Contact Tel 07505 109287



LYNDON ROOM HIRE

Contact via

Tel: 07930 617301

Email via

lyndonmethodist@btconnect.com

STEWARD TEAM

Contact via

Tel: 07930 617301

Email via

lyndonmethodist@btconnect.com

MAGAZINE EDITOR

Lynne Tyler

Email via

lyndonmethodist@btconnect.com

Website

<https://lyndonmethodist.org.uk>

Charity No: 1150167

INDEX

Page	Title
4	Minister's Letter
6	What is Prayer?
8	Prayer For September & October
9	Leprosy Mission Project 2024
14	Peace Sunday
19	Prayer for Peace
20	Making a Difference
22	Street Banquet
24	Quiz & Puzzles
26	Lyndon Community Page
31	Thought for the Month
32	Notices & Events
34	Upcoming Services

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

MINISTER'S LETTER

Dear Friends

As I write this letter towards the end of August, I have been back at work on reduced hours since 2nd August. Due to me having quite a bit of annual leave left, I'll be taking the last two weeks of August off. I feel I am doing ok as long as I listen to my body. I hope you can all bear with me as I try to pick up where I left off in May.



Some of you will know, as we move into September, a new Methodist year, I find myself with extra duties. As well as having Pastoral charge of Lyndon, South Yardley and The Stechford Project, I will also be taking Pastoral charge of Nether Whitacre. In addition to this, I will also be overseeing and working alongside our Lay Pastor Ermine Mitchell at: Sattley, Castle Bromwich and Water Orton. All this is due to one of the ministerial team being pulled out in order to fill a critical appointment after the final round of stationing, which does happen sometimes. Because this happened after the final round of stationing, the circuit was unable to fill the appointment for this year. As a result, the gaps needed to be filled by the remaining ministerial team, hence, I was asked to take Nether Whitacre and oversee Sattley, Water Orton and Castle Bromwich.

It feels a bit like when I discovered I was pregnant again five months after having given birth to twins. At that time, I wondered how on earth I would cope. Thankfully, I have a very supportive husband and family and we all pulled together to make things work. Likewise, I have a very supportive team of colleagues in the circuit, who are ready to offer any support needed, so I'm sure all will be well.

All that said, going from two to three babies meant things had to change. Similarly, going from two churches and a project, to six churches and a project means, things will have to change. One big change will be the plan. My Sundays will now be split between six churches as opposed to two. It's going to take a bit of organising and getting used to as I try to even myself out across the six churches.

Thankfully, the Lay Pastor (Ermine Mitchell) will pick up all of the Pastoral work, Weddings and Funerals at Sattley, Water Orton and Castle Bromwich, which will lighten the load. Church Councils, Property Meetings, Baptisms and Holy Communions, however, fall to an Ordained Minister. I will cover what I can and the circuit will step in when I am unavailable. Once again, please do bear with me as I navigate this extra load.

Last time I was with you for worship, I shared a poem by Max Ehrmann - The Desiderata. I've been meditating and praying with this poem for the last month. It seems to speak to me about being gentle in all things, especially with oneself. A few of you asked if I would share it, so here it is now. I hope it somehow speaks to you, too.

Go Well, Karen

Go placidly amidst the noise and haste and remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even the dull and the ignorant; they too have their story

Avoid loud and aggressive persons, they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter; for always there will be greater and lesser persons than yourself

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism

Be yourself. Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is as perennial as the grass

Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore, be at peace with God, whatever you conceive Him to be, and whatever your labours and aspirations, in the noisy confusion of life keep peace with your soul. With all its shams, drudgery, and broken dreams, it is still a beautiful world. Be cheerful, Strive to be happy

(The Desiderata – Max Ehrmann)



Max Ehrmann Statue
Terre Haute, Indiana

What Is Prayer?

As part of our commitment to Christ, we are all encouraged to pray every day. In the Bible, in Luke 11, Jesus teaches his disciples how to pray by giving them the words of the Lord's Prayer. He then goes on to say in verses 9 - 10, "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. ¹⁰ For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened".

Joyce Greaves gave me some information on prayer, and this has encouraged me to do some more research into prayer and how to do it.

If you look on the Methodist website, it tells us that we should pray daily and that God loves spending time with us, but that there is no need to overcomplicate things as God is there and is the perfect companion. It tells us that, "Praying is a bit like breathing: like the air around you, every second of every day you are in God's presence. It is also good to make a space in your day when you focus on praying. You can share what's on your heart, pray for others, and listen to God."

It carries on to say "There are many ways to pray, and it's good to experiment to find a way that suits you. The main thing is to spend time with God, as you are, like you would spend time with a friend. This might be silent companionship, a good chat, or something physical or creative." There are no set rules.

More research on the internet led me to an article by Joyce Meyer, adapted from her book *The Power of Simple Prayer* (<https://joycemeyer.org/Grow-Your-Faith/Articles/The-Truth-About-Prayer>) which sums up for me just what prayer is all about. In essence, she offers three simple messages:



1 Prayer doesn't have to be long

In Matthew 6 v7-8 it says "And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him." In other words, you can be concise on what you say to God, you don't need to sit and pray for hours on end.

2 Prayer doesn't have to be perfect

Sometimes it can seem to be very daunting when somebody asks you to say a prayer. We worry about what we should say, whether we are using the right words, what happens if we get our words all jumbled up etc. I believe that it doesn't matter, and God will be listening even if we say the wrong words, or get our words muddled up. In fact, as it says in Matthew 6 v8, God knows what we are going to say before we even start.

3 We Can Pray Anywhere, Anytime

In the letters by Paul to the churches at Ephesus and Thessalonica he wrote, “And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people” Ephesians 6 v18 and in 1 Thessalonians v 17, he wrote “pray continually”.

As Joyce Meyer says in her article, “We can pray out loud or we can pray silently. We can pray sitting down, standing up, or lying on the floor. We can pray while we are moving or while we are being still. We can pray while we are shopping, waiting for an appointment, participating in a business meeting, doing household chores, driving, or taking a shower. We can pray things like, “Thank You, Lord, for everything You’re doing,” or, “God, I need You to help me,” or “Jesus, help that lady over there who looks so sad.”

If you have access to a computer, I think that the whole article is well worth reading.

