

FAREHAM

eFOCUS



Fareham Methodist Church
eFocus February 2021
Registered Charity No 1127814

Dear friends,

On the 17th February Lent begins and our thoughts turn towards preparing our hearts and minds for the events of Holy Week and Easter. If you are joining in with the online Lent Studies through Christians Together in Fareham then you will know that these are to have an environmental theme this year as they focus on our stewardship of God's creation.

Each of us will mark Lent in different ways. What is important is that we make this time different and special and that we use it to grow in faith. Many of you know that I enjoy poetry. One of my favourite poets of the modern age is Malcolm Guite. Here is his poem for Ash Wednesday which has an environmental theme and seems all the more poignant this year as we are not able to meet in person and receive the 'mark' of ashing on our hands or foreheads as we might usually do.

Receive this cross of ash upon your brow,
Brought from the burning of Palm Sunday's cross.

The forests of the world are burning now
And you make late repentance for the loss.
But all the trees of God would clap their hands
The very stones themselves would shout and sing
If you could covenant to love these lands
And recognise in Christ their Lord and king.

He sees the slow destruction of those trees,
He weeps to see the ancient places burn,
And still you make what purchases you please,
And still to dust and ashes you return.
But Hope could rise from ashes even now
Beginning with this sign upon your brow.

As we journey through Lent towards Easter
may we be people of hope.

Blessings,

Claire

Vestry Jottings

Here we are into February. We hope you have all survived the January lockdown! It's different when the weather is so dreary.

On a brighter note, we had a wonderful service with Emsworth where there were 133 participants on Zoom. By the time this goes out Emsworth will have joined us for our service.

The next thing on the horizon is the lead up to Easter. There will be Lent groups and of course Ash Wednesday communion. All details have appeared in Rev Claire's letter. CtiF are hoping that the Walk of Witness will take place on Good Friday. Details will follow. We have a candidate for the steward's vacancy. All will be revealed at the Annual Church Meeting on Sunday 21st March after the morning service.

Brenda
On behalf of the stewards





Action for Children



I don't think we'll be back in church before Lent. Action for Children always send a poster with suggestions for Counting your Blessings. The poster is not much use this year so I am suggesting a simplified version. Whenever you notice something to be grateful for, be it a hot shower or good meal, make a note. Tot it up at Easter and donate that many 10p's. (or 20p's if you like) Maybe by then you can pass it on to me and I'll send it all off. Also I haven't forgotten the home collection boxes and I'll try to work out what to do about them in due course. Action for Children have been doing sterling work throughout last year as so many families have been struggling and it would be nice to help them a bit.

Catherine Stevenson

Noah Built the Most Enormous Boat

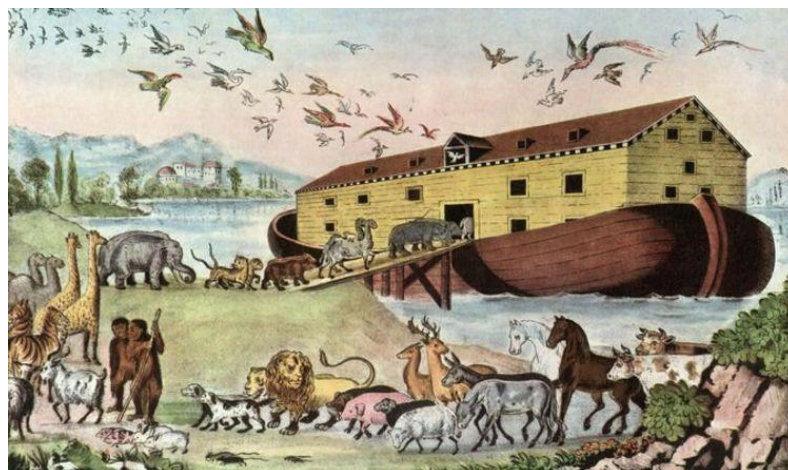
During the first lockdown I watched a couple of services from Holy Trinity Platt Church in Manchester and enjoyed the hymns with their Worship Band which were from previous Songs of Praise.

More recently I have been watching their live streamed services mainly because, until lockdown, they had their band, and music is very important in my life.

