

Cadbury Pastorate News

Bournville, Weoley Castle &
Weoley Hill Churches



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February 2021

From the Minister's study—

Dear friends,

As I write I look forward to the *Trauma-Informed Ministry for these times* training sessions which the Synod Training Officer, Stuart Scott, has organized for the ministers in the Synod. The sessions will be led by Revd Dr Carla Grosch-Miller who is part of the Tragedy and Congregations Team that provides training and resources to church groups. I am sure it will be a very worthwhile meeting!

"I feel I have aged," "I have slowed down," "I feel tired," "I feel bored," "I am angry with..." "I am worried that..." "I have lost interest in..." etc. These are some of feelings and emotions I have heard expressed (or have expressed myself!) over the past few weeks and I think they all point to the stress we are living under and the trauma we are experiencing. Even when there is relief among quite a few in our congregations as a first dose (or even a second dose) of the vaccine has been received, we no less continue to live with very strict lockdown restrictions imposed on us, we miss seeing our family and friends, our mobility is very restricted, some of us continue to wait for hospital appointments that have been postponed, etc. and we feel overwhelmed by the daily updates of the still very high Covid infection and death rates (and the personal stories behind these rates!). When will it all end? We do not know but "... we are learning to live with unpredictability. It remains hard work for our brains and is exhausting, but we are doing it." (Carla G-M)

Yes, it is hard work surviving and adapting in times of collective trauma so it is not surprising that we may feel constantly weary and worn down. After all, it is the whole body that responds to trauma, not just the mind. And it doesn't help that it is winter, so less sunshine to lift our spirits! So what to do? How can we care for ourselves and for others while we cling to the hope that in the not-too-distant future we can get back to some "normality" in our lives, even if it may be a different "normal" than the one of pre-pandemic times? Actually, it *may*

be or even *has* to be a different or so-called “new” normal, for the pandemic has shown us not only that we were ill-prepared for it but also that if we do not change our wasteful and unsustainable way of life, we will have many more traumatic events ahead of us.

But what practical suggestions for us to maintain our wellbeing and to build up the resilience we need at this time? According to the hand-out I have received in preparation for the Trauma-Informed Ministry sessions, self-compassion and self-regulation are the heart and muscle of resilience. This means, getting adequate nutrition, rest, get some exercise, do something creative, have some kind of social contact, etc. It means being kind to yourself, not too demanding of yourself, and to be accepting of your feelings, however unpredictable they may be. And I think faith practices like prayer, meditation, gratitude, recognizing the sacred in our everyday lives, can be very helpful too in bringing relief and lowering our stress levels. Or listening to music, that often does it for me.

But we have to build up resilience for the future too, for ourselves and for the generations to come. As we have learned that we may suddenly find ourselves faced with a pandemic, or any natural and/or human made disaster, we now also know that we are very adaptable. When circumstances require we are able to change, to do things differently. And we can change very quickly. Who would have thought a year ago that within a few weeks many of us would do all our shopping online, work and teach from home, have meetings on Zoom and other social/professional media, worship at home, but to mention a few changes in our lives? This beside keeping distance, washing hands multiple times a day, wearing face masks, etc. But more drastic changes are needed, of course, to create a more just and equal society and world as well as to avert the disastrous consequences of climate change.

The realization that we are resilient and adaptable and can create a better and sustainable future, even though we have still a long way to go in this pandemic and dealing with its aftermath, should give us

hope. And we can certainly hold on to our faith in God who is and who will be and will never let us go but will continue to call us to faithfulness to do what needs to be done, and what *can* be done.

“What is needed for our tomorrow is what Martin Luther King Jr prescribed...courage, compassion and creativity. Now, as always, it is about practising the faith, hope and love that engender those qualities.”
(Carla G-M)

May faith, hope and love be yours and sustain you in the days, weeks and years ahead.

With all best wishes,

Leonora

Worship for February

	Leader
7 February	Leonora
14 February	Ann Evans
21 February	Leonora
28 February	Alan Cotgreave

The next issue of the Pastorate News will be available around 1 March. Contributions are requested! Send them to the minister, Leonora Jagessar, or Cheryl Thornett at Weoley Hill.