I’d also like to encourage you to come and join us at the Prayer and Bible Study group which meets on the first Wednesday of the month at 7.00pm in the parlour (although in September we are meeting on 10th which is the second Wednesday). Everyone is welcome.

Lynne Tyler (with Joyce Greaves’ encouragement)



Prayer For September and October

Over the last month, we have continued to see violence, fighting, loss of life and damage to property not only overseas in places like Israel, Palestine, Ukraine and Russia, but also on our own streets following the death of three little girls in Southport. May we continue to pray for peace in all these situations and others across the world. Please pray that God's influence will be felt by the leaders, guiding them to making the right decisions so that the world becomes a more peaceful place.



Once again, in our news feeds, we hear about the effects of climate change with raging fires in Greece and other disasters. We all have a part to play in resisting climate change. Help us to recognise our role and to pray for those who are fighting to combat these effects - the charities, volunteers, rescue services, medical teams.

At the start of the new school year, please pray for all those children who are moving on, starting school for the first time or joining a new school, or those moving on to university. Please pray also for their teachers and carers as they get into their new routines.

We also pray for those within our community who are facing new challenges, whether it's a new job, a new opportunity, bad news or something else. We pray for our minister, Rev Karen Webber, as she takes on additional roles. May we all feel uplifted and supported.

We should pray for members of our own congregation who, for whatever reason, are unable to be with us in person. We pray for those who are sick or struggling to leave home and those who are anxiously waiting for tests, test results or operations. May they all feel our love reach out to them and feel God's healing and calming hand upon them.

We pray for those that have recently been bereaved, not just close family members, but their friends too as they all come to terms with their loss. We pray that they feel the love of God surrounding them, enfolding them, comforting them and bringing them peace.

We also pray for our services in September and October and all those that lead them. We pray for all those volunteers that help our services to run smoothly, so that we can bring God's love and message to our community.

Amen

Leprosy Mission Project 2024 Outpatient Department at Muzaffapur

Back in February this year we held our annual Leprosy Mission service. The service was led by Guy Willcock who is the Community Partnerships Manager for the Leprosy Mission. As in previous years it was a very interesting service and included a video showing details of their latest project – to rebuild a new Outpatient Department at Muzaffapur.

At the end of the service, I promised Guy that I would include details of the project in our magazine, and here it is.



Living in the shadows of society in Bihar - one of India's poorest State - are the least, the last and the lost. People affected by leprosy who are ignored and excluded. These are the very people Jesus showed love to and served in his earthly life. People like Rajisha.

Rajisha lives with her parents and three siblings in Nirmali in Bihar. Her future looked positive. Bright and eager to learn, her proud parents hoped Rajisha's intelligence and schooling would give her a route out of poverty.

But then Rajisha began to notice changes to her body that she didn't understand. Strange marks appeared on her face and her fingers stiffened and started to bend inwards. She had a bad open sore on her finger that just would not heal. Thankfully for Rajisha, her parents took her to a doctor who was visiting the village. He told her she had leprosy. Rajisha will never forget that moment. She had heard of

leprosy, yet it was always spoken of in hushed tones. Suddenly the world was a dark place.

Rajisha started taking tablets to cure her leprosy. But sadly, the medicine came too late to prevent nerve damage which stole the feeling in her hands. By now, her fingers bent so far into her palms that Rajisha couldn't even feed herself.

In the midst of despair came a glimmer of hope. The same visiting doctor told Rajisha's parents about The Leprosy Mission's Muzaffarpur Hospital. Despite being 100km away, the doctor had heard of the exemplary medical care that was available free of charge.

Rajisha's parents couldn't go to the hospital with her. Her mother was too poorly to travel, and her father couldn't afford to take time off work. The journey was frightening, not knowing what was going to happen.

Rajisha waited anxious and alone for many hours outside the crumbling Outpatients building. Despite her exhausting journey, there was nowhere to sit inside. Instead, she waited in the oppressive heat. Hours later, a doctor saw Rajisha. He was kind and began tending to her severe medical needs. She was admitted and a week later, well enough to have surgery on her right hand to straighten her fingers. In time she will need to have the procedure on her left hand as well.

At just 18, Rajisha's dreams of escaping poverty disappeared with a devastating leprosy diagnosis. The disease stole the use of her hands and left her depressed and hopeless.

Can you imagine the fear and anxiety she felt, travelling 100km alone to Muzaffarpur? She didn't know the place or if she'd get the care she needed. Thankfully, Rajisha was given a warm welcome at the hospital. She was so thankful for the loving and caring staff. They became like family to her.

But the hospital needs urgent attention so that the team can continue to give people the welcome and the treatment they deserve. The need is great, and it's increasing. Leprosy rates are three times higher in Bihar than anywhere else in India. Extreme poverty means leprosy cases are rising.

Every day over 600 people queue in the fierce sun or monsoon rains, desperate for leprosy treatment. The hospital was built 40 years ago and rooves have holes, walls are crumbling, and infrastructure needs to be modernised.

The current state of the Outpatient Department is alarming. It floods during monsoon, offers no proper shelter or seating for waiting patients, and is woefully cramped. It urgently needs rebuilding otherwise the future of Muzaffarpur Hospital is in jeopardy. This is the only place in Bihar where people affected by leprosy can receive free and compassionate care.

The Leprosy Mission is raising money to rebuild a new Outpatient Department at Muzaffarpur. By doing so the amazing medics can continue to rebuild the lives and hopes of people like Rajisha.

Your gift of just £36 will provide a tonne of bricks for the restoration. £188 would

supply two tonnes of cement. If you're able to give more, £442 would fund reconstructive surgery and hospital care for someone like Rajisha. A gift of £2,008 would cover a labourer's wages for the entire build. A gift of £9,275 will build and equip a new consultation room.

Please visit leprosymission.org.uk to find out more or to give.

Some interesting facts and figures about Muzaffarpur and leprosy

LEARNING ABOUT MUZAFFARPUR, INDIA



FACTS



1.4 billion people live in India! That's over 20 times more than in the United Kingdom.



43% of children in India don't have enough food to eat.



Hinduism is the main religion of India.



The average pay in Muzaffarpur is about £6 a day, compared to £91 a day in the United Kingdom.



