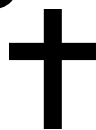




Girlguiding UK



The Methodist Church

Junior Section

The Junior Section have been very busy and active since Christmas. Apart from the competitions that we have entered and done very well in, we have also been looking at 'health' on a Friday evening. This has seen us look at what we eat and how that affects us and our teeth and how well we clean them. This topic concluded with the lads turning their teeth blue whilst using tablets to see how well they clean them! We enjoyed an exotic fruit eating night and a night making smoothies. We have also been exercising in weird and wonderful ways including an evening session on dance mats which all the lads and leaders enjoyed.

After the parade service in March the Junior Section did their bit for the Big Clean up. 12 lads walked along the metro line from Lodge Road to West Bromwich Central whilst picking up litter, it was then on to the big pink PuBLIC building to get some more! We collected 8 bags of rubbish which helped some way into cleaning up West Bromwich! You can see photos of our efforts on our website: 5thwestbromwich.co.uk

Take a bear on holiday

I'm sure that you will all know about taking Fynn on holiday with you and paying £5 to Wesley for the privilege, not to mention submitting a photograph of Fynn whilst on his holidays. The winning photo will feature in Spotlight!



Originally the idea was that this would be just for the year of 2007, but he has proved to be very popular throughout last year as well and so SaFCo have decided to continue with the idea for 2009.

So, Fynn has his case packed again, his passport is in date and has plenty of spare pages in it and he would really like to visit some new exciting and exotic places that he hasn't that he hasn't been to before.

If you would like to take Fynn on holiday with you, contact Ian or Jane on 0121 588 6877

The deadline for items to be included in the June 2009 edition of Spotlight is Sunday 7th June 2009.

Methodist Homes Sunday June 14th 2009

Once again we have received the material and envelopes ready for MHA Sunday. Did you know that Methodist Homes has been pouring out love and care for over 65 years and supports over 13,000 older people? Part of the strategy is to provide as wide a choice of support as possible with live at home scheme, sheltered housing and residential homes, also adding nursing and dementia care.

If you have an MHA box, could you bring it in for emptying before the end of May? It could then be included in this years gift day donation.

If you would like to have a box, I would be very pleased to let you have one.

Many thanks for supporting MHA

Iris Reynolds



MINISTERS LETTER

May is always a very depressing month for West Brom supporters in the premiership. Invariably we are facing relegation, ridicule, wailing and the gnashing of teeth. I speak lightly of the word depression, but it is of course a devastating problem for many, maybe even yourself. Depression is not a new thing. I mean we who live the fast-paced, hectic, stress-filled lives of the 21st Century aren't the first to endure it. It's been around for thousands of years. As far back as the 4th century B.C. Hippocrates, the father of modern medicine, was familiar with this malady and referred to it as, "melancholia."

These days we call it "the blues" or "a slump" or "feeling gloomy." But whatever designation you give it, depression is the most widespread form of emotional illness. It has been called, "the common cold of emotional disorders." Statistics say that each of us has a one in ten chance of becoming severely depressed and ALL of us have our regular skirmishes with its milder form. We should also understand that depression is not always easy to cope with. You can't just ignore it because it hurts too much. In fact recent studies of more than 11,000 individuals found depression to be more physically and socially disabling than arthritis, diabetes, lung disease, chronic back problems, hypertension, and gastrointestinal illnesses. The only medical problem that is more disabling is advanced coronary heart disease. So, battling depression is not an easy thing.

The truth is if you are normal and love God deeply, there are still going to be days, sometimes weeks, and maybe even seasons when you wrestle with depression. That doesn't mean you are a bad person or an ungodly person. It just means you are a REAL person.

In fact, over the years many great Christian servants, whose walk with God is not in doubt, have suffered from depression. The Bible records the fact that Moses and Jeremiah went through times of deep despair. Job did too, often to the point of his being suicidal. Listen to Job's anxiety-filled words, "I cannot eat for sighing; my groans pour out like water...my life flies by...day after hopeless day...I hate my life....my heart is broken. Depression haunts my days. My weary nights are filled with pain...I cry to you, O God, but You don't answer me."

Elijah was God's prophet and he too suffered from depression. After the conflict and great victory on Mt Carmel (1 kings 17) Elijah fled into the desert and succumbed to deep depression saying, "I have had enough Lord, take my life." You see, the truth is, life is full of ups and downs.

In times of depression we should keep our minds fixed on God. Isaiah 26:3 says, "Thou wilt keep him in perfect peace, WHOSE MIND IS STAYED ON THEE."

