



METHODIST WOMEN IN BRITAIN PLYMOUTH AND EXETER DISTRICT

NEWSLETTER: SPRING 2020

....encouraging....enabling....equipping....

Food and Health Issue



A MESSAGE FROM OUR DISTRICT PRESIDENT:



Dear friends

I am writing this just after the Prime Minister announced lock-down for the country due to the corona virus so this is a very different letter to the one that I was going to write.

We are living in unprecedented times and I will keep all of you in my prayers. I am especially concerned with those of you who live alone and have no-one to sit with them at this time. I have a pen pal in New Jersey and she has emailed me to say she is lonely and very frightened. At this time technology proves a real boon to everyone as we can phone one another up and email each other. In our circuit, staff are phoning all members every week, just to keep in touch and I think that is something we can all do with those we know. I was thrilled on Mothering Sunday to have some Face time with my son and his family in Lancashire. However, I'm aware that many people do not have access to that technology.

Another thing we can all do is write a letter - it may seem an old-fashioned thing to do these days but the joy of receiving mail - which isn't a demand for payment or junk mail - is considerable.

Whilst life is very hard here at the moment spare a thought for people in other countries where they just can't wash their hands as they have no access to water or soap.

Our faith and love for one another will see us through, and as John Wesley says - The best of all is - God is with us.

With much love,
Jane

A bit about Jane....

I am an active supernumerary minister living in Watchet and in the past have been stationed in two circuits in Norfolk and two in Somerset. I have been married to Haydn for 49 years and we have two sons, Trevor and Paul. Both our sons are married and between them have five children. I am fortunate in that all of the family are followers of Jesus and active in the churches where they belong.

My early childhood was spent on the Somerset levels before we moved to

Weston-super-Mare. Before my call to ministry I had several jobs; working as a barmaid when my children were small and then in the accounts office in a garage at Uphill. Also at that time I was an 'Avon lady'.

In the 1980s I began work at the Magistrates Court in Weston-super-Mare, starting as a member of the accounts office collecting fines and balancing the books every quarter - which back then was by hand - no computers to do all the calculations for you! I worked my way up to become the C.E.O. and oversaw

improvements to the building before being part of the design team for the new court house in Weston-super-Mare.

In this role I have visited prisons and rehabilitation centres and forensics labs and seen lots of court proceedings.

I was always involved in church as my mum was a Sunday School teacher in the Anglican church where I confirmed as a teenager. Later on my mum, and I were confirmed in the Roman Catholic church. My husband had always been a Methodist and I joined the Methodist Church in the 1970s. I was a Sunday School teacher there and a youth leader and have many happy memories of youth events and MAYC in London.

It was a bit of a shock when God called me into ordained ministry but he equipped for this role which I thoroughly enjoy.

I enjoy taking services and have organised quiet days, holidays at home and led alternative worship in various venues.

I enjoy walking our golden retriever in God's wonderful world, sing in Watchet community choir, and am a school governor at Knights Templar Anglican/Methodist First school in Watchet. I have always liked making things with my hands and have tried my hand at oil painting and water colours, calligraphy, and sewing and now like to relax making cards which I sell in our local co-operative shop for charity.

Jane

We are sorry that the forthcoming District Day on 13th May 2020 is cancelled.

At the present time, the next District Committee Meeting is planned for 9th September 2020, at St Thomas' Methodist Church, Exeter.

Sidholme Conference November '20

I know some of you will be eager to have the latest information. Jean Woodland and Pam Kingsland say:

'The situation is uncertain, as it is for all the hospitality industry. We are working with the hotel and if it is possible to meet government guidelines we will go ahead. Be assured that everyone's money is safe and that refunds will be made in the event of cancellation. I have today spoken at length with Sameer who is the manager.

Needless to say, none of us knows what the situation will be in November and so it is very difficult to make plans. My biggest concern is that should social distancing still be in operation

then the Conference as we know it will not be possible. Some 70 people in the lovely organ room, or in the dining rooms, would be impossible, not to mention sharing bathrooms in the annex! Travelling and car sharing could also still be problematic.

Usually I would be paying the £10 a head deposits to the hotel at this time. We have agreed to defer this until probably August when we may have a better idea of what the instructions and directives will be. Hopefully a decision can be made then as to how we proceed.

We hope to have the Conference but nothing can be confirmed at this time'.

So it looks as if we will have to wait until August for more information. Until then, we leave it in the capable hands of Pam and Jean.

DISTRICT MWIB SUPPORT FOR THE DEVON, DORSET & SOMERSET AND CORNWALL AIR AMBULANCE

The time for supporting the Air Ambulance is coming to the final few months. With the lockdown there will have been some events organised for the Air Ambulance which may be postponed rather than cancelled.

It's been decided to launch our new project in October at the District Day – but it is still OK if you have monies designated for the Air Ambulance after that date.



As always, the support shown for the Air Ambulance in the last 18 months has been superb with Devon, Dorset & Somerset and Cornwall all benefitting financially.

So far we have raised £9925.34 (as at 31st March).



Devon Air Ambulance write:

'Your support will enable us to carry on our life-saving work whilst we head towards our next milestone to extend our flying hours even further. This, together with the development of further community landing sites across the county means we will be available to help even more people.'

We are also continuing to invest further in the clinical development of our aircrew, giving them the skills needed when faced with the most time-critical emergencies. In addition, we continue to invest in our future, which will include the replacement of our aircraft to ensure our developing needs are met.'

Dorset & Somerset Air Ambulance write:

'The cost of an average mission is approximately £3000 and the Charity requires funds of over £4 million to continue our vital service so your donations are very much appreciated.'

Thanks to you all who raise money in such a variety of ways – it is always good to know the money is so gratefully received and then well spent by the Air Ambulance.

THANK YOU!

Alison (Treasurer)

CHANGES IN THE DISTRICT EXECUTIVE COMMITTEE

Saying Thank you to previous President, Di, as she steps into the Vice-President role for her final year.



District MWiB were pleased to present Di Smart with a personalised bowl at the end of her term of office.

