

ROUNDA BOUT



THE COTTERIDGE CHURCH

Witnessing at the Heart of the Community

November 2015

From the Editors' Desk



Welcome to another bumper issue of Roundabout. Once again, we are extremely grateful to our contributors. If you'd still like to write an article, but don't know how to get started, then we're here to help.

Please have your contributions to us no later than the last week in December. Place them in the 'Roundabout' pigeonhole or email to marfleetwright@tiscali.co.uk. The January issue will be out on Saturday 2nd.

Steve and Caroline

From the Vestry

When you go home
Tell them of us and say
For their tomorrow
We gave our today

Whenever people gather to remember those who died in war, particularly in the two world wars, the above words form part of the Act of Remembrance. Each time I hear them, or speak them myself, their power causes me to shiver, for they carry a powerful message. The sad fact is that the message has, in many respects, been ignored by the world. Its people have failed to hold dear that many millions gave their 'today' so that those who survived, or would make up future generations, would have a 'tomorrow'.

What is that 'tomorrow' we now have? What would those who gave their 'today' think of the 'tomorrow' that we experience? Many in our world dread 'tomorrow', with all the fear it will bring, whilst at the same time longing for 'tomorrow' because it might just bring the relief for which they yearn.

Our news is full of pictures and stories of thousands of men, women and children who are risking their all, on a daily basis, for a 'tomorrow' free of tyranny. Then, just this morning, an item about a report which paints a bleak picture for the 'tomorrows' of our young people, as though we did not already know that for thousands their 'tomorrow' is one of uncertain fortune.

There are some other words we say on a more regular basis that are to do with remembrance:

Do this in remembrance of me

Jesus' words to us, to remember him whenever we share bread and wine, are a constant reminder that he gave his all so that we might have life in all its abundance.

Next Sunday (8th) our Remembrance Sunday service will conclude with Communion. An opportunity to take in recommitting ourselves in memory of those we treasure, who gave their 'today' so that we might have 'tomorrow' in abundance.

Steve Wright

Family & Friends

Congratulations and best wishes go to Mr & Mrs Moore (Ken and Jennifer) who were married at Cotteridge on 10 October and to Mr & Mrs Hackett (Jez and Nat) married in Wales on 17 October.

Jean Dewey has contacted us to tell us of the safe arrival of another American great grandson, Luke, on 4 September. Our congratulations to Jean and, across the miles, to the family.

Bob Blackaby - May 1949 - September 2015

It has been sad to hear of the death of Bob Blackaby. Many of us have good memories of Bob and Jenny while they were here at Cotteridge.

Bob was a man of integrity, gentle but persistent, and thorough in everything he did. His work was in social housing need and he was an authority in this area.

At Cotteridge he served as treasurer for some years, and was instrumental in starting up the process of getting solar panels for the church roof. We are now benefitting from that initiative.

He and Jenny made many friends here and enjoyed sharing in activities like country walking, and dancing.

When they moved to Shrewsbury they were both involved in the life of the URC Church. Bob again worked on making the church environmentally friendly and was active in interfaith work, among many other things.

His illness gradually curtailed his activities, but he remained determined to do as much as possible as long as he was able.

He loved his family and enjoyed his grandchildren, and we feel for Jenny, Anna and Sarah in their loss.

Rachel Hayhow

Joint Church Council

September:

Key Decisions

1. It was agreed to move forward with the original plan agreed for the Ladies' toilets rather than switching them around with the Gentlemen's

2. It was agreed that the Cotteridge Church Day Care Centre should use the Waseley Room for their dining facilities.
3. The Articles of Commission for the B30 Foodbank were approved
4. Recommendations on amendments to the Governance Reporting Lines were approved (1: The Staffing Consultative Committee was renamed the Ministerial Vacancy Team, 2: The Fund Raiser will report to the Finance and Property Group, 3: The Older Adult Care Service Management Group will continue to report to the Older Adults Forum, 4: An Administration Group will be commissioned to aid the Administrator in her duties)
5. It was agreed to extend the WIFI login time to 4 hours and to advertise it more widely
6. It was agreed that the Risk Register would be updated every two years
7. It was agreed that all fund raising by the Social and Fund Raising group would go to Church Funds
8. The appointment of the Revd Donald Sampson as chair of the Cotteridge Church Day Centre was ratified by the JCC

