Museum Street Landseer Road Chantry Methodist Church Connections



Happy New Year

"I give you a new commandment: Love each other.

Just as I have loved you, so you also must love each other. This is how everyone will know that you are my disciples, when you love each other."

— John 13:34-35

January 2022 10

MINISTER'S MESSAGE

Dear Friend's in Christ

I hope that you had a blessed Christmas season and that 2022 will be a better year for all of us. Adrian and I would like to thank you for the many cards that we received.

The new calendar year is a time to begin afresh. At our Covenant worship services this month I am again giving out Star Words as a reminder that the magi followed the star to find baby Jesus, bringing their gifts. Trusting that God can and does use many signs or stars to guide us closer to Christ's presence, may the word that you received guide you through 2022 and may your searching bring you closer to Christ. Last year the word I received was 'contentment'. It is attached to the wall above my desk by my phone. As we started the year locked down, it was a good reminder to not be fearful and also to not bemoan what I wished it could be and to be content and find the blessings in what we could do. As the year went on, it was a word that also caused me to ask the question: "When should I find contentment, and when is contentment the wrong answer?" It was a reminder to me that sometimes God uses our discontent to speak to us and nudge us towards new ways to be light for the world. If you were not at the Covenant Services, then you can use the star word generator here: https://methodistic.org.uk/star-words-2022/. This page also has some prayers and other thoughts about how to use your star word.

I came across this cartoon the other day. As we begin the new year and wonder what it holds, let's take sensible precautions but leave our fears behind reaching out in love to others. Let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we



don't give up. (Galatians 6:9). What are you going to plant? In Christ, --Joan

DON'T GET TIRED

Galations 6:9-10

Don't get tired of helping others. You will be rewarded when the time is right, if you don't give up. We should help people whenever we can, especially if they are followers of the Lord.

Don't grow tired of being helpful
Don't get bored with being nice.

Don't lose heart with being hopeful
When you want to sulk - think twice.

Don't let little things upset you
Don't be easy to annoy.

Don't be miserable for nothing
There is plenty to enjoy.

Go on trying to be decent,
Go on working to be kind.

Let the blessings of a lifetime
Take the worries off your mind.

Poem attributed to K. M. Watson

Those who genuinely "do good" will be tempted soon enough to grow weary.

Give yourself to doing good for others — on God's terms, to fulfil his calling — and it's just a matter of time before you will be tempted to tire.

Even the apostle Paul, with the utter clarity of his calling, testified to "fighting without and fear within" (2 Corinthians 7:5).

When doing good gets tough — and it will — Paul does not simply say, "Don't quit." He says, "Do not grow weary."

GOING GREEN

David Welbourn explains about Trees & Offsets.

When the Prime Minister chose his message for COP26, he highlighted four priority areas for change: coal (stop burning it), cars (no more petrol engines), cash (support for poorer nations to decarbonise) and trees (plant hundreds of millions and stop deforestation).

Trees sequester carbon dioxide from the atmosphere and use it for their growth. Planting more trees is good. The Queen's Green Canopy is an initiative to encourage everyone to plant trees to mark the platinum jubilee in June (which coincides with the 50th anniversary of the UN taking a serious interest in climate change). The Tree Council is recruiting 70 corporate partners, each committed to planting 500 trees and 100 metres of new hedgerow. The Woodland Trust is creating



dozens of 70 acre woods. Just two leading organisations as part of the movement to "plant a tree for the jubilee". It isn't just a good rhyme – it is a good message for us all.

Tree-planting generally forms the heart of a carbon offset scheme. If you search the internet for information on carbon offsetting, you will find very mixed messages. Greenpeace are particularly scathing, claiming that it is simply greenwashing: - salving the consciences of people who refuse to take the difficult steps to reduce the trail of environmental damage their lifestyle causes.

The idea of offsetting initially arose alongside the creation of carbon taxes or levies. These were financial penalties imposed on businesses based on their adverse impact on the environment, penalising those companies releasing the greatest amount of carbon dioxide equivalent into the atmosphere. Whilst the intention was to force business to seek energy efficiencies, switch to renewables, or take other beneficial steps, a market was created in which companies who were successful in reducing their footprint could earn money by selling their unused carbon allowance to others who were not making serious inroads into the savings they needed to make.