The presentation was made by the Reverend Graham Thompson, our Chair of District.



The Vice-President in waiting

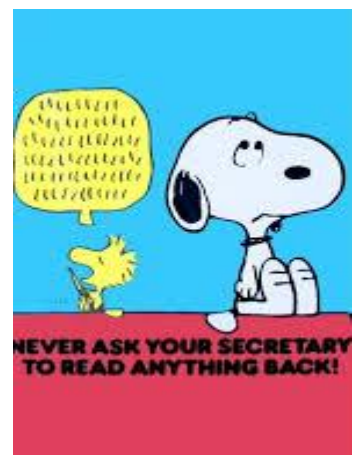
We are delighted that Mrs Anne Browse has agreed to be the next Vice-President/President of District MWiB for 2021-2025

And a Vacancy waiting for YOU?

We are looking for a new Sidholme Bookings Secretary. This could be YOUR perfect role once you have spring cleaned the house, tidied the garden, and completed all those other jobs on your list!

Whilst it can be done entirely from home, lots of human contact by phone and email are guaranteed.

For more details, and a job description, please contact Pam
pamela.kingsland4@gmail.com 01752 519452



I was going to put in a piece about which coffee restaurant chains offered a cheaper coffee if you take your own cup [I've taken to keeping a travel mug in the car], but of course nowhere is currently open – and we aren't allowed to go out anyway....so this is just a reminder to think about getting a travel mug to keep with you and use in due course, to save on the plastic and card mugs we are offered in cafes.

Highlights from the February 2020 Forum

The Forum is the MWiB national body (Trustees) made up of one representative from each District, plus the Connexional MWiB officers.

The new Vice President is Ruth Perrott of Chester and Stoke-on-Trent District

Jude Simms and Wendy Bridgeman went to Ghana in January 20; visiting an orphanage and a Women's fellowship meeting and a Project that empowers teenaged girls who are out of education. They were given many gifts including sacks of yams, lovebirds, and a live goat. The Project will be encouraged to apply for an Empowerment grant. There is a suggestion that Districts may like to sponsor girls, but we will wait on more information here.

The Dementia Awareness Packs will be updated

I have the new Hearing Impairment Packs - contact me if you would like some?

I finish my term as District Forum Rep spring 2021 - if anyone wants to take over, see me for info?

We will keep Anne Browse's link with Germany going - we will invite German ladies to Swanwick, and hope to visit German events

Hilary Evans, current MWiB President is due to go to Hong Kong and China, but whether she will be able to go now is in debate

Monies raised for supporting the Dalit women and children in India haven't been able to be sent - we have £60k waiting to be used. Anne Browse and Deborah Kirk are suggesting a hospital and a nursery school we might link into

The MWiB Fringe event at Conference will be shared with Global Relationships Team - "Supporting Growth"

The next 10 years of MWiB [as we approach the end of our first decade] -what would we like to see MWiB doing?

World Federation Day is planned for 24 October in Chippenham; SDG 12 - "Responsible Production and Consumption"

MWiB is raising funds [£12k] for a café in Mexico, which plans to feed 300 refugees 3 times a day - it is called "Juan 6.35" [Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty'].

Bunting Panels - will be made for MWiB's 10th Anniversary in 2021. A4 size double-sided panels in the MWiB colours will depict projects MWiB has been involved with.

Easter Offering - "Journeys [Into All the World]" - it is now suggested that this takes place later in the year.

Göteborg 2021 [10-15 Aug] - the World Federation quinquennial event.

Carolyn Lawrence becomes Vice President of the Methodist Conference - I have her diary sheet and the MWiB prayer list - we are 'designated District' for April 2021, which is the month when we should be keeping Carolyn especially in our prayers. If anyone would like a photocopy, let me know?

Current Vacancies... could this be you, or could you prayerfully suggest someone?

Helen Kim Memorial Scholar [women 18-30 for 5 years]

World Federation President for Ireland and UK

Liaison Officer for Ireland and UK

Elaine Banks, District Forum Rep



The idea for an issue based around Food and Health stemmed from a conversation in January (flashback-style shimmy), when I was showing off about 'veg-anuary' and not eating meat for a month.

Carolyn Lawrence said, "I get my meat from a farm a couple of miles away. I know where it comes from. I can walk there. How did your aubergine get to your plate?"

I had to admit (in a small voice) "By air". This led to a general conversation about air miles and food and health, and eventually to this issue. I hope everyone enjoys it; I've certainly learned a lot along the way!

Can I pass on everyone's thanks to Deborah Kirk for putting together this issue (and all the others); one of the 'behind the scenes' jobs that doesn't get acknowledged!

Please pass on this e-newsletter to your contacts; as we won't be producing a paper issue this time; anyone who would like a paper copy can hopefully get one locally. If there any problems, we can always send a printed copy out – just let Elaine have a name and address.

While the coronavirus restrictions are in place, we are sharing a weekly email here at MWiB Towers.....if anyone would like to be included in this weekly group email, please pass on your email address.

Elaine Banks, District Sec MWiB daveelainebanks@googlemail.com

A VERY SIMPLE FOOD QUIZ TO GET YOU STARTED.....

1. Do you know exactly where the food you ate today came from? (Clue: The answer is not Morrisons – other food stores are also available)
2. What was its carbon footprint' compared to buying local produce?
3. Is it good for you? Or the planet?
4. If it was vegetable based, do you know how many pesticides, banned in the UK, were used?

CORONA?



Corona pop



If you'd said "corona" to me three months ago, my thoughts would have gone straight back to the orangeade, dandelion and burdock, and lemonade of my childhood. It was known as "corona pop" to the children of South Wales, who saw the red and gold vans bringing it to shops and door-to-door.

Corona was a brand of carbonated soft drink produced by William Thomas and William Evans when they saw a ready market for soft drinks caused by the expanding influence of the temperance movement in the Welsh valleys, in the wake of growing non-conformity.

The company's first factory was based in Porth, Rhondda, and the brand lasted the hundred years from the 1890s to the 1990s.

