

Summer 2020

Dear Friends,

Happy Pentecost to you all.

I am conscious, as you read this, that we had anticipated being gathered to celebrate Pentecost Sunday as a District. Plans had been made, a venue booked, guests invited, transport organised and God anticipated. As it is, we gathered in our homes with papers, or in the digital spaces we have been discovering for the last few weeks and worshipped in ways that we had not anticipated. And, do you know what? It was ok; actually, it was good, maybe even exceptionally good. Who would have thought that was how it was going to be when we agreed the budget for a great Pentecost event, in the Autumn last year? The thing is, God surprises, yet we shouldn't be surprised about the God who does the incredible with the little we have.

We often consider Pentecost to be the day on which the Church was born. It would be a while before that gathering of followers of the way would be known as the Church, but it was the day the community of disciples was re-formed. They stepped out and proclaimed the truth of Jesus, with a boldness which sometimes deserts those of us who live in their wake.

The disciples were getting to know the God who surprises. They had witnessed healings and crowds fed with what looked like inadequate provision; they had seen resurrection first-hand, yet failed to make sense of it. The disciples had been locked in for weeks (you know what that feels like), then suddenly they burst out. (Please don't do that as the current government guidelines are not yet that permissive.) They broke out into a place they had dared not enter; with a boldness they could not have believed they would have had. When they did that, they also found themselves speaking in ways they could not have imagined. In doing all of that, they helped a world start to be transformed.

Now, guess what? That is a wonderful parallel for where I believe we are. I have watched in genuine admiration as colleagues, ordained and lay, have broken out of the constraints of the church we have known and spoken in a new language many of them had never spoken before. Zoom worship and bible studies, YouTube broadcasts, messy church online, virtual babyccinos, Facebook prayer meetings and more - with God, you did all of this. You received a new language and you spoke to a world that you had largely not stepped into before. You had a confidence you didn't know God had given you.

I simply want to thank you for your faithfulness, your openness, your willingness to receive from God and respond. You are a cause for joy, because you have the joy of God to spread around.

God bless you all. Amen.



Revd Kerry Tankard  
Chair of District



Revd Kerry Tankard delivers an Easter message to the District ... via Facebook

# REFLECTING ON WELLBEING



Wellbeing is all the rage at the moment: more people are talking about it and more brands are selling it. In a society which is always demanding more from us - that we buy more, achieve more and be more, there is a real danger that our sense of wellbeing will get caught up in this egocentric drive for personal perfection. However, wisdom teaches us that this is a cycle that never truly satisfies.

I don't believe wellbeing can be bought and sold like a commodity. Wellbeing is about our whole life, every aspect of what it means to be human. It's about knowing and loving ourselves, and the people around us - flaws and all! It incorporates how we eat, sleep and pray; it includes our relationships, our work and so much more. Thinking about our wellbeing in the right way can result in us making small, achievable changes so that we feel better about ourselves and about our lives. We can begin to feel more whole. When we are able to live in the present (even if that present moment is hard), instead of looking ahead for the next thing we can do or buy in a quest to make ourselves feel better, we start to understand more fully what we need. We make space for God to work in our lives in a way which brings wholeness and healing.

At Leeds Methodist Mission (LMM) we're thinking a lot about wellbeing, particularly at this time when we're all struggling with our changed daily reality. We've all heard a lot in the media about the importance of getting outside for exercise and having enough to eat, and of course these things are important; but as we all know, a fulfilling life is about far more than the physical realities of survival.

In response to this we at LMM have created a number of resources that can be used to reflect on the current situation and how we are within it. We have regular recorded meditations on the website, and also visual meditations by a local artist, as well as evening events over Zoom and opportunities to engage with campaigns for justice. Through these we hope people will find moments of peace, wholeness and understanding at this deeply unsettling time.