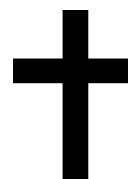
As a church we follow God's lead in relating to people who battle with depression. God was compassionate in His treatment of Elijah. Far from criticizing him, our Lord allowed him to rest and twice sent an angel to feed him.

In a very real sense every church is a hospital where people can come to find healing. It's a place where people can honestly admit their struggles and find rest from them. Remember Jesus said, "Come unto me all who labour and are heavy laden and I will give you rest." So, all Christians should take seriously Paul's injunction in 1 Thessalonians to "encourage the fainthearted, help the weak and be patient with all men." Psalm 42:5 says, "Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God." We must lead people to put their hope in God.

We know from experience that the Lord will hear the cries of all people and according to Psalm 40:2 will, "...lift them out of the pits of despair...out of the mud and mire and set their feet on the rock..." And we need to share that truth with a hopeless world.

Yours in Christ

Phil





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Family News

Happy Birthday to John Chambers who will celebrate his 80th birthday on 6th May!

People needing our prayers: Fred Wilkins, Jack Neale, Phyllis Ault, Ann Taylor and Sheila Green.

Get Well Wishes to Ann Taylor, Sheila Green, Sylvia Timothy.

Birthday Greetings to Ann Taylor, Mollie Neale, Andrew Machin, Ann Percival, Evelyn Gough and Betty Boneth.

Belated 75th Birthday Wishes to Anita Warner.

Congratulations to Ruth Collett who passed her Grade One flute exam on Tuesday 24th March with distinction (87 out of 100) and got her 800m swimming badge on the 30th March!

Bob's Birthday Bash

On Saturday 28th February relatives and friends gathered for Tea, Coffee, Soft Drinks, Sandwiches, Cakes and Trifle etc. to celebrate Bobs birthday. No presents said the invite (not my idea says Bob) but donations to Acorns Childrens Hospice. In total £170 was raised and some more may yet come in. So a good time was had by all. Thank you for the donations which will be passed on.

Bob Spencer

Food Bank

What is a food bank? It has been started by the West Bromwich Community Church in Victoria Street. It provides food for people for 3 days who are sent through voluntary agencies like Citizens Advice and Sandwell Homes and they are given a food voucher to exchange for 3 days of food. As part of community outreach, I thought we could help by just bringing a Tin or packet of pasta, flour or rice. There will be a box in the front of church every Sunday for a trial period of three months and I will deliver it to the project. For more details see the notice board.

Thank You, Beryl.

Mandy is swimming for Gold!

Mandy Warner was involved with the West Midlands Special Olympics team a number of years ago, up until the funding for the scheme ran out. The team has recently started up again and Mandy was asked to take part in the swimming element once again. In the past Mandy won many medals and is hoping for more this year and is looking forward to it very much. At the moment she is training hard with other teams in the West Midlands who are also taking part as the West Midland tem consists of athletes doing athletics, swimming and cricket.

Between now and the 'Great Britain Games' which is being held in Leicester in July, they will be doing sponsored swims in order to raise money for the tracksuits and sports kits that will be needed in order to compete.

The sponsored swims will be arranged shortly so if you would like to sponsor Mandy there will be an opportunity in due course.

Anita Warner



BBC WM Kids Kidney Appeal

Collections are still being made for the **BBC WM Kids Kidney Appeal for Birmingham Children's Hospital.**

If you have any old unwanted jewellery, watches etc., in any condition, broken or otherwise for the kidney appeal please give these to Mick Osborne for the Appeal.

Boys' Brigade News

Both our Anchor Boys and our Junior Section entered the Mid Staffs and Sandwell Battalion annual picture competition. This year the lads had to produce a railway / train scene. We are pleased to say that in the Anchor Boy Section, Daniel Meredith and Matthew Meredith won their respective ages groups / sections and in the Junior Section, Jack Forest Sadler and Ricardo Blake were runners up in both of their respective age groups / sections.

The Company also entered the Battalion annual Swimming Gala which took place at Cheslyn Hay on Saturday the 28th March.

Miles Patterson, Callum Taylor, Andrew Machin and Oliver Poole represented the Anchor Boys and they came runners up in the Anchor Boy section.

Hakeem Baker and Stuart Kirk swam for the Junior Section and Hakeem won his two events and consequently came home with two medals.

Unfortunately, we had no entries in the Company Section events, but Jake Henson represented us in the Senior Section and won one of his two events.

Well done to everyone who took part in these two Battalion competitions.

Contact the Editor: - Email: - mattclive@advantagewm.co.uk Tel: - 07773 280 876

Address: - 36 The Broadway, West Bromwich, B71 2QQ

- If you know of anybody who should receive a copy of Spotlight in the post please inform Ian Collett.
- If anybody would like a copy emailed to them please inform the editor.

