



The Open Hearts

BARISTA TRAINING

Froth, Fizz and Fun!

at The Open Door on 17th December

Caroline writes: "A group of us had a chance to experiment with making coffees, lattes and hot chocolate whilst enjoying a glass of fizz and mince pies.

We had laugh as we attempted to make the frothiest cappuccino! Peter Brown was our tutor for the evening showing great skill and patience with us. Let's hope we can remember what to do when we are called to serve!"

NEW YEAR RESOLUTIONS

Caroline also reports: "On Wednesday 9th January we held another 'moments' afternoon at The Open Door; this time 'New Year Resolutions'.

The general opinion was that we had lived long enough not to make any more resolutions but to make small changes as they come along.

Evelyn brought along a Christmas present made for her by a family member; a waxed wrap to use instead of cling film. Such a great idea and we shared more tips on how to be more environmentally friendly.

Bill read a poem *On Quitting* by Edgar Albert Guest about giving up things that were hard to do and Ann read a 17th century Nun's prayer (reproduced below) that hangs on her wall at home..."

Lord, thou knowest better than I know myself that I am growing older and will some day be old. Keep me from the fatal habit of thinking I must say something on every subject and on every occasion. Release me from craving to straighten out everybody's

An update on William...

David Brown received an update from Swaziland in mid-January.

William Sempijja was about to have some final tests and all being well will have now been discharged to return to Nairobi where his recovery will continue. Pastor Charles last message was: *Indeed it's Gods hand in all this. William is back to his original William I also knew. Except his Barnes* are still very weak. He will be rechecked on Tuesday next week* [last week of January]. *Thanks to one another for all your support.*

*We are not sure what he means by Barnes, an auto-correct mistake perhaps? Pulse / Bloods, it would be easy to speculate – but God knows!



affairs. Make me thoughtful but not moody; helpful but not bossy. With my vast store of wisdom it seems a pity not to use it all, but Thou knowest Lord, that I want a few friends at the end.

Keep my mind free from the recital of endless details; give me wings to get to the point. Seal my lips on my aches and pains. They are increasing and love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy the tales of other's pains, but help me to endure them with patience. I dare not ask for improved memory, but for a growing humility and a lessening cocksureness when my memory seems to clash with the memories of others. Teach me the glorious lesson that occasionally I may be mistaken.

Keep me reasonably sweet; I do not want to be a saint—some of them are so hard to live with—but a sour old person is one of the crowning works of the Devil. Give me the ability to see good things in unexpected places and talents in unexpected people. And, give me, O Lord, the grace to tell them so. Amen.



The next afternoon will be on **Wednesday 6th February, 3-5pm** at The Open Door 'Romantic (or not) Moments'



On the Tuesday of February half-term *Make Lunch* will again be in operation at Chase Meadow Community Centre (here are Cath & Pam serving up during the Christmas holidays).



Prayer time at the Church Centre on Mondays 12-12.30pm. All welcome.

Warwick Half Marathon

Andy Poole writes:

"On Sunday 3rd March I will be taking part in the Warwick Half Marathon. It is my first race since tearing the cartilage in my left knee two and half years back. Training is going OK..."

I will be running to raise funds for the young daughter of friends of mine. You can see all the details in the link below. All money raised goes directly to Livy's care.

In the past her family have received equipment from the NHS, however this was a very slow process and, by the time that equipment arrived, she was already onto the next stage, so they have purchased her walkers and wheelchair etc.

For speech, she sees a therapist once a week for 6 weeks and then has a three month break. So, during the period where she has no NHS input, they take her to private therapists and group sessions to build up her skills.

I hope you will be able to sponsor me using the link below. If you do not have access to the internet then please see me on a Sunday morning and we can work something out."

<https://www.gofundme.com/andyshalfmarathon>



THE OPEN DOOR MATTERS

Kath Hunt will be starting a listening prayer time in February, on the 2nd & 4th Tuesday of each month at 4.30pm for 30 minutes. Please speak to her for more information or just come along...

Café Connections

The surgery is interested in the activities the church is running and feel that some of their patients are in need of company and support. We would like to offer a 'drop-in hour' on the 1st & 3rd Wednesdays between 10.30 & 11.30am. If you are interested in helping or would like to know more please let Kath know as a team will be required to make this possible.