The bottles were tricky for a child to open – they had the old swing-top wire-and-china tops that you had

to flick off, but they did need a fair amount of pressure. It was hard for small thumbs, but maybe that was just as well, because I do remember the drinks being extremely sweet and sticky.

The appeal of Corona for me as a child was the 3p that was paid for each returned bottle – my friend and I once spent a whole Saturday collecting bottles from neighbours and carting them to the local shop. In the late afternoon we bought tickets with a pocketful of 12-sided thruppenny bits and sat through 'Bambi'. Little did we realise that we had forgotten to tell our families about our Grand Plan – when we got

home, it was to find everyone out scouring the area, even the police. I still can't think of Bambi without feeling guilty.

Now of course, the word 'Corona' has a very different meaning for us all – and the fact that Methodist Women in Britain in the Plymouth and Exeter District won't be sharing our usual District Day in May has led us to hope that this Newsletter will at least keep us all in touch.

PLEASE SHARE this Newsletter with as many contacts as you can – and we hope to be 'back in business' for our next District Day in October.

God Bless, Elaine Banks



WALKING FOR HEALTH AND WELL-BEING

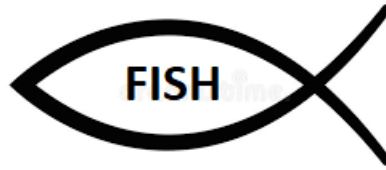
I have no medical knowledge as to the benefits of walking, but I do know, from personal experience, that after a walk I usually feel re-vitalised. The weather may not be great but if I can walk out in our wonderful countryside, or even a town I feel much better. I'm not a lover of shopping but I think walking is great! I enjoy the flowers and shrubs in people's gardens or the sometimes-imaginative displays in a shop window. All much more interesting than remaining at home!

When in the great outdoors I look around me and thank God for the wonders of his creation. There is birdsong to hear, flowers and plants to enjoy and occasionally a creature will run across the path I'm taking. This is more likely when walking through woodland and the cheeky squirrels leap and jump under and through the trees. When on holiday it is wonderful to admire the awesome beauty of crashing waves and waterfalls, towering mountains some of which may even be snow-capped, also man-made features. These may cause us to wonder at the creative powers of people long ago and admire the architecture and structure of their creations. Yet here in our home county of Devon we have some wonderful scenery and buildings to enjoy.

For me, walking can also give me an opportunity to pray especially if I'm walking alone. When at home there are often distractions and other calls upon our time but when out walking we have a short time that is 'our own'.

Many of you reading this may have other ideas of the benefits, or otherwise, of walking but I hope this very short article has given you some 'food for thought' and maybe even encourage you to go out and enjoy a walk yourself.

Jean Woodland



I've discovered that I need to be careful what I say in Elaine's hearing! At the Executive I happened to remark that 75% of fish caught in the UK is exported and 75% of fish eaten is imported, which I thought was horrifying. The next thing I knew was Elaine saying "you can write a piece for the Newsletter"!

Well what I know about fishing wouldn't cover a postage stamp. So I did what we all do (well most of us) and asked 'Mr Google', who was far from helpful. I did find that fish is a source of vitamin D which I didn't know, and a source of Omega 3 which I did, and it's good for the body and the brain.

1 billion in the world people depend on fish for their protein. 80,000 tons of fish are caught each year. 60% in the Pacific. Within 40 years fish will be off the menu, due to overfishing and loss of habitat which go together, unless serious action isn't taken. 90% of the world's large marine creatures are extinct and the albatross is at risk due to the huge fishing nets that are used. The albatross see the fish, and in seeking a meal get caught up in the nets.

There's apparently no protection in the deep-sea fishing industry, where huge nets are trawled from boats, and line fishing from large boats catch hundreds of fish daily. Greenpeace are doing what they can and people in the Pacific, are working hard to refresh the coral, where most fish live. They do this by picking small bits off the coral, called fingers and planting them on wire trays, and when they are grown, the new plants are planted back into the reefs. 1 finger can produce 50 plants. But it is hard and dangerous work.

At harvest time last year, our Messy Church thought about different harvests. From the land, from the sea, from the garden. I drew fishing. Based on the story of the 'Miraculous Catch of Fish' (John 21: 1- 6). So I knitted some 'fishing nets', and found pictures of lots of fish on Clip Art, cut out lots of fish for the children to colour and tie onto their fishing nets to take home.

So I suppose it isn't inappropriate for me to write about fish! – I do like to eat fish; (one holiday I managed to have a different fish every evening); I love the natural history programmes which show me all those different fish, all sorts of colours and shapes, and the coral reefs where they live are also beautiful. God has indeed created a wonderful world.

(Most of this information came from a programme on BBC4)

Di Smart

YOU ARE WHAT YOU EAT?

We hear a lot these days about the way our eating habits affect our planet and many news reports and magazine articles would have us believe that the most ethical way we can eat is by choosing a vegetarian or vegan diet. In fact some pressure groups are pretty aggressive in their campaigning to encourage people to stop eating meat of any kind. But are things always that simple?

I'm no expert but have read a lot around this subject and have noticed that there are a lot of ethical issues around some ingredients used in vegetarian diets that are not being highlighted. We are bombarded with a confusing array of products to supposedly help us eat more healthily and I guess that most of us rarely, if ever, look more deeply into where these products originate or the affect their production has on the local people, environment and economy.

So for example take coconuts. A product that is now available in a bewildering array of formats. According to the UN the demand for coconuts is growing at 10% annually. The amount spent on coconut products in the U.K. Has risen from £3.4 million in 2014 to £25 million in 2017. And yet behind this seemingly miracle food item lie serious ethical issues. As coconut consumption has soared, the production in countries such as Indonesia and the Philippines has increased and the people who grow them are often living below the poverty line while a few fat cats glean the financial rewards. Also, in some countries monkeys are trained to harvest coconuts - either captured from the wild or bred in captivity for the purpose. They are forced to work gruelling hours, kept on tight leashes and suffer cruelty at the hands of their owners. That's not to mention the effect of over production on the price of coconut for locals or the food miles associated with transportation.

