

# Affinity



Autumn 2023

**OADBY TRINITY METHODIST CHURCH**

## **Oadby Trinity Methodist Church**

Minister: Rev Derek McLean

Website: [www.oadbymethodist.co.uk](http://www.oadbymethodist.co.uk)

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## Trusting the unknown future to God



As you have probably gathered by now I love the wise words offered by Corrie ten Boom in “The Hiding Place” and her other books. Her life was so inspirational and she inspired many others to believe in Jesus, and to follow his teachings in their lives.

**Heather Corlett**

## SEPTEMBER SERVICES

### Sunday 3rd

- 8.30 Rev Derek McLean –Holy Communion
- 10.30 Rev Derek McLean
- 6.00 Rev Paula Hunt [online]

### Sunday 10th

- 10.30 Rev Derek McLean and all age Worship Team

The service will include the Baptism of Isaac Barker—son of Adam and Hannah.

- 6.00 Rev Helen White [online]

### Sunday 17th

- 10.30 Rev Gordon Webb –Holy Communion
- 6.00 Rev Frances Ballantyne

### Sunday 24th

- 10.30 Service led by Tricia Lockley and Anne Dodge
- 6.00 Rev Kate Cook [online]

Midweek Worship service on Wednesday at 11.30 am - September 6th & 20th

Weekly Saturday Prayers @ 10.15-10.45 in Meeting Room with various leaders

## **OCTOBER SERVICES AT OADBY**

### **Sunday 1st**

- 8.30 Rev Derek McLean – Holy Communion
- 10.30 Rev Derek McLean - All age Worship & Harvest Festival
- 6.00 Local Preachers service;

### **Sunday 8th**

- 10.30 Rev Derek McLean - Holy Communion and Commissioning of Pastoral Visitors
- 6.00 Rev Paula Hunt [online]

### **Sunday 15th**

- 10.30 Service led by Lesley Green and Anne Dodge
- 6.00 Rev Liam Dacre-Davis [online]

### **Sunday 22nd –One World Week**

- 10.30 Rev David Clarke—former Rector of Oadby
- 6.00 Rev Israel Selvanayagam [online]

### **Sunday 29th**

- 10.30 Rev Israel Selvanayagam
- 6.00 Rev Frances Ballantyne [online]

**Midweek Worship service @ 11.30 am - October 4th & 18th**

## NOVEMBER SERVICES AT OADBY

### Sunday 5th

- 8.30 Rev Derek McLean –Holy Communion
- 10.30 Rev Derek McLean - All age Worship
- 3.00** Rev Derek McLean -Memorial service
- 6.00 Rev Liam Dacre-Davis [online]

### Sunday 12th –Remembrance Sunday

- 10.30 Rev Derek McLean –Holy Communion
- 2.45 pm** CTO Remembrance service at St Peter’s Church
- 6.00 Rev Derek McLean [online]

### Sunday 19th

- 10.30 Service led by Ian Bell & Graham Austen
- 6.00 Rev Kate Cook [online]

### Sunday 26th

- 10.30 Service led by Andy Biggins & Colin Rodway
- 6.00 Rev Israel Selvanayagam

**Midweek Worship on Wednesdays at 11.30 am - November 1st & 15th**

## **A month for remembering**

November is a month for “remembering”. The 1st November is all Saints Day when we remember those Saints who have attained their eternal rest after a life of faithful Christian service on earth.

On 5th November at 3 pm we will be holding our memorial service at Trinity, when we shall be thinking of, and remembering those family members and friends whom we love, who have died in the past year or several years ago.

November 12th is Remembrance Sunday - a day of solemnity, but also an opportunity for thanksgiving for members of our armed forces and civilians who have died in the great wars of the last century and in subsequent conflicts.

*They shall grow not old as we that are left grow old*

*Age shall not weary them, nor the years condemn;*

*At the going down of the sun and in the morning,*

***WE WILL REMEMBER THEM.***

[Laurence Binyon, “The Fallen”]





Heather Corlett: Editor

## Editorial

Welcome to the Autumn issue of Affinity., which covers the months of September, October and November.

Summer seems to have disappeared quickly – perhaps it was just washed away in all the rain we’ve had! Still we have not had to endure the scorching temperatures and the horrific wildfires which have caused so much destruction on continental Europe.

Are you looking to de-stress and to improve your mental and physical health? If so, the article on the benefits of yoga on page 18 of this issue may be of interest to you. It is written by one of the leaders of the Blossom Yoga class who use our church hall on Saturday mornings.

