

OLD COLWYN METHODIST CHURCH NEWSLETTER



Welcome to our October-November
Newsletter.

Services

A reminder that services will be 45 minutes in length hymns will be sung through facemasks and we will have Covid measures in place.

Preaching List

31st October – Derek Hall

7th November – Rev. Bev Ramsden

14th November – Deacon Linda Brown

21st November – Rev Kenneth Morgan

28th November – Rev Bev Ramsden
(Advent)

*God Bless
Vic*

From the Local Preachers Desk

Which would you call the most important of our five senses? Sight, hearing, taste or smell? They are all important but different people appreciate them differently.

My friend, who is blind, thinks hearing is most important and her hearing is amazing. One time, long ago, when we saved metal bottle tops from the school milk (every child was given a 1/3 pint bottle of milk - free in those days) I took a sack-full of tops to Dorothy for Guide Dogs. As I took them from my car one fell out. Dorothy picked it up and threw it straight back into the sack! Just from

hearing where it fell and hearing where I'd dropped the sack!

Many of us don't listen as much as we should – we're too busy talking! But listening is so important which reminds me of a hymn we used to sing in school:

1. In the morning early
I go down to the sea
And see the mist on the shore;
I listen, and I listen.
2. When I go to the rocks
I go looking for shells
And feel the sand beneath my feet;
I listen, and I listen.
3. When the stormy day comes
Waves crash on the cliffs
And the wind whistles through my hair;
I listen, and I listen.
4. And at night when I sleep
And the sea is calm
The gentle waves lap the shore;
I listen, and I listen.
5. I sometimes think that God
Is talking to me
When I hear the sound of the sea;
I listen, and I listen.
I listen, and I listen.

Hazel Charlton

We are very lucky to live near the sea and to be able to experience it in all its moods.

What I specially like about this hymn is the reminder to listen to God.

So often when we pray, we are so busy talking to God that we don't stop to listen to what He is saying to us! So remember, as you pray to pause, be quiet and just listen for a while and let His message come through.

*With every blessing,
Enid*

Food Bank and Friday Fellowship

Thank you so much for all your Harvest donations to Conwy Food Bank - we dropped off 10 bags and 6 boxes of food

OLD COLWYN METHODIST CHURCH NEWSLETTER

and toiletries and also a cash donation. They were absolutely delighted and posted a thank you and a picture on their Facebook page.

Friday Fellowship continues on Zoom at 4 p.m. every week, everyone welcome to attend. Further details from Lynn (lynn.g.williams@btinternet.com)

To see a world in a grain of sand
And a heaven in a wild flower
Hold infinity in the palm of your hand
And eternity in an hour

William Blake

Lynn

Golygfa Gwydyr

SOCIAL PRESCRIBING OF WELLBEING SERVICES USING THE FOREST AS A RESOURCE

The health and wellbeing benefits of engagement with the natural environment are well evidenced. The use of nature or green prescribing programmes by health and social care professionals is becoming more common in both a preventative and therapeutic context. Golygfa Gwydyr have received funding through the Welsh Government Rural Development Programme to develop a wellbeing service offer using the forest as a resource. At the moment we are engaging with health and social prescribing networks across N Wales so we can learn from best practice and introduce our service offer. Who are we? Golygfa Gwydyr are a social enterprise based in Llanrwst. We have been working with rural communities since 2005 and we currently manage local woodlands and run social activities such as a Men's Shed, a friendship group and a food bank. We are working in partnership with Coed Lleol who have been delivering a successful woodland activity programme for over 10 years. Where: Gwydyr Forest, Llanrwst Cae'n y Coed conifer arboretum, Betws y Coed What can we offer? This can include

- walks, conservation and woodland skills, mindfulness and/or forest bathing (known as Shinrin-Yoku) This could be as a taster, one-off session or a short programme Is there a cost? We are looking into ways to fund the service in the longer term but currently the project and our offer is fully funded. Get in touch: We are open to ideas! We need service providers to let us know what is needed and we need to establish referral systems so we can contribute to health provision in N Wales. Do get in touch if you want to know more, want to work with us, or would like to discuss co-creating a session or programme. If you would like to be kept informed of any activities we are running in the woods let us know and we will add you to our mailing list. We look forward to hearing from you.

Contact: Heli Gittins
helig@golygfagwydyr.org or

Roger Davies rogerd@golygfagwydyr.org
www.golygfagwydyr.org

Cytun update from Sue Coleman

Dear all/Annwyl bawb
Dilwyn Price has agreed to lead the Cytûn carol singing during the Colwyn Bay Christmas Market in Station Road on Saturday 11th December. This will be from 12 noon to 1 pm, (TBC) We can try and do this as a Flash Mob (where we start off singing while mingling with the crowd) but this would only work if there are enough of us to do this. If you can flag this up with your congregations and get back to me with numbers closer to the time. I have also been in touch with Lydia Mottershead the Community Wellbeing Team Leader about the Wellbeing Packs and she sent me the following link which gives information about what these are and who they go to; <https://www.conwy.gov.uk/en/Resident/Leisure-sport-and-health/Community-well-being/Community-Wellbeing-Team-Welcome-Pack.aspx>

