

Wigmore Wavelength



**December 2018
- January 2019**

What's on in December

High Town Methodist Church— 'Pick'n Sing your favourite Carol' evening Monday 10th December at 7pm. Members of the Bedfordshire Organ Society will again be accompanying us on the restored Church organ and the evening will be led by Deacon Jacqueline Esama-John. We'll be singing Carols 'among the Christmas Trees' - a special atmosphere for what should be a great evening of singing in this beautiful Church! *Everyone is welcome!*

? Thinking Lunch ? 12-30 to 1-30pm, Thursday 6th December at Marlborough Road Methodist Church, St Albans. **Paul Morrison** on *The Effect of Universal Credit on Women*, to mark 100 years since women's suffrage. Bring own lunch, drinks provided.



High Street Leagrave Methodist Church Welcomes **Sunday Nite Live!** Come and share in a Circuit Celebration of Advent ON Sunday 9th December at 7.30pm led by Clive and Tina Salmon.



THE CATHEDRAL AND
ABBAY CHURCH OF
SAINT ALBAN

Free Church Services in the Lady Chapel on the following Wednesdays at 11.00am:

2nd January 2019: Reverend Simon Carver, Free Church Chaplain, 2019 St Albans Cathedral.
Email: simoncarver@btinternet.com

6th February 2019 Doral Hayes Ecumenical Facilitator, Churches Together in Hertfordshire.

6th. March 2019 The Reverend Dr Paul Goodliff, General Secretary Churches Together in England

Christmas Services – 21st and 23rd December 2018. If you would like tickets please send an sae to Revd Simon Carver 18 Gurney Court Road St Albans AL1 4RL

Dear Friends,

So here we are again, Advent has arrived and we are in full preparation mode. For many in the communities around it is preparation for Christmas with all its tinsel and turkey trimmings and a sack full of fun from Santa. For Christians there is the tension of keeping Advent and still preparing for a family Christmas. Advent is about waiting and anticipation, Christmas is about celebrating a moment but also about journeying. What difference will our celebration of Christmas make to what we do in the coming year?

Anticipation is at the heart of another seasonal tradition, the pantomime. From the age of sixteen I was involved in the annual pantomime that our Church Youth Fellowship produced and it was an amazing affair – it ran for four performances to audiences of up to 400 drawn from across the town, it was the town pantomime, written, produced, designed and performed by young Christians. Rehearsals began in September, once and later twice a week, we learnt words, sang songs, painted scenery and scrounged costumes from wherever, and of course sold tickets. As children we watched, longing for the day we were old enough to join in. Everyone started in the chorus line and whilst some stayed there, others took on more demanding roles, but all were a part of the whole. Whilst studying in Cambridge we once attended the Arts Theatre pantomime taking with us a colleague who had never been to a pantomime, I am not sure which was best, the pantomime or watching Janet's face as she reacted to this very different form of theatre.

It strikes me that there are a lot of similarities between the church and pantomime. Both take a lot of preparation and dedication, in both the level of involvement can grow or remain the same, but everyone has a valued place. Both should be a place of joy and laughter, although sometimes we must work hard to achieve this, and both require marketing and selling. Just as Janet, at 42 years old, had never experienced pantomime, there are many people who have never experienced the church or recognised God's love in their lives. Above all though it is the need for participation that makes both a success - if you are not ready to participate when you go to the pantomime you will not enjoy it as much, and if we are not ready to participate when we go to church the experience is not what it should be. Our sense of

belonging only grows when we ourselves recognise that we have something to give and offer it willingly. As the wise men journeyed to visit the baby, bringing their gifts to this special child, perhaps we can use Advent to consider the gifts we have to bring to the church. How might we participate more and gain from our experience of worshipping God together? Then, as we celebrate Christmas, we can help one another explore the gifts we bring to Jesus and move forward in our journey to God.

Have a wonderful Christmas and a Happy and Peaceful New Year.

Love and prayers,

A handwritten signature in black ink, appearing to read 'J. Dorey'.

No. More. Plastic. by Martin Dorey

This is a slim paperback of about 160 pages that only took a few days to read but for all its lightweight size it packs a big punch. The author is a surfer and founder of the #2minutesolution – *what is that?*, you might ask. It's a practical solution to change our approaches to the plastic problem. In effect the theory is that if everyone took two minutes out of their busy day to pick up plastic waste on the beach, in the park, on the street and wherever you see it we would be doing something practical to aid our planet from the plastic explosion that is starting to swamp us.