Kath Hunt: hunt_kath@hotmail.com or 07712 352 427

The next Sunday Lunch get-together is on 10th February.
If you fancy joining others for a relaxed Sunday roast at Monty's Bar in Hampton Magna, please contact Kath Hunt (details above) by 3rd February (£6 for children, £8 for adults or £10 if you want to go extra large...)

1st Hampton Magna Guides are recruiting for new leaders/volunteers to help enrich the lives of girls in the local area.

Girlguiding is the leading charity for girls and young women in the UK, with over 500,000 members.



Thanks to the dedication and support of over 100,000 amazing volunteers, they are active in every part of the UK, giving girls and young women a space where they can be themselves, have fun, build brilliant friendships, gain valuable life skills and make a positive difference to their lives and their communities.

They build girls' confidence and raise their aspirations. They give them the chance to discover their full potential and encourage them to be a powerful force for good. They give them a space to have fun.

If you are interested in finding out more about helping at your local guide unit please email **Sally Greenaway**: missgreenaway@live.co.uk or take a look at the Girlguiding website <https://www.girlguiding.org.uk/get-involved/become-a-volunteer/>

Believe in children (mum of Hattie and Willow) is running the London Marathon in April in aid of Barnardo's, to enable them to continue to support Children's Centres.

You can support Georgie via www.justgiving.com/fundraising/georgierunsforfunds

Zimbabwe unrest

Amy & Marvin Vogel ask us to pray for the worsening situation in Zimbabwe, Marvin's home country & where the couple have had such a powerful ministry with street children in recent years.

It is an awful, awful thing that Zimbabwe has had to endure such hardship at the hands of corrupt rulers for so long. The people have had enough. We really do cry out for change. Please pray for protection for all our family and friends. Marv's Mum is currently in Australia with Raymond (Marv's older brother) but two of Marv's sisters and his younger brother and cousin are in Harare and Mutare.



Kate Wilson

We have received the sad news that Kate Wilson passed away on 21st January in her Nursing Home in Cornwall.

Kate was a much-loved member of St Michael's over several decades. She and husband Bob came to Hampton Magna in the 1970s, when he retired from the police force, during the time that Revd David Williams was Vicar. They were to be pivotal in supporting Revd Terence Johnson and his young family when they moved into the vicarage in 1981.

Kate became choir mistress and, as more young families joined the church, she started a 'Junior Choir' to supplement the work of the Sunday School. Drawing on her earlier experiences in the performing arts, the 'Junior Choir' went on to stage a number of musical presentations and, before long, Kate was organising more ambitious all-age productions. She introduced us to a series of Christian musicals by the then up and coming Birmingham composer Roger Jones, such as *Jerusalem Joy, Greater than Gold, Pharaoh to Freedom & Saints Alive*. Kate roped in most of the congregation in some role: singing, acting, costume making or technical support.

When Caroline Mara took over as musical director, and began to write home-grown musical productions, Kate was still on

hand to conduct and direct the presentations, with her usual eye and ear to detail!

But Kate brought far more than just musical talent to the church. She and Bob were embedded in every part of the life of St Michael's and openly evangelistic in their outlook. Kate experienced the ministry of four priests at St Michael's, but always pointed back to the biggest influence on her Christian journey being charismatic church leader Revd David Watson, whom they met in York in the 1970s.

Away from the parish, Kate worked at the Children's Society shop in Warwick for a number of years and did fund-raising for them within the parish.

When her beloved Bob died in 2006 she continued to attend and serve the church where she felt so much at home. Even in later years Kate served on the PCC and, every Christmas, keenly organised carol services in a number of venues, including local nursing homes.

Although Kate lived near to her younger son, Steve, & family in Hampton Magna, she regularly made visits to her older son, Martin, & family in Cornwall.

Always a very fit and independent woman, Kate's health deteriorated following a fall. She became housebound and, eventually, the family placed her in a care home in Penzance, near to Martin, where she sadly lived out her final days in a fog of dementia.



60 years on...

On 16th February St Michael's stalwart Barbara Saunders and her husband Denis celebrate their Diamond wedding. They were married at St David's church in Moreton-in-Marsh and have lived in Hampton Magna for well over half those 60 years.

