

Welshpool Methodist Church, High Street

“Celebrating and Sharing God’s Love”

“IN TOUCH” issue 18

News and Updates

1. **Happy Birthday** – to Harry Owen who will be 93 on 3rd December. To Harry and to all who have birthdays in the coming days, we send our good wishes.
2. **Sunday Worship** – Rev Jacquie will be leading worship on 22nd and also on Advent Sunday 29th, when, being the 5th Sunday, we shall be joined by friends from St Mary’s. This service will include Holy Communion. Home Worship sheets continue to be prepared for those unable to join us in church.
3. **Wednesday Prayer** – the church continues to be open for Private Prayer every Wednesday from 10 until 12 and 2 until 4.
4. **Mid-week activities** this month – Gallery Group on Friday 20th - contact Graham; Bible Reading on Thursday 26th - contact Terry J; Jubilate (Faith, Fun and Fellowship) on Monday 30th - contact Janice. In order to prepare the Meeting Room following current guidelines it would be helpful if you let us know if you plan to attend.
5. **Service of Light** – this annual service, to remember those who will be missing from our Christmas celebrations this year, will be held on Tuesday 8th December at 7pm.
6. **MHA Christmas Friendship Appeal** – latest message received from MHA: “MHA is dedicated to alleviating loneliness and isolation for those in later life. To combat this during these challenging times we have launched our new Christmas Friendship Appeal which is going to look very different to previous years. Due to Covid 19 and the changing social distancing measures we cannot guarantee delivering physical Christmas Cards, so we are asking you to take a festive photo e.g. you and your family in festive jumpers, a beautiful winter scene, a nativity scene or a picture of your congregation. Show a Christmas message in the photo and upload the image onto our website (www.mha.org.uk/christmas). We will virtually deliver it to one of our members to let them know someone is thinking of them this festive season. This gesture of kindness could make all the difference to an older person this Christmas.”
7. **Christmas Card Exchange** – although it has been our custom each December to leave Christmas Cards addressed to our friends on the table in the church foyer for collection or distribution, please note that this will not be possible this year due to current restrictions, so please make alternative arrangements. Thank you.
8. **Christmas Wishes via “In Touch”** – if you would like to send a Christmas Message with your seasonal greetings via “In Touch”, please submit it, with your name, for inclusion in either issue 19 (out on 2nd December) or issue 20 (out on 16th). Send to rhodes4144@gmail.com, or “Brynteg”, Castle Caereinion, Welshpool, SY21 9AS.

Please note that issue 20 of “In Touch” will be the last of 2020. Thanks to all who have supported this venture with their contributions and help with printing and distribution - expenses have been met from the fund for mission allocated from the Sylvia Evans legacy. Should “In Touch” continue or should we return to a monthly Bulletin in 2021? Let us know.

Sing Praises! Julia's choice of hymns for Mondays 23rd and 30th November

Julia writes: "Graham Kendrick, like our own dear hardworking Derek, turned 70 this year. During the late 70s, 80s and 90s Graham was probably at his height from the point of view of having new hymns published, and his work with the English Evangelical Alliance and British Youth for Christ movement. He appears in our 'Singing the Faith' with some of his most favoured hymns, for example, 'Meekness and Majesty' and 'From Heaven you came – the Servant King'. 22nd November is the Feast of Christ the King and for Monday 23rd I have chosen 'Make Way, Make Way for Christ the King in splendour arrives' (StF 264). The refrain has an echo Make Way (make way), Make Way (make way) for the King of Kings (for the king of kings)... It describes a king who gets close to the people, using the images of Isaiah – he sets the prisoner free, brings good news to the poor, tells the blind they can see, the deaf they can hear, the lame they shall dance.

Graham was brought up in Putney, the son of a Baptist minister, and he is quoted as saying that he was "soaked in the Bible" from an early age. Later he would be instrumental in working with many young musicians whom he felt required the guidance and the opportunities for finding their own role in music and ministry. He was part of the March for Jesus organisation in the UK and across the world, enabling testament and solidarity of young Christians. This may be a difficult hymn to sing at home, but do read the words. Graham hasn't always written the easiest tunes for us to sing to his lyrics, coming as they do not from our Victorian heritage but the folk tradition of the 1970s onwards.