*Anna Bland, Development Officer*



Photo by Alisa Anton on Unsplash



Photo by Elizabeth Explores on Unsplash

*LMM is a Yorkshire West District project based in Leeds City Centre. It is building a new project on a long history of city engagement. The project is all about contemplation, action, wellbeing and creativity.*

*To find out more visit: [www.leedsmethodistmission.co.uk](http://www.leedsmethodistmission.co.uk)*



## DIAL A PRAYER

FREE phone lines for prayers and news from the Methodist Church

Listen to a **prayer**: 0808 281 2514

Listen to **news**: 0808 281 2478

Content is updated weekly on Thursday afternoon



# MEET THE PEOPLE

## Emma Goodley

**Role Title:** District Safeguarding Officer

**What does your role involve?:** Well, this is rather difficult to say at the moment, especially given the issues we have been faced with recently. I always feel that though there is a standard description of a role, what it truly entails is to be uncovered along with the growth of the role itself. In general, my role will be to support and liaise as a point of contact in order to continue to improve safeguarding practice and to support new and existing safeguarding concerns. In practice this is about learning from experiences, putting existing knowledge and policy into practice and working together to ensure that people are supported and protected. This can include a variety of things from consultation, risk assessments, advice and guidance, DBS checks, training, signposting and interventions. The most important within all of this is relationships, that people feel they can come and ask for support, discuss a concern and be heard and responded to in a timely, consistent and supportive manner.

**How can you be contacted?:** Email: [goodleye@dso.methodist.org.uk](mailto:goodleye@dso.methodist.org.uk) or Phone: 07743 006413

**Which church do you attend?:** I have attended the Methodist Church in Roberttown over the years, which is where I got married. Previously I went to Norristhorpe prior to its closure a number of years ago. That is where my children were baptised.

**Tell us a bit about yourself:** Let's see, what can I tell you about myself, this is always such a difficult question. I am a mother of two grown up children who are at University studying a Bachelor's degree in Professional Musicianship and a Masters in Fashion. I have a little Chihuahua that I am probably overly obsessed with and I also have two cats, all of which are a little crazy. I have a degree in Psychology, and I am currently studying for my Masters in Investigative Psychology. I have a level 4 Diploma in Management, Advice and Guidance and Advanced CBT. My working background is varied; I have worked within Probation, the Prison Service, Mental Health, High Schools and Intensive Family Work. I have been a team leader for over ten years, and I love being able to support others in their training and advancement. Personally, I am rather a free spirit, or so I have been told over the years! I have road tripped, in a large camper, across France and Spain to Ibiza on three occasions with many hair-raising moments across the Pyrenees; however I am here to tell the tale at least. In terms of hobbies, I don't do as much as I used to, but I do like to make clothing and to work with recycled fabrics, and I also like to write poetry. One thing I do regularly is keep a gratitude journal and practice mindfulness, I have found this invaluable over the years in managing the trials and tribulations that life can bring our way.

**Tell us something that few people know about you:** My sister and I like to pass on random positive gestures by leaving small amounts of money in envelopes for others to find, with a note for them to buy themselves a coffee and have a moment to reflect and smile. It's a lovely feeling to do this because although you don't know who finds it, this small gesture may be the highlight of someone's day.

## The Mission in Lockdown

Huddersfield Mission is a Methodist Charity that runs the Mission building and seeks to show the love of God to local people. We offer help to all, but are well known for our work with people who have multiple and complex needs - this means people who may be experiencing mental health issues, homelessness, poverty, drug or alcohol issues.



Our café is the hub of our work, where people can feel safe, sit and chat, get a low-cost meal and then access our advice service or activity groups. How do we do this when the Mission Building is now closed to the public?

It has not been easy but we have adapted and we are

- providing telephone advice - benefits and access to food parcels;
- providing regular welfare calls to our customers;
- sending out art or creative writing packs;
- coordinating more localised neighbourhood support.

It has been both humbling and heartening to receive phone calls saying

“Thanks for the postcard you sent me.”

“Thanks for the food parcel you arranged.”

“Thanks for checking that I am ok.”

“Thanks for helping me to get my shopping.”

The future is unclear; when will people be able to use our café again, or when will they want to hire our rooms? However, the need for the Mission is clear as ever. In your prayers please give thanks for the help we have been able to give to others and for wisdom as we plan the future.

*Paul Bridges, Manager of the Huddersfield Mission*

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## Huddersfield Methodist Circuit

### Blackbird Project

This project was established nearly six years ago, under the pioneer ministry of Revd Tim Moore. With a focus on mental health, wellbeing and spirituality, it has grown and developed, responding to individual needs. Yet it has always remained true to its Gospel roots - helping those in need and offering a space to be heard.