A few weeks ago they sang a song entitled All Through History, with the first line as above. Each verse mentions a different character in the Israelites history such as Noah, David, Daniel and others, with the underlying theme of God's faithfulness. As I had heard it before, I was able to sing along.

I then decided to have a look at it on YouTube and watched the official video by Nick and Becky Drake. The words have cartoon pictures behind them and the video really made me smile. You may like to have a look.

Linda Press



We are SURVIVORS

(for those born before 1940)

We were born before television, before penicillin, polo shorts, frozen foods, Xerox, plastic, contact lenses, video, Frisbees and the Pill. We were before radar, credit cards, split atoms, laser beams and ball point pens; before dishwashers, tumble dryers, electric blankets, air conditioners, drip-dry clothes....and before man walked on the Moon.

We got married first and then lived together (how quaint can you be?). We thought 'fast food' was what we ate in Lent, a 'Big Mac' was an over-sized raincoat and 'crumpet' we had for tea. We existed before house husbands, computer dating, dual careers and when 'meaningful relationships' meant getting along with cousins and 'sheltered accommodation' was where you waited for a bus.

We were before day-care centres, group homes and disposable nappies. We never heard of FM radio, tape decks, electric typewriters, artificial hearts, word processors, yoghurt and young men wearing earrings. For us, 'time sharing' meant togetherness, a 'chip' was a piece of wood or a fried potato, 'hardware' meant nuts and bolts, and software wasn't a word.

Before 1940, 'Made in Japan' meant junk, the term 'making out' referred to how you did in your exams, 'stud' was something with which you fastened a collar to a shirt and 'going all the way' meant staying on a double-decker to the bus depot. Pizzas, McDonalds and instant coffee were unheard of. In our day, cigarette smoking was 'fashionable', 'grass' was mown, 'coke' was kept in the coal house, a 'joint' was a piece of meat you had on Sundays and 'pot' was something you cooked in.

'Rock music' was grandmother's lullaby, 'Eldorado' was an ice cream, a 'gay person' was the life and soul of the party and nothing more, while 'aids' just meant beauty treatment or help for someone in trouble.

We who were born before 1940 must be a hardy bunch when you think of the ways in which the world has changed and the adjustments we have had to make. No wonder we are confused and there is a generation gap today. But by the grace of God we have survived.

(author and source unknown)

Thank you Antony.

Do you remember January's quirky crossword – here are the answers.

Well, Ian said that it was quirky - thinking 'outside the box' is definitely needed...

Solutions to the Clues

Across: 1. PUNCH 2. PUNCH 3. PUNCH 4. PUNCH

Solutions to the Clues Down: 1. PEAS (Well, a string of the letter p) 2. EWES (Well, a string of the letter 'u') 3. HENS (Well, a string of the letter 'n' - some artistic licence needed) 4. Seas (You should have the message by now!) 5. ITCHES ...

Ian quoted - many a person has said that my sense humour is a bit obtuse - must be the mathematician in me... not always right, often acute and possessing reflex capability, at least on the cricket field, with plenty of triangulation during my surveying experience.



Christians Together in Fareham will join together to worship to celebrate the World Day of Prayer on Friday 5th March 2021. The theme this year is 'Building on a Strong Foundation'. The order of service has been prepared by the Christian women of the Republic of Vanuatu. This will be a Zoom service, opening at 6.30pm for gathering and chat, and with worship commencing at 7.00pm. Please bring a stone, for reflection during the service. All are welcome Please email the Secretary (secretary@farehamurc.org.uk), or your church representative, for the Zoom details. Farehamchristians.org.uk

Looking after your wellbeing during lockdown

By

Trevor Kettle.

These are trying times for all of us as we live through the present crisis and lockdowns in particular. Whilst the Covid virus causes a very physical illness in many people, I would like to talk about the impact the virus, and particularly the lockdowns, have had on our mental health and to suggest a strategy that would help us all to manage our mental wellbeing more effectively.

