



CROSSGATES METHODIST CHURCH November 2022 Newsletter

MINISTER: Rev Helen White

Tie a knot

A strange title perhaps you're thinking. But I'm currently looking ahead to November and all the things that month brings. It's a season of remembering. We begin by remembering all the saints and all souls – a time to give thanks to God for people who've touched our lives. It can be particularly poignant for folk who have been bereaved this year. The



following week the whole nation remembers – the dead of two world wars, and so many conflicts since. And between these two comes bonfire night with its rhyme, 'remember, remember the 5th of November...' hence my title. Some people tie a knot in their handkerchief to remind them (that wouldn't work for me – I'd forget what I was supposed to be remembering – I rely on my diary). The image in my mind as I write is of an elephant with a knot tied in its trunk. It's an image of contrasts. The knot as a reminder, tied in the trunk of an animal who is reputed never to forget. How do you remember? Write it down, tell someone, lay flowers or a wreath, wear a poppy, set off fireworks, light a candle...

Remembering is important to us as human beings – it forms part of who we are. I think that is partly what makes it so hard when someone loses their memory, forgets who we are, and maybe even who they are. In this season of remembrance we will probably cry and laugh, feel pain and joy, and I pray, eventually find peace in the remembering.

Whoever you are remembering, and however you do it, know that God, even more than the elephant, never forgets you, or the ones you are remembering.

Blessings Helen

Memorial Service at 4pm on 30th October

All are welcome to attend the Memorial Service. If you would like a name to be read out please email Helen or give a written note to one of the Stewards. Refreshments will be served after the service.

November Services

6 th November	Holy Communion	Revd Helen White
13 th November	Remembrance Sunday	Mr David Laycock
20 th November		Mr Fidelis Chinyama
27 th November	Advent 1	Mrs Susan Jones

The communion stewards for November are Carol Smith & Georgina Cressey.

Church Flowers

At the request of Margaret Rhodes, the beautiful flowers in Church on Sunday 23rd October are in memory of Barbara and Charles Skinn

If you would like fresh flowers to be arranged in Church for a special reason, for example in memory of a loved one, then please contact Georgina Cressey or Barbara Leeming. Help with the cost is much appreciated.

Table Top Sale – 5th November

If you would like more information or to book a table, at a cost of £5 for Church funds, please contact Lynda at Church or phone 0779 9094472. Come along and pick up a bargain!

Ladies Friendship Group

Meetings are Tuesdays at 2.30pm in the Wesley Room. All welcome.

8th November – Concordia – sing modern worship songs and hymns

22nd November – Christine Holdstock – “Oberammergau Passion Play”

Men's Fellowship

Meetings are Tuesdays at 2pm in the Wesley Room. *All welcome.*

1st November John Blyth – My kind of Music

15th November – David Teal – Old Cross Gates

29th November – John Best – Blue Plaques

Leeds South & East Foodbank **HARVEST FESTIVAL & THE FOOD BANK**

A massive thank you to all who so generously give food, toiletries or money each week to our Food Bank collection. After our Harvest Festival Service in September, we were able to deliver to the Leeds South and East Food Bank Distribution Centre 279kg of food (well over a quarter of a ton) plus £145 in cash and cheques

Unfortunately, the need for Food Banks is Growing.

If you are able to donate there is a basket in the Galilee or contact John Best email jvbest39@hotmail.com who will gladly collect from you.

Christmas & New Year Dates for your Diary

Saturday 26/11/22	10am – 2pm	Church Christmas Fair
Saturday 3/12/22	2.30pm	Christmas Concert
Sunday 18/12/22	6pm	Carol Service (at Colton Church)
Monday 21/11/22		Deadline for Christmas Greetings
Friday 23/12/22	11am	Carols on the Church Steps
Friday 24/12/22	4pm	Children's Crib Service
Friday 24/12/22	11.30pm	Communion Service
Sunday 25/12/22	11am	Christmas Day Service
Sunday 1/1/23		Worship@Home only

Services in the coldest months – January to March - will be taking place in the Church Hall rather than the Church itself. This is in order to save money on heating costs whilst ensuring we all stay warm.



News from Connecting Crossgates

Community Fridge

This new initiative started in October **on Thursdays 2-4pm and Fridays 8.30-10.30 am** at the **St James**

Manston Parish Church Hall off Church Lane. Members pay £3.50 and can choose up to 12 items.