Summary Proceedings

1. Fred Rattley from the Anglican Regeneration Team and Brian Pearson our Fund Raiser have been invited to join the JCC for its discussions on Tuesday 6th October 2015
2. The Finance and Property Group will be meeting in October to look into ways of reducing the budget deficit, currently predicted to be £28,000 for this financial year
3. The intercessions prayer group training sessions have begun and a rota established
4. Following the launch of 'Ten Holy Habits' at the Symphony Hall a small group has been established to lead the singing of new hymns and choruses before morning worship
5. The Junior Church is experiencing staff shortages and is looking to recruit staff for the Senior and Crèche departments
6. An advertisement and job description for the new older adult pastor was reviewed
7. A Congregational Meeting will be arranged in the near future to update members on the Ministerial Staffing situation

Referrals

1. Sue Clayton agreed to perform a Risk Assessment of the Clent Room so that the Crèche could move back as quickly as possible
2. A letter received from the Cotteridge Church Day Care Centre concerning the "future provision of centre-based activities" will be discussed at the JCC Meeting on 6th October 2015

This Summary is authorised by: Revd. Mary Shannahan - Chair of the Cotteridge Church Joint Church Council

The Ten Commandments and the Pelican

I recently went to Hanbury Hall for their Apple Day. At Hanbury Hall. The National Trust has planted an orchard of many old and less well known apple varieties. This year has produced an exceptionally large crop, and on Saturday 3rd October they were all on sale. You had to buy a plastic carrier bag for £4 which you could then fill with your choice from 40 or so varieties of apples large and small, dessert and cooking. Although the tent full of apples was a considerable distance from the car park, and I was walking with two sticks, I could not resist this offer, although it is difficult to carry a heavy bag when using two sticks. As I was leaving, I passed a stall with Hanbury's organic vegetables, and obviously looked longingly at it as the ladies asked me if I would like anything. I explained that although I would, I felt I would not be able to carry the load back. One of the ladies said she would carry my apples and vegetables back to the car for me. Naturally, and gratefully, I indulged my vegetable fancies, and she took my load back to the courtesy bus, which she had contacted as we left the tent so that it would take me back to the car park. It all worked to plan, and the courtesy bus not only took me back to the entrance,



but the driver insisted he would drive me back to my car. What service! I love the National Trust.

So back to the beginning - Why the Ten Commandments? One of the apples at Hanbury is called Ten Commandments [a Herefordshire variety dating back to 1883] named because if cut across the middle when fully ripe, it reveals ten red spots in a circle around the core. And the pelican? Well like me with my carrier bag, his beak holds more

Celia Lester

Café calling

Two of our Saturday Cafe staff have recently "retired" and as a result we are anxious (nay desperate!) to find replacements for them as soon as possible. Without the valuable service that the volunteers provide, the 3C's cafe could not function. The commitment is not great, requiring only 2 hours of your time once a month on the same Saturday each month. Swapping your commitment is easy if you find that you are unable to fulfil your shift for any reason.

The shifts that we need to cover are on the first Saturday 12 to 1.30pm and the third Saturday 10 to 12.00. Saturday shifts are never frantic or exhausting so you don't need exceptional stamina to be able to cope. You would be working with an established regular volunteer who will take you through our on the job training programme (basically how the till works and cooking cheese on toast!) so there is nothing to fear about the complexity of the tasks involved.

Maybe this could be that opportunity for service to the Church that you've always thought you'd like or ought to do. If you feel so moved to help our merry band of helpers, have a word with John Adams as soon as possible (0121 4585607).

As we approach the mince pie season it is essential that we are at full strength behind the counter.

John Adams

Play Group at The Cotteridge Church

Hello, I would like to introduce myself, Val, and Karen. We now run the Parent and Toddlers group that meets in the Malvern room on a Tuesday morning.