Then there is soya. A product used in many meat alternatives. Soya production is one of two main causes of deforestation in Brazil, along with cattle ranching.

Quinoa is another ingredient hailed as a wonder food and much of our quinoa is imported from Bolivia where it is the staple diet of many poor Bolivians. Due to the increasing demand on this

product and associated price rise (the price has tripled since 2006), many Bolivians can no longer afford this basic ingredient and it now costs more than chicken in Lima. There is pressure to turn land over to production creating a quinoa monoculture instead of diversity in farming. The exportation of such huge amounts of the product is damaging the food security of that country.

Peru has cornered the world market in asparagus which is depleting their water resources while labourers live and work in substandard conditions. And again there are those food miles.

So what's the answer? How do we eat ethically and responsibly? I don't think that we need to go vegetarian or vegan to achieve that and can enjoy all things in moderation. I believe that we need to think carefully about where our food originates and try to limit our dependence on imported food. The meat I buy from our local butcher comes from local farms and has been well looked after to strict welfare standards. It is a little more expensive than supermarket meat but superior quality so we can eat less of it. We can try to seek out locally produced and seasonal fruit and vegetables to cut down the food miles of our meals. If we do buy imported products, let's look to buy Fairtrade goods as much as possible and organic produce that has less of an impact on our environment. And grow our own where possible! And as around 30% of food in households in the U.K. is purportedly thrown away we can look at ways of cutting down waste and using everything up. If we buy a bit less we are likely to have less waste anyway.

I believe that if we start eating more ethically we may end up having to eat a little less but our diets will be healthier, we'll spend a bit less, and we'll be playing our part in helping this beleaguered planet and its people. As Christians this is one important way that we can demonstrate our love for God and for our fellow human beings and our stewardship of this wonderful world.

Carolyn Lawrence

For more Information about these issues: Check out Joanna Blythman, Food Writer - Ethical Consumer website - Fair trade Foundation

FOOD THOUGHTS FROM A RETIRED DOMESTIC SCIENCE TEACHER AND A DOCTOR

WHAT FOOD SHOULD WE BE EATING?

Having taught 'FOOD' to students in schools for nearly forty years it is obvious that there have been many differing opinions of what is or isn't good for us.

However, one fact remains certain that for a healthy life we need to eat a well-balanced diet. Plant based foods are really important in the diet for fibre to help our digestive system. Wholegrain foods, nuts, seeds, and pulses should be included. Brightly coloured fruit and vegetables such as berries, tomatoes, broccoli, kale, spinach, peppers and carrots to name a few contain essential vitamins and oxidants which are vital to our health. The 5-a-day theory taught in schools encouraged students to work out for themselves if they were eating sufficient foods from this group; now it has increased to 8 or more for a good diet.



A lot of ready-made foods today have been processed and contain large quantities of fat and sugar so students have been encouraged to think of ways of reducing fat and sugar in their diet. For example, using natural foods to sweeten dishes if necessary, by using skimmed or semi-skimmed milk, eating less meat products and replacing the meat by having more fish in the diet. Methods of cooking have also helped to cut down fat content, for example grilling foods instead of frying. It is a pity that there seems to be a growing number of people suffering from obesity in our society partly due to eating processed foods, highly salted takeaways and too much snacking between meals. However, on the positive side a lot of people have the knowledge to make use of plant foods, pulses etc to get the necessary protein in their diet. It is really important that children are encouraged to eat a wide range of foods from an early age, plenty of fruit and vegetables and no sugary drinks. It is good to see that many schools only allow students to take water to drink. It must be remembered that alongside a well-balanced diet good exercise is essential in order to promote a healthy life.

Liz Hartley [Taunton]

WHAT FOOD SHOULD WE BE EATING?

Every time you pick up a newspaper or glossy magazine you are bombarded with endorsements for the latest and best diet or another food that might be bad for you.

If you are asking yourself 'should I do the latest keto-paleo-Atkins-Dukan-detox-fasting diet?', the answer is NO! 'Keep it simple'. The diet industry is worth billions of pounds and coming up with a new diet to sell supplements, programmes, and subscriptions is their goal.

In reality, there isn't a 'new scientifically proven' weight loss strategy that your doctor isn't telling you!

It is simple - if you eat more calories than your body uses, you will put on weight. There's no magic trick to this statement and no way of getting around it. If you are trying to lose weight, then eat fewer calories and move around more. Science has shown again and again that cutting out food groups or severely restricting certain foods is not good for our bodies and isn't sustainable in the long term, causing rebound weight gain - maybe the goal of the dieting industry is to keep you hooked on their products!



Whilst you may not be as comfortable with a female doctor, on the plus side, my hands are small.

Along with the dieting industry, the supplement industry is very lucrative and thrives off telling people that certain health issues are down to a lack of whatever it is they are trying to sell you. In fact, the human body is an amazing thing. If you eat a balanced diet, this will provide your body with everything you need. If you need to restrict something because of medical reasons then supplements are helpful, but to the rest of the population, a cocktail of supplements only provides the body with the ingredients to make very expensive urine!

If you or your family want to be healthier then keep it simple - make small sustainable changes and these will add up to a big difference. Reduce fat and salt intake, drink more water, make vegetables the main star of a meal rather than a sad, soggy afterthought and definitely move around more!!

Dr Teresa Banks

EXERCISE FOR PEOPLE OVER 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.

The Road to Health and Happiness, via Keep Fit for the Mature Woman

When I was young, I got plenty of exercise with three children and a job and a house to run. I did play a weekly game of badminton, and took the children swimming, but that was it. It was only as I matured [love that word, so much more pleasant than the bald 'got older'], that I began to realise that my body, as a temple, was showing signs of needing to get in the builders to do some renovation work.



So – I experimented with bowls and Tai Chi, and even a Christian Ladies Workout and Bible Study Group [there really is a lot out there, if you look]. But in the end, I settled for two things that I wouldn't willingly give up.