The problem is that most plastic does not erode for hundreds of years and it basically lands up either in landfill or in the sea or an incinerator, or just might be recycled if it's the right type of plastic. Most people are unaware that a good deal of plastic cannot be recycled or is possibly difficult to isolate and go through the recycling process. The top of a plastic milk carton is different from the plastic in the rest of the carton, those black plastic trays containing food you see in the supermarket just can't be recycled – they are black for aesthetic purposes to better display the contents whilst needing to be separated from the clear plastic before recycling. You might have seen the BBC series *The Blue Planet* and the effect of plastic in our oceans and around the creatures that live there -well about a third of all fish landed have ...

plastic in their stomachs and by 2050 there could well be more bits of plastic in the seas than fish.

This book goes through our various lifestyles whether you are a grandparent or just starting school and identifies how you can minimise the amount of plastic in your life and what needs to be recycled.

So, the next time you step into Asda, or Sainsbury's, or Tesco, or Lidl look for the items that are not covered in plastic – your shopping trolley might well be a bit lighter but have a sustainable planet in mind. And look to see if the plastic container, you need to buy, can be recycled - if it can't then look elsewhere!!

This book is simply saying if we all did a little bit to make our world less addicted to plastic, we might change things for the better.

Lawrence Patterson

'Austerity has inflicted Misery on People ...'

This is the view of Philip Alston, the UN's *rappporteur* on extreme poverty and human rights. With ... *punitive, mean spirited, and often callous* austerity policies driven by a political desire to undertake social engineering rather than economic necessity, about 14 million people, a fifth of the population, live in poverty and 1.5 million are ...unable to afford basic necessities ... *Austerity has swept away 'significant elements of William Beveridge's post war social contract of 70 years ago'*. In the UK *'poverty is a political choice'*.

He cites the breach of 4 UN Human Rights agreements, limiting child benefit to only the first two children of China's one child policy, cuts of 50% to council budgets which are *damaging to 'the fabric of society' and breaking community roots'*.

His key criticisms are that Universal Credit is a good idea not working well, which needs overhauling; Brexit is likely to hit the most disadvantaged hardest; changes to taxes and benefits have hit the poor hardest; the closure of libraries, parks and youth clubs is damaging the fabric of society.

You can read more in the national press or find the full document at https://www.ohchr.org/Documents/Issues/Poverty/EOM_GB_16Nov2018.pdf

If you haven't seen it, Ken Loach's film, '**I, Daniel Blake**' is a graphic account of how families and single people can be affected by the current benefit system. You can borrow my copy.

Wendy

Letters to the editors welcome.

Luton Foodbank – most needed:

Tinned fruit, UHT milk, tinned soup biscuits, tinned veg., baked beans, - all in long-life / non-perishable form. Some little extras for Christmas would be welcome - cranberry sauce, tinned meats, chocolate, custard, tinned fruit, etc.

Their Advent Calendar is on the website if you would like to give a small item each day of Advent: www.lutonfoodbank.org.uk

Universal Credit has already been started in LU1 and LU2 and is being rolled out in the rest of Luton from 21st November onwards.

Trussell Trust Statistics: when Universal Credit arrives in an area on average the footfall in local foodbanks increases by over 50%. The Trust runs a network of over 420 foodbanks, from 1,200+ centres across the UK providing emergency food. In the last year they gave 1,332,952 three day emergency food supplies to people in crisis.



Poppy Field by *Michael Morpurgo*.

Illustrated by **Michael Foreman**

If you are looking for a Christmas present for a ten to twelve-year-old, then you couldn't go far wrong in giving this wonderfully crafted story of three generations of a family living on a farm near Ypres in Flanders where just over 100 years ago horrific carnage took place. This is a story of how those generations have reacted to that event, the meeting of a young girl and a war poet, and a field of wheat annually overtaken by red poppies. It's a book that will not take long to read but will leave a lasting impression and the drawings are wonderful in themselves. Proceeds go to support this year's Royal British Legion poppy appeal and it is also a good read for adults as it shows how we all affected by remembrance and those symbolic red poppies.

Church Family News

David Gower has been discharged from hospital. He will not be at church for at least a couple of weeks but can be contacted on the phone and would like any callers and visitors to contact Jo McLean at St Augustine's on 596935 if possible to let her know how he is.

Alasdair McFarlane has recently had an operation and is recovering well.