Every blessing/Pob bendith
Sue Coleman

OLD COLWYN METHODIST CHURCH NEWSLETTER

The Methodist Podcast

A Message from Action for Children Thank you for your ongoing support of Action for Children and enthusiasm to support disadvantaged children in all sorts of ways – we're extremely grateful. Action for Children has received the wonderful news that we are a step closer to becoming Morrisons' next charity partner. We are one of the final two charities in the running to win! The final stage is for Morrisons' staff to vote on which charity they would like to be their next partner. If we were to win, this partnership would be worth an incredible £10.5 million, giving us the potential to help more than 3 million children. Winning this partnership would be game-changing for us and for millions of children. And we need your help! Morrisons staff are voting to choose their next charity partner. Together, we could change three million children's lives. Help us make it happen One in five children in the UK don't have everyday essentials – they're living in homes forced to choose between heating and eating. With Morrisons, we can change this. Watch our video to find out how, with Morrisons' help, we could change the lives of three million disadvantaged children in communities all over the UK: If you, or someone you know works for Morrisons, please ask them to vote for us. About Action for Children Every day, Action for Children frontline workers give children the support they need to have a safe and happy childhood, in communities across the UK. When times get tough, we're ready to step in to provide urgent support. And times could not be tougher right now. 4.3 million children are living in poverty in the UK. You can find out more here: <https://www.actionforchildren.org.uk/support-us/partner-with-us/corporate-partnerships/morrisons/>

Prayer Meeting

There is a Prayer Meeting especially to pray for persecuted Christians around the

world, held on Zoom every Wednesday evening 7:30pm for one hour. We use material from Open Doors and Barnabas Prayer diaries and magazines, so it would be useful if you had copies of these with you. We have been meeting since August and would welcome others to join with us. Our persecuted family desperately need our united prayers. For more information and Zoom link please contact:

janetejewell@icloud.com

Black History Month (BHM)

October, as we all should know, is Black History Month (BHM) and Churches Together in Britain and Ireland will be celebrating this special month with the publication of its Racial Justice Champions: Volume 1 resource. This publication consists of 25 women and 25 men of faith (from a variety of ethnicities), who have pioneered racial justice in church and society over the last 25 years. BHM is very much about writing back into history those events and activities that have conveniently been overlooked or deliberately ignored. Racial justice is something that falls into this category. Prior to the murder of George Floyd in May 2020, churches were reluctant to engage in racial justice work – the sort of work that challenged systems and structures that hindered real equality and inclusion. It was left to those brave men and women who are featured in this resource to encourage churches to 'do the right thing!' While racial justice now appears to be on everyone's lips, akin to the climate emergency, it is important to recognise those heroes and sheroes who 'fought the good fight' when it was unfashionable to do so. Indeed, they often faced tremendous opposition in doing so. It is therefore necessary to honour these individuals; any racial justice progress we now see in the church is a result of their sterling efforts. I have always argued that BHM tells the story of everyone's history. The history found in this resource speaks of the British churches' struggles to address racial justice. As such, it is British history. And

OLD COLWYN METHODIST CHURCH NEWSLETTER

much like Racial Justice Sunday (RJS), BHM is everyone's business – it tells of the synergies and efforts of Black, White and Asian Christians in the pursuit of racial justice. Finally, I would argue that this history, much like RJS, includes subjects and topics that are worthy of celebration and study throughout the year, and not just for 31 days in a calendar. Richard Reddie, Director of Justice and Inclusion, Churches Together in Britain and Ireland (CTBI)

Walking With Micah project

The Walking With Micah project (<https://www.methodist.org.uk/walking-with-micah/>) launched on 13 June with a lecture by the Rt Hon Gordon Brown, entitled Justice and Hope. What does it mean for the Methodist Church to be a justice-seeking church? We live at a time of huge change when domestic and global injustices are being revealed and intensified. How can our world be renewed so that all God's creation, people and planet, can flourish? Watch the video (right) and read on to learn more about the project. You can watch it again here (<https://www.youtube.com/watch?v=pTB2wLO4k1w>).

Recording the last synagogue of the Welsh valleys

You may be interested to hear that the oldest surviving synagogue in Wales has now been recorded for posterity to millimetre accuracy as a result of work commissioned by the Royal Commission on the Ancient and Historical Monuments of Wales (RCAHMW) in partnership with the Foundation for Jewish Heritage. <https://www.foundationforjewishheritage.com/post/recording-the-last-synagogue-of-the-welsh-valleys> You can also watch a short video of the Prince of Wales' visit to the synagogue in May 2021. <https://www.foundationforjewishheritage.com/post/hrh-the-prince-of-wales-visits-merthyr-tydfil-shistoric-synagogue>

The Methodist Podcast

The Theology of Safeguarding report received by the Methodist Conference considered safeguarding in the context of faith. To discuss the report, the Methodist Podcast talks with Tim Carter, Director of Safeguarding; Vivian, a survivor of abuse, local preacher and member of the Methodist survivor's group and Nicola Price-Tebbutt, the Secretary of Faith and Order Committee.

Listen here

https://www.methodist.org.uk/about-us/news/podcasts/the-methodist-podcast-episode-62-theology-of-safeguarding/?utm_source=Methodist%20Church%20House&utm_medium=email&utm_campaign=12518145_The%20Methodist%20News&dm_i=BVI,7GB29,35GPJW,UAEHY,1)

If you would like to send anything for another edition please feel free to call me on 07716172406.

If you have an e-mail address and would like to receive the Newsletter online please send your address to: vic_hitchings@hotmail.com

Vic