Wesley Pantomime

Well, who wants to come to Wesley pantomime this year? Three grandchildren said yes, one did not know, but ten minutes later said yes. So at the due time and day off we went in the car to Wesley. First question, what is the story of Goody Two Shoes? Grandma answered wait and see (a good answer when you do not know).

Will the Dame throw sweets into the audience again? Yes, quite sure of that. We found some seats, a programme and waited.

The pantomime started and we certainly were not disappointed. We could hear the words and story of Goody Two Shoes so well. The chorus were a delight to watch and the songs were good. The wardrobe mistresses had certainly done very well with the costumes and the under the sea and Christmas scenes were lovely. This was a very happy show and one where the young cast proved themselves worthy of the parts they had been given. The older experienced cast were as usual at their best, even the newcomer proved himself as the King and yes the Dame did throw sweets into the audience!

Grandma and grandchildren thoroughly enjoyed their evening, in fact Grandma came back for more at the end of the week. We got in the car with them singing 'We're all in this together' all the way home.

To Ian, Linda and Jane and all the members of the cast and the many helpers, thank you for all the hard work over the months before the opening, it must be heartening for you to see and hear the pleasure you gave to the audiences during pantomime week.

The dates for next year's pantomime are: Saturday 13th February and Monday 15th to Saturday 20th February 2010 and rumour is, although must stress not certain yet, that the pantomime might be Mother Goose..... so make a note in your diaries to book the dates.

'Did we have a good time at the pantomime? Oh, yes, we did.

Carol Osborne

My visit to the Girlguiding World Centre, Sangham at Pune, India

Unusually for me, on the evening of Saturday 14th February, I watched the first night of Wesley pantomime. The following day I met 5 other guiders from West Mercia at Birmingham Airport to travel to Pune, India. We spent seven nights at Sangham, one of the four World Centres of the World Association of Girl Guides and Girl Scouts (WAGGS). The programme we took part in was 'WAGGS Around The World'. Whilst there we experienced the true India, from rickshaw rides to sari shopping. The programme was very full and began with an introduction to Sangham and its staff, followed by a walk around the local neighbourhood, including a local home and several places of worship. We then all became a part of the Sangham family in a traditional welcome ceremony that intertwines Indian and Girl Guiding / Scouting traditions. The following morning we were taken by rickshaws to Laxmi Road and Phule Market where we bartered for fruit, vegetables and bangles ! We also had a chance to buy saris and punjabi suits which a local tailor made for us. We then wore them at a Maharashtrian Dinner, a traditional dinner usually eaten at special occasions such as weddings. We learnt how to do Warli art, an ancient and surprisingly easy art form of the Warli tribe, and of course a guiding trip wouldn't be complete without a campfire.



There were many highlights for me at Sangham but amongst the top two have to be our visit to the Deep Griha Society and celebrating Thinking Day with Bharat Scouts and Guides at their Headquarters in Pune. Deep Griha is an independent charitable organisation working to better the lives of people living in the slums of Pune through a range of family welfare programmes including education, health and self-help projects. Whilst we were there we saw crèches, literacy & computer classes and health, eye, & HIV & AIDS clinics. We also went for a walk into the local community and saw for ourselves the conditions in which some of the people live. At the Thinking Day celebrations we worked in small groups with the local Bharat Scouts and Guides, ours was a small group of girls who spoke no english but we soon overcame this and taught them some of our popular games.

After leaving Sangham we flew to Delhi, where we went on a tour of the 'Golden Triangle' (Delhi /Agra / Jaipur). Again it was a wonderful experience and we saw some fantastic sites. The top two highlights of the tour have to be our visit to the Taj Mahal and our elephant ride to the Amber Fort at Jaipur.

All in all it was a truly wonderful experience, one which I will never forget. It also means I have now visited all four World Centres, (London, Mexico, Switzerland and India) quite an achievement I think.

Jane Collett



A note from Helen

Wednesday 18th March saw a packed church for the dedication of the organ and a concert performed by my very good friends at Warley Male Choir. I know many of the choir felt it a great privilege that they performed at the dedication evening. I know the choir always love to sing at Wesley, not least because of the excellent tiered staging the church has in front of the organ pipes. When Bill Jones, life president of Warley Male Choir and a former musical director, heard that we had a new organ at Wesley, he was most concerned that we had not removed the large organ pipes as they have provided an excellent backdrop for many choir photographs in the past. For those connoisseurs amongst you, you might have noticed that the positioning of the organ speakers is such that the organ sounds as if the pipes are still there, even to the detail of which direction different organ voices sound from.

