

ROUNDAABOUT



THE COTTERIDGE CHURCH

Witnessing at the Heart of the Community

March 2014

From the Vestry

Dear friends,

March is here, bringing with it both Spring and Lent. The seasons of the Christian year are often intertwined in our minds with the seasons of the earth's year. We easily forget that if we lived in Australia, the seasons would occur at completely different times in the calendar. For most of us, celebrating Christmas in the summer would seem very strange indeed.

Hopefully, by the time you read this, signs of the coming of Spring will be all around us. Already the snowdrops and crocuses are showing their heads and we should have daffodils by the time Mothering Sunday comes round. Spring brings new life, which is appropriate for Easter, but what about Lent? This year, with Easter being so late, we will be surrounded by new life, even before Lent begins. However, as Lent is traditionally a time for reflection, fasting and repentance leading to new life, that seems appropriate.

Many people tell me that they now take something on for Lent rather than giving something up. I have a great deal of sympathy with that attitude – whether the something that is taken on is more time for prayer and bible study, in other words a way to work at our spiritual lives, or whether it's something practical to do for others. Both are about working for God's Kingdom.

However, there is a case to be made for fasting as well. Fasting is a discipline that helps to concentrate our minds on the repentance and renewal that the season of Lent is all about. It also underlines the amazing generosity of God, as we can give up quite a lot and still thrive perfectly well. Furthermore, it helps to make the feast of Easter much more meaningful, if we have been a bit more abstemious than usual in the weeks beforehand.

This year the End Hunger Fast campaign invites us to fast with an additional purpose. We can see by the number of people who use the foodbank that many are going hungry today in this country, never mind further afield. Clearly none of us can alter the world order on our own, but we can at least make a start in our own country by joining in a fast, not only in solidarity with those who go hungry, through no fault of their own, but also to bring our support of those in that situation to the notice of the



government, as part of the End Hunger Fast campaign.

Fasting doesn't mean giving up food altogether of course. Many people give up chocolate or puddings for Lent. I generally give up alcohol. Some folk give up things like TV. This year some people will be giving up food altogether for one day – 4 April, as part of the campaign.

If you decide to take part in this campaign, either by fasting through Lent or on 4 April then please register that you are taking part either on the website at <http://endhungerfast.co.uk> or by sending your name and address and details of how you are fasting to End Hunger Fast, Carrs Lane Church Centre, Carrs Lane, Birmingham, B4 7SX. You may also want to consider using the money that you save to support the foodbank.

If you do decide to fast as part of the End Hunger Fast campaign, then please don't forget to use the time of Lent to think about your own spiritual journey as well. Let's see if we can make a difference in the lives of those who are struggling to feed their families properly and in our own lives this Lent.

May your Lenten journey feed you and others this year.

Jacky

From the Editors' Desk



Welcome to Roundabout and, first of all, an apology. We were sorry to hear that many of you found the January issue 'a bit hard going'. We would like to remind you that Roundabout is for all people who are touched by the work of The Cotteridge Church - but, we can only print what we receive. The solution then lies with you. If you want Roundabout to be 'a lighter bite' then send us your articles, news, stories, poems – you get the idea. On that note, we think you'll find this issue a bit easier to digest.

Please let us have your items no later than 24 April. You can put them in the 'W' pigeonhole in the Pennine Way or email

them to marfleetwright@tiscali.co.uk.

Steve & Caroline

Family & Friends

Diane Apostolakopoulos (née Hall) was a member of the, then, Cotteridge Methodist Church in the 50s and 60s. She now lives in Greece and receives Roundabout from Myra Dean. Diane sends greetings to all, particularly those who remember her. Diane, we are so pleased that we are able to help you keep in touch with life at Cotteridge. (How far does Roundabout reach? Can anyone top Greece for a far-flung readership?)

And the winner is...



Many congratulations to Cotteridge Church Catering Services on receiving a SILVER Award in the Healthy Choice Award Assessment. This is a joint venture with Birmingham Community Nutrition, the NHS, Change for Life and Food Net,

After the first assessment visit Catering Services received the BRONZE award and a few minor suggestions for improvement were made.