As a mental health nurse academic working at the University of Southampton School of Health Sciences, I am well aware from a personal and professional perspective about how severe mental health problems can have on the quality of a person's life. However, it's also true that everyone is vulnerable to experiencing poor mental health to varying degrees and the current situation is not good for anybody's wellbeing. I would therefore like to share some practical suggestions, based on tried and trusted principles I have used personally to help those with depressive/anxiety disorders to enjoy life again when I worked as a mental health nurse. These principles can though easily be applied to all of us to help through the current pandemic. I use these principles myself to help maintain my own mental wellbeing.

Depression can be a debilitating condition and we can all remember days when our mood is low and it was difficult to motivate ourselves with even the simplest of tasks. Low motivation, a feeling of fatigue and subsequent inactivity are common symptoms. I'm sure many of us have had days such as this during lockdown periods, when it's all too easy to lack the motivation to undertake tasks and then when you don't perhaps a feeling of guilt creeps in that you haven't achieved anything on that day! I'm going to suggest you use something that is part of cognitive behaviour therapy (CBT) and is about getting us motivated to do the things we like doing when we don't feel like doing them.

How does this work? To keep this simple, it is useful to construct an activity sheet for your day, with a column for the activity and then columns for days of the week. Then think about a series of enjoyable activities you can put on the activity column, whatever they are e.g. going for a walk, listening to music, crafts and anything else you regularly enjoy doing. When we are low on motivation, just to achieve some of these activities regularly can be an achievement in itself and it can be useful then to reward yourself in some way. Also, it's very important to focus on what you do achieve rather than any activities you don't complete in any one day. Just looking at a real list of positive activities you enjoy doing can be motivating in itself.

Finally, I would also like to briefly mention something for those people who are now working from home who would have normally commuted to their place of work, as I am currently doing. It's often difficult to boundary this time and it can get blurred if we are not careful. Therefore, I find it helps me to add in a 'commute' to work for 15 minutes during which I go for a walk around my neighbourhood. I count this as my 'journey' to work even though I return to my home and use this as my boundary to get into work mode, doing a bit of bird watching at the same time! I also take coffee breaks away from my desk chair and try to avoid my workspace away from working hours. Taking emails off my mobile has also helped! I also regularly use mindfulness meditation during my workday, but that's the subject of another article!

I hope these ramblings help people to cope with the more stressful elements of lockdown to some extent. I'm happy to answer any questions you may have.

Trevor Kettle.

Thank you Trevor. I am sure some people will be helped by your article.

Brownies in Lockdown



We thought it would be good to share our different activities during this unusual time.

Admittedly, Kate and I were unsure what to do after our last 'normal' meeting on 12th March 2020 but decided, with suggestions from a brownie, to try Zoom on 30th April. We did a shipwreck where the girls had to find 3 useful survival items and it was great fun. The girls were so happy to see each other and share their news. This has continued with lots of fun and games and even singing and exercises. They shared their favourite jokes, books and cuddly toys. We have cooked and they have shown their collections and earned lots of badges.

We were able to deliver craft and cookery items last year and badges.

Our first face to face meeting was at Hillhead beach on 24th September and the girls were so excited. The police checked our group from a distance but saw we were a youth group of 13 girls and 2 leaders. We only had one rain shower and then saw a double rainbow.

We met at church on 15th October with very strict regulations, but it was worth it. We were able to meet again at church on 10th and 17th December. Apart from these dates, we zoom every Thursday. We had a dressing up Harry Potter evening last night. Penguin and I dress up too!

We still have 13 girls as some older ones have gone to Guides and new ones have joined us. It is a learning curve for all of us but believe me, sewing is so much easier on zoom and cooking is great with no clearing up. We have met all their pets and been very welcomed into their lives.

We have had two virtual sleepovers and will be taking part in World Thinking Day regional virtual sleepover on 20th/21st February.

Next month, animals and reptiles are visiting our zoom meeting.

Best wishes from Alison (Brown Owl), Kate (Penguin) and 5th Fareham Brownies



Desiderata

GO PLACIDLY amid the noise and the haste, and remember what peace there may be in silence.

As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly, and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit.

If you compare yourself with others you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs for the world is full of trickery.

But let this not blind you to what virtue there is, many persons strive for high ideals and everywhere life is full of heroism.

Be yourself. Especially do not feign affection.

Neither be cynical about love, for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune

But do not distress yourself with dark imaginings
Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself.