My 'Pilates' group is led by a lovely young woman with piercings and tattoos, who is so caring of us older ladies with our various problems – she has instituted a 'first creak of the day' so we can all giggle with whoever makes that first crack or creak from our joints....and we all bond over it. The group is small – nine of us – and we all share a coffee in the café next door [run by church volunteers] afterwards. We are a cheery group, interested in each other and willing to debate, because of course we don't all have the same ideas and attitudes – but that is all right, because we share something more important – values, and shared experiences.

My 'Movement to Music' group is larger, about 20 of us. Our leader is small and energetic and totally committed to supporting any good cause that comes her way. So we troop down to share bacon and eggs at the Cancer Breakfasts, and we wear silly outfits for Children in Need, and we bake cakes for Sport Relief, and we do displays in the town for other good causes. Because she is so keen, we all get involved, and we raise a lot of money each year. And because we all get involved, we have made a kind and supportive group, And we have a lot of fun.

So I think something I have discovered as a mature women dipping a toe into exercise classes is that they aren't just about keeping fit – they are social spaces full of people you value. And that is an excellent thing.

My daughter bought me some cutting-edge gym clothes for Mothering Sunday – I can't wait to get back to class to show off my new leggings instead of my old trackies – but that will have to wait a while, and in the meantime I'm carrying on every day with the videos that both my group-leaders have put online – what kind ladies they both are!

Global Social Justice

Established in 2015, Second Helpings, Stamford, aims to reduce food waste by using food gifted from local sources that would otherwise go to landfill.

Both the café and shop are run by volunteers, serving the needs of local people from all walks of life regardless of the ability to pay.

Part of the national Real Junk Food Project, Second Helpings has grown rapidly, always focused on stopping society's surplus food from going to waste. The Saturday lunchtime café in Barn Hill, Stamford, now feeds around 100 people per week, providing an inclusive environment where people come together to eat, chat and make friends.

Second Helpings in Stamford

The Real Junk Food Project started in Leeds, with Adam Smith speaking on *Songs of Praise*.

Since starting our "Second Helpings" project in 2015 over 89,733kg of food has been intercepted, providing food for 23,787 people, saving 170,965kg in CO₂

emissions, enough to light a small town for one day.

The project supports people who are struggling to provide food for their families and is also a source for those who don't like to see food wasted.

'The Bunker' is open for people to collect fresh fruit and vegetables, Tuesday – Saturday each week and is a bustling hub of the community. There is also a community fridge where food can be left from gardens and allotments.

The whole project is run by volunteers, who give freely of their time to help those less fortunate. 'Feeding Bellies not Bins' is the slogan and food is provided on a pay as you feel basis, with everybody given an envelope to contribute as they are able.

From small beginnings the project has grown into an almost full-time endeavour making sure that not much food ends up in landfill sites helping the climate with less emissions. A win, win situation for all those involved.

Nina Rawlins, MWiB Connexional Treasurer



FAIR TRADE

Fair Trade began in the late 1970s, started by committed Christians based on ideas of love and justice in trade. They believed that trade ought to work for the poor.

Fair Trade fights poverty through practising and promoting approaches to trade that help poor people in developing countries to transform their lives. It also helps to develop the skills they need to run their own businesses or to train others. Fair Trade influences the rules that govern trade, challenges injustice and encourages changes in public and political attitudes.



Generally, food producers use traditional methods of cultivation. Farmers are guaranteed a fair and stable price for their products and the extra income for them and for worker, on tea estates, for example, helps to improve their lives, helping to give them a stronger position in world markets.

The Fairtrade Mark is an independent consumer label awarded in the UK by the Fairtrade Foundation. It guarantees that the products fulfil Fair trade criteria.

Fair trade began with basic foods such as coffee and tea, but quickly spread out to include many other foods plus handcrafted items made by people in small co-operative groups, although many don't actually bear the Fairtrade Mark because of the complexity of the supply chains leading up to the finished articles.

Fair trade organisations such as Traidcraft have a direct relationship with the producers or their representative organisational groups. The regular - and fair - price that food producers receive helps them to produce and farm so that their land and their families can grow healthy and strong, often by helping with their children's education and improving the family's level of living. This gives them more confidence to speak up at village meetings.

Traidcraft, and other fair trade organisations, are passionate about equality - gender, religion, opportunity, regardless of background. They are increasingly concerned about the effects climate change is having on the producers in the various countries.

The poor want to work their way out of poverty. As concerned consumers we can help them. The choices we make and the things that we consume have consequences, and how we choose to consume today will directly affect the lives of future generations.

Margaret Wood.

Just for fun..

After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, 'Who was THAT?'

ENGAGED ETHICS

I was in Hotel Chocolat a few weeks ago [a shop I frequently enter – just to buy gifts, you understand.....] and picked up a leaflet. I didn't know that they trade under 'Engaged Ethics' – but the leaflet told me that they have their own version of Fair Trade.



They provide funding and project management expertise to cocoa growers, to empower them. For instance, they have founded a series of cocoa seeding nurseries in Ghana – this enables replanting and yield improvement, reducing the poverty trap of declining yields.

In Saint Lucia, the firm found that the cocoa production business was in terminal decline, with groves being dug up and turned over to other crops. It took five years to collect a group of 120 cocoa partners of varying sizes, who were promised that Hotel Chocolat would buy the whole crop; buy it direct from the growers with no middle-men; and provide free technical help. At the end of 5 years, the firm paid the growers a rate that was 150% higher than they had got from the island's previous scheme.

It struck me that they can do this because they are an independent and committed company – and I wondered how many more companies like this are there out in the market-place that I don't know about – that I could be supporting?