A few weeks later, meal production, content and method of serving was assessed, changes were noted and the SILVER award followed. To receive this after

a second assessment is a high honour and something of which all Catering Service members are duly proud.

The assessor wrote,

I was impressed by the range of salad / vegetables on offer and the effort you have made to ensure that various dishes you serve have been modified in some way to make them healthier.

Catering Services is grateful to the ladies and gents of the 3Cs who provide an excellent and very attractively presented variety of rolls for our customers. The refrigerated display cabinet in the Pennine Way certainly received approval from the assessor.

The Menu cards in the Coffee Bar now include the healthy options logo alongside the relevant items

Shirley and her team have also produced new menus on a 5 week cycle to bring a greater variety of meals to our customers both in the coffee bar and the Day Centres to ensure that our customers, both young and old, are being provided with well-balanced, nutritional meals - including the occasional treat!

Shirley our cook, and her team of Delene, Tina, Doris and Maureen, are always pleased to discuss healthy option eating with you. If you are bringing small children to eat a hot meal from the Bain Marie in the coffee bar please ask Doris and Maureen

about the special discount rates for adult and children's meals.

Our Shirl

The Millennium was a very good year for The Cotteridge Church. Why? Well, let me tell you the story.

A young woman was looking for work. One day, the Job Centre rang and said, "We have the perfect hob for you." An interview was set up and the job offered on that very same day. That's how Shirley became our kitchen manager and cook.

She loves working here: "It's fun, and people always try to smile and help. This church is our community in Cotteridge."

Her faithful assistants, Delene and Tina, say that the secret of their success is teamwork.

But what about favourite meals? For the day centres and Pennine Way customers it will always be 'meat and two veg', followed by rice pudding (although Cottage Pie, or Cotteridge Pie as it should be known, is also popular). Shirley's favourite meal is fish and chips.

When Shirley has some spare time – and that isn't often – she likes to spend it with her eleven grandchildren and her dog, chinchilla and budgie.

In Shirley's kitchen at home there is a plaque: 'Never trust a skinny cook!' Well we trust our 'skinny' cook! She is a treasure and we hope she will be with us for many years. So, 'Keep on cooking, Shirley!'

Rita Sutton

Coffee Bar Customers

It is lovely that so many of you are regular customers and we hope that by now we know all of you by name!

We certainly know when we haven't seen you for a while, and often wonder if you are OK, on holiday, or perhaps not feeling very well, or even in hospital.

Sometimes, while you are with us, you might be taken poorly and need help. Although





we always send for an ambulance, it would help if we could contact a family member in such an emergency to let them know what has happened.

If you would like to let us have some contact details for you, to be used only in an emergency, then please fill in the form available in the Coffee Bar and hand it in to the church office.

Irene Spooner - Church Administrator

Who is...The Lemon Family?



We would like to send our sincere greetings to you all and hope you enjoy this brief introduction to our family.

We migrated from the Netherlands three years ago. Christiana and I came originally from Sierra Leone and we both work in the care industry. Our daughters attend Kings Norton Girls' School and Hendrik goes to Hawkesley Church Primary Academy. He is a member of the Boys' Brigade and we are grateful to him for bringing us to the Cotteridge Church through his Boys' Brigade activities. Since our first visit, we have been attending church regularly and we hope to continue.

Thank you, and may God bless you all.

Femi, Christiana, Arama, Clarisa and Hendrik.

Our Mission Journey

We were grateful to Linda Woodhouse for asking us to prepare a display on 'Our Mission Journey' for the church's mission board. Whilst this seemed a daunting task, as it spans 23 years from our initial attendance at a 'Time for Change' conference organised by the Church Mission Society, it helped us to reflect on our mission journey and to celebrate how God has enabled us to work for Him. We, therefore, invite you to have a look at our display, to see how God can empower ordinary people for His service in the world. The display is divided into 6 stages:-

1. Call to Mission including our nine months PG Award in Mission Course at the College of the Ascension
2. Eight years' Healthcare and Community development in Papua New Guinea. We were always grateful to know that the Cotteridge congregation supported us in prayer and with an annual financial donation during this difficult mission.
3. Researching and supporting Christian health services in developing countries,



which involved collecting data from 13 countries and carrying out field studies in India, Malawi, Kenya and Uganda. Not everyone recognises that 30-50% of all health services in many countries are provided by churches, usually in areas where the government has limited services and infrastructure. (This work is described in our book *Commitment, Conscience or Compromise* which is on sale at the Fair Trade Stall for the discount price of £19.99, of which we will donate 50% to church funds).