Paying for offsets became part of this corporate world, most notably allowing executives to continue globe-trotting. Most airlines offer a way of buying offsets with your tickets. Like all optional extras, probably the most convenient but the least effective way of achieving the intended goal. Of course, any new commercial market is just as likely to attract rogues as it is serious attempts to do the right thing. Offset schemes emerged that were little short of racketeering or fraudulent exploitation. Amongst the worst examples were moneys set aside for offsets being pocketed, woodlands cleared, the timber

sold, with replanting of that same ground being claimed as the offset. Trees may have been planted in unsuitable conditions, with limited chance of survival, whilst the carbon offset associated with a full 25-year life-span was claimed. Yes, it is easy to cite the bad apples and dismiss the whole value of offsetting.



But in the fight for climate justice, we are in the business of learning, speaking and

acting, all with hopefulness. Just as the world has examples of poor practice, which we should expose as part of our speaking out, so too exemplary practice can be found. We can and should encourage, support, adopt and spread the news of these great stories for ourselves.

Good offset schemes take time to choose the right species of trees for their chosen environment. They invest in infrastructure to protect those trees and ensure they thrive. At the same time, they seek schemes with clear positive benefits to the local community. Much more than simply the carbon offsets – often hitting several of the UN sustainable development goals in one scheme. These schemes don't just plant trees, they might also invest in creating renewable energy sources to power communities who would otherwise chop down the local forest to burn the wood as their sole form of heating and cooking. I'm particularly attracted to schemes that will plant mangroves, or wetlands, to help stabilise vulnerable marginal lands. One of the organisations I'm linked with is exploring the value of kelp forests, offering even more promise because they are not planted at the expense of vital agricultural land. I'm looking forward to my first opportunity to invest in kelp. What bragging rights will that offer?

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Continued

I hear you wanting to ask how to know which schemes are worth using.

The whole concept of offsetting is one suited to charities or, failing that, social enterprises. Sadly, few schemes are charitable, and though there are a number of good cause environmental charities, I didn't find any schemes where my donation was clearly targeted. In contrast, the social enterprises appear to be much more transparent in what I'm buying, so that is where I've chosen to concentrate my offsets.



I've looked into a dozen or more schemes and dipped my toe into four of those which looked most promising. Subscriptions can be as little as £5 per month, though £10 per month is more common as the price to offset the average footprint of an adult in the UK. Like all investments it is always wise to diversify a little, so I deliberately chose four with slightly different aims and approaches. Three were monthly subscription schemes, but with no termination penalties, freedom to change monthly payments, and usually, the option to make additional one-off purchases for special occasions, including the ability to send gifts to other people. The fourth is tailored more to supporting companies to encourage their workforce to participate, but can still be used to make one-off purchases as often as required. I've used that to target my payment into mangroves in Madagascar – something I think needs even more

encouragement. Elizabeth and I used one of the schemes to give 750 trees as Christmas presents this year.

I've dropped out of two promising schemes after the first two months, not because I have any concerns about them – simply that the other two have delighted me in such a way



that they have highlighted what they are missing out on doing. It would be too easy for them to be used for greenwashing, because they have made little attempt to draw me into a relationship with them or to demonstrate the use to which my subscription has been directed. The two I remain with are not simply offset schemes to salve my conscience – they are regular sources of rich and inspirational stories of the difference being made to real people, in real communities as well as the environment.

Both send me a monthly statement showing me exactly what they have done with my subscription. Both have some form of infographic illustrating the impact of my contribution. I can see photographs of the scheme as it is developed, from preparation, to planting, to ongoing cultivation. I even have the cameo for the local people who for the first time have been employed in a steady job to tend and protect the growing trees, gaining income to lift their family out of poverty.

Each month, one of the schemes I am supporting is highlighted. This is

learning and action rolled into one, with renewed inspiration and hope.

In recent months, I have saved nearly 4 tonnes by protecting an area of existing rainforest in the Amazon, and nearly 7 tonnes from renewable electricity schemes in Thailand, Vietnam and India. Plus, my carefully



selected pet project helping rejuvenate mangroves in Madagascar. All this on top of the tree planting. I even have my own virtual island (pictured) which will grow and diversify with time – at the moment my island just shows the one-off investment in mangrove planting.

David Welbourn

Declaration of Interest: I am happy to recommend the two schemes I remain with, but for full transparency, you should be aware that, independently of my regular offset contributions, I have invested as a shareholder in both of them, so please take the time to do your own investigation as my recommendation can no longer be treated as impartial.:

Ecologi: https://ecologi.com/

and

Earthly: https://earthly.org/

PRAYERS

Jesus Christ, born in a stable -

Be with those who are without a home.