My next choice for Monday 30th, the day after Advent Sunday, is a good old fashioned Advent hymn to set us off on the road that heralds the coming of Christ into the world: 'O Come, O Come, Immanuel' (StF 180), but it is not only the text and tune to which I refer. It goes a long way back and has a complex history. We sing from a Victorian translation into English a very old monastic lyric. Some sources say it was sung in the 8th century in the weeks before the Mass of Christ in Holy orders. It was called an Antiphon which was added to the canticles of evening prayer for the lead up to Christmas. During the final days it was added to the Magnificat, Mary's canticle, but not, of course, as we know it. It was a Latin phrase form, deepening the theology of the origins of Jesus – Rod of Jesse, Dayspring, Key of David, and Lord of Might. There were two other Antiphons used also – Come Wisdom, Come King of the Peoples. It has been found in texts from Germany, France and Switzerland. Our present hymn was formed sometime in the mid 19th century and has been coupled with numerous tunes in various parts of the world, but the tune we sing in the UK ('Veni Emmanuel' from the French source) was established by the publication of Hymns Ancient and Modern.

This hymn was always a favourite of mine as a young chorister, but whether for its sentiments, its elegant tune or because it heralded the coming of Christmas... Well, who knows! But I do recall how on those dark evenings of late November and early December when I walked to church for choir practice, and again for Sunday services, the world gradually filled with Christmas lights, the excitement gathered and the preparations for the Nativity became imperative. Windows gradually showed trees, and the large tree was lit by the War Memorial in our village. The

prayer was for Christ to come, and this hymn was all part of that suspense and excitement. My best wishes, Julia."

From Rev Marian: (some advice for when we are able to "Sing Praises" together again!)

Methodists are known for their singing! It's been said that we learn our theology by singing our hymns. Sadly, at the moment we are not allowed to sing with others in church yet, but no doubt, some of you will be singing at home. I have a large collection of hymn books: old and new, Methodist and others, but I can't find a collection that I'm entirely happy with. Each has its gems and each has some doggerel (or, as one Anglican Bishop who sat with me on the Council of the Royal School of Church Music was heard to say 'quasi-religious nursery rhymes!')

John Wesley was a bit of a stickler when it came to hymns in public worship so, in 1761, he wrote directions for singing hymns: *'That this part of Divine Worship may be the more acceptable to God, as well as more profitable to yourself and others, be careful to observe the following directions:*

I. Learn *THESE TUNES* before you learn any others (i.e. those in John Wesley's Collection of Hymns for the People Called Methodists); afterwards learn as many as you please

II. Sing them *EXACTLY* as they are printed here without altering or mending them at all; and if you have learnt them otherwise, unlearn it as soon as you can.

III. Sing *ALL*. See that you join in with the congregation as frequently as you can. Do not let a slight degree of weakness or weariness hinder you. If it is a cross to you, take it up and you will find a blessing.

IV. Sing *LUSTILY* and with a *GOOD COURAGE*. Beware of singing as if you were half-dead, or half asleep; but lift up your voice with strength. Be no more afraid of your voice now, nor more ashamed of it being heard, than when you sang the songs of Satan.

V. Sing *MODESTLY*. Do not bawl, so as to be heard above, or distinct from the rest of the congregation, that you may not destroy the harmony; but strive to unite your voices together, so as to make one clear melodious sound.

VI. Sing *IN TIME*: whatever time is sung be sure to keep with it. Do not run before nor stay behind it; but attend close to the leading voices, and move therewith as exactly as you can; and take care you sing not *TOO SLOW*. This drawling way naturally steals on all who are lazy; and it is high time to drive it out from among us, and sing all out tunes just as quick as we did at first.

VII. Above all sing *SPIRITUALLY*. Have an eye to *GOD* in every word you sing. Aim at pleasing Him more than yourself, or any other creature. In order to do this, attend strictly to the sense of what you sing and see that your *heart* is not carried away with the sound, but offered to *GOD* continually; so shall your singing be such as the *Lord* will approve of here, and reward when he cometh in the clouds of heaven.'

Reading from the screen means that we look up rather than lowering our chins to our chests so the quality of our singing is improved. I'm sure John Wesley would have approved of this!