Much of Tim's work initially centred around eight weekly mindfulness courses which he led and were available to anyone in the community. Some people came along because they needed *something*, whilst others needed a place to be still in a busy world. Of course the benefits of mindfulness for those people who suffer from depression, anxiety and stress are well known. More specific courses have been provided for schools, young people's groups and churches.

As a follow on, Tim now runs mindfulness *sitting groups* on Monday and Thursday evenings on a weekly basis, an opportunity to practice mindfulness. Sessions offer space to explore the connections between mindfulness, spirituality and faith - some of the attendees profess a faith, others have none. The key desire is to help people stay well and in particular mentally well - perhaps the only help until they can access the further support that is needed.

Tim is currently exploring wellbeing and listening and is attending training with South Yorkshire Chaplaincy and Listening Service. His hope is to create a listening service within the Circuit - not only support for each other, but with capacity to extend into our local communities.

### Godly Play for Older People in Care Homes

With a passion for Godly Play and lots of experience of sharing, especially with children, I was keen to explore how this could be extended to others, particularly with older people in care homes.

Through my research, I came across the Godly Play ministry of Revd Lois Howard, a US Godly Play trainer, supporting elders with dementia. Intrigued and inspired by her findings, and similarly positive outcomes reported more locally by *Stories for the Soul* in Sheffield, I'm keen to see the positive differences that this approach could have on the wellbeing of older people.

Currently I have been piloting Godly Play in one of our local MHAs, meeting with the residents on three occasions, two of these taking the form of Godly Play sessions. It only seemed right to start at the beginning so we've shared the *Creation* story and the *Flood and the Ark*.

It has been interesting to see how the Godly Play stories have prompted specific childhood memories, connecting with stories past. It always feels a privilege to hear and share these personal accounts. More of a challenge however, is the consideration of activities for reflection and response. There needs to be an understanding of visual awareness, dexterity and ability in order to be inclusive - something that will come through conversation and building relationships.

For now, we are at a pause with lockdown, but I hold onto the values of this project - providing opportunities for enhancing spiritual wellbeing and mental health, wherever a person may be on their life journey.

*Suzanne Bridges*

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## **Skipton & Grassington Methodist Circuit - The Community Wellbeing Café**

This is an ecumenical project led by St. Andrew's Methodist/URC and Skipton Baptists with help from other Skipton churches and the community.

The aim initially was to create a welcoming space where we serve good tea and coffee. It is a relaxed space with background music, table and board games, jigsaws and art/craft activities (provided by Pioneer Projects). We seem to be achieving our aim!

The emphasis is on valuing each person - engaging with them, listening, having a laugh, or equally giving them space. We offer only friendship and low-level, non-specialist support for those who attend, but helpers are being trained in safeguarding, food hygiene, mental health awareness and mental health first aid so that we can support the attenders in the best possible way.

For most of the attenders, coming to the café has become an essential part of their week, where they feel at ease, where they have friends, something to do, where they are listened to and where they can participate in activities. Trust between attenders and helpers has developed quickly and people have felt able to share some important things at the café.

Helpers are there to interact with the people who come, to talk, play games, do the activities alongside them. They assist with set-up and clearing away and two or three will serve tea, coffee, cakes, toasties and jacket potatoes. Many of the attenders qualify to receive help from Skipton Foodbank and each week the foodbank sends along perishable items they still have in stock which we share with everyone who attends.

It is nearly two years since we first took over when Horton Café ceased to meet. The first week four attended but now there are up to 60 each week! Many are present each week whilst others come occasionally. People drop in at any time and stay for as long as they wish - no compulsory attendance! The atmosphere is lovely and everyone says they feel welcomed. The café was even shortlisted for the Craven Community Champions Award 2019.

During this period of lockdown whilst we are unable to meet, the café has a weekly virtual catch up via our Facebook page and members of the team are regularly in touch with our attenders to offer a listening ear and someone to chat to.

*Jean Bedford & Sarah Webb*



## Leeds South & West Circuit

Changes in patterns of ministry make space for creativity of all kinds to emerge...