Please signpost anyone you know who would benefit from this or come along and chat to customers – it's an opportunity to show God's love in practical ways. Contact **Andy@connectingcrossgates.com**

Weekly Groups

We now run a series of groups open to all who are looking for safe places to meet others and be part of the community. **Posters are in the Church Hall.**

Three Thirds Group

Why not join our monthly group? We ask "What does the Bible say?" and talk about how to put it into practice. It's an informal time divided into 3 parts – open to all. **First Friday of the month, from 1.30 to 3.00 pm** (with a light lunch) in the coffee room.

Holiday Clubs

Around 200 children enjoyed holiday clubs in East Leeds over the summer. Kären Gray who leads the ecumenical charity says *"We want to say a HUGE thank you for all the help from the churches. By working together we were able to make a real difference in the lives of young people and families in the area."*

The dates for the **Christmas Holiday Club** are **19th - 22nd December**. We would welcome people to: Pray for the team and the children, make cakes, sit with children on an activity table, serve refreshments or help with tidying up. Contact **Karen@connectingcrossgates.com**

East Leeds History & Archaeology Society

Methodist Church Hall Austhorpe Road Cross Gates
Friday 25th November 2.00pm - Illustrated talk by Ken Cothliff:
'The History of Leeds/Bradford Airport'
Admission £2.00. All welcome



Christmas Fair

Saturday 26th November

10:00am to 2:00pm

Christmas Cards - Gifts - Toys

Home-made Cakes - Tombola

Refreshments

Breakfast baps - Turkey Sandwiches - Drinks - Toast

*Proceeds shared between our Church and
Meeting Point Café, Harehills Church*

Christmas Concert – Saturday 3rd December

There will be a Christmas concert on Saturday 3rd December at 2:30pm in the Church. SERENDIPITY (Margaret Jowett and Kathy White) with "Christmas Greetings" - 'Visit Christmas past and present with well-known songs, carols and readings.'

Come along for some Christmas Cheer.

Tickets are £5 and will be available from Christine Holdstock. *All welcome*

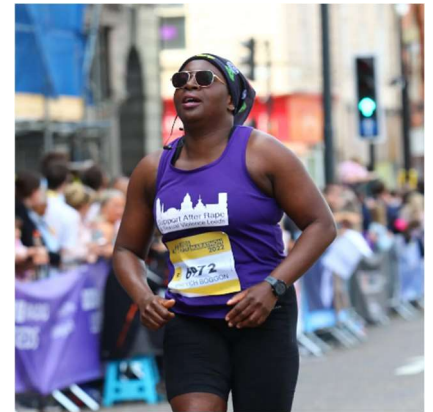
Christmas Greetings

Why not send Christmas greetings to the Church family via this newsletter and support Action for Children at the same time. You will reach everyone and save money on cards and postage. In return for a small donation your messages will be printed in the December edition of the newsletter. The deadline for messages is **Monday 21st November** and can be sent to Tracy via any of the methods below. Donations should be brought to a Church service, sent to Linda Booth (clearly separated from your collection), or posted to Church.

Tracy Dick tracylouisedick@gmail.com



Spotlight on....Brouch Boggon
Brouch has kindly shared her Wellbeing Blog with us:



Brouch's zest for holistic health and wellbeing

'Consistency and balance are key' We've been chatting to Brouch Boggon Senior Crisis Practitioner at the Becklin Centre, about her recent return to Leeds & York Partnership Foundation Trust after a career break and how she looks after her health and wellbeing both at work and at home.

Tell us a little about yourself and your return to the Trust

My name is Brouch, and the wellbeing team have asked me to share my story after seeing me posting about running and wellbeing in the staff Facebook group. I previously worked for the Trust for around 13 years in Band 5 and Clinical team Leader roles then I decided to take some time away from the day job to concentrate on going back to college where I studied complementary therapies - aromatherapy, reflexology and Swedish massage which I absolutely loved. Then this year in May I returned to work, this time with the Crisis Assessment Unit and Section 136 Suite. There is never a dull moment as we're often working with emergency situations, making assessments, referring to care pathways and also working with the police. Some of our service users seem to flourish quite quickly, in a matter of days, with the right support in place. For others, it can take a lot longer and need more intervention.