Jesus Christ, born of Mary -

Be with vulnerable women across the world.

Jesus Christ, visited by shepherds -

Be with all who work hard but still struggle to provide for their needs.

Jesus Christ, worshipped by Magi -

Be with those who are persecuted for their difference.

Jesus Christ, who became a refugee -

Be with those who live in fear and uncertainty.

Amen

from ALL WE CAN

The Other Side of the Door

A very sick man visited his doctor in a small rural village. As he was leaving, he suddenly blurted out: "Doctor, I am afraid to die. You go to church on Sundays. Tell me what lies on the other side." The doctor thought a moment. Then he said simply: "I don't know."

"You don't know?" protested the man. "You, a Christian, can't say more than that?"

The doctor was holding the handle of the door into the waiting room of the surgery.

On the other side, there was a sound of eager scratching and whining. He opened the door and the patient's spaniel sprang into the room, leaping on his owner with an eager happiness.

Turning to the patient, the doctor said, "Here's your dog. He's never been in this room before. He didn't know what was inside. He knew nothing except that his master was here, and so when the door opened, he sprang in without fear.

It is the same for me. I know little of what is on the other side of death, but I do know one thing: I know my Master is there, and that is enough.

And when the door opens for me one day, I shall pass through with no fear, but with gladness."

NEW YEAR QUOTES

From well-known people...

C.S. Lewis

"You are never too old to set another goal or to dream a new dream."

George Eliot

"It is never too late to be what you might have been."

Alfred Lord Tennyson

"Ring out the old, ring in the new, Ring, happy bells, across the snow: The year is going, let him go; Ring out the false, ring in the true."



Socrates

"The secret of change is to focus all of your energy, not on fighting the old, but on building the new."

Eleanor Roosevelt

"With the new day comes new strength and new thoughts."

T.S. Eliot

"Last year's words belong to last year's language. And next year's words await another voice."

Alfred Lord Tennyson

"Hope smiles from the threshold of the year to come, whispering, 'it will be happier.'"

John Wesley

"Beware you be not swallowed up in books! An ounce of love is worth a pound of knowledge."

One resolution is always a must.

To rediscover the difference between wants and needs.

May I have all I need and want all I have.

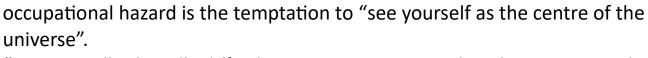
REMARKABLE PEOPLE

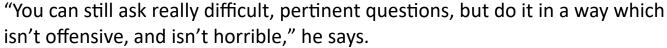
My Christian faith is what makes me tick—Dan Walker

As a youngster, he'd dreamed of becoming a teacher, but those hopes were dashed when he was turned down for a training course for being too immature. Next, he entered a sports commentary competition...and won. The prize – two weeks of work experience – helped launch his career in radio, and the move to TV quickly followed.

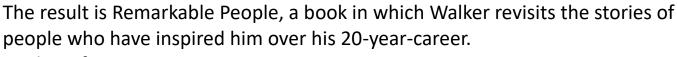
Walker describes his faith as "strong" and an "important part" of his life. He doesn't shy away from it. Neither does he ram it down other people's throats. As for the criticism in the press, he says it's helped him "develop the skin of a rhino".

Strong personalities often dominate in the world of television, and Walker admits one





Walker is genuinely more interested in the diverse range of people he's interviewed over the years than he is in himself.



We hear from;

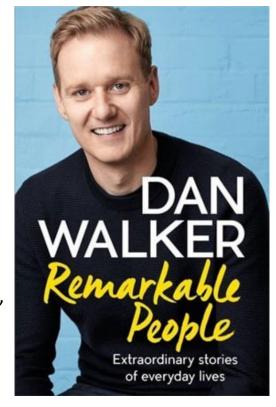
Maria, who shot to global fame after she accidentally stumbled onto a BBC Olympics set in the middle of her hen party.

Terrance, who won the hearts of the nation after revealing he'd spent 20 Christmases alone.

Tony, who for decades diligently looked after a small memorial to those who'd died in a plane crash, but whose actions led to a nationwide campaign for a flypast to mark the 75th anniversary of the event.