Let me show you the most excellent way  
Love that is patient and kind  
This is a love that will never fail  
Let me show you the most excellent way

Let me show you the most excellent truth  
Love that is humble and pure  
This is a love that never knows end  
Let me show you the most excellent truth

Let me show you the most excellent life  
Love that rejoices in truth  
Bearing, believing, enduring all things  
Let me show you the most excellent life

Let me show you the most excellent way  
Jesus embodied, revealed  
Victorious love; Even o'er death  
Let me show you the most excellent way

Let us follow the most excellent way  
Incarnate Love most divine  
Walking with Christ the path of the cross  
Let us follow the most excellent way

*Revd Tim Boocock, Cathy Boocock & Debbie Spurgeon*

### An 'outside to inside' perspective

I first heard that I had been matched with Leeds South & West when my District Chair phoned me, in the second round of stationing. It was a profile that hadn't jumped off the page before, but second time around, new (to me) words were being focused in my eye line ... a willingness to engage in change ... a circuit already being proactive in vision setting ... Yes! That made my heart sing ... but hold on ... what about ...?!?! And the uncertainties and doubts started to take over again. I made the visit ... and I knew something was drawing me to this circuit. I knew that the circuit was in a process of significant change and that my appointment might look very different from that which was on the profile – but still I felt compelled to say 'Yes'

I remained apprehensive when Kerry welcomed me into the Yorkshire West District in September 2019 ... little did I know how 'at home' I would feel. So here I am nine months into the appointment ... deeply grateful to be offered 50% of my ministry as a Discipleship Enabler across the whole circuit, as well as being rooted in two Church faith communities. As time has gone by, I've experienced more and more the delights of ministry with the people of God in this corner of the city. I am pleased to join this vibrant District at this time in the Church's journey and I am deeply thankful to the Leeds South & West Circuit for their welcome and for the opportunities to exercise ministry in this place.

I rejoice in God's calling for such a time as this, because right now ... despite lockdown, life feels ... pretty **fab!**

*Revd Rach Ward*

### And Finally....

A creative 'lockdown' challenge from **Phil Maud**, one of our local preachers:

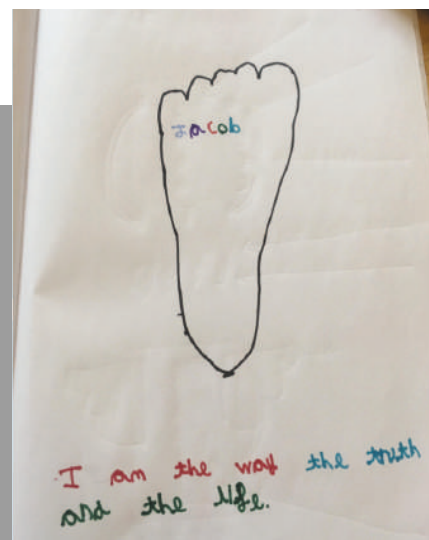
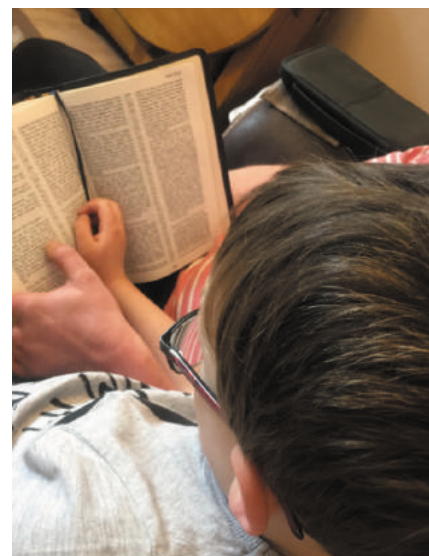
#### Could you be a 'Psalmist'

in the pattern of the acrostic Psalm 111? Using either:

1. A sentence beginning with each letter of our alphabet (A-Z)

or

2. A pangram, where each word begins with a successive letter.



## News from Bradford North Circuit

For our shared journey through Lent this year, Revd Phil Drake produced for us a booklet, 'Simple Gifts', taking six objects he had received as gifts, and using them as starting points for weekly reflection on the gifts each of us have, and how we use them in the work of the church and beyond.

