



FAREHAM FOCUS

December



2011

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Circuit website: www.gosportandfarehamcircuit.org.uk

Number 588

December 2011

SERVICES DURING DECEMBER

4th	10.30	Revd Malcolm Groom	Holy Communion /Bible Sunday
	15.00	Revd Malcolm Groom	Care Homes Service & Tea
11th	10.30	Jean Hooper	Nativity Service
18th	10.30	Andrew Wilcock	
	18.00	Revd Malcolm Groom	Carol Service
24th	23.30	Revd Malcolm Groom	Holy Communion
25th	10.30	Christmas Day Worship at URC	

SERVICES DURING JANUARY

1st 10.30 Revd Malcolm Groom Family Holy Communion

LOCAL PREACHERS' & TEAM APPOINTMENTS

None notified this month

Please remember these preachers in your prayers, as they prepare and conduct their services in churches in the Circuit.



December 2011

Dear Friends,

I guess we all approach Christmas with more than a slight sense of trepidation and probably more so this year than ever before. Many of us worry that our Christmas celebrations will be as good as last year. - Will we have to cut back? - Especially as times get harder financially! Will we be able to afford to spend as much as we did last year?



It is interesting that when Jesus came to earth as a baby he came, of course, with absolutely nothing. The gift he gave was the gift of himself. In his short lifetime he gave himself completely to others. For those who find him through faith, he continues to give himself completely to those who follow him, know him and love him.

I think this is the key to finding what Christmas is truly about. It isn't about parties, the food we have on our tables or the lavishness of the gifts we give. Christmas is about giving ourselves.

As Britons we tend to be a bit reserved and hold back. I don't know why that is - perhaps we're afraid of being hurt or shy of being involved with other people. The record we have of Jesus' ministry shows us that he was prepared to become completely involved with friend and stranger. That he was always ready to give of himself; his time, his thought, his energy, for the benefit of others.

The biggest tragedy at Christmastime is to spend it on your own knowing that there are people you could spend it with but broken relationships, silly words and remembered disappointments keep us at arm's length.





Is there a damaged relationship that you could try and heal this Christmastime? - Is there someone else in need that you could give some of your time, thought and energy to?

And don't forget to allow others to give of themselves to you!

Happy Christmas!



VESTRY JOTTINGS

Leaflets showing all the services for the Christmas period are now available.

During Advent the young people will light the Advent Ring candles and the stewards will give the readings with participation by the whole Congregation.

The All Age Worship and Nativity Service on 11 December has been planned by the young people and their leaders and we would like to thank them for this.

The Carol Service has been planned by the Stewards and Malcolm, incorporating the Carols most popularly requested by the Congregation.

The Christmas Day service will be held at the United Reformed Church in Osborn Road at 10.30am.

The Christmas Post Box is now available on Sunday mornings in the welcome area to receive cards for people within the church. The cards will be sorted & ready for collection on 11th & 18th December.

The church is still in need of a Rep for Christians Together in Fareham to attend occasional meetings. Anyone who is prepared to consider taking on this role please speak to Jean or one of the other Stewards. (Perhaps two people would like to go to meetings together). It would be lovely for Fareham Methodist Church to be represented again from the beginning of 2012!

We wish you all a Happy and Peaceful Christmas and New Year.



The Stewards



THANK YOU

We would like to express our gratitude to all members of the Church who supported the marriage of our daughter Claire to Paul on 22nd October through the sending of cards, messages along with attendance at the service itself. The service conducted by Malcolm was a wonderfully enjoyable occasion, thank you to all of you.

Carole & Geoffrey Jarman

Joan and Alan Moore would like to thank everyone who prayed for our granddaughter Charlotte Wallis when she had a serious heart operation. We are delighted to tell you she is making a good recovery.

Thank you once again for the beautiful flowers, and to Jean for delivering to me, also for having a chat before leaving me.

Lilwen Watkins

Thank you so much for the beautiful flowers kindly brought by Liz. It meant a great deal to know we are thought of at this time of the Year.

Lynda Young & Family

Mrs Phyllis Spencer sends her grateful thanks for the card she received in lieu of flowers at the weekend when she had so many important memories

Christmas Shoe Box Appeal

A very big thank you to everyone who donated their time, money and effort to support this appeal—as always you did not let us down!