I've been privileged over the years to interview huge sport stars, prime ministers, princes, kings, queens – important people in various parts of the world, but none of them are in the book.

continued



That's not to say they're not remarkable, because they probably are in a different way. But the people in the book are the people who stick with you. I've seen something in them, either in the way they've dealt with adversity, or inspired those around them by the way they've acted or a difference they have made. Those are the people I find remarkable.

I would describe myself as somebody who has a strong faith, but I always think it's healthy to ask questions. I often meet people, and see how they go about their business, and that makes me question how I choose to do things. In writing this book, as a Christian, I look at these stories and I think: "I don't think I could cope with what some of these people have been through without my faith." It has reminded me of the perspective and the foundation that my faith gives me. It's reminded me that my faith is what makes me tick; what makes me get up in the morning, what informs who I am, where I want to be, my hopes, my dreams, my ambitions. It's reminded me of how integral it is to my existence.

In the book you write about your friend Gary Speed, the footballer turned coach who tragically took his own life. In the chapter, you refer to the idea of spending your life looking for answers which are never there.

I think there are certain things in life which we just have to accept. We don't know definitively what happened and why it happened, and maybe we'll never know. For many years, I struggled with finding the answers to what happened to Gary. He came on Football Focus one Saturday nine years ago. The next morning, I got a phone call from a mutual friend, Alan Shearer, and he said: "Gary's gone." That night, after we'd spent six or seven hours together, he'd taken his own life.

In my mind I've gone through those conversations that day, and asked myself: Did I do enough? As a Christian, could I have done more? Could I have said something or done something that could have led to him still being here today? Many people who have read the book have thankfully come back to me and said: "Those are the emotions that we all go through," those who have lost somebody in that way. The guilt, the anger, the frustration, the questions... and some of them never go away.

You write that Gary's death changed the way you think about your job and the way you relate to the people you interview. *continued*

It might be the last time you speak to them. I think that's an important thing, not to think about all the time, but just have in the back of your head. You can still ask really difficult, pertinent questions, but do it in a way which isn't offensive, and isn't horrible. I can still be a good, thorough, accurate, fair journalist and be concerned about people's mental wellbeing. I don't think those two are mutually exclusive.

It's helped me to be more understanding, and also be aware that judging people by what you see is never a good thing. There can often be real struggles going on underneath the surface, and it's made me more aware of something which I'm often reminded of – the importance of asking whether friends and family, particularly people you know, are OK, and not being happy with the first answer all the time.

As a child, doctors thought you had meningitis and as a parent, you had a difficult moment with one of your children's health.

How have you relied on your faith to pull you through those moments? I think my faith gives me real perspective, and also something to cling on to. It's trusting that as hard as it can be sometimes, someone is in control. I also think that one of the things that my faith helps me with, particularly in the industry that I'm in, is the real tendency to see yourself as the centre of the universe, around which everything and everyone else revolves. That is a really dangerous trap to fall into, and remembering your place in the grand scheme of things and the importance of the impact you can have on other people is important.

When you've spoken about some elements of your faith, including creation and Sabbath, some of the national newspapers have attacked you for it.

How have you navigated that?

I've never minded talking about it, but I'm also aware that you have to be careful about what you say and who you say it to, because I think it's very easy to twist words and take things out of context. But all I'm trying to do is do the job to the best of my ability. In all the time I've been a broadcaster or journalist, I don't think I've ever shoved my faith down anyone's throat. I'm always willing to answer questions about it.

I never mind what people write about me, or say about me, because, as a Christian, I don't take my value from what people think about me. I know that I'm valued. I can't control all those hurtful, hateful things that people say about me, about my family, about my faith. I'm thankful that I developed the skin of a rhino.

continued

I like to think that my faith makes me a better broadcaster, a better journalist. It was Martin Luther who said that if you're going to be the best Christian shoemaker, don't put crosses on all the shoes, just make the best shoes. That's the way I see things – I'm to do the job I've been given to do to the best of my ability and see what comes of that.

Where did faith begin for you?

When I was a young lad, in my early teens, really, that's when I first started thinking in great depth about my place in the universe. I know that's a bit of a deep question to think about when you're only twelve or 13, but for me it was an understanding of who I was; who God was; what my relationship with Jesus Christ was and what I wanted it to look like.

One person who gets a small mention in the book but who I know has had a big influence on you is the athlete turned missionary Eric Liddell – what was it about him that inspired you so much?