The deadline for the Winter edition of Affinity , which covers the months of December, January and February is **Sunday November 12th**. All contributions to Heather Corlett [Editor], Email [corlettheather910@gmail.com](mailto:corlettheather910@gmail.com)

Articles need to be 250 words [1 page], 375 words [1 1/2 pages] and 500 words [2 pages]. **Please** try to keep articles as close as possible to these lengths.

**Heather Corlett [Editor]**

## Greetings from the Manse



Rev Derek McLean

Dear friends,

September is the start of the Methodist year. It is the start of ministers' appointments, and it will involve a change of responsibilities for me this year. However, it is already beginning to look like 'business as usual' in many ways.

Church life has often revolved around 'hatch, match and despatch' and it feels normal when that resumes.

Our September All Age Worship service will be on the 10<sup>th</sup> (a week later than usual) and will include the baptism of Isaac.

On the 9<sup>th</sup>, we will celebrate the marriage of Charlie and Sophie, and we share in their joy.

Before then, we will have mourned the death of Norman, a long-standing Member at Oadby. I will also have taken my last funerals for Glen and for Houghton (Anthony and Barbara respectively).

We've also welcomed visitors from afar. It was lovely to see people in the Oadby church who'd first worshipped with us from their homes in South Africa and India when they'd joined us online, and now able to worship with us in person when they visit family here.

On 3<sup>rd</sup> September, we mark the huge diversity of gifts which people bring to the life of the church as we recognise the role of our many volunteers.

Whilst I am hoping that things will be quieter with my new “part-time” role, I do enjoy the buzz of all that makes this a “Church for All at the Heart of the Community.”

God bless you all.

**Rev Derek**

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### **God as Trinity**

A number of people commented on how much they appreciated the words for God which we heard during the worship on Trinity Sunday. These come from the Gafney resource which we’ve used during this year. God is:

Sovereign, Saviour, and Shelter;

Author, Word, and Translator;

Parent, Partner, and Friend;

Majesty, Mercy, and Mystery;

Creator, Christ, and Compassion;

Potter, Vessel, and Holy Fire;

Life, Liberation, and Love.

**Rev Derek**

## **Situations Vacant**

There are currently two vacancies for part-time jobs being advertised in this circuit. If you know anyone with appropriate skills, please ask Rev Derek for further details.

Youth Worker required for Great Glen. To be employed by the Methodists and Anglicans working together to build on and develop the successful Friday Night Youth.

Lay Pastoral Assistant. To support the Minister in the Birstall, Rothley and Syston section of the circuit.

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## **Amos Trust**

We are delighted that Amos Trust are coming to Oadby again this December.

Their visit has been confirmed for the evening of Saturday 2<sup>nd</sup> December. Please get that date in your diary, think about how we can involve more people in the event, and look forward to hearing more inspiring stories from Palestine.



## **PRISONS WEEK 2023**

Prisons Week 2023 is 8<sup>th</sup> to 14<sup>th</sup> October.

As prison numbers rise and overcrowding grows, the number of experienced prison staff falls and training for the role is considered by many to be inadequate in comparison with some other countries, we remember particularly during this week all those involved in any way in the criminal justice system.

‘The criminal justice system of the UK is the collective body responsible for administering justice in the UK and consists of various institutions such as the police, the crown prosecution service and the UK’s prison system.’ (statista.com)

Prisons Week aims to encourage prayer and an awareness of the needs of prisoners and their families, victims of crime, prison staff and all who work within the justice system.

During the week we acknowledge and give thanks for the good things that happen through the work of chaplains, visitors and volunteers – the Methodist Church is deeply engaged with this work.

At the time of writing, the theme for 2023 Prisons Week is not yet available. However the following prayer remains the same as in previous years.