4. Interfaith, multicultural and health work in UK mostly with Scouts, the Birmingham Council of Faiths and the Birmingham Voluntary Services Council. This includes our annual Faiths for Fun for children of different faiths and our twice-yearly Faith, Health and Wellbeing Seminars at the University of Birmingham.

5. We wrote in the last Roundabout about our voluntary work with Crossroads in Hong Kong. We are still working with the Methodist churches in Kenya and Benin to access equipment for developing their new health facilities. On the Global Hand/Global Equity project we have now had positive responses from charities, many of them faith-based, in Zimbabwe, Zambia, Malawi, Botswana, Tanzania, Nigeria and Ghana. Our intention is to link corporate businesses in 'Western Countries' with these charities, to develop relationships, share expertise and to empower people in those countries to sustain themselves with dignity and self-respect.

6. St Paul reminds us in his letters to the Romans and Corinthians that we are all part of the 'one body', each possessing 'essential, individual gifts'. We are still experiencing God calling us to use our particular gifts for His mission in so many ways in our lives, especially in our work with people of different faiths and cultures both in the UK and overseas.

Blessings,

Peter & Jean Rookes



Pilgrimage to the Holy Land - January 2014

From the calm and beauty of the Lake of Galilee to the peace and serenity of The garden Tomb.

On Thursday 23 January we (Rita, Sheila and Hazel) left Heathrow on our flight to the Holy Land, arriving at Tel Aviv airport in the early evening. Here is a brief résumé of our itinerary. From the airport we travelled to Tiberius in Galilee. Seeing the Sea of Galilee, and the hills beyond, in the moonlight on our first night, looking so calm and beautiful, was a perfect start to our pilgrimage. The memory will last for ever.

While in this area we were able to visit Capernaum, the place 'adopted' by Jesus as his home and we even had a boat ride on the lake. Among other places of interest visited



The Sea of Galilee

was the Mount of the Beatitudes. Here we shared in Holy Communion in the open air. Leaving Galilee we travelled by coach towards Jerusalem visiting various sites such as Jacob's Well Church, and the Church of the Multiplication where Jesus fed thousands of people with bread and fishes.



From our base in Jerusalem we visited Jeel al Amal in Bethany, a home for orphans and needy boys and a co-educational school. This is one of the schools we are supporting through our sponsored walk.

We also visited Bethlehem and spent time at the Basilica of the Nativity and the Shepherds Fields. One of the highlights of our visit was the warm welcome we received at the Bethlehem Arab Society for Rehabilitation (BASRA). The logo of the Centre sums up the ethos of the work they are doing, 'Every patient is first and foremost a human being'. Later we visited Al Shurooq Blind School, the other school we are supporting. Children are received from all over Palestine and live in a caring environment. Teaching by dedicated staff is adapted to meet the individual needs of the children.

On Tuesday the 28th January we undertook our sponsored walk from the top of the Mount of Olives along part of the Via Dolorosa to the Church of the Holy Sepulchre in Jerusalem. After lunch we finished by walking round the walls of Jerusalem. Although it was long and tiring, we experienced a real sense of achievement at having completed the route.

Travelling by coach through the 'wilderness' we came to the River Jordan where Jesus was baptised. Sitting by the water we renewed our baptismal vows.

Jericho was a real oasis on a very hot day and quite a contrast after the dry places we had passed through.



On our last morning we went to The Garden Tomb in Jerusalem discovered by General Gordon in the 19th century and where Jesus is thought to have been buried after his crucifixion. Sitting in the peaceful, quiet and serene atmosphere of the Garden, remembering the words at the entrance of the tomb 'He is not here, he is risen' seemed an apt way to finish our pilgrimage. And then back to cold, wet Britain.

We would like to take this opportunity of thanking all those who kindly sponsored us and remembered us in prayer during our pilgrimage. We really appreciated your support.