I'd seen Chariots of Fire growing up, and I've been interested in this bloke who was a brilliant sprinter, didn't run in the 100 metres because the final was on a Sunday and ran in the 400 instead in the Paris games of 1924, and won the gold medal. I became very interested in the Liddell away from the track, who gave up a lot of success and fame and went to be a missionary in China and later became a prisoner of war. Ultimately, it's a story of sacrifice.

In 2012, it emerged that he was offered in a prisoner exchange, as a famous athlete, to go back to the UK and a Chinese prisoner would come back the other way, and he turned it down. He gave his place to a pregnant woman who went back and had her child, and Eric Liddell died, I think, three months later in that prisoner of war camp. I just find that sacrifice incredible really, and quite inspiring. To think that he could have easily acted in a different way, when nobody would've known what happened, but he acted in that way when nobody was watching. That, to me, is a sign of a real hero – thinking of others when it would have been so easy to think of himself.

Who or what inspires you today?

I like the little things. The small jobs that people do for others. I think that comes back to the book, really, because it's not a 'Christian book' but I suppose there's faith in it because I've written it, and I talk about how that makes me think and feel. Talking to those remarkable people has reminded me of the importance of looking out for other people, and that is something which sits naturally with people who have a faith.

continued

You know,

"do to others what you would have them do to you" [Matthew 7:12]. I really feel that this is one of the ways out of the current rut that we are in, and the way that we're all feeling after this last year. Look out for others — on our right and our left; those down the street, around the corner; in our little communities; wherever we've been put. And to ask our friends and our families, the people we might come across in the street, are they OK? Sometimes just a few words can make a huge difference.

Dan Walker: My Christian faith is what makes me tick. Taken from the website premierchristianity.com

> If any one would like to borrow and read. There is free delivery! Email me: Mike Parker.

A Catholic Joke for All Faiths

An old nun who was living in a convent next to a construction site noticed the coarse language of the workers and decided to spend some time with them to correct their ways.

She decided she would take her lunch and sit with them, so she put her sandwich in a brown bag and walked over to the spot where the men were eating.

Sporting a big smile, she walked up to the group and asked: "Any of you men know Jesus Christ?" They shook their heads and looked at each other, very confused.

Then one of the workers looked up into the steelworks and yelled out, "Anybody up there know Jesus Christ?"

One of the steelworkers yelled back down, "Why?"

The worker yelled back, "'His mum's here with his lunch."

I BOUGHT a dog from a blacksmith.

As soon as I got it home, it made a bolt for the door.

I 'M READING a book about anti- gravity. It's impossible to put down.

I REFUSED to believe that my father was stealing from his job as a road worker.

But when I went around to his house all the signs were there.

BIBLE MESSAGE

Our relationship with Jesus...

'For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.' (John 3:16)

This verse has been described as 'the greatest verse in the Bible', as it enables us to understand the events of Good Friday and Easter Day.

The cross and resurrection reveal the depth of God's love for each of us.

God's love is unconditional:

God demonstrated the extent of his love by sending His Son into this world, to show us what it looks like: 'God with skin on'! God graciously loves us, as none of us deserves it. 'There is nothing we can do to make God love us more. There is nothing we can do to make God love us less.' (Philip Yancey).

God's love is sacrificial:

The cross is the supreme demonstration of God's love, as Jesus identifies with a fallen, suffering world. He died for our sins, removing the barrier between us and God, giving access into God's presence and release from the power of sin and death.

God's love is accessible:

Jesus' resurrection makes His eternal life available to all who put their trust in Him. It's an offer of life with purpose, in which we can know God personally, both now and for eternity.

Bobby Moore, England football captain, described receiving the World Cup from the Queen in 1966 as terrifying: 'I noticed that the Queen was wearing some beautiful white gloves. I looked down at my hands and they were completely covered with mud'!

Although we approach God with dirty and spoilt lives, by the cross and resurrection, we can shake hands with a holy God.

He offers us 'life in all its fullness', with healing, forgiveness, peace and a fresh start in life!

Revd. Paul Hardingham, Rector of Bolton

ONLINE COMMUNION

A reminder to all three Churches....