You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore be at peace with God, whatever you conceive Him to be.

And whatever your labours and aspirations, in the noisy confusion of life, keep peace in your soul.

With all its sham, drudgery and broken dreams, it is still a beautiful world.

Be cheerful. Strive to be happy.

By Max Ehrmann 1927

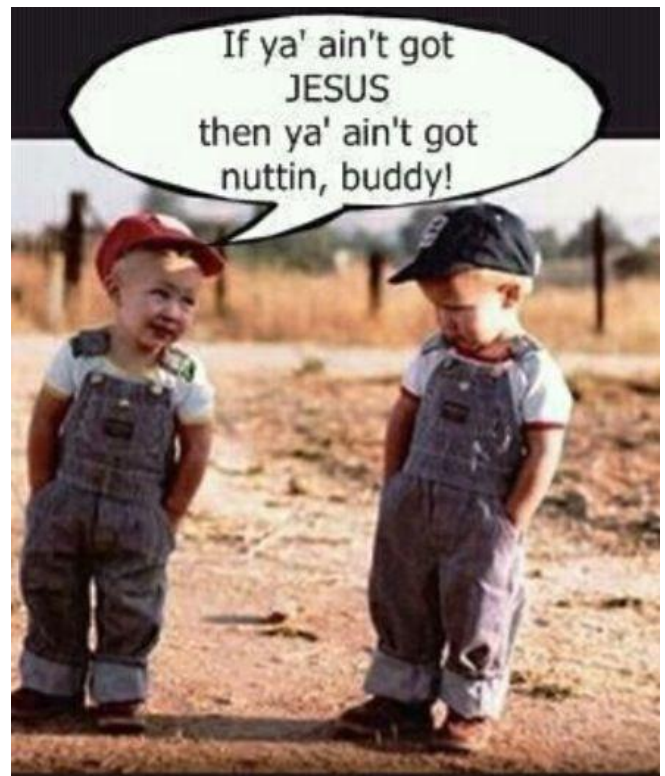
Original text.

Thank you Mary.

Thank you everyone for the many messages of concern and contacts Margaret and Bob have received since Margaret's fall on the 8th of January.

Margaret spent 5 days in hospital, where it was confirmed she had suffered a fracture of her shoulder, plus some minor other injuries and bruising. Margaret is making good progress, but it is going to be sometime before she has fully recovered.

Blessings Margaret and Bob Temple



A Bible Quiz

Did you know that there are 66 books in the Bible? 39 in the Old Testament, and 27 in the New Testament. The following story contains 35 of them, carefully hidden in the text.

It was on a railway journey from Bury St. Edmunds to Newmarket that I met her, she was a novelist named Marylu Kennedy. She was writing a story centred on horse racing, the sport of kings, and so she was venturing to the town. A humble woman; I soon discovered that Marilu was a most interesting person. Not only was she a novelist but she was an accomplished musician with a passion for blue grass music, hence her interest in the banjo. "Elementary;" she said mimicking Sherlock Holmes when I asked her how difficult it was to play; "but" she continued "at the level I play no one judge's whether you are doing a good job or not. However, when you write a novel and stray from the truth they will soon let you know!" She added "I have to admit, it usually takes a lot of research. On one occasion when my story was set in a brewery, I worked in one for a month to learn about the brew system, so that I could get my facts right about the process."

We chatted on about her work and she said that with the correct research the writing process was relatively easy, but did admit that when reading from her works on stage she often suffered from nerves. "There you are on your own hoping that the audience is are totally on your side. Before every performance I have to visit the john." As she used the US name for the toilet, I asked Marylu if she was an American, as I couldn't discern an accent. She said that she was not but got used to the term at the World Blue Grass Convention in the States.

After a while she asked me what I did. "I'm retired," I told her, "but since lock-down I have been writing an on-line quiz" I told her that something in my genes is responsible for this somewhat lonely task, when she asked "How do you know what level to set them at?" I said "from answers received from previous quizzes, although it is apparent that some folk get into a jam essentially through reading the question incorrectly" Incidentally there are those able to answer all the questions; while others only answer a small number, so the skill is to try to cover both scenarios. For instance it was quite a revelation to discover that while some thought a science round was OK others would actually lament at ions and other such areas even being included, I suppose that they prefer subjects to be more 'normal'. A child for example may not be able to answer as many questions as adult would, but if in a general knowledge section you include a question or two on Harry Potter and they are able to compete really well.