India is home to a wide variety of wildlife including tigers, elephants, rhinos, monkeys, snakes and leopards!

DID YOU KNOW?



India accounts for over 50% of all cases of leprosy diagnosed across the world each year.



In Muzaffarpur the number of people with leprosy is three times higher than the rest of India.



Patients often travel more than 100 miles to reach The Leprosy Mission's Muzaffarpur Hospital. It is a place where they are cared for, free of charge, and loved.



LIFE IN MUZAFFARPUR

Muzaffarpur is a city in the north of India. Around 350,000 people live there. In terms of population, that's about the same size as Cardiff.

It's really hot and sweaty in the summer in Muzaffarpur. Temperatures reach over 40 degrees. In the winter they drop to around 20 degrees, which is much like our summer in the UK!

Muzaffarpur is best known for producing lychees, a small round fruit with a red scaly skin. It exports over 300,000 tonnes around the world each year!

Life is very challenging for families living in Muzaffarpur. The area in which they live is the poorest in the whole of India. It's hard to find a job and people struggle to earn enough to meet basic needs. Can you imagine not having dinner because your family can't afford food?

The city is one of the top 30 most polluted cities in the world. Imagine what it is like for children breathing in unclean air which damages their lungs. Sadly for children in Muzaffarpur, they don't have a choice.

Disease spreads where there is poverty. It's no wonder Muzaffarpur has such a high rate of leprosy.

WHAT DO YOU KNOW ABOUT LEPROSY?

TRUE OR FALSE?

In India, leprosy is a disease which affects millions of children and grown ups every year. It's a disease you may have heard of from the Bible. Take our quiz to see how much you know:

- 1 Leprosy is a disease that causes arms and legs to fall off.

FALSE

Leprosy damages nerves. If left untreated it leads to a loss of feeling in the hands and feet. When you can't feel, it's easy to cut, burn or injure yourself leading to permanent disabilities.

- 2 Leprosy cannot be caught by touch.

TRUE

Touching someone with leprosy is completely safe. Sadly, in India many do not know this, so they avoid and exclude people with leprosy.

- 3 Leprosy is common in countries where there is poverty.

TRUE

It's easier to catch leprosy if you do not have a strong and healthy body. People who are poor are often undernourished, so it is easier for them to catch leprosy.

- 4 Every two minutes someone is diagnosed with leprosy.

TRUE

Every year around 200,000 people in the world discover they have leprosy. Tragically many millions more are yet to be diagnosed.

- 5 Leprosy is not curable.

FALSE

Amazingly, there has been a cure for leprosy for 40 years! By taking a course of medicine people can be cured. Best of all, it's available for free.



THE LEPROSY MISSION HOSPITAL, MUZAFFARPUR

A HOSPITAL OF HOPE

No-one likes going to hospital, but when you really need help, there's no better place to be.

For people affected by leprosy in Muzaffarpur, the Leprosy Mission Hospital is a place where they will be treated with dignity and respect. A place where they can receive treatment, while being shown love and care.

PAGE 4

Article taken from the Leprosy Mission



The Leprosy Mission Great Britain, the Channel Islands and the Isle of Man, Goldthay Way, Orton Goldthay Peterborough, PE2 5GZ

01733 370505

hello@LM.org.uk

leprosymission.org.uk/urseen

The Leprosy Mission Great Britain

@leprosymission

leprosymission

Leprosy Mission Project 2024 13

Peace Sunday



The International Day of Peace was established in 1981 by the United Nations General Assembly. Two decades later, in 2001, the General Assembly unanimously voted to designate the Day as a period of non-violence and cease-fire.

Peacemaking – A Christian Vocation

Peacemaking lies at the heart of the biblical story and remains a central Christian vocation. Jesus calls us to be peacemakers, both in terms of preventing bloodshed, and building constructive links with God, ourselves, and other people.

Peace Sunday is also a significant day in the Methodist Church, observed on the Sunday closest to September 21st, which is the International Day of Peace. This day is dedicated to reflecting on peace, praying for its establishment and sustenance, and taking action that moves the world closer to this ideal. From a Methodist perspective, Peace Sunday is not just about the absence of conflict but encompasses a deeper, more holistic sense of well-being that aligns with the teachings of John Wesley, the founder of Methodism.

Methodists around the world use this day to engage in worship and activities that promote peace within communities and across the globe. It's a time to consider the teachings of Jesus Christ about peace, to pray for the resolution of conflicts, and to commit to personal and social actions that foster peace.

The Methodist perspective on peace is deeply rooted in the belief that all life is sacred and that God calls upon His followers to be peacemakers. This involves active participation in resolving conflicts, promoting justice, and working towards reconciliation. It's a call to live out the values of the Kingdom of God in the here and now, to be instruments of God's peace in a world that is often marred by violence and injustice.

On Peace Sunday, Methodists are encouraged to reflect on the biblical texts that speak of peace, such as the Beatitudes, where Jesus pronounces blessings on the peacemakers. They are also urged to consider the social principles of the Methodist Church, which advocate for peace and justice in various aspects of life, including the economy, the environment, and human rights.

The observance of Peace Sunday is not limited to prayer and worship; it also involves education and advocacy. Many Methodist congregations organise events that raise awareness about issues affecting peace, such as poverty, inequality, and environmental degradation. They may also participate in interfaith dialogues, community service projects, and campaigns that promote peace and justice.

Peace Sunday from a Methodist perspective is a day of deep spiritual significance. It is a day to renew commitments to peace, to learn about the complexities of achieving it, and to take tangible steps towards making it a reality. It is a day that calls every Methodist to be a living witness to the peace that Christ offers, a peace that surpasses all understanding and has the power to transform the world.