Hazel Nash

B30 Foodbank

We have now fed over 1100 people, which roughly equates to 800+ households. This is way beyond the number that we expected to see coming through the Church doors. On the one hand it's wonderful that the B30 Churches are all working together to offer this support and we are very grateful to those who continue to donate foodstuffs via our wheelie bins. On the other hand, it's extremely depressing that in one of the richest countries in the world, we are seeing people who are regularly going hungry.



FACT: On one busy afternoon before Christmas, we were actually feeding one person every 2 minutes!

It's not just about the food and the physical sustenance, important though that is. As in the biblical story of the 'Feeding of the 5000', food is associated with preparing meals, sharing, finding time to sit down and talk together. So for the people we meet, especially for those with children, we hope that we are providing an opportunity for a couple of days to perhaps move away from the immediate crisis levels of hunger to the chance to create a meal.

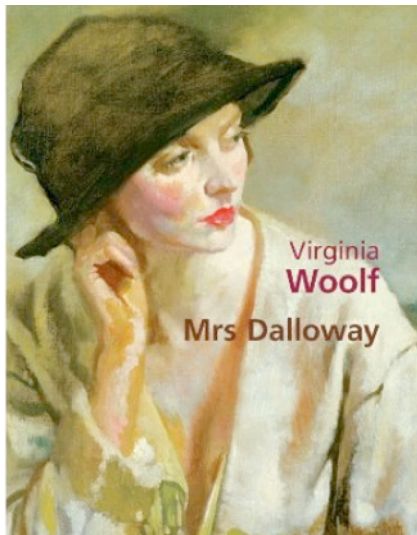
However, unlike the original 5000 who joined a joyous occasion of their own free will, as Rowan Williams (who has links with the Cambridge Foodbank) recently pointed out, "All the people I speak to who use the Foodbank will say that they never expected to find themselves in this situation and would rather not have to turn to it for help...Many are confused and left stranded by the benefit system."

Book Club

We had an excellent meeting in January to discuss *All Quiet on the Western Front* by Erich Maria Remarque. Although Erich was 16 when war broke out and actually took part in WW1 this was not autobiographical but did include some of his experiences of war as a youth straight from school. There is a lot on TV at the moment looking at the war from the English side, but this book, although looking at the German perspective, could have been either country. It provoked a wide discussion, especially about how these idealistic youngsters were confused as to why they were fighting when they personally had no

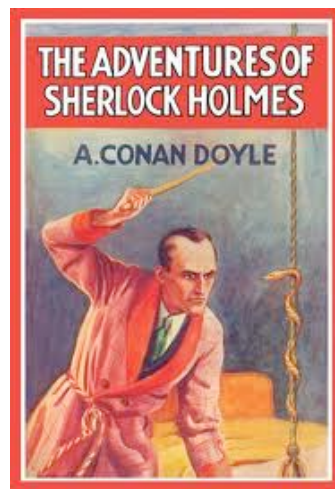


grievance with the French or British, and yet their whole world suddenly revolved around death. It is an excellent read, only a short book but one that we would wholeheartedly recommend. In addition we were able to look at letters and postcards sent from the front back to England during WW1 from great grandparents and great uncles of members of the group. This led to a discussion on archiving this material for future generations who may not consider it vital at the moment but we thought that there was a seminal age of around 60 when the past suddenly gains new significance.



Our next book, Mrs. Dalloway, gives us the opportunity to explore the writings of Virginia Woolf, a new venture for most of us. This story is primarily of a well to do lady preparing for an evening party, but also intercuts with Septimus, a Somme veteran of WW1 suffering from shellshock. We will be meeting on 13th March at 123 Selly Oak Road to talk about this.

Having decided to look at literature connected with World War One we feel we need a break. So, we have decided that, due to the popularity of the TV series, we will read one of Arthur Conan Doyle's Sherlock Holmes books before tackling Vera Brittain's Testament of Youth over the Summer.



We are very pleased to have a couple of new members join us. If you think you might like to come along for one, or all, of our meetings please contact Christine Adams or Liz Larkin. For details look at the weekly news-sheet.

