

'Seeking to be the People of Christ at the Heart of the Community'



Parkwood Methodist Church

The Herald



St. Mark's Parish Centre
53 Thornhill Road
Longwood HD3 4UL

MAY 2020

Our First Parkwood Community Service – Sharing our experiences together

How strange it feels to look back on 8th March – when the world was more “normal” than it is today. At St Marks Parish Centre we held our Sunday Service as usual. The preacher for the service was our very own John Oldham.

John wanted to share some of his thoughts on change and outreach and also to get the congregation to share their own thoughts on our own recent journey from Parkwood to St Marks Parish Centre.

Rev Chris Barnes at Bethel Community Church in Bradford

John shared a video about Rev Chris Barnes at Bethel Community Church in Bradford. This church has been helped by FutureKraft – who have been helping us to form our own project for outreach. The information below is taken from the internet but covers what the video informed us.

“Established in 1855 as part of the Wesleyan Reform Union, [Bethel Community Church](#) is located in the heart of Bierley (Bradford), an area of significant deprivation. Although once having a thriving Sunday School and youth group, the congregation had diminished to 12 adults by 2013. Things needed to change. Struggling with low attendance and lack of leadership, they longed to build relationships with young people and families in the community and raise their quality of life. There were two major issues in their community: isolation and poor mental health.

How could they develop a sustainable project that could address needs in a deprived community, use the church as a social centre and transform their stagnation and attrition as a congregation?

What was needed

Bethel needed a strategy.

“We developed a theory of change rooted in the belief that by creating contexts for friendship, care and fun, they could draw people into a supportive faith community and enhance social cohesion. Once the method was clear, a development plan evolved with specific targets to deliver groups, enhance leadership and increase accommodation”
“FutureKraft has been a lifeline for Bethel as my ministry is strongly pastoral and my weaknesses are strategic thinking and vision for the church. FutureKraft were able to come alongside and develop a plan and vision for the future. This took a lot of patience but we slowly worked out our theory of change. We are still benefitting from their work. We are very grateful.”

Rev Chris Barnes, Bethel Community Church

What we achieved

The development plan has crucially kept the Bethel leadership on track in their decisions. They have engaged in limited fundraising because the plan favoured partnership work with three local youth and community organisations.

Over the past six years, Bethel have built a weekly programme of activities which includes after-school drop-ins; young leaders’

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training and a children's congregation, supporting 30-40 young people. Partnership with a youth charity allows them to employ a youth worker to run this programme. Other developments include a Thursday tea-time service which reaches local people who may struggle with isolation or mental health. It is a truly inter-generational expression of church, with youth volunteers, adults and children. A second Sunday service has also been launched for families at a local community centre; and a calendar of regular community events is transforming their building into a venue for social interaction.

Sharing Our Parkwood Experience together

Following the thought-provoking video, John then handed over to me. He had asked that I provide my thoughts about our move and how these had changed over the past year. I had suggested that, before I do that, all the congregation should be asked a few questions too – so that we can get feedback on what we can still improve on. The responses (including my own) are documented below.

What were your initial thoughts of the first few services you attended at St Marks?

It was frustrating not having everything where it was needed. The stewards fairly regularly had to bring things on the day from Parkwood. It was strange – not “churchy”. It was interesting trying different room layouts – not all worked, but many did. Downstairs at Parkwood was still part of the building. St Mark's felt detached. We were all confused – although we were aware of all the efforts to keep us together. For all the hard work, it was still not church.

Have your opinions changed since then?

All members of the congregation feel OK about the “room” now. We have everything we need. We have banners on display, we have the hymn number board and we have

made several changes to the room to help us (many thanks again to Joe for all his hard work). We can even see the screen for Messy Churches now!

It feels more like us and we all feel “more at home”

We are still meeting with old friends and we've kept most of the congregation

What do you like about worship at St Marks?

Like the close-knit community we have become. We were always close, but we seem to have become closer.

The small room is like Parkwood downstairs. It is cosy and comfortable. It is welcoming and friendly.

We have a new closeness with St Marks congregation.

What do you not like about worship at St Marks?

Parking

Lack of space in the kitchen

Can you think of one thing which would improve the worship for you?

It would be good to have more storage space in the kitchen and somewhere for Messy Church items.

Maybe in future we could use downstairs scout room – although the steps will be a problem

‘It's good to know how far we've travelled and how positive a journey it's been’.