How do you manage your wellbeing at work?

Working with our distressed service users can be stressful and taxing on your emotions –so you do need to be resilient and keep yourself grounded. I aim to leave the stresses of the day at work – I really do not want to trigger negative emotions in myself. I know that stress can also cause a lot of unwanted physical symptoms. I try to find something positive out of the day which helps. As I am now working with a new team, I am still getting to know people and building relationships. I am really enjoying using my ward experience and skills.

I tend to go for a walk during my break to have head space during a long day shift and I aim to eat healthy snacks. I feel it is also a good example to set - carers need to be fit and maintain their health. It really does make the job easier, especially when you think about having to get involved in restraints and such.

Can we ask if you're aware of the staff health and wellbeing offer at work?

I joined the staff Facebook group recently and I see things in there and I am now training to be a menopause expert and menopause touch therapy. I have used staff coaching service, occupational health and I've tried a few different things. I think we should have more leaflets out and about to help people find out what's available. We could also use supervision meetings more in relation to checking in on the wellbeing of our colleagues and sharing what is available. I would love to see the wellbeing team sharing more information on diabetes awareness and perhaps doing more to ensure that there are healthy snack options available to staff working on-site.

What do you like to do in your spare time?

I love my complementary therapies – I enjoy using essential oils and find that really relaxing. Doing the course really made me feel more in control of my life choices. I am also into my running but hadn't been consistently doing it – really just now and again, for fun. Three years ago though, I got this urge to start raising money for Support After Rape and Sexual Violence Leeds (SARSVL), a charity I worked for as volunteer for a year and half as a body therapist. It was really important to me to do more to help trauma victims and it has motivated me to do more running in events to help myself improve my physical and mental health. So, I started running half-marathons and completed my first full marathon last October. I started training four times a week – doing a four-mile run in the morning or completing my run straight after my night shift. Actually, that was great as it also gave me time to reflect on how the shift had gone and just made me feel more mindful about things - a great way for me to release energy. I am also involved in a walking group once a week – we arrange things via WhatsApp.

Have you got any final words to anyone reading this?

Consistency, tenacity, endurance and balance are definitely the key. I would say, keep going. Try to eat healthy – this is so important and has a massive impact on your hormones. Things like yoyo dieting are just a short-term fix. The NHS share information about Eatwell Plate. It's about Nutrition and Physical activity. I have found that to be really helpful. "Then, you are good to go. No excuses!

Appreciation: David Calvert would like to thank the congregation for their prayers while he has been unwell. It may be a while before he is back in Church as he is waiting to see a podiatrist at East Leeds Health Centre.

Free phone service to hear prayers and news from the Methodist Church:

Listen to a prayer: 0808 281 2514 and Listen to news: 0808 281 2478
Content is updated weekly on a Thursday evening.

Service Options: If there are any people or situations you would like included in the prayers in worship, please let me know by Saturday morning, (having got permission from the individual to be named in our prayers). Please do contact Helen if you would like to receive details of worship via email or would like to have printed worship sheets delivered.

Please remember in your thoughts and prayers: All those people in our prayer book and those we know who are unwell, in hospital, in Nursing Homes, going for tests at Hospital, recently bereaved and who find this time of year particularly difficult.

Your Financial Contributions: Thank you to all those who have continued to contribute to the Church's running costs. If you do not attend Church, please continue sending them to Linda Booth or to the Church's address. *Please note cheques are being paid into the bank less frequently now so do not be concerned.*

Spotlight On: Please consider writing a few words about your life for inclusion in a future Newsletter, as have many of our Church family already. Please send your contribution to Tracy Dick (contact details below).

Newsletter: Please email contributions for the Newsletter to Tracy Dick tracylouisedick@gmail.com Deadlines coming up: **Monday 21st November** for December and January editions. **Monday 16th January** for February edition.

CROSS GATES METHODIST CHURCH MISSION STATEMENT

We are a group of people who are seeking to celebrate and share God's love for all.

Through Worship, Witness and Service in the Community we aim to follow Christ's example of open arms, hearts, minds and doors

Cross Gates Methodist Church, Austhorpe Road, Cross Gates, Leeds, LS15 8QR