In 2022, beginning on 2nd January, Museum Street will be offering online communion to those watching the Livestream of the Museum Street worship services when Holy Communion is being celebrated. Members and friends from all three churches are welcome to watch this Livestream but receiving the Holy Communion elements will only be available to those who watch the Livestream live, as the service is occurring. Also, in the event of a return to ZOOM worship because of COVID, then we will offer Holy Communion over Zoom. You will need to provide your own bread and wine and any leftovers should be disposed of reverently. Methodist stipulations say that the wine should be from the juice of the grape and should not be alcoholic. You might like to put your plate and cup on a small table and cover it with a white cloth until we reach that point in the service, when we will uncover the elements together, participate in the Great Thanksgiving and the blessing of the elements and then we will eat them together. For the privacy of those attending in-person, we will not film them coming forward; you will hear the music and see a picture. Please note that if you watch the Livestream later in the day, then you will be unable to see or participate in the Holy Communion portion of the service.

You can find a fuller explanation here:

https://methodistic.org.uk/wp-content/uploads/2022/01/Online-Holy-Communion.pdf.



Circuit carol Service – 5th December

LANDSEER ROAD NEWS



Landseer Road

Landseer Road, Ipswich IP3 9LX https://landseer.methodistic.org.uk facebook.com/landseerroadmethodistchurch



Current activity can be located on the website at https://landseer.methodistic.org.uk/

Worship & Fellowship

Our worship services are on 2nd & 4th Sundays at present. However, we will take a decision early next week as to whether to cancel the service on Sunday 23rd January as a COVID precaution. There will be no Sunday afternoon fellowship in January; a decision is pending on February fellowship.

Christmas Tree Festival





Christmas Faire





CHANTRY NEWS



Chantry

Kingfisher Avenue, Ipswich, IP2 OQN https://chantry.methodistic.org.uk facebook.com/chantrymethodist



More details can be seen on the website at https://chantry.methodistic.org.uk/

Worship

Our worship services on 2nd and 9th January have been cancelled for COVID reasons with the fast-spreading Omicron variant. We will take a decision early next week as to whether to cancel any further services.

Coffee Mornings

We are taking our usual New Year break. Friday coffee mornings from 10-11.30~a.m. will resume in February

Carol Service – 19th December





MUSEUM STREET NEWS



Museum Street

Black Horse Lane, Ipswich IP1 2EF https://museumstreet.org.uk facebook.com/museumstreetmethodist



More details can be seen on the website at https://museumstreet.org.uk

Worship

Your leadership team at Museum Street has considered whether to stay open for worship with the Omicron variant spreading and the high numbers testing positive. Some of the churches in our circuit have cancelled worship, but our prayerful decision is that at the moment Museum Street Methodist will remain open for worship. We fully understand that some of you will decide to stay at home for you or your loved one's safety, and we encourage you to prayerfully consider what the right thing is for you. We have the circuit pre-recorded video service available online every week and we will also Livestream the Museum Street service on Communion Sundays. [We are working on training up more people.] We also know that others of you need to be together at this stage in the pandemic for your spiritual and mental health, and as the threat to personal health from the virus itself is greatly reduced for those who have been fully vaccinated and take appropriate precautions we will cautiously proceed. We will continue to mask and sit socially distanced and we will stop serving refreshments after the service. We also ask that, if possible, you take a Lateral Flow Test before coming to worship.

Virtual Coffee Mornings on Wednesdays from 10 – 11 a.m.

Join us every Wednesday on Zoom for a time of fellowship. Bring your own drink! Contact any church leader for the access

Christmas Day

Santa came to church on Christmas Day!



SUNDAY SERVICES IN JANUARY

Date	Chantry 9.30 a.m.	Museum Street 10.45 a.m.	Landseer Road 11 a.m. on 2 nd & 4 th Sundays	Online Video Service
2 nd Jan	No morning service	Covenant Service Rev Joan Pell Livestreamed	No morning service	Rev Joan Pell
9 th Jan	No morning service	Paul Walker	Covenant Service– Rev Joan Pell	Prof David Welbourn
16 th Jan	Covenant Service Rev Joan Pell	Local Arrangement led by Betty Lindsay	No morning service	Rev lan Gardner
23 rd Jan	Luke Rokobuli	Pulpit Swap –(St Mary-le-Tower) Rev Tom Mumford	Simone Ramacci [Note: Decision pending as to whether to cancel for COVID reasons]	Rev Andrew Sankey
30 th Jan	Vickie Vallow	Digital Service	No morning service	Dr. Liz Cope

You can find the full preaching plan on the circuit website at

https://methodistic.org.uk/december-2021-february-2022-circuit-plan/.

CONTACTS



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Please note that Rev. Joan Pell's rest day is a Friday.