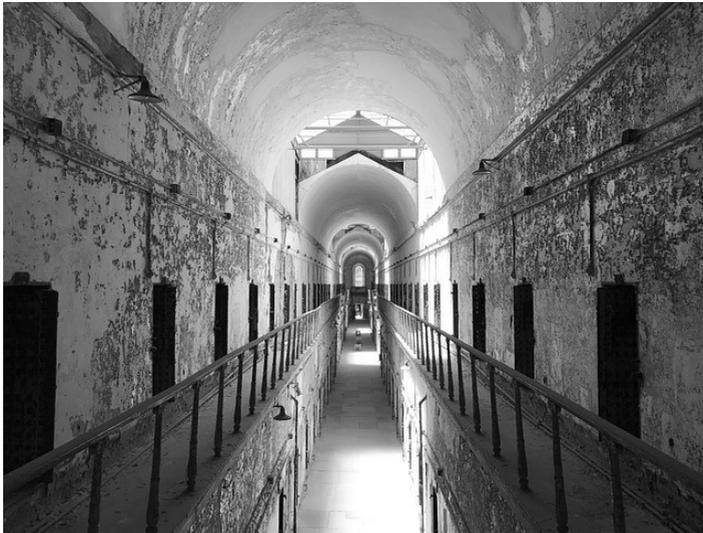
### **The Prisons Week Prayer**

Lord, you offer freedom to all people. We pray for those in prison. Break the bonds of fear and isolation that exist. Support with your love prisoners and their families and friends, prison staff and all who care. Heal those who have been wounded by the actions of others, especially the victims of crime. Help us to forgive one another, to act justly, love mercy and walk humbly together with Christ in his

Spirit, now and every day. Amen

Nearer the time there will be daily suggestions for prayer and more information about the theme for this year on the website - [prisonsweek.org](http://prisonsweek.org)

**Diane Price**



## **Oadby Food Bank**

### **Things we would love for our food parcels....**

Packets of long grain rice

U.H.T. (long life) Milk

Jars or sachets of sauce, e.g. sweet and sour, curry or pasta sauce

Packets of dried lentils (500g packs preferred)

Cooking oil

Washing powder or liquid (especially sensitive, suitable for babies' clothes)

Tinned fruit or puddings

Instant coffee/tea bags (N. B. Boxes of 40 or 80 tea bags please)

Jam/marmalade/other spreads

Breakfast cereal (not huge packets please)

Ketchup/mayonnaise/chutney

Tinned vegetables such as carrots, sweetcorn, potatoes

Tinned tomatoes/tomato puree

Tinned spaghetti/macaroni cheese/baked beans

Tinned fish or meat (chicken preferred as we have clients who cannot eat pork/ beef)

Biscuits

Savoury snacks such as crisps

Toiletries such as shampoo, toothpaste, shower gel for all ages

Household cleaning items

Nappies size 4, 5 or 6; baby wipes

*Sorry, we can't accept alcohol, perishable fresh food, home-made food such as jam or chutney, or food that needs to be kept in a fridge.*

*Items may be left in the church foyer of Oadby Trinity Methodist Church LE2 4LA when Zeph's café is open, but if you have a large donation, please contact the foodbank first, on **0772 31 21 794** and we can arrange to collect it, or meet you at the church.*

*Please **don't include** toys, or other items such as clothing, bedding or household furniture as we cannot store or use these.*

**Thank you so much, from all at Oadby Food Bank!**



## **Recipes and photographs for Harvest Festival**

Have you been abroad for your holiday this year? Have you any photographs of food that you have enjoyed which is local to the areas you have visited that can be used as part of our Harvest display on Sunday October 1st.

Perhaps you have recipes for food from other countries that you have tried, tested and enjoyed at home, and which you would like to share with the congregation.

Anne Dodge will be happy to receive any contribution of photographs or recipes that you would like to share. Please print out photos. Recipes can be sent by email to: [terando@live.com](mailto:terando@live.com).

### **Anne Dodge**

Asian food



## Spanish food



## French food



## Toilets!

I know. Strange thing to be writing about. However, I thought about toilets recently following a visit to a National Trust property, and subsequently during a visit to a museum. In both cases, changes had been made (at least to signage) which were intended to make their use more flexible. In both cases, people were outside making comments which indicated that they were confused by the change and also slightly uncomfortable.

It is unfamiliar. Any change can confuse and puzzle us. The facilities at the National Trust property had simply been refurbished to give lots of single cubicles (some of which were adapted for disabled users, others as changing spaces) and clear indication that all cubicles could be used by men or women.

Once I had stopped being puzzled by the change, I thought that it had the advantage that everybody was better off. Nobody was disadvantaged, nobody was put at risk by the layout. More positively, it didn't have the feature where we had a long line of women queuing for the Ladies and a huddle of men waiting outside for their partners. Everyone joined a common short queue.

I could also see that for a small number of people, this was a huge improvement. For anyone who is trans, or whose appearance fails to match our binary stereotypes, suddenly they can safely queue up with everyone else. They needn't fear stares, abusive comments, or worse.