Pastorate News

Weoley Castle Community Church

Day Centres: after discussion with the families, and because of the new variant viruses, it has been decided not to reopen until after the attenders have had their second jabs. This probably means re-opening about Eastertime.

We are glad to report that Betty Lesley is now back home out of hospital and feeling well again.



We are sorry to report...

Averil Herbert passed away peacefully in her sleep on the 18th of January 2021 at the age of 81. She was a member of the Monday and Friday social group and will be sadly missed. Our thoughts and prayers go out to all the family. R.I.P Averil.

Margaret Weatherall had a bad fall at Castle Croft, and is recovering in hospital; Her niece Barbara is looking at the possibilities of a care home placement instead for our longest-serving Church Member.

Bruce Harvey reports that Fay is now pretty much confined to bed. By the time you read this, she should have transferred to the comfortable surroundings of Gracewell Nursing Home

Chris Basterfield has recently been assured of funding for round-the-clock-support in his own home. This is the result of the efforts on his behalf by Chris Hopkins. It will enable him to continue his life as before in familiar surroundings.

Incredible Surplus is a new (and at present, the only) use of the WCCC building. It started on the 22nd of January, operating from the foyer every Friday from 10.30 to 12 (see picture of Thomas behind the counter).

www.incrediblesurplus.org are trying to cut waste by taking food and other items that are NOT past their use-by date from supermarkets. Customers pay what they feel. This partnership is intended to be permanent: not just during lockdown. It is being publicised via "Love Weoley"; pass on the word as well! People can either come for help with getting essentials, or can come as a supporter, then you 'pay what you feel'.

"Incredible Surplus" -pay what you feel- here

Fridays 10.30 - 12

(please wear a mask)

weoleycastlecommunitychurchurc.org.uk



Snovid – the ‘new variant snowman’ appeared during the recent cold weather. Also, children of all ages were seen tobogganing down Fox Hill.



‘Dad Jokes’ to cheer up Lockdown

How many weeks does a year have?

46: the other 6 are Lent.

Why do owls never go on a date when it’s raining?

Because it’s too wet to woo.

Which dog came first in the race?

The one with a comfortable lead.

Which dinosaur had the largest vocabulary?

The Thesaurus.

What’s the difference between ignorance and indifference?

I don’t know and I don’t care.

Did you know that $10 + 10$ is the same as $11 + 11$?

That’s because $10 + 10 =$ twenty and

$11 + 11 =$ twenty too.

What do you call a triangle that has had too much to drink?

A rectangle.

Did you know that dogs can’t operate MRI machines?

But CAT scan.

Why are zebras striped?

So they aren’t spotted.

Don’t trust staircases.

They’re always up to something.

Thanks, Ted!





This plaque was recently added to 'Marilyn's bench' outside the church.

Weoley Hill

So our reminders about not congregating in the aisle after church were not needed, as we have closed again in line with advice from Synod. Some members have now had at least one vaccination, and we will try to keep track of this. It doesn't seem wise to re-open until the most vulnerable among us have had both doses and most of us have had at least the first. We hope we can open in some fashion, at least, for Easter.

The February retiring collection should have been Corrymeela; if you wish you can contribute at <https://www.corrymeela.org/donate> or talk to David Marlow.

Sad to say, a number of members and friends are unwell or simply feeling the effects of age. Mo Chamanbaz is home after surgery, and John Glen is also back home after a spell in hospital. The Marlows eldest son Simon is having tests.

Daniel Kyereh died on 29 January with his family around him. He had been unwell for some time and then contracted Covid-19.

The Thornetts' younger daughter Sarah is training with St John's Ambulance as a volunteer vaccinator.

The collection boxes for the **B30 foodbank** keep filling up, another 60.7 kg recently, thanks to church members and to the Street Association. They still need to restock after Christmas, and of course the need is not going away. Items in short supply are listed on their website <https://b30.foodbank.org.uk/give-help/donate-food/>

If you normally write one of the reports for the **Annual Report**, you are welcome to do it and send it in now, even though the Report will be distributed later this year.