John Wesley View

John Wesley, the founder of Methodism, was a theologian who held a nuanced view on theological diversity. His approach to differences in belief was marked by a commitment to the essentials of Christian faith while advocating for grace and understanding in non-essential matters. Wesley's perspective on theological diversity can be summarized through several key points:

1. **Human Fallibility**: Wesley recognized that as humans, we are finite and fallible. He understood that our knowledge, including our interpretation of Scripture and morality, is influenced by our embodied experience and is thus subject to limits, confusion, errors, and mistakes.
2. **Prevenient Grace**: Wesley believed in prevenient grace, which is the grace that goes before us and enables us to seek God. This grace, he argued, reaches every person and enables free will and the desire to obey God, despite our inherited depravity and helplessness.
3. **Inclusivism**: Reflecting on Acts 10:35, Wesley became convinced that the foundation for future salvation was not assent to a correct creed but reverence to the one true God expressed in a holy lifestyle. He believed that God is not a respecter of persons and that in every nation, those who fear God and work righteousness are accepted by Him.
4. **Theological Tension**: Wesley's approach to theology was not characterized by a single systematic principle but by holding a diversity of truths in tension. He was sophisticated in his ability to navigate between different theological traditions and to maintain a balance among them.
5. **Salvation Beyond Clear Conceptions**: Wesley reasoned that salvation does not require a person to have clear conceptions or to express themselves correctly on specifics like "imputed righteousness." He believed that even if someone has muddled ideas about salvation or does not use the correct terms, they may still be saved.
6. **Respect for Different Opinions**: Wesley asserted that God is not only the God of Christians but of all people, including members of other religions. He respected the right of individuals to hold differing opinions while remaining part of the same faith community.
7. **Unity in Diversity**: Despite theological differences, Wesley was committed to maintaining the unity of the church. He emphasized shared core beliefs and encouraged Methodists to focus on what unites them rather than what divides them.
8. **Practical Theology**: Wesley was described as a practical theologian, whose thinking was shaped by an axial theme of holy love and the shape of grace. His theology was practical in the sense that it was meant to be lived out in love and grace, rather than merely understood intellectually.

Wesley's views on theological diversity reflect his broader theological commitments to grace, the universality of God's love, and the importance of a holy lifestyle over mere doctrinal correctness. His legacy continues to influence the Methodist Church's approach to theological differences, emphasizing dialogue, respect, and

unity within the body of Christ.

United Nations 2024 Theme: Cultivating a Culture of Peace



This year marks the 25th anniversary of the United Nations General Assembly's adoption of the Declaration and Programme of Action on a Culture of Peace.

In that declaration, the United Nations' most inclusive body recognised that peace "not only is the absence of conflict, but also requires a positive, dynamic participatory process where dialogue is encouraged, and conflicts are solved in a spirit of mutual understanding and cooperation."

In a world with rising geopolitical tensions and protracted conflicts, there has never been a better time to remember how the UN General Assembly came together in 1999 to lay out the values needed for a culture of peace. These include respect for life, human rights and fundamental freedoms; the promotion of non-violence through education, dialogue and cooperation; commitment to peaceful settlement of conflicts; and adherence to freedom, justice, democracy, tolerance, solidarity, cooperation, pluralism, cultural diversity, dialogue and understanding at all levels of society and among nations.

In follow-up resolutions, the General Assembly recognised further the importance of choosing negotiations over confrontation and of working together and not against each other.

The Constitution of the United Nations Educational, Scientific and Cultural Organization (UNESCO) starts with the notion that "wars begin in the minds of men so it is in the minds of men that the defences of peace must be constructed". It is this notion that framed the theme and logo of this year's observance of the International Day of Peace. The ideas of peace, the culture of peace, need to be cultivated in the minds of children and communities through formal and informal education, across countries and generations.

The International Day of Peace has always been a time to lay down weapons and observe ceasefires. But it now must also be a time for people to see each other's humanity. Our survival as a global community depends on that.

**They shall beat their swords into ploughshares,
and their spears into pruning-hooks;
nation shall not lift up sword against nation,
neither shall they learn war anymore.**

Isaiah 2.4

In 2006 the Methodist and United Reformed Churches produced a report titled *Peacemaking: A Christian Vocation*. It remains our core resource exploring a Christian perspective on peace and conflict in the context of new challenges, and is still very relevant today, nearly twenty years later. A summary of the report is shown below.

Peacemaking: A Christian Vocation - Summary

In 2003 the proposed war in Iraq caused many who had never protested before to take to the streets. However popular engagement in the cause of peace was much too late. For decades Western self-interest had resulted in damaging and confused policies towards Iraq and the scene was now set for a bloody conflict. Many within our churches and beyond are asking searching questions concerning the capacity of governments and the international system to promote peace and maintain order. The study aims to help us on the journey towards a common understanding of ethical principles informed by our Christian tradition.

Having outlined the task ahead, the second chapter 'Learning from the Past', reviews Christian tradition on the subject. There are several passages in the Old Testament apparently advocating total war or massacre. We must understand the context of these texts and recognize that they must not be interpreted as sanctioning such acts in the present.

The New Testament also raises difficult questions. We engage with these but ultimately conclude that God's will for peace is unequivocal. The Bible canon, taken as a whole, provides a profound witness to the value of life and peace. This survey of biblical texts is complemented by an overview of the development of different attitudes to warfare in Christian history, from early pacifism to the Just War and on to the total wars of the twentieth century and the new threat of terrorism.

In addressing questions of peace and war, it is crucial for Christians to recall with profound regret the way that the medieval church endorsed the use of wars fought for the sake of religion in the crusades. Nevertheless, we explore here how our rich Christian heritage and perspectives of other faiths might help us interpret anew the call to be peacemakers today. The call to become peacemakers is the theme for the next chapter, *Building for Peace*.

Jesus' call to be peacemakers is directed to everyone, but it is neither simple to discern nor easy to follow. This call is as relevant to our personal and professional relationships as it is in the national or international setting. The Church carries a responsibility to help each member to work out their calling to be Christ's witness in the world, yet it too often retreats within comfort zones of familiar debates.

In the years ahead our notions of security will be based less on the presence of national security forces to protect us from threats outside or within and increasingly on our success in tackling global threats such as climate change. A clearer discernment of God's calling to be peacemakers might lead us to more concerted political action.

The instinct to retaliate or assert control over conflict is all too common. Chapter 4 seeks to illuminate some Non-violent Strategies for Dealing with Conflict.

Violence finds many manifestations in the home, school or workplace, in video

games and in real life. The study turns to the experiences of Gandhi, Martin Luther King as well as social and political movements in Eastern Europe to understand how power by force has been challenged. To achieve progress in non-violence training is essential and adequate resources need to be allocated. Some examples of training by NGOs are described.