Christine Adams

Cooking with Poo

Poo, whose real name is Khun Saiyuud Diwong, ('Poo' is short for 'Chompoo' or 'rose apple'), is a long-time resident of Klong Toey, the largest slum in Bangkok. Poo used to run a small catering business from her home. People passing by would stop to buy freshly-cooked snacks and treats. But when rampant food price inflation hit Thailand, she was unable to make ends meet.



Then she met development workers from Urban Neighbours Of Hope (UNOH), which partnered with her to provide start-up capital for a small cookery school which has subsequently become what TripAdvisor has called “One of the best-rated activities in Bangkok”. Which is quite an accolade when you think of all the exciting things you can do in Bangkok!

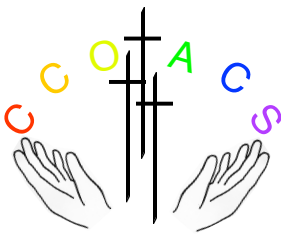
Now you have the opportunity to taste this remarkable Thai food for yourself without leaving the UK, to learn how to cook it and to hear more about the ministry of UNOH at the same time. Poo is coming in person to the UK to present a series of cookery classes and demonstrations. Two will be held on Friday 4th April at Rowheath Pavilion.

Starting at 10.30 am and running through to 3.00 (ideal for people picking up kids from school) there will be a cookery school taught in person by Poo. Then at 7.30 in the evening there will be an interactive cookery demonstration which will also feature stories from Klong Toey, an opportunity for people from the audience to join Poo in cooking a dish, and an open Q&A time.

The cookery school costs just £30 per person, and the demonstration is £10. Places are strictly limited so please book early. You can find out more about Poo on her own website.

For more information contact Tim Herbert on 07916 708538

The Cotteridge Church Day Centre



We continue to flourish, despite the City Council’s serious financial problems. The unusually mild – if WET – winter has meant there has been no need to close for snow and member numbers are increasing. With the development of Older Adult Care Services, we are hoping to start Saturday morning computer sessions (Eds. – see advert later in this issue).

Chris Pascal

Who is....Simon Paskin?

Simon is our new full-time Day Centre driver and care worker.

Before joining the centre, Simon had a wide variety of jobs, including running a chain of pubs, working in the Courts and doing agency care work. It was this latter which introduced him to the Day Centre.

Born in Solihull, Simon now lives with his partner in Selly Oak, along with their dog and four cats. He is a trained baker (his lemon cheese-cake and pastries could rate alongside those of Mary Berry!).

He also has a real interest in I.T. which stems from his ‘accidentally’ breaking

computers at school because he was bored. His teacher encouraged him to spend the summer holiday learning to set up, rather than destroy, computers. We are so grateful to that teacher. Simon is a real asset for Michelle and her ever increasing number of City Council grant forms.

Outside work, Simon enjoys listening to all kinds of music. His favourite food is a good old Sunday Roast with all the trimmings and he also enjoys travelling – hopefully Greece and North America this year.

He says that the best part of his job is working with centre members, both individually and in groups, as well as encouraging student workers and volunteers.

The Future? He hopes to develop the computer skills of the more able members and to increase his work with older adults within the Church and community.

Chris Pascal

Boys' Brigade

Our clothing appeal this year was a great success with 676Kg collected. This is even better than last year when we had ½ ton. The van was packed and there was not much room inside. Thanks to everybody who helped to collect the clothes. In the Birmingham Mail 'Wish Tokens' scheme we collected over 10,000 and we have received £227 for our efforts. Again, thanks to all the people who saved the tokens for BB.

On Sunday 4 May, at the Parade Service, Chris Butt, Sam Morgan and James Hobson will receive their Queen's Badge, the highest award in the BB. At the same service Alex Clayton, Josh Vail and Adrian McGovern are due to be awarded their President's Badge. Matthew Adams has now stepped down from being an officer in the company after 30 years' service and on Sunday 6 April there will be a presentation in church to thank him for all his work in the Boys' Brigade.



Bob Hotchkiss

7th Boys' Brigade has moved into the 21st century

The 7th Birmingham Boys' Brigade has moved into the 21st Century by going global on social media and creating a website. All these platforms now have the scope to keep you up to date with the BB at The Cotteridge Church, helping you to find out the latest news on activities, competitions and trips.

We are now available on Facebook and Twitter, which are kept up to date with news

and comments as well as pictures from the latest events in and out of church.