We are a very friendly group that meets between 9.30am and 11.30am, term time only. The fees are very reasonable, just £2.00, including a drink of squash and a biscuit for the little ones. We have tea and coffee available at 50p a cup.

We are trialling something new next month - on the 24th November at 11am, a lady will be coming to do a 20 minute session with the children in French (!), simple singing and speaking. This will cost just 50p more than the normal session fee.

We would love you to come and join us, and we are sure your little ones will love the happy environment, the toys and socialising with the other children.

There is no lower age range - it's never too early to let your little ones join in even if they're only watching what goes on.

Val Miller

Cotteridge Country Walkers - Weekend Away

Every autumn the Cotteridge Country Walkers organise a weekend away. We always pick an area with good walking possibilities but you don't have to go far in Britain to find that. This year we only went up the road to Ironbridge and stayed two nights in the Valley



Hotel, part of the 'Best Western' chain.

As usual the 'tried and tested' plan was to drive near to the hotel on Friday and go around a short route nearby before checking in. We planned a longer one for the whole day out on Saturday, then back to a shorter half day distance on Sunday. One of the group

(Beverley) took it on herself to sort out the walks.

We drove to Much Wenlock in bright sunshine, and although it came over showery nearby a few times, we got round in the dry. The walk led out of the town, along Wenlock Edge, although the trees obscured much of this ancient coral reef (more like Wenlock Hedge). Corn fields cut down for the harvest were along much of the route. Much Wenlock itself is always worth a visit. I usually drive past without stopping on my way to Shrewsbury but there is a bustling market town if you turn off the A458, plus the ruins of a priory. After breakfast on Saturday morning Beverley led us straight out of the back door of the hotel to find the River Severn, which we followed upstream for a mile, before finding the ruins of Buildwas Priory. Fledgling



pheasants were running under our feet along much of the route. We stopped for tea at the National Trust's Benthall Hall before descending into the valley with the River Severn below. Ironbridge hold an annual carnival on the third Saturday in September and we

finished the walk on the famous Ironbridge by 3.30 pm with steam engines and Morris dancers close by.

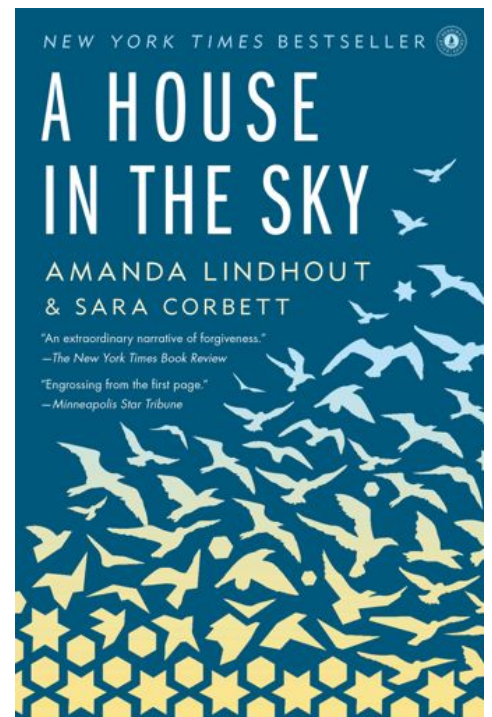
We checked out on Sunday and drove towards Ludlow to another National Trust property, Wilderhope Manor, a Tudor house built in 1560, now open as a 3* youth hostel. This is in sight of Clee Hill, or rather 'hills'. I thought there was only one but it seems there is a range of peaks, the biggest one named Brown Clee. Again the weather stayed dry, only clouding over on the drive home.

A good three days of gentle walking in excellent company. There will be another one next year, plus the usual monthly Saturday outing. Join us if you can.