Equally we can recount situations where warlords appear to be able to act with impunity. Chapter 5, 'On the Use of Force' deals with the uncomfortable realities of conflict. In addressing the question of military force, the study group took time to read and hear first-hand of the experience of those caught up in conflict. Some accounts are retold here. Can Christians ever support the threat or use of military force and if so under what circumstances?

Sin and corruption are an inevitable part of our existence, and our earthly authorities are necessarily charged with the application of law, the responsibility to protect using impartial judgement and the maintenance of order. The report contends that violence is always alien to God's reign but recognises that temporal authority is, by nature, coercive rather than persuasive.

Right authority necessitates an element of objective judgement. It is argued that authority to pursue war cannot be reduced to an assertion of a nation's right to self-defence. The implications are explored in the context of the strengths and weaknesses of the UN system.

Having established some theological foundations, the chapter offers some insights regarding genocide, terrorism, pre-emptive war, nuclear weapons and arms control. We note the significant peacemaking opportunity the UK currently has to decide against embarking on a costly successor to the Trident nuclear weapons system and call on the churches to argue against its replacement.

Consideration of appropriate responses to any specific conflict must be subordinated to the primary goal of peacemaking. The concluding chapter proposes some practical aspects to the Christian Vocation of Peacemaking. Four dimensions to peacemaking are explored, a) fostering just and peaceful relationships, b) being active in resolving conflicts c) supporting strategies for preventing violent conflict and d) engaging with political leaders about how and when violent force might be used.

Taking a stand against powerful interests in the name of peace is a risky business that has cost some peacemakers their lives. This aspect of mission is poorly understood, and the individuals and organisations involved need our support.

Those holding pacifist and just war positions have more in common than is at first apparent. In this concluding section we identify a common agenda and lay this before our churches to stimulate reflection. This report is offered in the context of an ongoing dialogue, but it is also presented as a call to action. The Church cannot claim to have a monopoly on truth, and neither can our governments. Ultimately this report invites bold and effective leadership from the churches in the cause of peace.

If you would like to read the full report, this publication is available from Joint Public Issues Team Methodist Church House, 25 Marylebone Road, London, NW1 5JR
Tel. 020 7486 5502 Email millardl@methodistchurch.org.uk

Prayer for Peace

Taken from Birmingham Methodist Circuit Newsletter 14/8/2024

The President of the Methodist Conference, the Revd Helen Cameron, and Vice-President, Carolyn Godfrey, have released the following statement and prayer as a response to the violent disorder that has taken place over recent days.

The Methodist Church celebrates diversity as a gift from God. Every day we work through churches, schools and community projects to build relationships of respect, care and love in communities across Britain. Watching the news from towns and cities across our nations, where people motivated by hate have caused harm and fear, has been shocking and distressing.

The Methodist Church deplores the use of violence and intimidation against displaced, marginalised and vulnerable people. We are appalled that the tragic killing of three young children and the injuring of others has been used as an excuse for riots and disturbances. Honesty and trust are at the heart of the Christian life and the abuse of social media in spreading lies to stir up anger and hate is despicable.

Those with hate in their hearts will never have the last word. As communities reel from unrest and disorder, Methodists will continue to work with our ecumenical and interfaith partners, as we join in clearing up, restoring trust and building communities of love, in which people can live in peace.

God of love,

We pray for your Spirit of peace to move in our communities,
that those who are targets of hate might be safe
and that people of goodwill might work together in love and
respect.

We pray for your Spirit of healing,
that those who grieve, might be comforted and those who are
injured might be made well.

We pray for your Spirit of hope,
that those who despair might see a way ahead
and those who live in fear might find sanctuary and freedom.

Soften the hearts of those motivated by hate
and help us all to love our neighbours as those made in your
image.

In Christ's name.

Amen

Making A Difference



I'm sure that many of us support all types of charitable causes in all kinds of different ways, from responding to appeals on TV, to supporting Big Issue sellers, to buying raffle tickets in prize draws, to sparing some loose change for those on the streets and in many other ways.

For several years now I have supported Christians Against Poverty, a charity that seeks to support people to become debt free, find work, and escape poverty. Much of this work is done on the ground in collaboration with and through local churches.

My support is in the form of a monthly standing order and, for this, I am rather

grandly referred to as a "Life Changer". One of my reasons for supporting Christians Against Poverty is the thought that "there but for the grace of God, go I" Having worked all my life in financial services, I have seen many times just how easily things can go wrong for people and how they suddenly find themselves in horrible positions with seemingly no control and no hope. Any of us can be only a few bad decisions - ours or someone else's - from being in the same position. If that happened to me, I would want to know that there is an organisation like Christians Against Poverty that I could turn to - hence my wanting to help while I can.

One of the things I love about being a Life Changer is the regular feedback provided by the charity informing me of the difference to people's lives that their work makes. Very often, as well as the practical and financial support given, those being helped are introduced to local churches and it's wonderful to read of the transformations that this makes to their lives as well.

Just the other day I received an email from Christians Against Poverty that contained letters they had received from people they had helped and a couple of them really struck a chord with me as to how easily any of us can get into difficulty and how transformative the help the writers have received has been in so many ways, The 2 letters are below:-

Tracy and Sam

You never think it could happen to you...

I had a good job, but it was stressful and made me ill. Meanwhile, my husband Sam took voluntary redundancy so we could move to the coast. We dreamed of starting a new life. Sadly, it never worked out.

Sam couldn't find work, and suddenly we couldn't cover the mortgage. We had no

choice but to use credit cards to buy our weekly shop. After two years, we decided to move back — but the house wouldn't sell and we had to accept an offer below its value.

We were broke. Our debt growing. Our relationship was strained. We found it so difficult to ask for help.

But we did — and we were met with compassion, and a non-judgemental approach. The support you provided, particularly liaising with creditors on our behalf, gave us peace of mind and kept us from financial and mental strain.

You have helped us to become debt free. Thank you for being there when we needed it most. Thank you deeply in the name of Christ who resides in all our hearts. We are forever grateful.

Tracy & Sam

Fiona

I had a chippy tea last Friday. It's a small thing, isn't it? But for me, that meal (bought with money I'd saved through budgeting!) felt like a milestone. A new start, thanks to you.

