

St Paul's Methodist Church, Crawley
Extraordinary Times
a magazine to help us through COVID-19
Issue 59 **May 16th 2021**

Key date for kids – Friday 21st May

Dear parents,

Hope you are keeping well and safe.

As the government has been easing lockdown rules, we think it's a good time to slowly start welcoming the children and young people back in church.

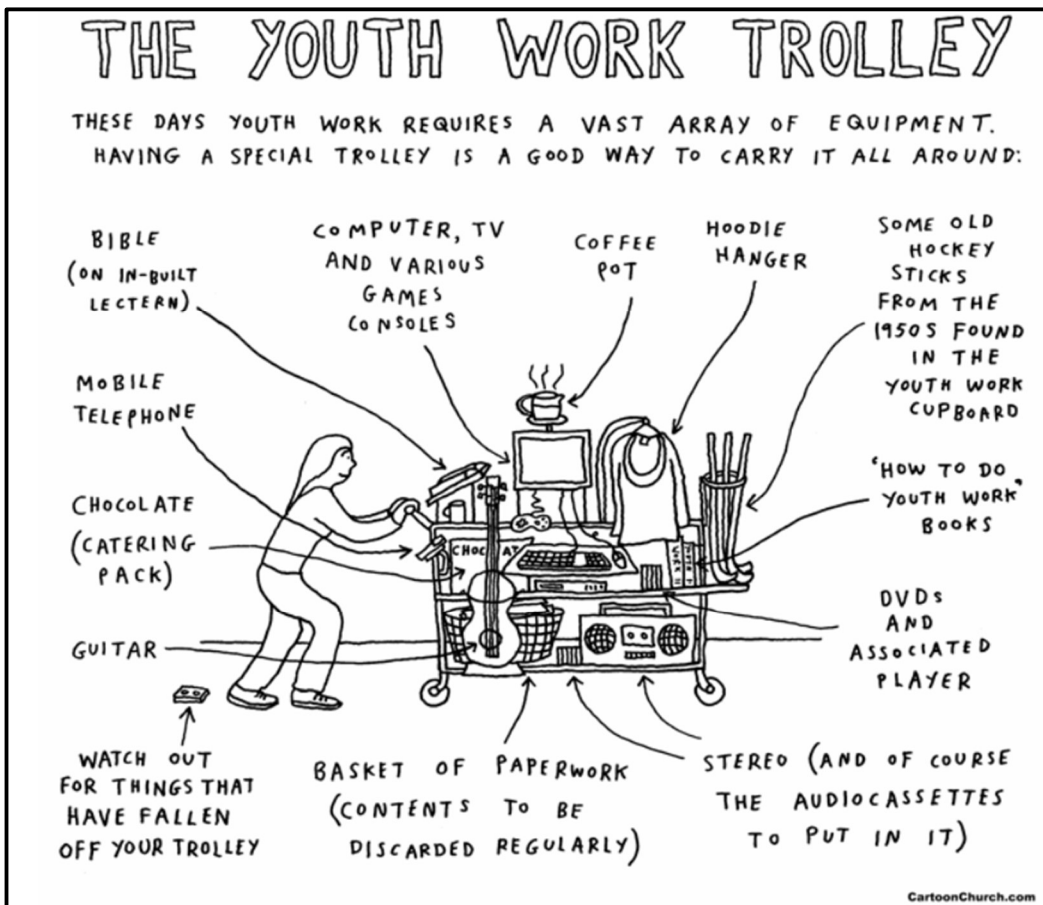
Currently, Sundays are not a good time to bring the children/young people back due to the fact that we have a short spoken word service at 9.30am followed by a live stream broadcast service at 10.30am.

The children's leadership team has decided to start an all age fellowship on Friday evenings. This will begin on the 21st May and then every Friday onwards. Activities would include worship, story and prayer from 6.00-6.30pm. This would then be followed by a time of playing/socialising from 6.30-7.00pm, before YPSG at 7.00pm.

We kindly ask the parents to stay back but observe social distancing and wear their masks.

Please kindly let us know if your child/children will be attending by email to ask.stpauls@gmail.com

Hope to see the children back on Friday the 21st of May,
God bless, *The children's leadership team*



This cartoon is somewhat dated (audiocassettes!) but in youth work nothing much else changes!

If anyone out there fancies helping on a Friday evening sometimes, please email

ask.stpauls@gmail.com

What's On

Sunday 16th 9:30am in the church spoken service with John Starling

10:30am online worship with John Starling

Sunday 23rd 9:30am in the church spoken service with Lorraine Valler

10:30am online worship with Lorraine Valler

Sunday 30th 9:30am in the church Holy Communion with Rev Clive McKie

10:30am online worship with Rev Clive McKie

Find all online services on [St Paul's Facebook page](#) and [website home page](#)

Wednesday 19th May 10am Funeral service for Naomi Marguerite Tomsett at St Paul's. Because of current restrictions attendance will be by invitation. Please keep Jim in your prayers.