Wendy's knee operation has been postponed for more tests. Bob's chest is improving.

Lawrence has had tests at L & D and is back in circulation.

It was good to see several friends at the Beetle Drive and it was an enjoyable occasion, raising £80 for Sawbridgeworth.

Mercy and Daniel are going home to Hyderabad for Christmas —
Yeah!



What happens if you eat yeast and shoe polish?

Every morning you'll rise and shine!

What's the difference between a guitar and a fish?

You can't tuna fish.

What do you call a pile of kittens? - a meowntain!

www.jokes4us.com



November Messy Church was well attended and everyone had fun making stars, moons and biscuits and a display for the Carol Festival on December 16th.

We were successful in our bid for **Your Say Your Way funding** for community activities which will be used for baking accessories and craft supplies for Messy Church sessions.

Christmas Messy Church will be on Thursday 13th December, 3-45 to 5-15pm. Details available after the planning meeting on Monday 3rd December at 2pm.

Christmas at Wigmore

Sunday 2nd Dec. 10-30am Family Worship and Gift Service led by Rev Jenny Spouge. Please bring gifts for mums and children in the Women's Aid Refuge.

The Christmas Postbox will be available from Sunday 2nd December. Please write one card for your friends at Wigmore and put the cost of sending individual cards into an envelope to donate to this year's charity, *Friends of Sawbridgeworth*.

Friday 14th Dec: 2.00pm Christmas carols at Colwell Court. Please come along if you're free.



Saturday 15th Dec: 1.00pm to 4.00pm

Candlelight Carols Unpacked, a display of 21 carols by groups and individuals in the Church.

Snacks and refreshments available for lunch.

Donations invited for *Friends of Sawbridgeworth*.

Sunday 16th Dec: *No morning service*. The Church will be open from **1.30** to view the Carol Display.

3.00pm Carol service led by Rev Heather Whyte, followed by mince pies and mulled drinks.

Thursday 20th Dec: 2.00pm Christmas carols at Colwell Court

6.30pm -7.30pm Carols at ASDA. *If you are coming to Asda you need to sign the list giving your car registration.*

Sunday 23rd Dec: 10.30am Morning Worship inc. Holy Communion
- Christingle story and cakes

Christmas Day: 9.30am Morning Worship: Rev Heather Whyte

☺ What do you get if you cross an apple with a Christmas Tree? - **A pineapple!**

What kind of motorbike does Santa ride? - **A Holly Davidson!**

Next Year's Charity

In the New Year we shall be starting to think about our next charity. It will be an overseas charity this time, if possible a small one that someone in the congregation has had contact with and which will feel the benefit of the relatively modest amount we are likely to raise. Over the past few years we've raised money for the school for the deaf at Copota in Zimbabwe which our Shona congregation has contact with, and *Sizanani*, the dressmaking and tailoring firm Jenny Spouge knows. If you know of a small overseas charity we could fundraise for, please write a short proposal (*6 to 8 lines typed*) for inclusion in the February/March Wavelength so that the Elders can arrange a ballot before Easter for the best one.

The proposal should include the name the charity operates under and its charity number if it has one, where it is based and what it is currently raising funds for, if possible including how it might use the money. If you need help to do this please speak to Lawrence or Wendy. The deadline will be Sunday 27th January 2019.



Can you spare an hour or two a week to listen to children read in a local primary school?

Schoolreaders is looking for more volunteers in Bedfordshire to carry out this important role.

Reading time for many children at home and at school is often insufficient and one in four children are now leaving primary school unable to read to the required standard, with lifelong consequences. No qualifications are necessary, just a good command of spoken and written English and a *DBS* check which the school will do.

Schoolreaders is flexible and will match your availability to an appropriate, local school. Our volunteers find the scheme incredibly rewarding, knowing that a few hours helping a child learn to read each week can have a great impact on their life chances.

Please visit the website www.schoolreaders.org to join or call 01234 924111 for further information. *Charity Number: 1159157*

‘Our NHS’

I’ve seen rather a lot of the NHS over the last few weeks as part of the process of being assessed and prepared for surgery on my left knee - X-rays, ECGs, blood tests, ultrasound and being wired up to a heart monitor, form filling, a lecture on how to get better quickly so as not to stay in hospital too long ...

Close up, the hospital is fascinating — I’ve been through several clinics full of patients, with nurses following a number of complex procedures quickly and accurately, noting everything down on the patient record. You can see why it costs so much just by the number of patients everywhere and just the cost of blood tests, antiseptics and test tubes to carry them out.