Two years ago I was scraping around for coppers to even go to the shops. I was in a violent relationship, my mental health was poor, and I was struggling in every way. But all of you at CAP helped me so much. Everything has changed and I feel like I am walking on a cloud!

You gave me a new lease of life. Now I'm not just debt free, I'm a Christian and part of a church family. Believe me, I feel like a different person — you wouldn't recognise the Fiona of two years ago.

Words can't express how grateful I am. Thank you.

In Christ, Fiona.

I know my monthly donations aren't as much as I'd like them to be but I find it so heartening to know that what I do give can help others so much and really make a difference in their lives.

If you want to learn more about how Christians Against Poverty is helping, and how, if you want to, you can help them, visit <https://capuk.org/>

God Bless, Ian Smith

Street Banquet



STREET BANQUET

BIRMINGHAM

Street Banquet is a district Church at the Margins project run by the Birmingham Methodist District and is led by Rev Neil Johnson, who is the District Pioneer Minister: Street Banquet. It serves the street community of Birmingham by offering a monthly meal, a place to belong and a place to explore faith.

The project works alongside, and indeed walks alongside the homeless community in Birmingham city centre. It offers a welcome meal, friendship, signposting to local services and provision, but ultimately it's about building a new community. The guests, who are members of the street community, come in and enjoy the meal, but there are also the volunteers who come from a whole range of different places and different backgrounds who help to cook, serve and talk to the guests.

Guests start arriving at 4.00pm on a Sunday afternoon. Some of them will have lots of friends there, others may be visiting for the first time and feeling very lonely, but it gives people the opportunity to come inside into a warm environment, meet other people and have a hot, relaxing meal with 2 or 3 courses. There is always an opening prayer to bless everyone that is there and the food that is going to be served and shared.



By sharing food, people often relax in each other's company and then open up to one another and share something about themselves, about any concerns that they may have, about their needs, or sometimes about the joys and their hopes and dreams as well. This has the effect of bringing people closer together. Somebody once said to Neil that the food was like being at home and the food that is served is just like you would give to a friend who is visiting you at your own home, which is just as it should be.

The street banquet was founded on the parable of the great feast which is

recorded in Luke 14 v 15-24. Here is a vision of a table where the most marginalised and disempowered people are invited and welcomed as honoured guests. The parable challenges social norms, breaks down barriers and turns conventional roles upside-down. Street Banquet is a place where hosts become guests and guests become hosts – a sign of the New World of God.

The challenge to the team was whether they could build a new community based on the parable. A community which is inclusive, empowering, and is committed to addressing social issues, particularly around homelessness and housing injustice.

The street banquet project not only attracts members of the street community, but also offers an opportunity for those who feel called to volunteer and serve.

The other thing that is offered is alongside the provision of food is Chaplaincy – a detached ministry forming one-to-one relationships, hearing stories, offering support and prayer, building trust and signposting.

The aim in the future, for those who want to journey further in terms of Christian discipleship, will be to eventually set up a weekly fellowship. Street Banquet will continue in its present form, but in time it is hoped that there will be the development of something more.

As the project builds, it is hoped that people will become more involved, with guests becoming encouraged to become hosts. The hope is also to set up a “Table Fellowship” with informal conversation, prayer and beginning to introduce contextual Bible study.

If you want to learn more about the amazing work that is being done, have a look at their website which is at <https://www.streetbanquet.org.uk/>. On the website you will also find a link to sign up for their newsletter and for links to ways to help, either by volunteering or by financial giving.

Lynne Tyler - Information taken from the Street Banquet website.



September & October Quiz

Each question is in 2 parts – your answers should rhyme – Good Luck

1	Capital of Thailand/This will fit on either foot	
2	Valet to Bertie Wooster/Ali Baba knew 40 of these	
3	Largest of the ape family/Midland football team founded in 1874	
4	First appeared in the Beano in 1951 with his dog Gnasher/With which sport do you associate Dan Evans and Jack Draper	
5	What happened to the Titanic on 15th April 1912/In popular childrens' books If Henry is No3, Gordon No4 and James No5 who is No1	
6	What is the longest book of the Bible/Character played by Wendy Richard in 'Are you being served'	
7	Only town in England ending in a punctuation mark/ Detective played by Peter Falk	
8	Famous painting by John Constable/Where (or in what) was the first leg in the Olympic Triathlon held	
9	Which T V programme features Kirsten, Will, Dom and Susie/What do Rice Krispies do in a dish of milk	
10	Who lives in Greendale with Jess/Resting place of Noah's Ark	
11	Where would you go to listen to The Proms/Which early James Bond film starred Sean Connery	
12	Who presents Antique Road Show and Question Time/ 40 – 40 in tennis	
13	Which was the first Mr Man character/Daisy rode one 'made for two)	
14	Which former sub postmaster exposed the Post Office faulty Horizon system/ Which Country won the most gold medals in the 2024 Olympics	

**Answers please to Lynne Tyler or Church Email
by 15th October 2024**

THE DESIDERATA WORD SEARCH

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

BEAUTIFUL
CHILD
GENTLE
NURTURE
STRENGTH

CAUTION
DESIDERATA
HAPPY
PEACE
UNIVERSE

CHEERFUL
ENJOY
HEROISM
SPIRIT
WORLD

July & August Quiz Answers

1) Andrex Toilet Rolls 2) Rice Krispies 3) Audi 4) Mr Kipling 5) Yellow Pages 6) Gillette 7) Fairy Liquid 8) Murray Mints 9) Coca Cola 10) Esso 11) Bernard Matthews Turkeys 12) Mr Muscle 13) Irn Bru 14) Frys Turkish Delight 15) Unigate Milk 16) Zanussi 17) Tunes 18) Milk Tray 19) Topic 20) Specsavers

There were 2 entries this month with 100% correct answers. Congratulations to Sarah Baldwin and the Hunt family who all got 100% right.

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.

PENSION CREDIT - ARE YOU MISSING OUT?

There's been a lot in the news over the last few weeks about the Government's decision to limit the payment of the Winter Fuel Payment to those who claim the pension credit. With the latest announcement that the fuel cap set by OFGEM is due to rise by 10% for this winter's prices, then this is going to have a big impact on many people. It has also been publicised that there could be hundreds of thousands of pensioners who don't claim the pension credit who are entitled to it, so it may be worth seeing if you are one of those missing out.