As you can see, we started this part of our journey with trepidation, frustrations and many worries. However, the real feeling of those involved in the service on 8th March is that overall, we think we've done very well, and we now have a worship place that we enjoy being in, and where we can feel at home. We won't rest on our laurels – we will keep trying new things, but it is good to know how far we've travelled and how positive a journey it's been.

(If you were not at the service and want to make any further comments and suggestions then do please send them to me, as we would hate to miss out on something important we can change).

Anne Ivey

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I include the following as it may make it easier to understand what our Boffins and scientists are up against. This was written by our son Richard who studied Micro Biology/Virology for his degree @ Newcastle University. (Ed!)

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Virology for beginners in bite size chunks #1
{serious science geeks - don't be arguing semantics with me, am not writing a scientific paper, I'm explaining to a mate }

- * The word virus comes from the Latin for, "slimy liquid, poison"
- * A virus is not "alive".
- * A computer hacker creates a computer virus. The hacker virus is just a length of computer code and is harmless, until it gets into a computer. A virus is just a length of biological code and it's harmless until it gets into a host
- * Biological code for a virus is made of DNA (like you), or RNA - CoVid-19 is made of RNA
- * RNA is just a single strand of biological code. DNA is a double strand in a helix formation
- * That doesn't mean the virus is a single strand of RNA, just as we are not just one double strand of DNA.
- * It is a viral "body" constructed of lots of RNA strands
- * A nanometre is one MILLIONTH of a Millimetre. Different viruses range in size from around 25 - 400 nanometres
- * CoVid-19 is around 70-90 nanometres. A human hair is about 80,000 - 100,000 nanometres wide so you could fit approximately 1000 CoVid-19 virus particles on the width of a human hair
- * There are two main attack chemicals in a virus; Haemagglutinin 'H' and Neuraminidase 'N'
- * These two chemicals are what is used to denote different viruses.
- * H1N1 is Swine Flu. H5N1 is Bird Flu.
- * In very basic terms this means both Swine and Bird flu have the same version of N, but Bird Flu is a 5th version of H.
- * And again, in very basic terms, this means that a vaccine that protected against N1 would protect against both viruses, but a vaccine that protects against H1 would not necessarily recognise the H5 version of H so may not necessarily protect against a H5 virus.
- * H is how the virus attaches to a cell in your body (like a capsule docks on to a space station), and N

- is how the virus escapes a cell in your body, allowing infection of neighbouring cells
- * The virus uses H to lock on to a cell and forms a seal between itself and the cell surface.
- * Within that sealed area it burns a hole into the cell wall and pours its contents into the cell.
- * It then hijacks the normal reproduction system of the cell to produce lots of copies of the virus.
- * These copies are called 'virions'.
- * Once the virions mature, the virus uses N to let the virions out of the cell, usually by cutting a hole in the cell wall.
- * The virions flood out through the hole enabling them to infect neighbouring cells and the process repeats.
- * The original infected cell dies because it can't repair the hole caused by the virion escape
- * A single virus, in a single body cell can produce MILLIONS of virions in a very short space of time.
- * Because it makes so many copies, so quickly, mistakes are made in some of those copies. These mistakes are called mutations
- * A mutation is simply where the replication process leads to a mistake in the specific virus RNA or DNA sequence.
- * A single mutation has three possible outcomes; it might make no particular difference to a virus. It might make the virus weaker, (harder to spread, infect, attack cells, damage done to cells, ability to reproduce).
- Or, it might make the virus more dangerous, (easier to spread, easier to infect, damage done, ability to jump to a different species etc)
- * The purpose of a virus is simply to survive by finding a host and using that host to make lots of copies of itself.
- * The virus is not actively trying to hurt you. It damages your body because your cells die as the virions leave the cell and if enough cells die then you die. This is consequential, it is not the specific purpose of the virus - it would love you to stay alive!!
- * If the host dies, the virus has to have a way to get from you to another host.
- * A really aggressive virus is not actually a successful virus because the host will die quickly {Ebola}
- * A perfect virus from a virus perspective would be one that is; easily spread by multiple means; air, water, contact, animal to animal, human to human, animal to human, is able to use the host to make lots of exact copies of itself, can survive outside a host for as long as possible, has a way to

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get from one host to another really easily, doesn't do enough damage to kill the host thus allowing the host to keep infecting other hosts, and mutates fast enough to prevent development of a vaccine or slow enough to ensure perfect copies and staying under the vaccine radar by not killing hosts.