If anyone knows of any other firms, please share!

~~~~~



My mother-in-law was always one to keep up with the modern trends. When tea-bags began to appear, she bought some and took them home....and then wondered what to do with them....

Finally, she took some scissors and cut the bags open and poured them into her tea-caddy.....

I still recall her embarrassment when my husband [then my new boy-friend] recounted this story over our first tea-time together.





# World Church Focus

## Reflections on the District Visit to India – January 2020

*The following is a short personal account of the visit which 6 members of this District made to the Diocese of Cuttack, Church of North India, in the latter part of January this year, in order to further our partnership with that area.*

I was to make the outward journey alone, spend 4 days with hosts in Puri, a large coastal town, and then a small group from across the District would join me late on the Friday of the same week. We would spend a further week travelling around some of the churches and programmes of the Diocese, before returning together to the UK on Monday 27<sup>th</sup> January.

I had not travelled to India on my own before, but I managed not to get lost – a significant achievement, as those who know me will attest – and I arrived in Bhubaneswar late on Monday evening. There was a wonderful sense of returning; of looking forward to building on my earlier experiences and learning more about this complicated country; mostly there was the anticipation of renewing friendships made over several previous visits.

The next few days were spent with our hosts, Rev Surendra Mohanty and his wife Bulbul, their family, and their lovely staff members who help to look after the nursery school, the retreat centre, and the grounds of the charity 'The Christian Organisation of Development and Education'. As you can see from the picture, the Retreat Centre is a green oasis in the middle of a busy, dusty town.



Puri is a place of pilgrimage for Hindus, who flock to the Jagannath Temple, and the town's 'sea-beach' which attracts tourists. A continuous cacophony of sound assaults the ears from the incessant sounding of horns, wedding processions, calls to prayer from the mosque, and various political or business announcements over loud hailers. The weather was a balmy 20+°C, however our hosts muffled up in woollen hats and thick coats against the risk of catching a winter chill. One evening there was a heavy fog, which is apparently so unusual that everyone went outside to have their pictures taken in the eerie gloom.

During the quieter days before the rest of the team arrived, I spent time with the nursery children, chatting, reading, attending an afternoon prayer meeting, and doing a little shopping!



Since my last visit in 2018, the nursery school has grown to more than 70 children, all from very poor and needy families in the area. Attendance is free to the children, who are funded through sponsorship. Their parents seem to take great pride in the fact that their little ones are at school and they are supportive of the Christian ethos, even though many of the children are from Hindu families. The school was badly damaged in May 2019 by Cyclone Fani, which made landfall in Puri, and caused widespread devastation throughout the area. It is a great tribute to Rev Mohanty, his workers and supporters, that much of the damage to the school has now been repaired.



Rev Graham Thompson, Rev Stuart Innalls, Rev Liz Singleton, Mrs Anne Browse, and Miss Shannon Beveridge arrived on Friday night – a beautifully varied group, the members of which complemented one another wonderfully well and grew closer together through our shared adventures. Any barriers between us were quickly overcome as we laughed over the cold showers, mosquito bitten legs, salted fruit salad, and aching bones.

The Bishop of Cuttack, Surendra Nanda, had devised an interesting and varied programme for us, and we travelled long distances (sometimes 4-5 hours) in a beautiful 7-seater vehicle. We quickly worked out that the 3 who sat in the 'boot area' needed to be prepared to balance as best as they could on the rear wheel arches – which was considerably less comfortable than it sounds. Many of the stretches of better road are regularly interspersed with 'sleeping policemen' in a bid to thwart any attempt at speed. Smaller tracks need no such traffic calming measures since the potholes serve the same purpose. After a particularly full day, the discomfort of one very long return journey was relieved by Liz downloading popular music from the 70s and 80s on her phone for us to sing along to – much to the amusement of the Bishop and our driver, and the good-natured tolerance of Shannon, who at 18 years old, had a completely different repertoire. A very bonding experience!

Approximately 80% of the population of Cuttack Diocese is made up of Dalit (non-caste) and Tribal peoples; of these, approximately 2% are Christian – around 900,000 people across the Diocese. The church is committed to serving the poor and excluded in their communities, irrespective of religion, and it does this in many imaginative ways through partnerships with other bodies, and through their social outreach programmes, aimed at improving hygiene, access to education and health facilities, agricultural and vocational programmes, etc.

The purpose of our visit was to consolidate the partnership that the Plymouth and Exeter District shares with the Diocese



of Cuttack, a partnership based on friendship, learning, mutual support and prayer. It has taken several years to build trust and relationship, to discover the best way to demonstrate partnership, and to work through the difficult issues of communication, expectation and process.

We visited remote tribal villages where beautiful people welcomed us with garlands, singing and dancing, clasped our hands, and washed our feet; we experienced worship, and were able to bring greetings, reflections, and preach the Gospel through interpreters; we met young students training to be pastors and evangelists at the Theological College in Gopalpur; we visited the busy Christian Hospital at Berhampur with its impressive and visionary Director, Dr Nanda, and its little clinic (which this Circuit supports) in the remote area of Dengaambo.



We attended an area Revival Meeting, learned about social outreach and support for remote village communities as well as the slums in Cuttack, and we listened as Christian leaders spoke about how diversity in modern India is being increasingly discouraged, bringing challenges to minority groups.

There were so many moments of joy - the renewing of friendships and the making of new ones; evenings spent sharing meals in the homes of gracious hosts; and joining in vibrant worship with people who have almost nothing materially, but who exhibit a deep prayerful dependency on the God who provides.