Una and Scott delivered 44 boxes filled to the brim with suitable goodies to Mrs Meacher at Park Gate. We were also able to give £110.00 towards the delivery costs.

We have been told that the boxes will be distributed to children in Africa. Thank you once again for your generosity of spirit.

Una Peters & Marilyn Woodrow



FAMILY NEWS

Meg and Nigel rejoice in the arrival of their first grandchild, Natalie May, born to Emma and Jon on 26th November 2011.



FAMILY NEWS cont.

Please note that the e-mail address for Malcolm Race will be gmrace@sky.com as of now. The address for Jill Race will be the same for the present time.

The e-mail address in the new plan for Mavis Bowthorpe is incorrect but it is correct in the Circuit Directory. It is mavis1169@btinternet.com

Antony Hollinghurst has changed his present e-mail address. The new address is antony.hollinghurst@gmail.com

Mrs Louie Clement has moved to 30 Downing Court, Churchill Close, Titchfield Common, PO14 4RZ. Her telephone number remains the same.



CHRISTMAS GREETINGS

Jill and Malcolm Groom wish everyone a very Happy Christmas and a peaceful New Year. We will make a contribution to Two Saints Charity.

Bobby and Patrick would like to wish everyone a Blessed and Peaceful Christmas, and a Happy and Healthy New Year. We are donating to NCH Action for Children this year instead of sending cards.

Mary Bailey sends Christmas greetings to all our Church family together with wishes for a peaceful New Year. My "card money" will be used to support Action for Children.

Janice and Vic would like to wish all the Church Family a Very Happy Christmas and a Peaceful New Year.

Ruth and Antony Hollinghurst send Christmas greetings to all their friends at Fareham Methodist Church. In place of Christmas cards, we shall be supporting the "Two Saints" charity this year.

Jean and Gerald Everitt wish all friends and acquaintances in the Fareham Methodist Church a very happy and peaceful Christmas.

A very happy Christmas to all our friends at Fareham who have been so supportive to us over the last few months. This year we have sent a donation to Mercy Ships in lieu of Christmas cards.

Sheila & Graham Dyer



CHRISTMAS GREETINGS cont

Meg and Nigel wish all friends a happy Christmas. We shall not be sending cards but have made a donation to Christian Aid instead towards the cost of a village well.

This year we will not be sending Christmas cards but instead will be making a donation to Action for Children. We wish everyone a very Happy Christmas and New Year.

Margaret & Cyril Fielder

Marion and Dennis wish all their friends a very Happy Christmas. We are donating to Samaritans Purse in lieu of cards.

We wish you a joyous and peaceful Christmas and a Happy New Year. We are making a donation to Two Saints this year in lieu of Christmas cards.

Garry & Ian Bagshaw

Gwen and Harvey wish all their friends at Fareham Methodist Church a Very Happy and Healthy Christmas. We are sending this in Fareham Focus instead of individual Greetings and we shall send a donation to the STEPS charity.



CHRISTIAN AID

Church Partnership Scheme

Many thanks to everyone who supported the meal and concert at the end of October in aid of the Partnership scheme. It was a really enjoyable evening and raised £564.52. This together with a donation and previous fund raising means that within one year we have reached our £5,000 target for the project in Zimbabwe so with EU funding ZimPro will receive £50,000!! This project has now been completed.

As our Church along with the URC, St John's, Holy Trinity and St. Columba pledged to raise money for the Partnership scheme over two years we are now going to support a health project in Sierra Leone.

This exciting new initiative is seeking to improve the quality of emergency care services to communities located close to Sierra Leone's eastern border in the Kailahun District.

Cont. ...



Through this project, two Christian Aid partners, the 'Methodist Church of Sierra Leone' and 'SEND-West Africa', are working with local institutions and communities to increase the quality of care offered to mothers and babies at two local hospitals and more generally improve health services in the area. Any money that we raise will be matched 3:1 by the EU

Further details can be found on the Christian Aid Website.



HEALING PRAYER GROUP

The next healing group is on Wednesday 7th December at 2-30 pm at the home of Joan and Jeff Padley 2 Archery Lane, Fareham.
Rita Jackson



WORSHIP CONSULTATION

The next meeting of the Worship Consultation group will be on Wednesday, 4th January 2012 at 7.30 pm. Everyone is welcome. Please pass items for the Agenda by 1st January to:.