Bournville News

Like we did during the previous lockdowns, every week one of the elders/members rings around to collect prayers from the congregation which are printed on a prayer sheet for us to pray in our homes. This beside the pastorate worship which we all appreciate very much. We feel well supported and strengthened in our fellowship as we keep in touch and pray for each other, for family and friends and for the wider community.

The fortnightly meditation continues at home, with Louise informing us which Bible reading to focus on.

The Christian Women Fellowship weekend at Swanwick, which we usually attend in February, has been cancelled but there will be a CWF zoom coffee morning on the 20th of February. For more details contact Maureen.

Pastoral news:

A few members of the congregation have now received the first dose of the vaccine.

Stuart Scott has become a grandfather. He and Jan have been able to admire their first grandchild, Steffan, online.

LENT 2021 ECUMENICAL MEETINGS (on ZOOM)

Lent Course run by St Mary's CofE, Selly Oak Methodist Church and Weoley Hill Church on Tuesday afternoon and Thursday evening (time to be confirmed) for 4 weeks (sessions about 40 minutes)

#Live Lent: God's Story, Our Story invites us to reflect on our story of life and God's story and how we find ourselves in God's story. We are fascinated by stories; stories tell us who we are, where we belong and how we relate to the world around us. And Jesus draws us into God's story of loving engagement with the world. We are invited into God's story, to make God's story our own, to live out of that story and to share the story through our everyday lives as part of our Christian witness. Each session will include a time of prayer, and a reflection/conversation on our stories and God's story, and how we can share the story of God's love. A small booklet with daily readings, reflections and prayers will be made available.

Leonora will lead the Tuesday afternoon and Hazel White (St Mary's) the Thursday evening sessions. They will start on the 23rd and 25th of February respectively.

Please let Leonora know (if you haven't done so already) if you are interested to participate on Zoom and on which day. And if you are interested but not on Zoom, you will be given the booklet and any print outs/questions to allow for engagement with the Lent course too.

Additional Lent Course run by Selly Oak Methodist Church on Mondays at 6.30 pm for 4 weeks (sessions about 45-60 minutes)

Radical Presence is a course offered by Green Christian in which we are invited to take some time out to worship, have conversations and reflect on deeper questions. The course draws on the bible, science and a selection of the best journalistic and theological reflections on the COVID 19 pandemic. Each session includes liturgy, break out conversations and space to share with the wider group our conclusions on some of the main topics of the session. In these sessions, we are

invited to reflect on how we might imagine the new normal and what future we might want post- pandemic. Each session offers space to have conversation on the values we might want to live by post-pandemic and which stories we might tell about this time.

If you are interested in the *Radical Presence* course, please let Leonora know.

Prayers

I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. Jeremiah 29:11

Prayers for the pastorate.

Think of all the activities that our congregations usually do. Pray for each one involved in the organisation and for those who attend.

Ask for guidance as to how we can maintain a relevant witness and support in our communities and to each other during this time and when we can meet together more easily.

God-always-with-us, we pray your Spirit will bring freshness to our thoughts, words and actions, so we can dream new and creative possibilities, discern the challenges before us, find life-giving ways to care and embrace, and dare to join the adventure of walking your way of flourishing life for all. (from Sundays with CWM 2021)

Prayers for persecuted Christians.

Iranian Christians, Sam & Maryam were convicted and sentenced for various 'crimes' and then told that their adopted daughter, who has serious health problems, would be taken from them. The toddler has probably now been in state care for 3 or 4 months. Pray that the family might be reunited and remember the many, many Christians who have fabricated charges made against them in countries that are hostile to minority groups. They may be imprisoned or no longer go to work or have to flee.

Sue

The Cadbury Pastorate

Covid-19 cancellations:

All worship has been suspended in our churches for the time being, but Sunday worship can be found on the Weoley Hill website as an audio/visual presentation or in print form, and through email and postal distribution. Recorded worship is also available via the URC Daily Devotions.

Groups which normally meet in the churches have ceased meeting, except for *Incredible Surplus* at Weoley Castle Fridays 10.30 AM -12. (See article for details.)

Please check the churches' websites for further news and any changes.

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Secretary: Maureen Peart 605 3540