Little did we know that within a few short weeks, the lives of many of these people would be under the same developing threat as the rest of the world. On 23<sup>rd</sup> March, a country of £1.3billion people was placed into lockdown by their Prime Minister, with 4 hours' notice and no preparation. Access to markets, employment, transport, and routes home for the thousands of migrant workers, all immediately closed down, the restrictions policed with violence. Arundhati Roy has written a powerful article about the current situation here: <https://www.ft.com/content/10d8f5e8-74eb-11ea-95fe-fcd274e920ca>

We are in daily contact with our friends in the Diocese, and exploring how to help in practical ways within permitted channels. Holding them in faithful prayer is the most valued and accessible response at the present time. I know that you will join me in doing this, as we remember our worldwide family in Christ.

*Deborah Kirk, TDSS Circuit*



## **ANOTHER SIMPLE FOOD QUIZ – WITH AN INTERNATIONAL ‘FLAVOUR’**

**In Sweden, what food do people traditionally eat with eggs on Easter day?**

- a) Pickled cabbage      b) Pickled ostrich      c) Pickled herring

**On Burns Night in Scotland people eat haggis, neeps and tatties. What are neeps also known as?**

- a) French fries      b) Ice-cream      c) Turnips

**In which country do people eat rice, beef and biscuits as their Christmas dinner?**

- a) Liberia      b) Australia      c) Nepal

**In Thailand, 2,000 animals eat a feast that is specially prepared by humans. What animals?**

- a) Bulls      b) Bears      c) Monkeys

**What forms the base of the Indian dish raita?**

- a) Cheese      b) Yoghurt      c) White sauce

**From which country did the dish chilli con carne originate?**

- a) Venezuela      b) USA      c) Spain

### **Reflection written by Pope Francis:**

Tonight, before falling asleep,  
think about when we will return to the street.  
When we hug again,  
when all the shopping together will seem like a party.  
Let's think about when the coffees will return, the small talk,  
the photos close to each other.  
We think about when it will be all a memory but  
normalcy will seem an unexpected and beautiful gift.  
We will love everything that has so far seemed futile to us.  
Every second will be precious.  
Swims in the sea, the sun until late, sunset, toasts, laughter.  
We will go back to laughing together.  
Strength and courage.



# Creative Spirituality

## Sidholme 2019

This was my first conference as co-ordinator, and I enjoyed the time with all the ladies. I must thank Carol Batchelor for her excellent guidance and Pam Kingsland for her patience at the end. Things seemed to run fairly smoothly after one or two initial hiccups.

Barbara Glasson was an excellent leader. For me it was refreshing that she did not rely on any technology. This meant that Deborah and Jean were able to sit back and relax a little more, I hope.

Of her five sessions I think we were all amazed at our ability to write a 'Pantoum'. Deborah has produced an excellent booklet with these in it; a good read.



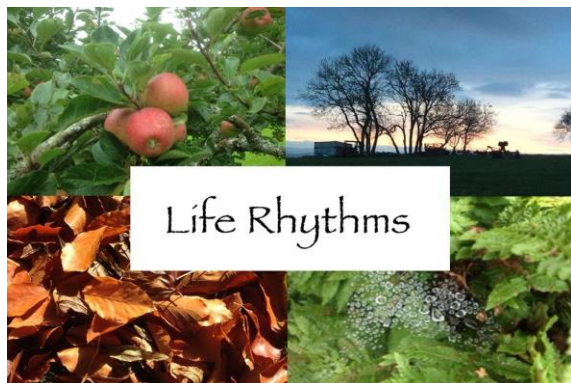
The final session entitled 'Testimony' filled many of us with dread, I think. In fact, it turned out to be quite hilarious as we tried to explain a visitor from an alien planet what our church and faith was all about. As they say, "many a true word spoken in jest". This session really made us think about our faith and how we need to be able to talk about it, maybe even to a stranger.

I hope Barbara enjoyed her time with us as much as we enjoyed having her lead our conference.



Now we have this year's conference to look forward to when Hilary Evans will be our leader. Dates are Tuesday 10<sup>th</sup> until Thursday 12<sup>th</sup> November 2020 with the option of staying on Monday and Thursday evenings if you would like. Please contact me if you would like a registration form and have not received one. Contact by email [jeanwoodland47@gmail.com](mailto:jeanwoodland47@gmail.com) *(But please see the update on this earlier in the booklet)*

Deborah has produced a booklet of the many excellent pantoums – if you would like a paper copy, please send a sae to Elaine Banks; for an e-copy please email Elaine . We hope to share paper copies at the District Day in October 2020.



HALBERTON LIFE RHYTHMS  
ARE CURRENTLY  
SUSPENDED, BUT  
INFORMATION WILL BE  
AVAILABLE IN DUE COURSE

# MWiB 10th Anniversary in 2021 – Bunting!

*Hilary Evans, President of MWiB, has sent this request:*

I am writing to remind you about the request for creating A4 sized panels to be joined together to create some bunting for MWiB's 10th Anniversary next year.

I attach what I hope are clear instructions, but if you are not sure please get back to me and I'll try and help. I realise that not everyone is into stitching, but hopefully you know one or two people who could help, and stitching is not always necessary. There are effective fabric glues available for collage ideas, or maybe something woven...Your creative ideas are welcomed.

I'm really hoping that each District will be able to contribute at least one panel to illustrate the range of great projects and partnerships which MWiB across the country has been involved in since 2011. It would be wonderful to have more than that though. So, please contact anyone who might be able to help.

- Size – as A4 sheet, plus 1cm turnings all round.
- To design a double sided panel, showing a design on one or both sides (could be repeated or different), i.e. 2 pieces of fabric, stitched together back to back.
- The design to illustrate a partnership/project that the District MWiB have been involved in that supports the ethos of the movement in regard to justice, increased opportunities for women, etc.
- There are no restrictions on the design – they may be figurative or abstract, and may include lettering if you wish. The design could be worked by stitching/collage/fabric painting, but needs to be able to be hung outside or inside, i.e. it needs to be weatherproof!
- You may like to use a light weight iron-on interfacing on one or both pieces to stiffen it a little, and help the finished article to hang straight.
- The 2 panels should be joined with designs facing, 1 cm from the edge, so that the finished panel will be A4 size. On the fourth side, leave a gap of around 10cm so that the panels can be turned right side out. Carefully hand stitch along the gap to complete the join of the 2 pieces. Press. You may want to edge stitch around the panel (about 1-2 mm from the pressed edges.)

The completed panels to be sent to MWiB, c/o Touchstone, 4 Easby Road, Bradford, BD7 1QX, by the end of 2020, from whence they will be collected and in due course attached to a border to create a long length of bunding. The bunting will be taken to Conference, and Gothenburg and Districts to help celebrate 10 years of Methodist Women in Britain.

Alison, our Treasurer says that refunds for costs can be made.

As a starter for ideas, District projects over the last few years have been:

2010-12: Methodist Homes for the Aged

2012-14: Send a cow project