Pension Credit tops up:

- your weekly income to £218.15 if you're single
- your joint weekly income to £332.95 if you have a partner

If your income is higher, you might still be eligible for Pension Credit if you have a disability, you care for someone, you have savings or you have housing costs.

The average weekly amount of pension credit is £75, or more that £3,900 per year according to Government figures, but the amount you'll get will depend on three main things:

Your income	This includes your basic and any additional state pension, income from other pensions, income from any jobs you have or social security benefits you have.
How much you have saved or invested	Any amount over £10,000 is converted into an income rate of £1 for every £500, so if you have £11,000 in savings, this is counted as £2 income.
If you're in a couple	This is defined as having a partner that you live with. The value of your combined income and savings will be taken into account.

It can be quite a complex calculation, however, there are several ways of claiming Pension Credit or checking whether you are eligible.

The easiest way to claim is by going onto the Gov.UK website if you have access to a computer, or alternatively you can call the Pension Service on 0800 99 1234.

In both cases, you will need the following information:

- Your National Insurance number
- Information about your income, savings and investments
- Your bank account details

There is also an option to make a paper application if you are unable to do it online or by telephone.

Being eligible for Pension Credit means that you can qualify for many other benefits, so even if you are only entitled to a small amount of pension credit, it's still worth claiming as it means you can qualify for other benefits.

These benefits include:

- Winter Fuel Payment – worth up to £300
- Free TV Licence for over-75's – worth £169.50
- Council Tax Reduction – could be worth £1,000s per year
- Warm Home Discount – worth £150 per year
- Housing Benefit – potentially worth £1,000s per year
- Cold Weather Payments
- Free Dental Treatment

Don't delay in claiming as it is reported that it is taking a long time for DWP to process Pension Credit applications.

Information taken from Money Saving Expert and Gov.uk website.



Around 2 in 5 eligible pensioners don't claim **Pension Credit**.

Check if you can get your State Pension topped up to **help with living costs**.



STORING BANANAS CORRECTLY DO'S AND DON'TS

I was discussing with my mum recently about the ways of storing fruit and protecting them from the dreaded fruit flies, particularly in this hot weather. One of the things I always believed that, although most fruits can be stored in the fridge, you should never put bananas in the fridge. I've now found out that I was wrong, so I thought I would share with you what I found out.

Like most people we get through a lot of bananas in our household. This lovely yellow fruit is a vitamin-filled all-rounder which makes an ideal snack for in between meals and can be enjoyed in countless different dishes.

But how should bananas be stored so that they stay fresh for as long as possible? The following tips will help you get longer out of your banana!

Do's:

- **Keep them cool and protected from the light:** Bananas should be stored at around 12°C, as they will ripen quicker if they are too warm. A darker room without direct sunlight is ideal. A warm kitchen is therefore not the best place for your bananas.
- **Pop them into the fridge:** If you want to store your bananas correctly, you can certainly store them in the fridge. However, they should be ripe when you put them in as they will not ripen any further in the cool environment. It doesn't matter at all if the skin turns brown as a result of the cold, it will not impair the taste (as long as you aren't eating the skin). The fruit should stay fresh and firm for 1 to 2 weeks.
- **Use the juice trick:** Once a banana has been cut and is exposed to the air it will quickly turn brown. If you want to keep slices of banana fresh, sprinkle some lemon juice or pineapple juice on them – this is particularly delicious in fruit salads. If the slices of fruit are also wrapped airtight and kept in a cool place, they will remain appetising for longer.
- **Make banana bread with overripe bananas:** Banana bread is a delicious treat that is designed to be made with overripe bananas. Rather than wasting what once was a tasty bunch of bananas, but it's too late for you to store them and eat them enjoyably, then it may be time to make this delicious treat. All you need is a few simple ingredients, which include bananas, flour, eggs, butter, and cinnamon. You can also bake them into muffins, cakes or cookies.



Don'ts:

- Wrap completely in plastic: Never store an entire banana in a plastic bag. These sweet treats will rot very quickly in a warm and moist environment and will be inedible.
- Store it directly next to other fruit: Please mind the gap! Apples, avocados, melons, kiwis and peaches etc. help (sometimes inadvertently) in the ripening process as they release ethylene gas which speeds up the ripening process in bananas – this is a don't if you want to keep your bananas fresher for longer.
- Exert pressure: You can leave the skin of the fruit alone if you want to store bananas correctly. Hanging them up instead will prevent brown bruises.

Did you know? Bananas can even be frozen to keep them fresh for even longer. In this case also it is best to use only ripe fruit.

- Peel the bananas (otherwise the skin will get mushy when the banana thaws), then purée or cut into slices.
- Freeze the slices on a tray to prevent them sticking together. Banana purée is best frozen in ice cube trays.

Then pop them into a freezer bag!

The frozen bananas can be kept for up to 6 weeks and are ideal for dividing up into portions. Simply add the frozen portions directly to a [smoothie](#) or allow to thaw in the fridge.

Information taken from Dole and WikiHow.



Banana Plantation Tenerife

NEW NHS MENTAL HEALTH SERVICES

There is a new service now on offer from the NHS which, if you are in crisis with a mental health problem, gives you urgent access to mental health services through NHS 111.

This puts much of the UK ahead of other international health services, offering mental health support alongside that for physical problems.

In order to access this service, you need to dial 111, and then press 2. This will put you through to a local team of call handlers who have mental health training, alongside nurses and clinicians who are available 24/7.

The team can organise a mental health assessment, send out a crisis team and give you information about other help that is available in your local area. There is also a talking-therapy service you can refer yourself to online. This is accessed via NHS.uk, and then click on the links for mental health.

A similar service exists in Wales and Scotland.

Since the COVID pandemic, demand for help with conditions such as anxiety and depression has been growing, with NHS figures showing that mental health services have treated an extra one million people a year compared with six years ago. Added to the fact that it is estimated that there are just under two million people on waiting lists for NHS mental services, it is hoped that this new integrated service will give patients of all ages, including children, the chance to be listened to by a trained member of staff who can help direct them to the right place. Although it is expected that the majority of callers will be adults, the helpline will also have access to specialists from local children and adolescent mental health services.