So, when I'd recovered from my confusion, I concluded that this was no worse for anyone, better for most, and much better for some.

I'm therefore troubled when politicians, newspaper columnists, and people claiming to represent Christians, start pontificating

about the evils of gender-neutral toilets. Yes, toilets need to be safe spaces, but they need to be safe for all.

Many of those articles are transphobic and hateful. (Of course, some aren't.) To test that, it is worth asking whether a claim about the dangers of trans women entering a women's space has considered where trans women should go to the toilet, or whether they are genuinely demanding that trans men must use the toilet based on their assigned status at birth.

I was wryly amused by one article which suggested that gender-neutral toilets should be prohibited because we need to make sure that women "who may need to use facilities more often because of pregnancy or sanitary needs" should be able to do so rapidly. Whoever wrote that has presumably never seen a queue outside the Ladies. (Or noticed that a man might want to dispose of an incontinence pad.)

Whilst this might be an odd subject for a church magazine, I think this should matter to us as Christians, because it is a helpful worked example of how we should take seriously issues around Inclusion. There aren't always simple answers, but we should approach issues with a willingness to be uncomfortable and to think things through.

"What Would Jesus Do?" I can only guess, but given the way he sought out the excluded, despised, and marginalised, I suspect that he would be pleased at this innovation.

Also, if we take seriously the Incarnation, the answer to the question "What Would Jesus Do?" must surely be, "Queue up like the rest of us."

**Rev Derek**

## **WELCOME ON WEDNESDAY**

**Open to everyone**

**Autumn programme 2023**

**2-3.30pm in the Worship area of Church on the second Wednesday  
of the month.**

### **Autumn Programme**

**September 13th** – Maria O’Connell sings for you

**October 11th** - Helping Hands

**November 8th** - Gary Lilly speaks about “A brush with the exotic”

*...And just to whet your appetite*, the first meeting in the winter programme is musical entertainment provided by Graham Austen and Friends.

## **AUTUMN DAYS**

The farmers will be busy,  
And crops are gathered in  
From fields and trees and hedgerows  
As Autumn days begin.  
God's paint box colours welcome,  
These days with gold and red;  
A foretaste of the glory  
We will see in days ahead.  
And there is much for us to do  
In thought and word and praise;  
An opportunity to share  
God's gift of Autumn days.

**Margaret Cartwright**



## **The incredible benefits of yoga!**

Yoga is a super power for physical, mental and emotional health. It is a form of exercise that is accessible for all, and can be tailored to any age or ability. As an ancient practice originating from India over 5,000 years ago, it instigates a perfect harmony between the mind and body.

Yoga builds strength and flexibility and helps you to manage pain and reduce stress. There are various styles of yoga but they all combine physical postures, breathing techniques and meditation.

There are many benefits associated with yoga, some of which include:

Motor skills are developed, refined and maintained which improves posture, body alignment and stability. As a consequence, muscles are toned, body awareness grows, co-ordination is improved and there is a better mind body communication.

Yoga increases resilience because it is challenging but it is also achievable. When you feel discomfort attempting a pose, you are taught to breathe deeply, stay in the present moment and calm the negative chatter of the mind. When you face challenges outside of your yoga practice, you can apply these breathing and mind set tools to the situation so you remain calm and in control. When Yoga increases resilience because it is challenging but it is also achievable. When you feel discomfort attempting a pose, you are taught to breathe deeply, stay in the present moment and calm the negative chatter of the mind. When you face challenges outside of your yoga practice, you can apply these breathing and mind-set tools to the situation so you remain calm and in control. When

attempting balances, you learn to stay focused, remain strong and, most importantly, to keep trying. You learn that your progress is about the journey, not the destination. With regular repetition of different balances you achieve and succeed. The self belief that you develop can then be applied to your life outside of the yoga class.

Yoga provides coping techniques. You learn breathing techniques for self-calming and guided visualisations to use when you may feel a anxious. When learnt, these 'tools' can be used in times of need.

Yoga facilitates self-awareness. You learn to feel discomfort through gentle stretching but you also learn when you need to rest or ease off by listening to your body. People learn to be kind towards themselves and the importance of respecting themselves.

Yoga engages the emotional brain. The combination of movement, music, breath work and storytelling through sequences activates the brain's emotional region and elevates mood.