Peter Childs

Book Group

The next meeting of Book Group is on Thursday November 5th at 123 Selly Oak Road at 8pm. We are discussing the latest read which is *A House in the Sky* by Amanda Lindhout. Amanda was kidnapped in Somalia, when the kidnappers, who actually thought they were capturing two National Geographic journalists, ended up with Amanda and her friend Nigel - not quite what they expected. The £2 million ransom from their families was totally impossible and the Canadian and Australian governments were not going to supply the money either, so they were held for 460 days before release. Some of the book is hard to read with details of how they were treated but Amanda's *House in the Sky* gave her a place to "live" when things were really bad. What was most impressive was the way that she understood her captors and managed to feel compassion for them. She is now a humanitarian public speaker and journalist and her story deserves to be read.



With Christmas approaching we are moving on to a seasonal book, yet to be finalised on 5th November, but if you are looking for something to read here are a few suggestions:

Charles Dickens - always a winner - Christmas Carol of course but also *The Cricket on the Hearth*, *The Haunted Man and the Ghost's Bargain*, *The Battle of Life* and *The Chimes*.

Mary Higgins Clark - *Silent Night* - a Christmas suspense story.

Cecilia Ahern - *The Gift* - If you could wish for one gift this Christmas, what would it be?

Truman Capote - *A Christmas Memory* - an autobiography of his life in Alabama

Rosamund Pilcher - *A group of disparate people in a Victorian house in Scotland*.

There should be something for everyone there.

New members always welcome.

Contact Christine Adams 458-5607 for details

Do you know someone with a vivid imagination?

A healthy human being is possessor of six, yes, six, distinct senses. They comprise sight, sound, smell, taste, touch and the supplementary, imagination, which can replicate internally some of the sensations of mind accompanying the use of any one, or any permutation from the other five. Pleasure can be felt through every one

of these senses, but they are also vehicles for pain, repulsion and repugnance.

Generally, pleasure savoured tends to create one of the two kinds of happiness. The principal type is simply feeling wonderful in your body. Secondly, the subtle feeling of harmony with life, God's universe and Nature. Psychologists call this "The flow";

musicians refer to it as "In the groove", while athletes long to be "In the zone". For close on 2000 years Christians have called this "being filled with the Holy Spirit".

Neuro-scientists say that the more often we choose to be happy the more "pleasure waves " will course round our body and brain cells, and - wait for it- "pleasure waves" render us more intelligent ! So where do we find true happiness ? In the one place you may never think of looking - right inside you.

Psychologists advise consigning an unhappy past to the dustbin of history and say accept how you are and build on that.

They continue, distinguish between what is trivial and what is truly important, staying flexible in thought, while adventurous. If you wake up to life, very little will take you unaware. The aim is always to live "the now", cultivating contentment without complacency.

The Serenity Prayer advocates change what you can, let go the rest. Peace of mind awaits those who realise they will never understand everything, so there exists a need to eliminate worry as it is needless, pointless and , above all, futile.

Gordon Parsons

THE SERENITY PRAYER.

God grant me the serenity to accept the things I cannot change,
courage to change the things I can, and wisdom to know the difference,
living one day at a time, enjoying one moment at a time,
accepting hardships as the pathways to peace, taking, as He did,
this sinful world as it is, not as I would have it,
trusting He will make all things right if I surrender to His will,
so that I may be reasonably happy in this life,
and supremely happy with Him forever and ever in the next. Amen.

Reinhold Niebuhr

We are delighted to have another wonderful item from our Foreign Correspondent:

Mr Panayiotis lights the way to Christmas

As the calendar shows the start of December the neighbourhood becomes aware of increased activity from Mr Panayiotis who lives exactly opposite us. His balcony is cleared of containers with plants and shrubs and a variety of boxes appear. Gradually the contents of the boxes are sorted into appropriate piles and strings of decorations and lights are carefully checked and laid out in readiness. There's much to accomplish, since not only the balcony has to be catered for but also a large foyer of the block of apartments, along with the entrance itself.

Neighbours smile and call encouragement as everyone knows that Mr Panayiotis is at the ready, with every opportunity that comes along, to light up and decorate his home. What better excuse than the lead up to Christmas?

All this takes place in an otherwise quiet, low key approach to the festive season. Of course, everyone knows that we shall soon be celebrating the birth of Jesus Christ, but it's all rather slow at taking off. About the middle of the month, shops display seasonal goods, while festive music is broadcast throughout the centre of town. About the same time a tree and manger will appear on the town square. Church services follow the theme of Advent and some people fast before the feast of Christmas.