Rosemarie Jackson



WEDNESDAY FELLOWSHIP

We will be holding our Christmas Service on the 14th December, 2011 at 2.00 pm. It will be led by the Rev. Jack Jenkins.

It will be followed by Tea and Mince Pies in the Wickham Room..

Everyone is very welcome to join us,



Shirley Henderson



CHURCH FLOWERS

Please may we remind you again that the diary for the provision of Church flowers is in the corridor. Please sign up soon if you feel moved to donate flowers, or money for flowers, to adorn our Church on a Sunday morning. Also please remember that we welcome suggestions for people who you think might appreciate receiving flowers for a special reason, sad or happy. Lastly, a further plea for more people to deliver these flowers, and so give "relief" to the stalwart 7 who have been giving this service for many years.

Mary and Irene



CHRISTMAS ACTIVITIES

The Shoppers' Carol Service - Monday, 19 December at 12.00 at the West Street Podium. Please come along and support this event.

The Walk to Bethlehem - Tuesday, 20 December and not 19 December as advertised.

All children from the Church and friends, toddlers and pre-school are very welcome to take part with the Brownies. The procession leaves Church at 10.45 am and will go along West Street to the Podium where we will sing carols accompanied by an electric piano.



The children will be escorted by a police escort and TWO LOVELY DONKEYS, called Ollie and Rusty. Carrots and apples will be available if you wish to reward them afterwards. Cakes, hot mince pies and drinks will be available to all from 12noon in the big hall.

The brownies are "sleeping" in the Church on Monday, 19 December so should be fairly subdued so may need some help with the singing! Please come and support the children and donkeys! Kind regards,

Alison Humby

The Impromptu Nativity - Wednesday, 21 December at 12.00 noon at the West Street Podium. We need your support and your help. Christians Together in Fareham are supporting this event, which we are leading. We will need help to dress the children for the tableau, setting up the tableau as well as singing the carols.



CHRISTMAS ACTIVITIES CONT:

Christingle Service - Friday 23 December at 4.00 pm in the Knowle Village Community Centre. This is a joint event with the Lutheran Church



GREGSON AVENUE, BRIDGEMARY, GOSPORT PO13 0PJ
01329 234409 email: Gosport.liveathome@mha.org.uk

TO ALL THE CHURCHES IN GOSPORT AND FAREHAM

I am very pleased to say that the **Live at Home Scheme** has made a good start, we have a very dedicated group of volunteer come committee members. I am very grateful for all their hard work and am looking for anyone who can spare a bit of time to make the work lighter.

The older people who are using the Scheme by way of lovely hot lunches shared together with others are having a great time and if anyone would like to join us as members please give me a call on the above number. I am there Tuesdays and Thursdays and if I am not there you can leave a message, I will always get back to you.

We are specifically looking for Cooks, Drivers for the lunch and Befrienders for the visiting side of the Scheme. The Befrienders go into people's homes to help out with a bit of a chin wag, a card game, shopping, light gardening, little odd jobs. We pay expenses and give any training where needed. We do CRB checks and take up two references and have Health & Safety up to our ears, thereby safeguarding all.

After lunch we always have some kind of activity so if anyone would like to run an activity such as a quiz, creative activity or talk you would be very welcome for a regular or one off occasion.

Please do give us a help or let your older

Kind regards



thought and see if you can people know about us.

Lucy Bethwell

PS Our Christmas lunch is to be held on
13th December at 12noon



CHRISTIANS TOGETHER IN FAREHAM

You are warmly invited to a Christmas Day lunch to take place in Fareham from 12.00 noon on the 25th December 2011. It will be at St Jude's school, Bishopsfield Road, Fareham.

There is no charge for this and after lunch there will be entertainments into the afternoon until the event ends at around 3.30 pm. If you would like to attend, please forward the details required and listed below to **Jennie Romicheva** at the address below by 9 December please

Please see the posters in the corridor. Forms are available from Community Action, Shopmobility, The Hub and Broadlaw Community Space.

Jennie will require your:

Name

Address

Telephone number

Any dietary requirements?

Any disabilities?

If you like to be picked up at home and brought back?

A community bus may be available or private cars will be available.