Yoga classes can have an important effect on peoples' health by calming down the nervous system. By working with breath and movement yoga can slow down your heart and breathing rate. This has a profoundly calming influence on your mental and emotional

Yoga provides first hand experience of the relationship between posture and mood. People learn how manipulating posture can create a positive state of mind and counteract a negative one. Back-bends such as Bridge and Snake open the heart and make you feel bright and alive. Forward bends such as Sitting Sandwich and Butterfly are soothing and make us feel calm and rested.

**Blossom Yoga classes take place at Oadby Trinity Methodist Church on Saturdays. For information about Blossom Yoga for Children and Teenagers, visit the website: [www.blossom-yoga.co.uk](http://www.blossom-yoga.co.uk)**

## ZEPH'S CAFÉ UPDATE

Autumn is nearly upon us, and those lovely people at Zeph's have some great events planned !

On 1<sup>st</sup> September, it is Fish Fryday once again. However, there is a new menu available. Cod in Batter, or Breaded Haddock or Breaded Scampi are the fish dishes on offer, or as an alternative there is now Chicken & Mushroom Pie, or Battered Sausage or Roast Chicken.....all served with chips and peas (or mushy peas). If you order as a take-away (served from 5.00pm) the cost is a very reasonable £8.40 per person, or if you eat-in (from 6.00pm) the price is £9.40 per person. If you do eat-in, then drinks and desserts are available to purchase on the night.

Also in September are two other special evenings. 15<sup>th</sup> September is Cyprus Night, whilst on 29<sup>th</sup> September there is 80's Night.....both promise to have interesting menus, so why not come along and enjoy!

October sees Fish Fryday on 6<sup>th</sup> of that month, whilst on 20<sup>th</sup> October there is a Spanish evening 'Ole' ! And on 27<sup>th</sup>, a very special 'Surf n' Turf' Night.....reminiscent of the 'good old days'.

For all these events, it is essential to book early because demand from the Community of Oadby shows how popular these evenings are. At the time of going to press, events for November have not been finalised but they will be advertised widely in the cafe and f so watch out for these.

Zeph's is 'our' cafe, please do support it as much as you can and tell your family, friends and neighbours how good it is. We cannot sit back on our laurels and expect others to find out for themselves – we need to promote it as much as we can. We have a superb team of staff, led by Michael who has been with us 'on the journey' from the very beginning, and they need encouragement which only we can

give. So please do your part and help to spread the word of Zeph's and its successes, and support this outreach venture as much as you can.

**Barry W. Wilford (Director).**



## **Church Stewards.**

### **My personal reflections:**

I have been a church steward twice. Once in the early 2000's, when we had 6-8 stewards, and recently in the last 6 years.

It has been a privilege to be a church steward and involved in the mission of the church and the development of our faith and worship within this church. My own experience has been one of fulfilment and growth in my own faith and commitment to God.

I am stepping down from September 2023. That only leaves 3 stewards to take on the responsibilities, which will leave them no time to reflect on the future of our church community, the local community, their ability to look to the future with God's guidance.

**The role of a church steward.** ( mainly taken from the Methodist web site)

Being a church steward is a ministry in its own right, as a person realises their unique contribution to the leadership of the local church.

**Church stewards** are at the heart of the local church. Working as a team with other groups, they have the responsibilities within the scope of church life.

**Church stewards** are required to be members of the local church.

### **What do church stewards do?**

Church stewards have been around since the 18th century when John Wesley recognised that ministers who because of the itinerant nature of their role, are often unable to oversee every matter in church life. And so, the role is tightly woven into the DNA of the Connexion.

**Church stewards** are responsible for practical things on a Sunday, after contacting the preacher during the previous week re their service, and distributing the order of service to those who need to know, and finding people to read the scriptures or take prayers ,they look after the preacher, making sure that the offertory is blessed, announcements made.

The practical duties church stewards carry out are crucial to creating a positive experience both for the visiting preacher or minister and the congregation when a worship service happens.

For many people the main service, rather than house groups or interest groups, is where they find their connection with their church. More churches are also finding that a growing percentage of congregations feel a strong sense of belonging but are unable to attend every week for one reason or another.

At the moment there is Zoom participation in the service, for those unable to attend, it is organised by Michael and myself.

**Church stewards** are part of the leadership of the church. Together with other groups they share the pastoral care, the concerns of the church, they act on the decisions of the Church Council and many co-ordinating tasks.

All members of the Church Council, including church stewards, perform the role of managing and are trustees for the local church, with responsibilities under the Charities Act.