From Pat P: A Meditation

Our Father in heaven, hallowed be your Name...
Bless all your children.

Your kingdom come, your will be done on earth as it is in heaven...
Bless all the countries of the world. Give them peace and good government.

Give us this day our daily bread...
Feed the hungry, the starving, those out of work, and all poor nations.

Forgive us our sins as we forgive those who sin against us...
Bless those we have hurt in body, mind or spirit, knowingly or unknowingly. Help us to make good the harm we have done.

Lead us not into temptation but deliver us from evil...
Do not let the love of things separate us from the love of God.

For the kingdom, the power and the glory are yours now and forever...
May the world be filled with your Goodness and Glory as the waters cover the sea.

Amen...
So be it.

From Graham: 'Harold Be Your Name' (from 'Living Words' by Gerard Kelly)

Hallowed be your name,
For you are **Frank** with us and firm in your forgiveness.
When the junk of sin so tangled in our nets must be cut free,
Hallowed be your name.

Hallowed be your name,
For you are **Jasper** in our poverty and **Beryl** to our sand,
And you are **Ruby** in the clay pots of our lives.
Hallowed be your name.

Hallowed be your name,
For you are **Justin** all your ways, and true, and **Patience** is your nature.
We have **Faith** in your fullness, we learn from your **Earnest** love.
Hallowed be your name.

Hallowed be your name,
For you **Mark** us with your love, and **Carrie** us through every shadowed valley,
And wherever **Hugo**, we will run to follow,
For in the **Nick** of time, on the very **Eve** of eternity, saved by the **Belle**,
We will glory in the triumph of your **Grace**. Hallowed be your name.

Wayside Pulpits

For the best picture of the Father, don't have your back to the Son
Fight truth decay – brush up on the Bible every day
The heart of prayer is prayer from the heart
Bibles which are falling apart are usually read by people who aren't
The best Vitamin for making friends - B1

As the debate continues on the theme of **“Whither now Welshpool?”** we have received the following from Rev Marian.

From Rev Marian: A contribution to a discussion on the future

The Letters of St Paul were the earliest of the New Testament writings. So, a letter to the Methodists in Welshpool in the style of St Paul!

From Marian, a servant of Christ Jesus, called by God to preach the Good News:

I write to all of you at High Street whom God loves and has called to follow Jesus. May God our Father and the Lord Jesus Christ give you grace and peace.

First, I thank my God through Jesus Christ for all of you and I remember you in my prayers. In the time that I was with you, I was encouraged by your commitment, by your willingness to use your time, energy, skills and money to serve God through this church and in many community organisations. When I used the vestry as my base, I saw a number of people working quietly, behind the scenes, to ensure the church was clean, warm and well maintained, a place worthy of the God we serve. I saw, too, the number of people coming into the building to take part in the different groups using the space and to share in the events taking place.

There is a reasonable balance between activity and reflection, as in the story of Martha and Mary, and there are many talented people.

If I have a concern, it is the expectation that those who need us will come in through the doors. Many years ago, to describe to some older women in the church how difficult that is, I asked if one of them, on their own, would meet me in the bar of the pub across the way from that particular church. She told me that she couldn't do that – she couldn't go into a pub on her own! That's how difficult it is for some people to come in through the church doors, into what is now an uncomfortable and alien space. If they came in through the door, how would they relate to what we offer?

So, in thinking of the future, how do we 'the church', meet people where they are instead of hoping that they will come to us where we are?

Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, for ever and ever Amen.

Peace!

Marian

A Prayer for Guidance (from *“Best Loved Prayers and Words of Wisdom”*)

May the strength of God pilot us, May the power of God preserve us,
May the wisdom of God instruct us, May the hand of God protect us,
May the way of God direct us, May the shield of God defend us,
May the host of God guard us against the snares of evil and the temptations of the world. Amen.

St Patrick (c.389-c.461)

From Ali Q: Montgomeryshire Folktales

"I volunteer for Mythstories, a Charity that works with people and their oral heritage – not the memories and reminiscences that are being collected today, but those traditional tales that are so old they have become legends and fairy stories. Thanks to Heritage Lottery funding we have been able to breathe new life into 18 of the tales of Montgomeryshire.