**Jennie Romicheva, Community Action Fareham,
163 West St, Fareham, PO16 0EF Telephone: 01329 223 140**



CHRISTMAS DESSERT QUIZ

Do you fancy trying an easy pudding / dessert quiz over the Christmas holiday? We are selling this quiz in aid of Church funds in memory of Betty Phillips, who raised a great deal of money selling our previous quizzes and Christmas cards for Church finances.

Why not try and sell a quiz to a friend or relative? Let them know that you belong to Fareham Methodist Church and even attend there! One or two of our members sell our quizzes to work colleagues, neighbours and relatives. Why not join them??

They are only £1 each and you may win the £15.00 PRIZE.

Gwen & Harvey Bros gall



THANK DICKENS FOR CHRISTMAS AS YOU KNOW IT!

Ever wonder where many of our Christmas traditions come from? A surprising amount can be traced back to the well-loved story of ‘A Christmas Carol’, by Charles Dickens.

When you read ‘A Christmas Carol’, you discover almost a template of the ‘ideal Christmas’ which we still hold dear today. Dickens seems to have selected the best of the Christmas celebrations of his day (he ignored some of the odd excesses) and packaged them in such a way as to give us traditions that we could accommodate and treasure – more than a century later.

So, for instance, in A Christmas Carol, Christmas is a family day, with a family-centered feast. In a home decorated with holly and candles the characters enjoy a roast turkey, followed by Christmas pudding. They give their loved ones presents. Scrooge even gives donations to charity(!). And all the while outside, there is snow and frost, while church bells ring, and carol singers sing, and hope for mulled wine. In ‘A Christmas Carol’ there is even a Father Christmas – in the shape of Christmas Present. Only the Christmas tree itself came later, when Prince Albert imported ‘a pretty German toy’ that won the heart of the English court, and hence the rest of Victorian society.

Parish Pump



THOUGHTS TO PONDER

At Christmas friends come and go, but relatives tend to accumulate.

Who hides in the bakery at Christmas?
A mince spy!

How do sheep greet each other at Christmas?
A merry Christmas to ewe!

Why are Christmas trees like bad knitters?
They both drop needles!

Let us give according to our incomes, lest God makes our incomes to match our gifts.



THE CHAIR OF THE DISTRICT'S CHRISTMAS LETTER TO US ALL

Dear friends,

"I could imagine Jesus being born in the camp" was the headline in my newspaper and were the words of Giles Fraser, who resigned as Canon Chancellor of St Paul's Cathedral recently. As I write the furore of the Occupy the City camp outside the Cathedral is still ongoing. What Giles wanted to say was that, whatever the rights and wrongs of the camp and the anti-capitalism protestors, if you look around and try to imagine where Jesus would be born, then start with the unlikely, uncomfortable, scandalous places.

This should help us as we approach Christmas, for if the story of the birth of the Prince of Peace in a stable, among the least, last and lost teaches us anything, it's that God dared to take a downward journey which meets people where they are – including you and me. This is an amazing truth which should never cease to jolt us out of our complacent Christmases. There is of course plenty of room for celebration and giving and feasting and families and sometimes we run the risk of appearing rather puritanical when we criticise the commercialism of Christmas. For in what we call "commercial" there is also people's ordinary way of expressing love and hope and joy. But if there is no room for noticing the left-out, the left-behind in our society (and that at least is one effect of the Occupy camps around our country) then we have missed the real point. Just as the great majority of people in Bethlehem that holy night missed the birth of our Lord.

Maybe you can imagine Jesus being born in a peace camp, maybe in an underpass or a hostel. But the point of Christmas is that God is with us, with all of us. And if we can imagine Jesus born in a camp, then maybe we can imagine our hearts being big enough for Jesus to be born there. And if there, then the challenges to do God's mission in the new year might be better begun or continued.

Andrew Wood.



THE 1 CORINTHIANS 13 OF CHRISTMAS

If I decorate my house with beautiful bows, strands of twinkling lights and shiny baubles, but do not show love to my family, I'm just another decorator.

If I slave away in the kitchen, baking dozens of mince pies, roasting a perfect turkey, and lay a magnificent table, but have no love for my guests, I am just another cook.

If I work at the soup kitchen, carol in the nursing home, and give all that I have to charity, but do not have compassion in my heart for those in need, I am just another social service; it profits me nothing.

If I decorate the tree with shimmering angels and crocheted snowflakes and attend a myriad of holiday parties but do not focus on Christ, I have missed the point.