The expectation is that the new service will simplify the way that people can access mental health services and get them the right sort of help as soon as possible. The service is hoping to be able to offer help not only to the patients themselves, but also to the parents of those patients who are wanting advice and guidance.

Rethink Mental Illness chief executive Mark Winstanley said: "A mental health crisis is traumatic and disorientating, and getting help as quickly as possible is vital. The last thing people need when they or a loved-one is in crisis, is uncertainty about where to turn.

"The NHS have made it easier to access urgent support via 111, building on provision already in place through crisis lines. We welcome this important step."

So, if you or someone you know needs urgent mental health support, please call 111, and select the mental health option.

Source: BBC, NHS UK

NEW NHS MENTAL HEALTH SERVICES

Call 111 and then press 2

Thought for the Month

Look for something
positive each day,
even if some days
you have to look a
little harder.



Notices & Events

Ladies Club - 1.30pm to 3.30pm

Wednesday 4th and 18th September

Wednesday 2nd, 16th and 30th October

Lunch Club - Fridays 12pm to 1pm

SEPTEMBER

6th Cottage Pie

13th Sausage Casserole

20th Corned Beef Hash

27th Lasagne

OCTOBER

4th Cheese and Potato Pie

11th Brown Stew

18th Chicken and Mushroom Pie

25th Fish Portions

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

No need to book - Just come along

Monthly Prayer and Bible Study - 7.00pm - 8.30pm

Wednesday 11th September (not 4th September)

Wednesday 9th October

Hobs Moat WI - 7pm to 9pm

Monday 16th September

Monday 21st October

Notices & Events

TIME OUT RESTARTS

Our Time Out sessions will restart after the summer holidays on Sunday 1st September. If you haven't seen it, please take a few moments to look at the notice board in the coffee lounge which the children have worked on showing the sort of things we do in Time Out.

CIRCUIT WELCOME SERVICE

You are cordially invited to attend the Circuit Welcome Service. This is a circuit wide service to welcome the new ministers joining the circuit. It is to be held on Sunday September 8th at Solihull Methodist Church, starting at 6pm.

Tea and coffee will be served from 5pm. All are welcome.

HARVEST FESTIVAL

The Harvest Festival Service this year is on 29th September and decorating the Church for the service will be on Friday 27th September. The ladies will be decorating the Church on the Friday and would be pleased to receive gifts of flowers, greenery, fruit and veg by 9.45 a.m. Gifts of money would also be welcome. These may be handed to one of the Stewards. Gifts of tinned and boxed food can be brought to church on the Friday, too or to the service on Sunday. These gifts will be given to the South Yardley Pantry. Many Thanks

BB / GB ENROLMENT SERVICE

Our BB / GB Enrolment service will be held this year on 29th September as part of the harvest service. This is an opportunity to strengthen and deepen the links between the GB and BB companies and the Church; to make all aware of the purpose of the GB, BB and the Church; and to emphasise the responsibilities of all concerned.

DIANE WAKEMAN REMEMBERED

For all those that knew Diane Wakeman, previous Captain of 2nd Solihull Girls' Brigade, we invite you to come and share refreshments with us on Saturday 21st September between 2pm and 4pm here at Lyndon. *Sarah Marks*

POPPIES, PLEASE

For all those people who have kindly been making poppies, please can you ensure that you are handed in by the end of September. *Thanks very much Lorraine*

Services in September

Sunday 1st September

10:30am Communion Service led by Rev Katrin Harland-Davies

5.00pm Lyndon People

Sunday 8th September

10:30am Service led by Wayne Hudson

Sunday 15th September

10:30am Service led by Barry Davis

Sunday 22nd September

10:30am Own arrangement service

Sunday 29th September

10:30am Harvest Festival Service and BB/GB enrolment led by Rev Karen Webber

Services in October

Sunday 6th October

10:30am Communion Service led by Rev Donald Ker

5.00pm Lyndon People

Sunday 13th October

10:30am Service led by Barry Davis

Sunday 20th October

10:30am Service led by Rev Karen Webber

Sunday 27th October

10.30am Own arrangement service

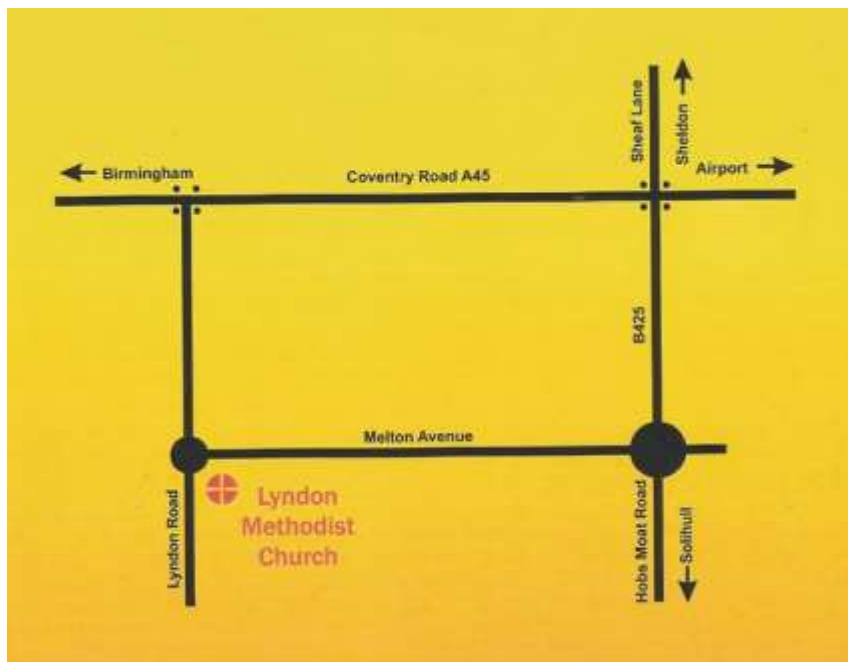
Our next issue will be November 2024

I am looking forward to receiving your contributions by

15th October 2024

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

or by post to Church – address below



Lyndon Methodist Church
Melton Avenue
Solihull
West Midlands
B92 7QX

<https://lyndonmethodist.org.uk>

Charity No. 1150167