These traditional tales were collected in 1947 in a book 'The Enchanted Wood' by A J Bailey Williams. Some of you may have seen a copy – it was used in local schools to teach local history until the 1960's.

The goal of our team of about 50 volunteers and 8 paid artists was to get the stories being told in schools again and to spread them far and wide. We did not want to produce a text book that would gather dust in the bookcases. Instead the artists ran workshops for young people, mixing storytelling and crafts, and we recorded the process and filmed the results. We now have an online resource that can be used by teachers and home educators.

The volunteers visited the locations of each story, took photos, made sketches, and artists used these to create a set of postcards, one for each tale, with story précis. We had several thousand printed. The sets were distributed across Wales, but Mythstories has heard from people in Hawaii, Australia and Canada who have received them, so we know the stories are making their way round the world.

Better still, we have heard from A J Bailey Williams' grandchildren and they are thrilled that their grandmother's work has been given this new lease of life. So, thank you, Heritage Lottery, for funding us to make it happen".

Here are two of the Folktales featured:

The Hidden Treasure

Mary, a cloth spinner, would regularly work in Powys Castle. One night the servants tricked her and took her to sleep in a magnificent but haunted bedroom. Mary was frightened by the ghost, but when she saw him again she spoke and the ghost asked her to follow. He led her to a box hidden under the floorboards in another room and told her to send it to the Duke in London. Inside was a long-lost family treasure. The Duke gave Mary a home on the estate. The ghost was never seen again.

Hafren

Hafren was the daughter of King Locrinus and his true love, Eyllt. Cornwall's King, Corineus, wanted his daughter, Gwendolen, to marry Locrinus, so to avoid war Locrinus married Gwendolen and kept Eyllt hidden. When Corineus died, Locrinus told Gwendolen and she forced him to choose. He chose Eyllt. Gwendolen returned to Cornwall and gathered an army. In the following battle Locrinus was killed. Gwendolen became queen and threw Eyllt and Hafren into the River Severn below Dolforwyn Castle. The river nymphs transformed Hafren into the river's goddess and to this day the River Severn is called Hafren in Wales.

If you would like a set of these postcards, they are available to pick up from the table in the Foyer, with thanks to Ali, a member of Jubilate.

Favourite Recipes from the Saturday Lunch Menu: both very easy but delicious!

BLACKFOREST TRIFLE

1 chocolate Swiss Roll sliced
Tin black cherries
Kirsch (optional)

Pkt. chocolate Angel Delight
½ pt Milk
Double cream & flake for decoration

Arrange the sliced Swiss Roll in the bottom of a trifle dish. Add some of the juice from the cherries (and some Kirsch if liked), and press down until well soaked but not soggy. Chill in fridge then add the cherries (stoned). Make up Angel Delight as directed on the packet and pour over cherries. When set, top with cream and decorate with Cadbury's flake.

FRUIT CRUMBLE (mixed fruit in any combination: rhubarb, blackcurrants, strawberries, raspberries, gooseberries; or apple, or spiced apple and raisin).

Place fruit in dish – no need to pre-cook unless you like it really soft. Top with crumble mixture: 8ozs plain flour (or 4ozs plain and 4ozs whole wheat/brown flour). Add 1 level tsp. baking powder. Rub in 3ozs margarine. Add 5ozs soft brown sugar. Sprinkle over the fruit, spreading out with a fork.

Bake on top shelf of oven (350F/180C/mk.4), 30-40 minutes until tinged brown.

To make you smile: “Puddings – a Slice of Nostalgia” another poem by Pam Ayers

Don't open no more tins of Irish Stew Alice, you know it makes me pace the bedroom floor,
You gave me Irish Stew a week last Sunday, and I never got to sleep 'til half past four.
You open up another tin of spam, Alice, or them frankfurter sausages in brine,
And we'll stab them, sitting opposite each other,
And you can dream your dreams and I'll dream mine.

I'll dream about me apple cheeked old mother, her smiling face above a pot of broth,
She used to cook every sort of pudding, proper puddings... in a pudding cloth!
When we came home from school all cold and hungry,
One look along the clothes line was enough,
And if the pudding cloth was there a-flapping, we all knew what it meant – Suet Duff!