She then asked if I had ever written a quiz that was too difficult. I had to admit I had. One such quiz was so bad I, ahead of sending it out, decided to scrap it. "But have you ever posted one which gave you misgivings about going ahead?" she asked. "Only one" I answered, I thought it was quite easy, but I miscalculated the age of my audience. It was about a particularly popular children's comic. A hundred people let me know that they had never even heard of it! I asked her if she had heard of the publication and her answer: "Desperate Dan, I elevate to the highest position in comic characters", confirmed that she had.

We continued to chat and agreed that for the Europhile, monumental decisions had been made and in their opinion not for the better. On a lighter note we talked of Tommy Cooper and how his wearing of a fez raised the level of his comedy. We even talked about the pandemic and it seemed that her father may have contracted Covid, but his condition was not chronic. Lessons were being learnt about the disease and he was responding well to treatment.

All too soon we reached our destination and parted company. It is likely that we will never meet again, but I will look out for her novels. One was mentioned on local radio. '*The Heavens Above*' is the true story of the 17th Century astronomer Jeremiah Horrocks. The news item said that it was being filmed with Timothy West taking on the title role. '*The last Brew*' to which I alluded earlier, I have read since meeting her and, spoiler alert, it is about an old hag gaining control of a family business by killing those in line before her. On the sleeve notes there is a reference to Samuel Smith's Old Brewery in Tadcaster, where she carried out her research. The result of the journey for me is that I read her books. I wonder if, at this very moment, she is doing this quiz!

Ps. Alms houses are next on her list so if you live in one, she just might be visiting you!

Answers in March edition

Gosport & Fareham Basics Bank

Those of you with a memory which extends to “normal times” (Pre Covid) may recall that the church acted as a collecting point for donations of non-perishable food and personal toiletries. This is obviously not possible during the pandemic but there are collection points in the major supermarkets - Sainsbury, Asda and Waitrose. Tesco collect for an organisation called FareShare. The idea is not to make occasional large donations, but to buy one or two extra items with your weekly shop. To give you an idea of the need the Basics Bank has been distributing an average of 58 parcels per week during January, each containing around 40 items. I volunteer at the Basics Bank and have seen the reduction in stock during this period. Any contributions which you are able to make would be very welcome.



Malcolm Race

E-mail: revclaire72@btinternet.com

EDITOR: Lin Woodhams

Tel: 07840778063 (mobile)

E-mail fareham.focus@gmail.com

Fareham Church website:
www.farehammethodist.org

Christians Together in Fareham Refugee Matters ****GREAT NEWS****

Things are moving apace and we need to update the very recent message that was sent out.

The Home Office is to give priority to groups who feel they are in a position to resettle a family in the next six months. They are struggling to find groups who can house larger families, extended families and families with mobility or medical problems. PLEASE, PLEASE can you help us to find a 4-bedroomed house to rent in the local area that is available in the next six months? Even better one suitable for an extended family or a family with mobility problems. DO STILL let us know of any 2 or 3 bedroomed houses although we would like to help a larger family if possible.

Contact paultomlinson@refugeematters.org or phone 07941 328278.

Everyone can of course help by praying for us to find a house and also praying for all refugees who have had to flee their homeland and have been living in appalling conditions in camps, often for years.

Note from the Editor

Well what a month since the last eFocus. The vaccine roll out is amazing and it gives us all hope in these wintry days! Thank you everyone for their contributions to the eFocus so diverse and interesting. Thank you Trevor, for the advice, on how to deal with our mental health during this time. I am sure it will help people who are suffering with the Lockdown.

Julie Kettle kindly sent me a contribution on her Fareham Methodist Church memories which is not in this month's edition as we decided it may be a good subject for people to send in their memories of being with the church and make a page devoted to it. So for the next few months we will have a slot for church memories. Maybe include some funny times when things didn't go as planned – I am sure there will be a few!

Next month's dead line is March 5th and by then we may have some good news about lockdown. One can hope...

