Airedale Methodist Circuit
in the Yorkshire West District

NEWSLETTER OCTOBER 2024

A letter from Rev. Tracy Birks:
Dear Friends
As part of my pastoral letter I wanted to share a poem with you
By Becky Hemsley (Part of the 2nd poetry collection)

Today I said "I'm fine" not once
But five times altogether
When people asked, "How are you?"
Then made small talk of the weather

And so, I hid behind my mask
The one I'd worn a while
I set in place my bravest face
And dressed it with a smile

And that was how the day went
All "I'm fine" and talk of rain
Until somebody asked me how
Then asked again

They asked if I was truly fine
And I said I was not
And they said they were sorry
That they couldn't do a lot

But then they sat beside me
Whilst I spoke the truth at last
They listened and they held me
As the tears slipped through my mask

And where before, I'd felt I should
Maintain this brave façade,
I realised there was much to gain
By letting down my guard

See, though my load was still the same
But now it was not as heavy
Because sitting and offloading it
Has helped a bit already

Today they asked "How are you"
And I told them I was fine
Til someone saw behind the mask
And so asked me one more time

And though they may have felt
That there was little they could do
They'll never know how much it meant
To tell someone the truth

As I go into my 2nd year of probationary ministry, I have realised my time in Yorkshire has been a blessing but also exhausting with many different calls on my time. So, to be sustainable in this role I must improve my work and life balance, by exercising self-love and care.
Therefore, my guiding text for my second year is 1 Corinthians 13:4-8 "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres"

This beautiful scripture talks of the attributes of love, this speaks to me of three things: God's love for us, also how we should love others, but also of self-love and care.
The churches that make up our circuit have fewer folk than they used to so people hold roles for longer and take on more jobs as there is no one to step in and give them a break. When we get the balance of work and service and self-love and care right it protects our mental health, emotional well-being and physical well-being, which makes us stronger and better at what we do.
Caring for yourself and filling up for yourself means you have more to offer to others. So, give yourself little treats, spend time with those who love you, and allow time to rest and 'simply be' with God.

We read in the bible that Jesus exercises self-care in his day-to-day ministry, sometimes he went to great lengths to step away from others. He went up a mountainside. He went out onto a lake in a boat.

He walked off into the darkness, rising before anybody else. Jesus, like many of us, was unwilling to spend large amounts of time away from his responsibilities. So maintained a wise rhythm of rest, care and work amid his busy ministry life.
To help others we must be constantly filling up, resting, and taking care of our needs. Again sometimes we need to practise this or consciously be active in allowing time for prayer and time to spiritually fill up and spend time with God.

The poem identifies that sometimes we have no idea how someone might be feeling even if they say they are fine. Also, in the poem the author recognises that letting our guard down or allowing others to come alongside us is not a weakness it becomes a point of strength. Of course, sometimes we are called to be the one listening or to be the one there for others in patience Christians Love, and to do this we need to look after ourselves first.
Have a Blessed and restful Autumn
Rev Tracy

WHAT'S ON IN OCTOBER?

SILSDEN Repair Café
Bin it? No way!

WHEN
2024 SATURDAYS 9.30AM - 12NOON

20th January	20th July
17th February	17th August
16th March	21st September
20th April	19th October
18th May	16th November
15th June	14th December





FIRST WEDNESDAY OF EACH MONTH
7PM
@ The New Place

MORE THAN SUNDAY

Fellowship group focussing on prayer, discipleship and growing together. Navigating life as part of the missing generation within the Methodist Church.

This group is specifically relevant to Adults between 25 and 65.

For more information please contact Pippa:
pippa.lupton@airedalemethodists.org
07904867829

Repair Café

When?

Saturdays 9.30 - 12.00 at the Eldwick Church
21 September (no electrical repairs)
19 October
2 November
14 December

What?

Help, advice & assisted repairs from skilled volunteers. Refreshments available - free hot & cold drinks; Fairtrade stand.

What can I get repaired?

Clothes, fabric toys, knitted garments, electrical appliances (not computers), items requiring woodworking skills (and more.)

Cost?

A voluntary donation which will be used to cover Repair Cafe costs.



PRAISE SERVICES RETURN!

This Sunday 8 Sept, then 13 Oct & 10 Nov



Come & sing with the praise band. Starts 6.00 pm, refreshments from 5.30.



THE ELDWICK CHURCH

NHS Airedale NHS Foundation Trust

Connections

Bereavement Support Group

Takes place on the **first Wednesday** of each month, between **2-3:30pm**.

Come along to the Restaurant at Airedale General Hospital on the first Wednesday of the month to meet others and make connections over a tea or coffee.



For more information, please contact Liz Maitland, Lead Chaplain **01535 294088** or **elizabeth.maitland@nhs.net**

Message from Rev. Tracy:

I am initiating an offer to the Christian Resources Exhibition go with possible car sharing.
Sadly Messy Church do not have a stand this time but there other children's resources.
The talks and workshops are usually good. There is clerical clothing, lighting, church furniture, books and lots more basically resourcing every area of the church even if there is no money to buy on this occasion browsing can be inspirational.

I once gathered a whole holiday club in freebies including the book to run it!

Please share with others in your church who may be interested and we will see if there is enough interest to make a trip viable.
9-10th October 2024

Nothing beats... CRE!



Please keep this page!
If information needs to be updated, a new version will be sent out in a future

Opportunities to pray and worship together (outside of Sunday Mornings):

@ Steeton Methodist Church
Prayer and Praise on the first Thursday of the month, 7pm to 8pm

@ Silsden Methodist Church
Prayer gathering, first Monday in the month, 7pm

@ St Peter's Methodist Church, Cross Hills
Weekday Communion Service, first Wednesday in the week, 10 am
Prayer Service, St Peter's Cross Hills every Wednesday, 10 am
(followed by coffee at 10.30am)

@ Long Lee Methodist Church
Short reflective Communion, 2nd Monday each month, 7pm

@ Silsden Methodist Church
Praise Service, fourth Sunday in the month, 6pm

@ Bingley Methodist Church
Communion, second Monday in the month, 1pm

@ The New Place
Methodist Way of Life Quiet Reflection, fourth Wednesday each month, 7pm
Evening Cafe Service, third Sunday each month, 6pm.

@ Lees Methodist Church
Café Worship, third Sunday in the month, 1pm

@ Cullingworth Methodist Church
second Wednesday in the month
9.30am Prayer
9.45am Communion

@ Silsden Methodist Church
'Born in Song', every Friday, 10.30-11am

Messy Church

2nd Tuesday of the month:
Bingley Messy Church
3.45-5.30pm
Silsden Messy Church
3:30 – 5:30pm

2nd Thursday of the month:
Oakworth Messy Church
3:30 – 5:30pm

3rd Saturday of the month:
The Eldwick Church Messy Church
3 – 4:30pm

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