Little did we know when we distributed the booklets, and set out on the journey, how Covid-19 would intervene, nor how appropriate the concept of simple gifts would be, not just through Lent but onwards. Like all circuits, we have had to find simple ways of being church in lockdown, and have discovered the value of some of the simple gifts we normally take for granted.

The friendship of pastoral care has been seen in networks of ministers and lay pastors, pastoral secretaries, pastoral visitors, ensuring weekly contact for our folk.



This contact has included weekly worship material produced by the circuit team, posted to those without email, emailed to the rest, connecting people and giving common experience to reflect upon in those weekly conversations. In addition to the worship material, pastoral letters, and some further picture posts from Phil have been included in those mailings.

Building on the shared material, Baildon Methodist Church has produced a weekly YouTube service, and this has had good take-up, both within Baildon and, increasingly, across the circuit. We are also aware of an engagement with this service by folks beyond our normal congregation. This is also true of reflections and meditations that Revd Christine Crabtree and others have created for our website.

The conversations in which we share have highlighted the significance of personal pastoral relationship. They have also recognised the opportunity that this time has given us to newly notice the world around us, whether in the birdsong in our gardens or the greening of trees we pass as we exercise. For some, these simple gifts have led to renewed spiritual life and a deepening in prayer.

We are missing one another, but keeping connected. We are grateful for one another, and those we are meeting in new ways through this time. We are working with others, not least through the foodbanks, to serve our neighbours. We are grateful for simple gifts, and seeking to share them.

*Revd Nick Blundell*

# Reflect

Methodist spirituality



**At The Briery, Ilkley**

**Northern Retreat - November 10 - 12th 2020**

## Living the Way

**The Revd Dr Roger Walton**

**formerly President of Conference and Chair of Yorkshire West District**

### A 'Methodist Way of Life'

is an invitation to live out our faith, in response to God's love in Jesus.

Being launched at 2020 Conference, it sets out, in simple practical terms, what being a Methodist is all about.

Roger will help us to explore a 'Methodist Way of Life', its roots in the Bible and Methodist history and, most importantly, what it means in everyday life.

**Cost £220**

**Interested? Contact Revd Sandie Exley-Watts: [sandie@exleywatts.me.uk](mailto:sandie@exleywatts.me.uk) or 01924 678431**

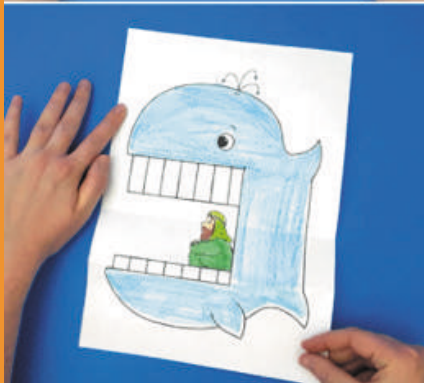
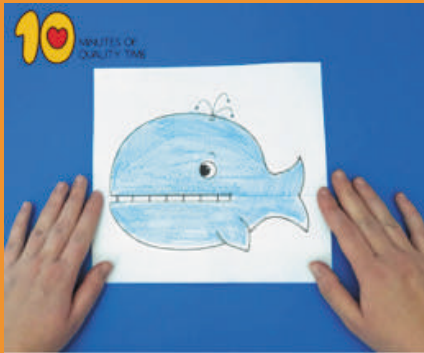
You can register your interest without the need to pay anything at the moment.



# ONE OPPORTUNITY

## PROGRAMME

### ONE OPPORTUNITY



**AS WELL AS LEARNING  
NEW SKILLS MANY  
OF OUR PARTICIPANTS  
HAVE EXPERIENCED A  
SIGNIFICANT GROWTH IN  
CONFIDENCE.**

# ONE OPPORTUNITY GOES ONLINE!

As lockdown approached we had to cancel our planned residential at Parcevall Hall at the end of March. Undeterred, we used Zoom to hold a virtual residential. Our programme included a walk (done from our own homes of course!), prayer, worship and discussions around the theme of 'Exploring what/who the Church is and what it means to 'be' Church.' This was especially pertinent in the Covid-19 lockdown period. We were joined on Saturday by Revd Kerry Tankard, our District Chair, who led sessions on the Methodist Church and 'What is worship?'

## Project News

Our current cohort has been busy delivering their projects over the last few months and are now adjusting and responding to the Covid-19 lockdown. Here are some of the things they have been doing in their churches and circuits.