* By killing the host, the survival process is harder because the virus has to get from the dead host to another host, so although we may classify the virus as dangerous, from a virus point of view it's a bit rubbish

* It is possible that many conditions affecting humans are actually caused by viruses yet to be discovered. My old professor had an inkling that asthma could be caused by a viral particle, only that we haven't found it yet....he was right about many stomach ulcers being caused by a bacteria we hadn't found yet...and then it was discovered and many stomach ulcers can now be cured by a dual antibiotic course over 14 - 28 days.

Meanwhile do stay safe and let the boffins take the strain. (Ed!)

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How Coventry Cathedral has inspired the World

On Easter Day a friend of ours sent us a link to a YouTube recording of Coventry Cathedral Chorus, of which she is a member, singing "Christ the Lord is risen today" accompanied by a collection of wonderful still shots of the cathedral which invoked different memories for both Robin and I. Robin worked in nearby Leamington many years ago and recognised the cathedral from the very first shot. I have only visited once as an aside to attending a performance of a Gilbert & Sullivan opera in which my sister took the leading role in her College production. This was 50 years ago but, like Robin, I recognised all the features of the stunning design and recalled a deep emotional response to the message of hope and reconciliation they embody.

The word "coventrate" entered the language as in just one night 43,000 homes, the entire city centre, 2 hospitals, 2 churches and the police station were destroyed by German bombs. The cathedral's stonemason made a wooden

cross from the debris and, inspired by this, the Provost made a Cross of Nails from nails which had held together the roof timbers. The 2 crosses were placed on an altar with the words "Father forgive" inscribed behind them.

I don't know why this story seems to particularly resonate with me at this time but perhaps it is because the current crisis is constantly compared to a war footing and the need for WW2 blitz spirit invoked.

I also recall, some 30 years later, visiting the Kaiser Wilhelm Memorial Church, consecrated on the same day as Coventry Cathedral, in the very heart of Berlin. The main purpose of this visit was strikingly similar in that I had gone to see my niece Rhianydd perform in the wonderful "Hunchback of Notre Dame" which, of course, was all in German. Accompanied by my other niece Claire, I visited the modern church with its wall of blue LED lights but the clearest memory is of the original old tower which remains and the Cross of Nails from Coventry which it contains. Similar crosses exist in Dresden, Hiroshima and Volgograd.

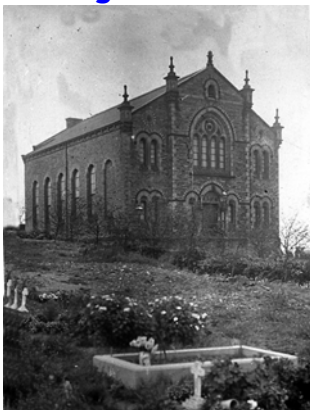
Reflecting a bit about what the symbol of reconciliation represented by Coventry's Crosses of Nails might mean to us in our current circumstances, I felt that, in the sense of reconciling ourselves to our situation, the over 70's must learn to accept help where we need it and the realisation that you're on the receiving end rather than helping others can be a bit hard to come to terms with. We face a prolonged period of isolation but all the signs are that people are embracing new technology to stay connected to one another and engage in different forms of worship. We might have missed decking the Easter cross with spring blooms but the spirit of Easter is alive in the countless selfless acts of kindness and compassion performed by HS staff, key workers and volunteers across the country.

Sheila Whittam

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Down to Chapel

Born and bred in Deighton I went to chapel and Sunday School from an early age. There were small chairs in the small school room, singing of well known children's hymns and choruses, a bright shiny "pinging" bell to keep us in order and having a "star" put in your starcard for every attendance. We had Christian Endeavour meetings with exam and book prizes, of which I have a few, then choir rehearsals and a Youth Club where I loved to play badminton. There was a lovely organ in the chapel and the choir stalls were always full of beautiful singers, who also entertained, on stage in Sunday School to raise funds as needed. We had a very busy bazaar with many stalls offering home made and goods on 'sale or return' from local shops. The sweet stall and continental cafe on stage were very busy. My mum always made six dozen scones for the day so the basis for my baking.



Some Youth Club members meet regularly to recall the past events in the village, school and chapel sadly demolished many years ago-but well remembered. I knew Freda from chapel and Longley

Hall School , but she had to walk up the hill!
Pat Battye

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Above - Quiet away day. 2007

Four photo's from May 2008

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Continuing the recipe's, treatments from the "1883 Consult Me" almanac.