A suet duff would set your cheeks a-glowing, suet duff and custard, in a mound,
And even if you'd run about all morning, a suet duff would stick you to the ground,
Or else there'd be a lovely Batter Pudding, with all the edges burnt so hard and black,
That if your teeth had grown a bit too long like,
Well, that would be the stuff to grind them back.

She used to make us lovely Apple Puddings. She'd boil them all the morning on the stove.
If you bit on something hard that wasn't apple, the chances were, you'd bitten on a clove.
Or else there'd be a great Jam Roly Poly,
We'd watch it going underneath the knife,
And if you took a bite a bit too early, the red hot jam would scar your mouth for life!

Oh bring back the Roly Poly Pudding, Bread and Butter Pudding, Spotted Dick!
Great big jugs filled up with yellow custard, that's the sort of pudding I would pick.
But here's the tube of artificial cream, Alice, I've cleaned the nozzle out, the hole's so fine,
And we'll squirt it on our little pots of yoghurt,
And you can dream your dreams and I'll dream mine!

(Hopefully, Pam would enjoy the puddings we offer, always with custard or fresh cream!)

Puzzle Time:

Guess the Movie from the clues (another holiday entertainment quiz from Betty H)

1. Went away because of flatulence (4, 4, 3, 4)
2. My girlfriend works in an amusement park (8)
3. There is a twist to this (6)
4. Take a vacation, but not out (7, 3)
5. Vocalising when the weather is bad (7, 2, 3, 4)
6. A high temperature at the weekend (4, 4, 2, 3)
7. Would Felix burn his paws here? (3, 2, 1, 3, 3, 4)
8. A rebellion on the chocolate bar (7, 3, 3, 9, 7)
9. Not the shortest, these 24 hours (3, 7, 3)
10. These flaming wagons (5, 4, 5)

Kinds of Dancing (from Oswestry Methodists)

1. Strong flavour with a popular blood group (5)
2. A lass mixed up (5)
3. Hunted animal proceeding at a steady pace (7)
4. Heir to the throne has a heavy weight on him (10)
5. Fast and one in the right direction (9)
6. Join in very energetically first (4)
7. Look within to climb all ethnic groups (6)
8. Getting down low or its up in the air (5)
9. Little Sidney backward Chief Officer (5)
10. Wind together – it may be a swindle (5)
11. Able to do – twice (3, 3)
12. Patricia does it in reverse (3)
13. A very nervous insect (9)
14. Sounds like four at North Wales resort (9)
15. Follow one another and trick an eel? (5)
16. Take a stroll to the Archbishop's palace (7, 4)
17. Upper ground for a short, wild affair (8, 5)
18. With cooler and little Daniel, then leave (8)
19. This dance might take place on the farm (4)
20. One over this and an unspecified number may make one unsteady (9, 4)

Answers to 'Things on the Farm' (Issue 17)

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|----------------------|------------|-------------------|---------------|------------------|
| 1 Wellington | 2 Haystack | 3 Sugar beet | 4 Cows | 5 Barn |
| 6 Combiner harvester | | 7 Milking parlour | 8 Harrow | 9 Water trough |
| 10 Scarecrow | 11 Straw | 12 Pitchfork | 13 Seed drill | 14 Pig sty |
| 15 Cockerel | 16 Fields | 17 Ducks | 18 Land Rover | 19 Hen house |
| | | | | 20 Border collie |

Answers to Women Writers (Issue 17)

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|------------------|------------------------|------------------------------|---------------------|
| 1 George Eliot | 2 Haworth | 3 Elizabeth Barrett Browning | 4 Mansfield Park |
| 5 Virginia Woolf | 6 Rebecca | 7 Miss Read | 8 Catherine Cookson |
| 9 Ruth Rendell | 10 Lady Antonia Fraser | | |

Thanks to all of you who have been 'in touch' with contributions for this issue. Please send your news, messages, thoughts, poems, prayers, quizzes, funny stories etc. for issue 19 which will be out on 2nd December, to rhodes4144@gmail.com, by phone 01938 850514, or post to "Brynteg", Castle Caereinion, Welshpool, SY21 9AS, by Saturday 28th November (Cake orders: Gwen 555988 or Janice 850514)