For Kids and young people

Fridays 6-7pm Kids and Young People back to church (see front page)

Fridays 7pm Young Peoples' Singing Group

In your prayers

Please pray for the new Friday evening teaching and socialising sessions for our children and young people. Pray for the children as they get used to coming back to the church and meeting each other again and pray for their leaders and helpers.

Pray for the ongoing Covid situation. Pray for countries where the virus is still at very high levels and for all who are suffering.

Pray for the situation in our own country where there is some increase in Covid cases due to new variants. Pray for the health and well-being of all people.

As the rules are relaxed this week, some of the groups which hire rooms in our building are returning. Please pray for them all.

Continue to pray for Neil Roberts, for Jim Tomsett, for Lyn and Richard and others you know who need prayers at this time.

Send your prayer requests to ask.stpauls@gmail.com

Permission must be received from a person before their name is put on the Church prayer list

Christian Aid Week 2021



As Christian Aid Week 2021 comes to an end there's still time to make your donation. Many thanks to those who have already done so. Our total now stands at £470 (£558.75 including Gift Aid). If you'd like to donate, please click this link

<https://envelope.christianaid.org.uk/envelope/stpaulschurchcrawley>

The importance of mental health chaplaincy

At the end of Mental Health Awareness Week. Ian Cartwright shares his personal experience of mental health issues and his approach to mental health chaplaincy

My name is Ian Cartwright and I have been a Methodist for over forty years. One of the main things I value most is our holistic approach to ministry and mission. By holistic I mean our ministry and mission engages with the whole person, mentally, emotionally, physically, spiritually, socially, and economically. It is also interesting that these six areas of our humanity effect or mental wellbeing for good or not so good. We all have mental health. For some people like myself we are vulnerable to mental illness. In my case I am prone to depression, anxiety, and burnout. For other people it could be for example, eating disorders, psychosis, self-harm, or addiction.

As a Church we are well placed to support people who struggle with mental illness by being aware of mental illness, being compassionate and caring and offering support to those who struggle with their mental health. I have always believed that at the heart of our ministry and mission is caring. Caring is the glue that holds all the good work we do week in and week out in our churches and through our churches into the local communities that we serve. I am passionate about the church being a caring and compassionate place for all. Nowhere is the need for caring and compassion to be expressed more today than in the area of mental health.

When I was really struggling with my depression and anxiety, I found it very difficult to find anything suitable from a Christian perspective to help me. I had loads of personal support, but I wanted to understand my illness through a Christian lens. So, as I began to get better, I felt called to turn my personal darkness into a ministry of light for those who are living with the darkness of their unique mental illness.

This ministry began by simply talking about my illness. I decided to talk about my depression like any other illness. I felt so liberated because I realised, I was helping to break down the stigma that is associated with mental illness.

In time I was invited to become a volunteer mental health chaplain at the local hospital. I was able to listen to people non-judgementally because of my own lived experience of depression. This voluntary position turned into a paid chaplaincy role.

I now serve as a mental health chaplain for the Tees, Esk and Wear Valleys NHS Foundation Trust. Most of the patients I support come through referrals from the various community health teams and GP practises who have received a diagnosis of mental illness in some form. I have recently become a Mental Health First Aid instructor and training people to become mental health first aiders in their local communities and workplaces.

Methodists join other Christians in appealing for peace and an end to provocative actions in Jerusalem

Statement from the World Methodist Council, Global Ministries of the United Methodist Church and the Methodist Church in Britain, which are partners in the Jerusalem Methodist Liaison Office.

We stand together to support the Patriarchs and Heads of Churches of Jerusalem who have expressed their concern about continuing violence in Jerusalem and who have called on those in the international community to put an end to what they describe as 'provocative actions'.

We have been horrified by the scenes of violence in east Jerusalem, which threaten the fragility of the Holy City, and call on the Israeli Government to permanently halt the threatened evictions of Palestinians from their homes in Sheikh Jarrah, where clashes have also taken place.

We urge calm on all sides and ask politicians to enable an environment where justice and healing can be experienced by all. We join with Heads of Churches to continue to pray for the peace of Jerusalem. We continue in solidarity with our Christian sisters and brothers who live and work in the Holy Land.

Taketime for the Circuit – *Taketime for All*



Taketime for All is the new name for *Circuit Taketime*. It's still on the first and third Wednesdays of the month at 7.30pm for 15 minutes followed by a further 15 minutes in which to share experiences for those who wish to stay. People are very welcome to drop in and try it. The next *Taketime for All* is next Wednesday, 19th May at 7:30. If you would like to join us, please e-mail patoakley@sky.com and she will send you the Zoom details.

And finally – some thoughts on books

"You can never get a cup of tea large enough or a book long enough to suit me." C.S. Lewis

"So many books, so little time." Frank Zappa

"A room without books is like a body without a soul." Cicero

"A book is a dream that you hold in your hands" Neil Gaiman

"Outside of a dog, a book is man's best friend.

Inside of a dog it's too dark to read." Groucho Marx

Contacts

Rev Melvyn Cooke 01293 973847 melvyncooke@me.com

Prayer requests & newsletter items ask.stpauls@gmail.com

St Paul's website www.crawleymethodistchurch.org.uk

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