An excellent buffet prepared by SAFCO was shared by people coming along to what is now becoming a very successful and enjoyable regular monthly Wednesday evening social events here at Wesley, although we must remember to explain to new people what SAFCO is! I have been asked by several members of Warley Choir! It's **S**ocial **A**nd **F**undraising **C**ommittee if any of you weren't sure!

Thanks to everyone that helped with the evening and particular thanks from me to Mike Osborne for all his help with the pre-installation arrangements for the new organ, he has spent many hours at Wesley, making sure the church is open for the guys at Rodgers Instruments to have access to the building.

The first event of 2009 for SAFCO was a very popular Fish & Chip and Bingo evening. Not being a great fan of fish, I spent most of the evening in the kitchen washing up, apart from a brief appearance in the Akrill Hall where everyone joined in to sing "Happy Birthday" to me for my 40th birthday which had been the day before, thanks for all the birthday wishes.

SAFCO usually take some time off in February when all hands are on help for the annual church pantomime, however due to a late Easter, this year Shrove Tuesday unusually fell in the week after the pantomime and so SAFCO held a Pancake Party for all the youth, and youthful minded of Wesley. A great fun evening was had by all including Pancake races (I'm not sure who won, as again, I spent all evening in the kitchen!), parachute and other games all led by various organisation leaders. Thanks to all the leaders who gave up their spare time to help with the event.

Pancakes with very messy toppings of chocolate spread, syrup, jam, lemon or sugar were then shared by everyone who came. I think more than one youngster had all of the toppings together!

By the time you read this we will be celebrating Easter (and I will be able to have a packet of crisps again, having decided to reduce Walkers profits for Lent!) An augmented Wesley choir will have sung 3 items from Olivet to Calvary as part of our evening worship on Palm Sunday and so it's on to preparations for the next circuit choir performance. Some of you may remember a long while back (certainly before 1995 as my copy of the music has Helen Vaughan written in it), the Wesley Sunday School and choir performed part of Roger Jones' "Greater than Gold" for a Sunday School Anniversary? A number of people in the circuit told me they enjoy the music from "Greater than Gold" and so this is to be the next cantata performed by the circuit choir. The service has been planned for Sunday 4th July and rehearsals are as follows:

Tuesday 5th May

Friday 15th May

Tuesday 19th May

Tuesday 2nd June

Friday 19th June

Friday 26th June

All in the coffee lounge at Wesley at 7.30pm til 9pm



These will be followed by a workshop on Saturday 4th July (10am – 4pm), with lunch provided as usual.

The cantata tells the story of a Welsh girl in the late 18th century who was determined to own a bible in Welsh (don't worry it's sung in English!), her story inspired the start of the worldwide work of Bible Societies.

We have some copies of the music available for people to borrow, but so that I can make sure we have enough, there will be a list on the Wesley notice board for people to put their names on to indicate they will be coming along, or just let me know.

I've already started making plans for Christmas, so if there is anyone who won't be able to join us for "Greater than Gold" because of holidays etc there will be another opportunity to sing later in the year!

Fun and Games!

Answer to the February Su-Doku: -

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| 1 | 7 | 4 | 8 | 5 | 6 | 9 | 3 | 2 |
| 6 | 5 | 3 | 7 | 9 | 2 | 8 | 1 | 4 |
| 8 | 2 | 9 | 3 | 1 | 4 | 5 | 7 | 6 |
| 7 | 1 | 5 | 2 | 4 | 8 | 3 | 6 | 9 |
| 9 | 3 | 2 | 5 | 6 | 7 | 1 | 4 | 8 |
| 4 | 8 | 6 | 1 | 3 | 9 | 7 | 2 | 5 |

New Sudoku for April:

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| 6 | | 1 | | | | | | |
| | | | 2 | 5 | 1 | | | |
| 3 | 4 | | | | | | | |
| 2 | | | 7 | | | 8 | | |

List of Church Contacts

Stewards: -

Beryl Price - 01922 635 891 Iris Reynolds - 0121 553 4506 Anita Warner - 0121 553 5135
Eric Fieldhouse - 01922 620 704 Michael Vaughan - 01922 643 199 Delroy Henry

Caretaker & Room Booking: - Evelyn Gough. Tel: - 0121 588 4111



Minister of Wesley: - Rev. Philip Thomas Manse Tel: - 0121 588 3373 Circuit Office Tel: - 0121 553 2085
Email: - philthomas82@hotmail.com

Church Services are held every Sunday at 11:00 and 18:15