Love stops the cooking to hug the child. Love sets aside the decorating to help one's wife with boring housework. Love puts the Christmas present shopping on hold in order to run the elderly neighbour to the doctor. Love is kind, though harried and tired. Love doesn't envy another's home that has more expensive presents, or even coordinated Christmas china and table linen. Love doesn't yell at the children to get out of the way; love is glad that they are there to be in the way. Love doesn't give only to those who are able to give in return, but rejoices in giving to those who can't.

Love bears all things, even irritating relatives. It believes all things, and encourages teenagers to aim high for their future. It hopes all things, endures all things, even a spouse who is depressed about their job prospects. Love never fails other people. Computer games will crash, even cashmere jumpers will wear out, and golf clubs will get lost. But the gift of love will endure forever.

Happy Christmas!

Parish Pump



Life without God is like an unsharpened pencil - it has no point.



DECEMBER 24 CHRISTMAS EVE

How do you celebrate Christmas Eve? It has its own customs, the most popular of which is going to Midnight Mass, or Midnight Communion, or the Christ-Mas. This is the only Mass of the year which is allowed to start after sunset. In Catholic countries such as Spain, Italy and Poland, Midnight Mass is in fact the most important church service of the entire Christmas season, and many people traditionally fast beforehand. In other countries, such as Belgium and Denmark, people dine during the evening, and then go on to the Midnight Service.

The English are behind some countries when it comes to exchanging presents: in Germany, Sweden and Portugal the custom is to exchange on Christmas Eve. But the English are ahead of Serbia and Slovakia, where the Christmas tree is not even brought into the house and decorated until Christmas Eve.

Yule logs are not so popular since the decline of the fireplace, but traditionally it was lit on Christmas Eve from a bit of the previous year's log, and then would be burned non-stop until 12th Night (6th January). Tradition also decreed that any greenery such as holly, ivy or mistletoe must wait until Christmas Eve until being brought into the house.



Parish Pump

BABIES DO THAT TO YOU

After the lights and the kisses,
the visits and the visitors,
the presents and the promises,
only a baby remains;
and parents who have never
been this way before.

After the dreams and the whispers
the angels and the merrymakers,
comes the silence;
comes crying in the night,
a long, interrupted journey
along a strange path.

Things will never be
as they were before
Babies do that to you;
Jesus does that to you.

But he comes with you all the way, 15
carrying love in his tiny hand,
holding heaven in his heart.



by Tim Lenton





CHRISTMAS BEGINS

When does Christmas start? Does it start when the shops begin playing Christmas carols and putting up decorations?

Or is it at the beginning of Advent which starts 4 weeks before the 25th December and is a special time for us to use to get ready for the birth of Jesus?



The word Advent means 'coming' and the season of Advent before Christmas, like Lent before Easter, is a time to get ready. A time to look forward and prepare, not just by writing Christmas cards and wrapping presents, but by inviting Jesus into our hearts and lives today.

So perhaps the question isn't when does your Christmas start, but when does it finish?

CHRISTMAS EVE

24th December is Christmas Eve and the answer to each of these questions starts with the letters EVE. Answers below.

1. What EVE is equal?
2. What EVE is a swamp in Florida?
3. What EVE is a happening?
4. What EVE is a dried flower?
5. What EVE is the end of the day?
6. What EVE is the world's highest mountain?
7. What EVE never loses its leaves?



**What goes red, white, red,
white, red, white?**
Santa rolling down a hill.

**What did the snowman and
his wife hang over their baby's
cot?**

A snow mobile.

**What's brown and sneaks
round the kitchen?**

Mince spies.



Answers: 1 even 2 Everglades 3 event
4 everlasting 5 evening 6 Everest
7 evergreen



HAPPY CHRISTMAS!

"Peace on earth,
goodwill to all"...

Mouse Makes

glue

Goodwill to all

Peace on earth

Our saviour
is born!

...Listen
to the
angel's call.

A **saviour**
has been born
this day,

The **light** of the
world to show us
the way!

To make the decoration: Colour and cut out.
Fold along dotted lines. Glue to form a cone.
Add ribbon and hang from the tree.