I live in hope and God's assurance that you will step forward to be part of the church and it's mission in this way. Thanking Jesus for His sacrifice to make us free.

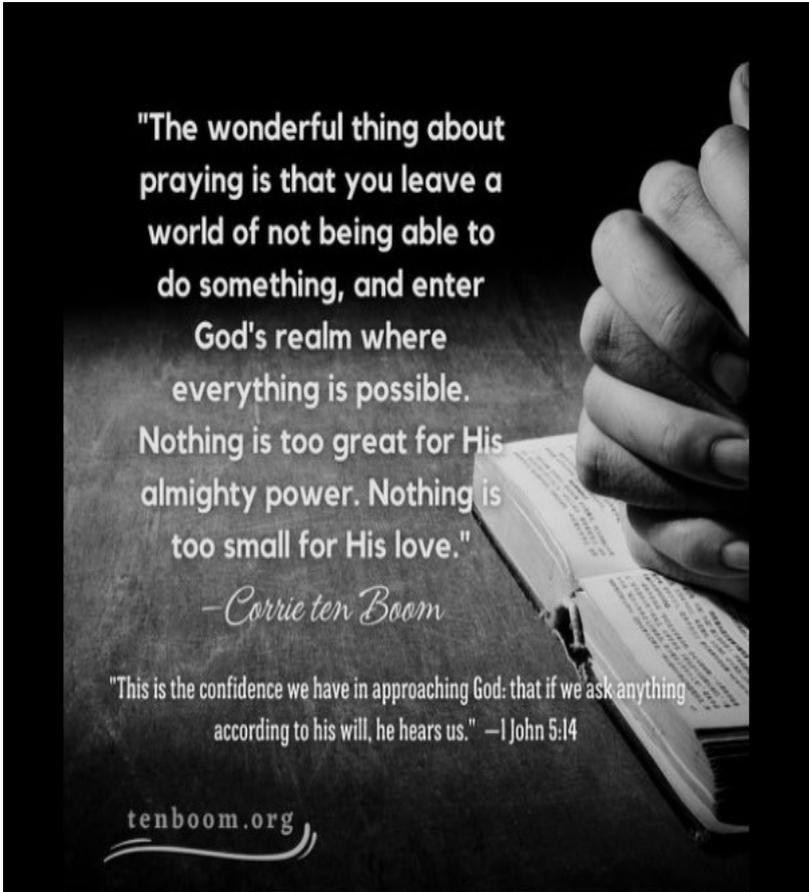
God Bless you

**Anne Dodge**



[Words of encouragement to those of us who are stewards and to those who may be thinking about it after reading Anne's article. — Ed]

**The Wonderful thing about Praying!**  
**Some wise words from Corrie ten Boom**



Here is some encouragement for those times when we feel that prayer is difficult. God always hears our petitions and He responds in love and power.

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We do have a Safeguarding Policy to protect children and vulnerable adults that we expect you to adhere to and uphold.

If you wish to advertise your business in our magazine our rates are £42 for a quarter page advert, £72 for a half page and £144 for a whole page. We have 6 issues a year and our distribution covers houses in Oadby, Wigston, Knighton, Great Glen and Houghton on the Hill.

**Please contact Anne Dodge; Telephone 0116 271 6638**

email [terando@live.com](mailto:terando@live.com)

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#### Location:

Oadby Trinity Methodist Church, 60 Harborough Road, Leicester, LE2 4LA.

#### Summer/Autumn term dates:

First half term: Saturday 2<sup>nd</sup> September to Saturday 14<sup>th</sup> October 2023 Inclusive (except Saturday 30<sup>th</sup> September 2023)

Half term closure: Saturday 21<sup>st</sup> October and Saturday 28<sup>th</sup> October 2023

Second half term: Saturday 4<sup>th</sup> November to Saturday 9<sup>th</sup> December 2023 Inclusive

#### Class times at Oadby Trinity Methodist Church:

**lit\_buds** (3-7 years of age): 10.00am to 11.00am

**big\_buds** (8 - 12 years of age): 11.00am to 12.00pm

**teen\_buds** (13 - 18 years of age): 12.00pm to 1.00pm

#### Contact Blossom Yoga

For further information about Blossom Yoga, contact Jacinda on tel: 07739 507960 or  
e-mail: [blossom@blossom-yoga.com](mailto:blossom@blossom-yoga.com)

**blossom yoga**

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