Each clinic is a world in itself with doctors and nurses from European, Asian and African countries as well as British nationals, working alongside each other in a foreign language or in a broad British accent, showing that their family moved here a while ago. All are trained in hospital procedures—L & D seems to be a tight ship.

The number and cost of missed appointments is posted on the wall of each clinic as it is in the doctor’s surgery and is dismaying — there must be some that are unavoidably missed but I have never failed to turn up for an appointment and don’t remember meeting anyone who had. I was 5 years old when the NHS started so don’t remember what it was like before but was brought up to appreciate it.

L & D is bursting at the seams and the building is showing its age round the edges. Where would we be without the foreign and European nationals who work there and why are we not training and retaining more of our own workers?

Wendy

What do you think? Space in the next *Wavelength* for your views.

The next *Wavelength* will be published on Sunday 3rd February , covering February & March. Please give articles, Jokes, information, news of members, etc to Lawrence or Wendy by Sunday 27th January latest — preferably in writing.

Wigmore Church (URC/Methodist) Information

Church Address: Crawley Green Road, Luton LU2 9TE

Tel: 07553 073 865; **Website:** www.wigmorechurch.org.uk

- We are a **Fairtrade** Church

Ministers: We are receiving Methodist ministerial support from Deacon Jacqueline Esama-John, and from Rev. Heather Whyte, URC minister.

For baptisms, weddings or funerals please contact Deacon Jacqueline Esama John, 01582 730129, or Rev Heather Whyte, 01582 724823. *Email* minister@wigmorechurch.org.uk

Church Officers: Secretaries: Sheila Marsden (Meetings) Tel 01582 721592; Valerie Alderman (Correspondence) 107 Manton Drive LU2 7DL Tel L 659190 *Email* secretaries@wigmorechurch.org.uk

Treasurer: Lawrence Patterson, Tel Luton 450466 *Email* treasurer@wigmorechurch.org.uk

Booking Secretary: Sheila Marsden, Tel L 721592 ; bookings_sec@wigmorechurch.org.uk

Wavelength Editors: Lawrence Patterson — as above; Wendy Squires L 734051; wavelength@wigmorechurch.org.uk

Methodist Circuit Office: Marina Mele is the Circuit Administrator, based at The Square Methodist Church, Dunstable LU6 3SN Tel 01582 665799 *Email* sbcircuit@btconnect.com

Churches Together In Luton: www.lutonchurchestogether.org.uk

Please see the *Welcome leaflet* (copies in the foyer) for details of church services, activities and community groups.

Spare copies of Wavelength are available on the table in the foyer—please take one; an electronic copy is available on request to the editors and it is also on the church website in colour — www.wigmorechurch.org.uk Go to *News* & scroll down to find the link.

Church Diary - December

Sunday 2nd 10.30am Family Worship – Gift Service – led by
Rev Jenny Spouge

Sunday 9th 10.30am Morning Worship led by Deacon
Jacqueline Esama-John

Thursday 13th 3.45pm Messy Church at Wigmore Church

Friday 14th 2.00pm Christmas carols at Colwell Court

Saturday 15th 1.00pm to 4.00pm Display of Carols inc.
Snacks and refreshments for lunch.

Sunday 16th No morning service. 1.30pm Viewing Carol Display
3.00pm Carol service led by Rev Heather Whyte followed by
minced pies and mulled drinks.

Thursday 20th 2.00pm Christmas carols at Colwell Court
6.30pm -7.30pm Carols at ASDA

Sunday 23rd 10.30am Morning Worship inc. Holy Communion
Christingle story and cakes

Christmas Day 9.30am Morning Worship: Rev Heather Whyte

Sunday 30th 10.30am Morning Worship - local arrangement

January

Sunday 6th 10.30am Morning Worship led by Deacon
Jacqueline Esama-John

Sunday 13th 10.30am Morning Worship Rev Arlington Trotman

Thursday 17th 3.45pm Messy Church at Wigmore

Sunday 20th 10.30am Morning Worship inc. Holy Communion
Led by Bob Squires

Sunday 27th 10.30am Morning Worship led by Rev Heather Whyte
12 Noon Church Meeting

Monday 28th World Day of Prayer preparation at Central Baptist

February

Sunday 3rd 10.30am Morning Worship led by Deacon Jacqueline
Esama-John

Thursday 7th 7.30pm Elders meeting at 107 Manton Drive