HOW FATHER CHRISTMAS GOT WHERE HE IS TODAY

One person you are bound to run into this Christmas season is Father Christmas. These days he seems to frequent shopping malls and garden centres. If he looks tired, just remember that he has been around a long time, and gone through a lot of transformations.

Father Christmas wasn't always the red-suited, white-bearded star of the retail trade that he is today. He began life as Nicholas, born way back about AD260 in Patara, an important port on the southern coast of what is now Turkey. When his parents died and left him a fortune, Nicholas gave it away to the poor. He became a Bishop of the nearby city of Myra, where he almost certainly suffered persecution and imprisonment at the hand of the Roman Emperor Diocletian.

Nicholas was a serious theologian: he was a participant at the First Council of Nicaea, which formulated the Creed which we still say today. He even, reportedly, slapped another Bishop in a squabble over the exact nature of the Trinity.

Nicholas died in Myra about AD343, but the stories of his generosity and kindness were just beginning. One enduring tale tells of the three girls whom he rescued from certain prostitution by giving them gold for their dowries. When the father confronted him to thank him, Nicholas said he should thank God alone.

In the UK, Nicholas became the basis for Father Christmas, who emerged in Victorian times as a jolly-faced bearded character. Meanwhile, Dutch and German settlers had taken him to America with them as Sinter Klaas and Sankt Nicklas.

It was in America that Nicholas received his final two great breaks into real stardom. The first was when the Rev Clement C Moore, a New York Episcopal minister, turned from his life-work of writing a Hebrew/English lexicon, to write a fun poem for his children one Christmas. His 'The Visit of St Nicholas' is now universally known by its first line: 'T'was the Night Before Christmas'.

From Clement Moore we discovered that St Nicholas is round and pink-cheeked and white-bearded, and that he travels at night with sleigh, reindeer and a sack of toys on his back. It was Clement Moore who also revealed that St Nicholas enters houses¹⁸ down chimneys and fills children's stockings with toys and sweets.





So how did we find out that Father Christmas wears red? That was the US Coca-Cola advertising campaign of 1931, who finally released the latest, up-to-date pictures of Father Christmas: wearing a bright red, fur-trimmed coat and a large belt.

These days, it is good that Father Christmas uses reindeer and doesn't have to pay for petrol. In order to get round all the children in the world on Christmas Eve, he will have to travel 221 million miles at an average speed of 1279 miles a second, 6,395 times the speed of sound. For all those of us who are exhausted just rushing around getting ready for Christmas, that is a sobering thought.

Parish Pump



"Nice idea, Amelia, but I don't think the Angel of the Lord texting the shepherds would have the same dramatic effect."

MESSY CHURCH

Thank you to all those who attended the meeting on 21st October. The next meeting will be on Tuesday, **10th January** at 19.30 at the Church. Please come along if you would like to help with cooking, welcoming, craft activities, worship or just supporting this venture. We are hoping to have our first Messy Church on Wednesday, 8th February. 19



Garry Bagshaw and Jill Groom



WAYS OF DEALING WITH DEPRESSION

part 2 following on from the November Focus.

It can be a bit of a struggle for someone to get to the point of accepting that they need the help of a professional to get on top of depression. It can feel like an admission of failure, like official confirmation that things are not as they should be. Some people just don't want the stigma of the label anywhere near them; and you need to accept the diagnosis before you are able to get the treatment. So, if you have come to feel you'd benefit from some expert help, what is out there?

Talk Therapy Believe it or not, talking and being listened to by someone who knows what they are doing is VERY EFFECTIVE. There are many approaches to talk therapy out there, from cognitive behavioural therapy, to psychodynamic counselling, to grief work, to group therapy. If you think this might be a good route to go down, start with your GP, find out if your church pastoral team has a list of recommended people, or take a look at www.counselling-directory.org.uk. It may take a few tries to find someone you feel safe with, or whose approach resonates with you, and it may take some financial investment, but those who have gone through the process rarely regret it.

Medication Depression is a physiological condition impacting on brain chemistry, most commonly involving a depletion of the neurotransmitter serotonin. If a person had diabetes they wouldn't hesitate to take insulin, and yet when it comes to anti-depressants there is huge resistance. People fear that it will subdue their personality, that they will become dependent or addicted, that the side effects will be horrendous, that they will be judged if it ever becomes public knowledge. If they could push through their fear they would discover that medication is a great gift, and it can be life-changing, even life-saving.