The Facebook address is www.facebook.com/7thBirminghamBoysBrigade

The twitter feed is at www.twitter.com/7thbhambb or you can simply follow us @7thbhambb

The new company website has been created by the Company section with help from the Officers. This was started in January 2013 and we went live at the Quiz on Friday 5 April 2013. Since then we have done some major improvement work on the site and there is now information about the whole company.

We have various pages for News, Anchors, Juniors, Company/Seniors, Camp and Peckwood, Staff, Photo Gallery, Contact Us and Useful Links.

We have kept this site up to date with changes a couple of times a month. All future events are advertised on the home page with a picture to represent the event and there are also links to the websites on the charities that we support in our General Knowledge Quiz that takes place around Easter each year.

The website address is www.7thbhambb.co.uk

Just as a reminder, we meet at The Cotteridge Church every Friday evening during term time from 6:15pm.

Anchors and Juniors meet from 6:15 – 7:30pm (Ages 5-11)

Company and Seniors meet from 7:45 – 9:30pm (Ages 11-16)

If you know of anyone who would be interested in joining the Boys' Brigade at Cotteridge, please ask them to come along on a Friday evening.

Phil Adams



Can You Help?

As part of a new project, we would like to run a group to help local older adults gain some computer skills.



We need donations of Laptops or Desktop Computers that you may have spare.

Even broken computers would help!

We can arrange collection

**Please contact Simon in the Day Centre (Clent room) or call
0121 458 3101**

Faiths For Our City

The University of Birmingham

The School of Philosophy, Theology and Religion

Faith, Health & Wellbeing Seminar (free of charge)

Wed 9th April 10.00-4.00 (registration 9.45)

Orchard Learning & Resource Centre, Weoley Park Road, Selly Oak

There is no charge for the event, but please contact Peter and Jean Rookes to book a place at pjrookes@gmail.com, phone 477 2282.

Services in March & April

9th March 2014

9.00 a.m.	Revd Roger Collins	Holy Communion
10.30 a.m.	Revd Roger Collins	Holy Communion
18.30 p.m.	Café Church	

16th March 2014

9.00 a.m.	Revd Nick Jones	Holy Communion
10.30 a.m.	Mr Steve Wright	Morning Worship
18.30 p.m.	Revd Joycelyn Lewis- Gregory	Holy Communion

23rd March 2014

9.00 a.m.	Revd Joycelyn Lewis- Gregory	Holy Communion
10.30 a.m.	Revd Joycelyn Lewis- Gregory	Holy Communion
18.30 p.m.	Mrs Primrose Garrow	Evening Worship

30th March 2014

9.00 a.m.	Revd Nick Jones	Holy Communion
10.30 a.m.	Revd Nick Jones	
18.30 p.m.	Revd Jacky Embrey	Holy Communion

6th April 2014

9.00 a.m.	Revd Joycelyn Lewis- Gregory	Holy Communion
10.30 a.m.	Revd Joycelyn Lewis- Gregory	Parade & Baptism
18.30 p.m.	Revd Roger Collins	Holy Communion

13th April 2014

9.00 a.m.	Revd Roger Collins	Holy Communion
10.30 a.m.	Revd Roger Collins	Holy Communion
18.30 p.m.	Café Church	

20th April 2014

9.00 a.m.	Revd Jacky Embrey	Holy Communion
10.30 a.m.	Revd Jacky Embrey	Holy Communion
18.30 p.m.	Revd Joycelyn Lewis- Gregory	Holy Communion

27th April 2014

9.00 a.m.	Revd Nick Jones	Holy Communion
10.30 a.m.	Revd Nick Jones	Holy Communion
18.30 p.m.	Mrs Linda Gilson	Evening Worship

7th Birmingham Boys' Brigade

Presents...



The Annual

General

Knowledge Quiz

On Friday 2nd May 2014

7:30pm for 7:45pm start

At The Cotteridge Church

Entry is £2 per person

6 max per team

Feel free to bring your own drinks &
nibbles

Raffle with PRIZES to be won

For more information please visit our website

www.7thbhambb.co.uk



Roundabout is the bi-monthly newsletter of The Cotteridge Church.

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