Neighbours Maureen & Colin Cox took the couple on a return visit to St David's in mid-January to relive their special day.

Barbara writes: *We have indeed been richly blessed in so many ways on our journey, and know that God will still be with us on the next stage.*



Starting out afresh...

Also on 16th February we will be celebrating the marriage of two more recent members of our fellowship – Alan Baugh and Penny Johnson.

All are welcome to attend the service at St Michael's at 11.30am.

More in the next issue of the *Gos*.

Some more Christmas 2018 photos...



A good turn out for Christmas Moments



Young at Heart Christmas Lunch Club



Carols and Cake (and below)



In the last few years Transforming Communities Together Warwick (TCTW) have established some exciting projects to transform local communities.



TCTW is part of Together for Change, which is a charitable joint venture between the Diocese of Coventry and the Church Urban Fund to resource and equip churches to transform their communities and tackle issues of systematic poverty. Stacey Bains is the Transforming Communities Development Officer in Warwick. In this role, Stacey identifies areas where there is a need and she coordinates responses by bringing together resources and organisations to create a project to serve that need. (Stacey will be preaching at St Michael's on 24th March.)

One area identified as needing support for families was the Woodloes estate. **Messy Church** now takes place every second Saturday. Over thirty families take part in games, interactive Bible stories, songs and crafts followed by lunch together. (MU Warwick Together members will be helping out there on 9th February.)

The need for a **Bereavement Support Group** was also identified. This was set up and started last September. The group is led by experienced facilitators, one of whom is our own Martin Davies, with refreshments served by volunteer listeners. This group meets 7.00-8.30pm on the 1st Monday of the month at New Life Church and another group has now started at Chase Meadow Community Centre on the afternoon of the last Tuesday of the month. Participants have said how helpful this group has been with supporting them through the bereavement process.

Two new projects are starting early this year: The first is a **Job Club**. TCTW is working with Saltisford Church to establish a weekly job club on Friday afternoons starting in February. The aim of the job club is to provide employment support which is currently unavailable in Warwick. Specially trained volunteers will work with people to help build confidence, skills & experience & help search for suitable employment opportunities. They are still looking for more volunteers. You would need to be available on Friday afternoons 12.30-3.30pm starting Friday 1st February. Training would be given. To find out more about volunteering or for more information on the Job Club please contact Celia Hilgenberg: celia@saltisfordchurch.org.uk or 07890 811 885

The second new project is **Mental Health Mentoring for school children**. TCTW is working with the NHS to help provide some relief to the overwhelming pressure on child and adolescent mental health. TCTW are recruiting a team of volunteers to go into schools and deliver social and emotional courses to small groups of students. Courses will cover mental health resilience, anger management, self-esteem and significant loss. The courses will start in the spring.

Stacey is always on the look-out for volunteers who would like to get involved in any of the projects. If you are interested get in contact with her at stacey.bains@covcofe.org

The Gos

Issue 175: February 2019

The Monthly Bulletin for...



St Michael's Church

Worship • Community • Mission

COMING UP THIS MONTH:

- Thursday 7th February**
10.30am YAH Holy Communion
- Sunday 10th February**
10.30am Holy Communion
- Sunday 17th February**
8.00am Holy Communion
10.30am Morning Worship
- Thursday 21st February**
2.00pm Afternoon Prayer
- Sunday 24th February**
10.30am All-age worship with Holy Communion
7.30pm "Be Still"
- Saturday 2nd March**
10.00am Chase Chill at CMCC
- Sunday 3rd March**
8.00am Holy Communion
10.30am Morning Worship
- Monday 4th March**
7.45pm Monthly Prayer Meeting
- Thursday 7th March**
10.30am YAH Holy Communion

All events are at St Michael's unless otherwise noted. CMCC denotes Chase Meadow Community Centre

The Gos is a monthly publication aimed at sharing news of what's going on in the life of St Michael's. All contributions gratefully received!
Bob Dubock (Editor): telephone 01926 498626 email rdubock@btinternet.com

www.stmichaels-budbrooke.org.uk



Our mission is: to raise a church of prayerful, passionate, missionary disciples of Jesus, empowered to serve God's plan to renew the whole of creation.