Potato Rolls (1883 version of crisps or perhaps Hula Hoops).
Cut potatoes into slices about 1/2 in. thick then pare round & round into ribbons. Fry then in good lard or dripping, dry on a soft cloth

Lemon Pudding.

Beat the yolks of 4 eggs, add 4 ozs. of fine sugar, add very thin rind of lemon peel, then pound the lemon in a mortar with 5 ozs. warmed butter. Mix well together, line a deep dish with crust, Bake in warm oven till set.

Horseradish sauce

Grate a small stick of horseradish thin, mix with a little salt and 4 tablespoons of cream, stir briskly add gradually a wineglass of vinegar.

Pain in the side or legs.

At bedtime apply a warm cabbage leaf and bind it tightly round the part for 12 hours.

Ginger Beer.

3 ozs. ginger, 4 lbs. sugar, juice and peel of 2 lemons., 1/2 oz./cream of tartar, 4 gallons of water. Bruise the sugar & ginger boil for 25 mins. pour it boiling upon lemon, , stir well when nearly cool add 4ozs yeast. let it work 3 days skimming well , add 1/2 pint brandy (optional). and in a fortnight draw off and bottle.

Should you be interested in more of these snippets, I will include them in the next issue.

(Ed!)

Words of inspiration

It's all in the state of mind
If you think you are beaten — you are.
If you think that you dare not — you don't
If you'd like to win, but think you can't,
It's almost certain you won't.
If you think that you'll lose — you've lost.
For out in the world you find,
Success begins with a fellow's will,
It's all in the state of mind.

Anon

Be careful what you say to children!

WHO'S YOUR DADDY

A certain little girl, when asked her name, would reply, "I'm Mr. Sugarbrown's daughter." Her mother told her this was wrong, she must say, "I'm Jane Sugarbrown."

The Vicar spoke to her in Sunday School, and said,

"Aren't you Mr. Sugarbrown's daughter?"

She replied, "I thought I was, but mother says I'm not."

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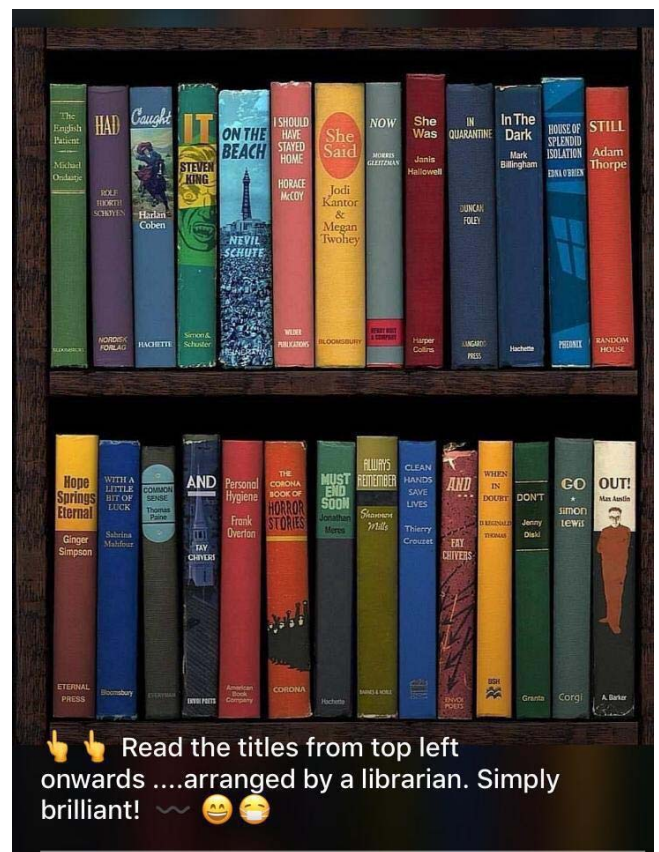
Quarantine Day 5: Went to this restaurant called THE KITCHEN. You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business.

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Hidden Secrets of Book Titles

I love looking at other peoples book shelves to read the titles – they reveal a lot about the reader. Spend a few minutes reading these book titles from the top left – I think it's brilliant – but there again...it tickles my little mind!

John



👉👉 Read the titles from top left onwardsarranged by a librarian. Simply brilliant! 😊😊