At home, housewives prepare for family members returning for the holiday and plans for the traditional turkey dinner are well in hand.

In fact the basic celebrations are as we know them in England. However, the lead up to the season is brief. There's not a great deal of fuss. Cards are only sent to out-of-town relatives and close friends. There's no rush to complete shopping, as the days are

counted down, and no anguish at not being ready in good time with everything accomplished - often followed by a sigh of relief.

There's no doubt, however, that everyone agrees and rejoices in the fact that the Light of the World has come among us.

At the moment there are still days ahead before Christmas, and even more before the New Year, is to be celebrated. So, I'll get moving on my attempt to add to the sparkle and shine of lighting up the



neighbourhood for the coming season - though I doubt if I'll be ready before Mr Panayiotis.

Diane Apostolakopoulus

Boys' Brigade

Our annual enrolment service took place during October when all the staff and boys received their new membership cards. They were presented by our Company President Mike Meadows. Mike also awarded the 'Best Boy' trophies to Sam Larkin (Anchors), Alex Rawlinson-Cook (Juniors), Marcus and Declan Williams (Company) and Sam Morgan (Senior). The Ron Clarke trophy was presented to James Hobson.

The Juniors have taken part in the Battalion Quiz and we are waiting to see if we have scored enough points to reach the final. Thanks to Christine Adams for being our quiz master.

At the end of half term the Company section is going ten pin bowling and this starts a busy weekend. On Saturday 31 October they will be having their annual sleep-over at church and preparing the Parade Service for the following day. This was an idea from Ian Sherwin and discussed during the summer. Phil Adams has organised the service with Mary and we are hoping for a good response. Our BB week starts from 1 November when members ask for donations to help towards the cost of running our company. Our annual capitation fee to BB headquarters this year was £728.



Bob Hotchkiss

Leprosy Mission Christmas Appeal



The Leprosy Mission needs your used stamps, domestic and foreign, to raise funds.

New Day, the Leprosy Mission magazine, tells us that, in 2014: 215 leprosy patients underwent eye surgery in India to protect their vision. It costs £35 to give the priceless gift of

sight with surgery for leprosy-damaged eyes

481 people in a leprosy community accessed a clean water supply in South Sudan – it costs £100 to build a latrine block, improving hygiene and dignity for a leprosy affected community

180 children affected by leprosy or disability were able to go to school in Mozambique – it costs £50 to give a uniform, shoes and the materials a child needs to start school.

Please place your stamps in the box by the pigeon-holes at the end of the Pennine Way.

Myra Dean

Faiths For Our City in partnership with **Birmingham Council of Faiths**

Faith, Health & Wellbeing Seminar

(free of charge)

<http://www.bhamfaiths.org.uk/activities/faiths-health-wellbeing/000003>

Mon 16th Nov 9.30-4.00 (registration from 8.45)

University of Birmingham Orchard Learning & Resource Centre

(behind the new University High School) Weoley Park Road, Selly Oak, B29 6QW)

‘What is new in Health Care?’ Dr Peter Rookes, Secretary & 3rd Sector Liaison Officer, Birmingham Council of Faiths.

‘Keeping Children Safe On-line’ Ally Sultana, Local Campaigns Manager, NSPCC

‘Mental Health Research in Schools’ Sunita Channa & Colin Palmer, Research Fellows CLAHRC WM

‘A Creative Approach to Mental Health for 0-25 year olds’ Claire Rigby, Partnership Development Lead, Forward Thinking Birmingham.

‘New Dawn –A recovery, needs and values based approach to adult mental health services’ Di Markman, Associate Director of Operations and New Dawn Project Lead, Birmingham & Solihull Mental Health NHS Foundation Trust

‘GPs & Mental Health including IAPT (Improving Access to Psychological Therapies)’ Dr Aquil Chaudary, GP & Member Bham CrossCity CCG Governing Body.