**Vlad** is developing his musical and worship leading skills and has joined in with the worship team for the monthly First Sunday gathering at his church. He is now looking at offering his technical skills for online worship resources and livestreams.

**Milly** has been working with young children, running a sports project, through which she has developed her confidence and leadership skills. She is now involved in running Sunday School via Zoom.

**Jakey's** project has been a real challenge for him and his local support team as the youth group they envisaged has not been able to continue for a variety of reasons. Jakey is now looking to work with the team supplying food to vulnerable people.

**Emma** has created publicity material for church events, and has seen numbers increase at some events as a result. She has also helped plan a youth service called FUEL. Emma is now looking at taking FUEL online as a virtual worship event.

**Adam** has set up a board games group at his church and shares devotions he has produced at SYNC youth group, his cell group and on Facebook. In response to Covid-19, Adam has been sharing devotions via Zoom and is intending to use Facebook more too.

**Amy** has been running craft-based Bible activities for children, called Jigsaw, and has now taken them online - emailing activities out to parents and carers. This has resulted in more families taking part.

**Abi** has been producing prayer resources for her church and groups linked to the church, including prayer stations. She's recently produced some prayer stones for the church garden.

## Recruitment for the 2020/21 Programme

We are currently recruiting the 2020/21 cohort. If you know someone who may be suitable please get in touch.

All the details are at:

[www.yorkshirewestmethodist.org.uk/mission-ministry/youth-and-children-s-work/one-opportunity-programme](http://www.yorkshirewestmethodist.org.uk/mission-ministry/youth-and-children-s-work/one-opportunity-programme)

You can also watch a short video about the Yorkshire West programme at:

[www.youtube.com/watch?v=1HeDRBCy4rQ&t=15s](https://www.youtube.com/watch?v=1HeDRBCy4rQ&t=15s)



## SPECIAL DAYS

15th - 21st June:

**Refugee Week**

23rd June:

**Sanctuary Sunday**

25th - 26th June:

**Methodist Conference  
(Presbyteral Session)**

27th June - 2nd July:

**Methodist Conference  
(Representative Session)**

28th June:

**Methodist Conference Sunday**

12th July:

**Action for Children Sunday  
Sea Sunday**

19th July:

**Rural Mission Sunday**

### Current Vacancy:

District Data Champion

### Forthcoming Vacancies:

District Property Secretary

District Treasurer

Lay Stationing Representative

Please email the District Office,  
[admin@ywmethoist.org.uk](mailto:admin@ywmethoist.org.uk),  
with Expressions of Interest  
for any of these roles.

## THE PRAYER FIELD & MORE

The trustees of the Eldwick Church have been thinking about how to help and support the local community whilst the church is closed due to the coronavirus crisis. Locally there are more volunteers than jobs, so it was decided to focus on spiritual and emotional support.

A **prayer field** has been set up on the church lawn. A container of knitted blooms made by members of the congregation is available, and anyone passing can "plant" a flower as a prayer for themselves, family, or friends. Within two days there were dozens of flowers in the lawn, proof that this has struck a chord with people. Comments on social media confirm this, with some poignant posts by recently bereaved people, unable to attend the funeral of their loved one due to current restrictions.

**Posters with uplifting messages** are also being displayed around the village in gardens or on lampposts, to connect with people out walking. One poster reads, "Faith is not about everything turning out ok; faith is about being ok no matter how things turn out." The posters also invite people to submit prayer requests via email to the church office at [eldwickchurchprayer@gmail.com](mailto:eldwickchurchprayer@gmail.com)

All requests are then forwarded anonymously to the prayer team.

The Revd Peter Mayo-Smith comments, "*In these strange times, we've been finding new ways to be relevant and helpful to our local community. The Church has always been about more than the physical building, and our efforts have been welcomed in the heartfelt and grateful response we have had to the prayer field and posters.*"



**Items for inclusion in the  
Autumn 2020**

**issue of the District Newsletter  
should reach us by  
12 noon on  
15th August 2020**

  
**The Methodist Church**  
Yorkshire West District



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[www.yorkshirewestmethodist.org.uk](http://www.yorkshirewestmethodist.org.uk)



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