2014-16: Freewheelers

2016-18: Amigos

2018-20: Air Ambulance

It would be good if some of these might be shown as part of our caring for others - but as Hilary Evans's information says, any relevant subject can be covered of course.

If anyone would like to discuss this, or for further information, please contact Elaine Banks.



# PRAYER

I wonder if you know the writings and cartoons of Michael Leunig? On his website, <https://www.leunig.com.au/> he is described as an Australian cartoonist, writer painter, philosopher and poet, who commentates on political, cultural and emotional life. He can be uncomfortable and controversial, but his cartoons, prayers and reflections also have a depth illustrated through a deceptive simplicity. Here are some examples:



Mornings and evenings, the traditional times for prayer and the singing of birds, times of graceful light whereby the heart may envisage its poetry and describe for us what it sees. But how do we find the mornings and evenings within? How do we establish and behold them and be affected by their gentle atmosphere and small miracles? How do we enter this healing twilight? The matter requires our imagination. In particular it requires the aspect of imagination we have come to know as prayer.

We pray. We imagine our way inwards and downwards, and there, with heartfelt thoughts or words we declare our fears and our yearnings; we call out for love and forgiveness; we proclaim our responsibility and gratitude. The struggling, grounded soul speaks to the higher Spirit, and thus we exist in the mornings and the evenings of the heart: thus we are affected and changed by the qualities we have created within ourselves.

Dear God,  
we rejoice and give thanks for  
earthworms, bees, ladybirds,  
and broody hens.

For humans tending their  
gardens, talking to animals,  
cleaning their homes, and  
singing to themselves. For the  
rising of sap, the fragrance  
of growth, the  
invention of the  
wheelbarrow, and the  
existence of the teapot,  
we give thanks.  
We celebrate and give  
thanks. Amen.



# TIME TO READ?

Do you wish that you could travel – not good at the moment of course! If so, you could travel with Frances Ridley Havergal – through a book written by Carol Purves.

“Travel with Frances Ridley Havergal” enables you to find out more about an English hymn writer and poet, and to find out more about where she herself visited. It was good to read about her parents and her father’s life as a Chaplain to Henry VIII – and to know that, as myself and others, she spent time in the Midlands.



This book is available from Choice Words ( Newton Abbot ) for £10.00 – ISBN 978-1-84625-206-8 . If you enjoy this book there are others available - John Bunyan , William Booth , C.H Spurgeon , William Wilberforce, C.S Lewis , Billy Graham and other familiar names.

Life can be quite a journey – in good times and bad, just as it is now. Many people travel through life in a variety of ways especially through the workplace - “City Lives” explores how lives have changed in this way. In Marcus Nodder’s book we are taken through the questions and changes experienced by Paralympic Medallists, Cabinet Ministers, Opera Singers, Fashion Leaders and others. Maybe their questions are some that you have experienced? This book is available for £5.99 – ISBN number 978-1-912373-09-3.

At present it is not possible to access Choice Words – hopefully the situation will soon right itself. There may be other opportunities to access the book via Amazon etc. Do hope you enjoy these books.

*Pat Stead*

~ ~ ~ ~ ~

### *Missing the hairdresser?*



## The District Executive Officers:

### *President*

|                   |                             |              |
|-------------------|-----------------------------|--------------|
| Rev Jane Sperring | jane_sperring@btconnect.com | 01984 631054 |
|-------------------|-----------------------------|--------------|

### *Vice-President*

|              |                          |              |
|--------------|--------------------------|--------------|
| Mrs Di Smart | dsmart781@btinternet.com | 01752 405435 |
|--------------|--------------------------|--------------|

### *Secretary*

|                  |                                |             |
|------------------|--------------------------------|-------------|
| Mrs Elaine Banks | daveelainebanks@googlemail.com | 07936138345 |
|------------------|--------------------------------|-------------|

### *Treasurer*

|                     |                                |              |
|---------------------|--------------------------------|--------------|
| Mrs Alison Thompson | thompson-epworth@tiscali.co.uk | 07776 214899 |
|---------------------|--------------------------------|--------------|

### *Resources*

|               |                       |              |
|---------------|-----------------------|--------------|
| Mrs Pat Stead | patstead23347@aol.com | 01752 343157 |
|---------------|-----------------------|--------------|

### *MWiB Forum Representative*

|                  |                                |              |
|------------------|--------------------------------|--------------|
| Mrs Elaine Banks | daveelainebanks@googlemail.com | 01823 282076 |
|------------------|--------------------------------|--------------|

### *Sidholme Bookings*

|                   |                             |              |
|-------------------|-----------------------------|--------------|
| Mrs Pam Kingsland | pamela.kingsland4@gmail.com | 01752 519452 |
|-------------------|-----------------------------|--------------|

### *Sidholme Co-ordinator*

|                   |                          |              |
|-------------------|--------------------------|--------------|
| Mrs Jean Woodland | jeanwoodland47@gmail.com | 01626 351450 |
|-------------------|--------------------------|--------------|

### *Pastoral Letters Secretary*

|                   |            |              |
|-------------------|------------|--------------|
| Mrs Margaret Hill | (no email) | 01643 863013 |
|-------------------|------------|--------------|

**Connexional MWiB enquiries:** admin@mwib.org.uk 0300 030 9873

<http://www.mwib.org.uk>

### **Postal address:**

**MWiB, c/o Touchstone, 4 Easby Road, Bradford, BD7 1QX**



**Methodist Women in Britain**



**@methodistwomen**

*Please do share the copies of this Newsletter with people you meet, to spread the word about the work of MWiB*

*If you would like a copy of this Newsletter emailed, or a large print version, please contact Elaine Banks, District Sec. - 07936 138345 - [daveelainebanks@googlemail.com](mailto:daveelainebanks@googlemail.com)*

*We want to make this everyone's Newsletter, so please do pass back your comments – and contribute your stories or adverts or events or articles.*

*The next District Newsletter will be available for the Autumn District Day Articles and District news for inclusion to Mrs Elaine Banks by 20th September 2020 please*