‘Spiritual Care Chaplaincy in Mental Health’ Carol Wilson, Head of Spiritual Care, & colleagues, Birmingham & Solihull Mental Health NHS FT.

‘Friendly Places training’ Martin Smith, Faith Action

Tea and coffee can be purchased at the refreshment bar, but please bring your own packed lunch.

The Orchard Learning and Resource Centre is accessible by the 61, 63 and 98 buses from the City Centre or is approximately 15 minutes’ walk from Selly Oak Station. Free parking is available around the site.

Book your place with the organisers Dr Peter and Jean Rookes at pjrookes@gmail.com, phone 477 2282 or 077 033 360 88

Fair Trade Christmas



As a leading supplier of fair trade products in the UK, Traidcraft has a wide range of festive items from producers throughout the world, including Fair Trade Christmas gifts, Christmas decorations, charity Christmas cards and a selection of Fair Trade Advent Calendars. There's also Christmas wrapping paper made from recycled paper ensuring your fair trade Christmas gifts are wrapped appropriately!

We are proud to be a Traidcraft outlet and have a good range of Christmas products as well as our usual range of everyday items.

So please visit us and let us help you sort your Christmas.



Bournville Young Singers

Registered Charity No 1010449



A Ceremony of Carols



Cotteridge Church

Sunday 13 December 2015



3.00 pm

*Retiring Collection
in aid of Choir*

and Cotteridge Church Day Centre Funds



Welcome to The Cotteridge Church

Christmas Fair

Saturday December 5th 2015

from 10.00 a.m. - 1.00 p.m.

Come!

Enjoy!

Gifts

Stalls

Music

Games

Santa

Refreshments

Date	Time	Minister	Service
1st November 2015	9.00 am	Revd Mary Shannahan	Holy Communion
	10.30 am	Revd Mary Shannahan	Parade & Baptism
	6.30 pm	Revds J Lewis-Gregory/R. Collins	Memorial Service
8th November 2015	9.00 am	Revd Mary Shannahan	Holy Communion
	10.30 am	Revd Mary Shannahan	Holy Communion
	6.30 pm	Café Church	
15th November 2015	9.00 am	Revd Roger Collins	Holy Communion
	10.30 am	Miss Hazel Nash	Morning Worship
	6.30 pm	Revd Mary Shannahan	Holy Communion
22nd November 2015	9.00 am	Revd Roger Collins	Holy Communion
	10.30 am	Revd Roger Collins	Holy Communion
	6.30 pm	Revd Chris Shannahan	Evening Worship
29th November 2015	9.00 am	Revd Roger Collins	Holy Communion
	10.30 am	Revd Donald Sampson	
	6.30 pm	Revd J Lewis-Gregory	Holy Communion
6th December 2015	9.00 am	Revd Mary Shannahan	Holy Communion
	10.30 am	Revd Mary Shannahan	Parade & Baptism
	6.30 pm	Revd J Lewis-Gregory	Holy Communion
13th December 2015	9.00 am	Revd Roger Collins	Holy Communion
	10.30 am	Revd Roger Collins	Morning Worship
	6.30 pm	Café Church	
20th December 2015	9.00 am	Revd J Lewis-Gregory	Holy Communion
	10.30 am	Revd J Lewis-Gregory	Holy Communion
	6.30 pm	Revd Mary Shannahan	Holy Communion
27th December 2015	9.00 am	Revd J Lewis-Gregory	Holy Communion
	10.30 am	Revd J Lewis-Gregory	Holy Communion
	6.30 pm	No Service	

Services for November and December



Roundabout is the bi-monthly newsletter of The Cotteridge Church.
Large print issue in the Pennine Way

Next issue: 3 January Copy date: No later than last week of December

Editors: Steve & Caroline Wright (marfleetwright@tiscali.co.uk or Roundabout pigeonhole in Pennine Way)

The Cotteridge Church, Pershore Road South, Birmingham B30 3EJ

Tel: 0121 433 5518 Fax: 0121 459 6909

Email: cotteridgechurch@btconnect.com

Website: www.thecotteridgechurch.org.uk

Twitter: @CotteridgeChurc