Anti-depressants have come a long way, even in the last few years. They have been fine tuned, they have become more specifically formulated for different forms of depression and their side effects have been reduced. They are a means of healing, and therefore they are a gift from God, which we should receive with gratitude.

Jo is the author of "Through the Dark₂₀ Woods: a young woman's journey out of depression" (Monarch 2006).



SUNDAY LUNCH 14th JANUARY at 12.15 pm Approx.

This is open to all members of the congregation and all family and friends. There is no set charge for the meal, we just ask for donations for MHA. If you would like to make a pudding of your choice, and bring it along, that would be very good - thank you.

The Menu

Starter: Soup or Egg Mayonnaise

Main Course: Roast Dinner
Roast Potatoes
Selection of Vegetables

Puddings: Variety

There will be a list in the Welcome Area for you to sign.
Please come along and enjoy a Sunday Roast



WEEK OF PRAYER FOR CHRISTIAN UNITY

Dan Whitehead, Senior Leader at Fareham Community Church is organising this event (18th January 2012 @ 7pm - 25th January 2012 @ 7pm, finishing with a celebration on 25th January @ 7 - 8.15pm).

The Fareham Community Church youth room will be open for the whole week with people "tag teaming" each other in for one hour prayer slots. (i.e. at least one person will be praying at all times for Christian unity in Fareham for a whole week). People are permitted to sign up together to take part (e.g. friends, husbands and wives, families).

Fareham churches are being asked to take part and Dan needs to know how much time people from the various churches can commit to but he needs to know as soon as possible. If you are able to help please let Dan know directly as soon as you can. It would be helpful if you could also let me know so I have an idea of how much time Fareham Methodist Church is offering in total.

Dan Whitehead can be contacted on 01329 829121 (work) or 07837 205224 or e-mail danw@farehamcommunitychurch.com

Jean Petter (01329 287062 or jean@5dm.co.uk)





"You'll be in deep trouble if the vicar finds out you're not deeply meditating, just playing with your new iPad!"

Friday 24th February 2012

Fareham Methodist Church

Meal and Film Evening

6 for 6.30 p.m.

The King's Speech

Enjoy a delicious Royal meal and watch this great film starring

Colin Firth and Helena Bonham Carter

Come dressed as Royalty to celebrate the Diamond Jubilee



DATES FOR YOUR DIARY

(All meetings at Church unless otherwise stated)



DECEMBER

1st—3rd	Christmas Tree Festival	Thurs & Fri Sat	10.30—18.00 10.30—16.00
2nd	Monthly Lunch		13.00
4th	Care Homes Service & Tea		15.00
13th	Parent & Toddlers Christmas Party		10.30
	Live at Home Scheme Christmas Lunch Bridgemaury		12.30
19th	Carols at the Podium		12.00
20th	Brownies Nativity Procession from Church followed by Carol Service at Podium		10.45
21st	Impromptu Nativity Service at Podium		12.00
23rd	Christingle Service at Knowle Com Centre		16.00
25th	Christmas Day Service at URC		10.30

JANUARY

	No Friday Monthly Lunch		
10th	Circuit Leadership Team at the Manse		10.00
	Messy Church meeting		19.30
11th	Local Preachers Meeting at Bridgemaury MC		19.30
14th	Sunday Lunch		12.30
17th	Church Council Meeting		19.30
18th	Week of Prayer for Christian Unity commences at Fareham Community Church		19.00
	Outreach Meeting		19.30

Mini-Market every Monday 9.30 to 11.45 am
(Not Bank Holidays)

Coffee Centre every Thursday 9.30 to 11.45 am



DOOR STEWARDS

DECEMBER

4th	10.30	Margaret & Bob Temple, Jenny Chalmers
	15.00	A N Other
11th	10.30	Brenda & Peter Taylor
18th	10.30	Geoff Tarvin, Vic Collins
	18.00	Eric Wheeler, A N Other
24th	23.30	Eric Wheeler

JANUARY

1st	10.30	Rosemarie & Tony Jackson
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FLOWER ROTA

DECEMBER

4th	Marion Bright
11th	Lynda Young
18th	Maggie Allingham & Bill Batchelor
25th	Flower Fund

JANUARY

1st	Lynda Haydon-Jones
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REFRESHMENT ROTA

DECEMBER

4th	Shirley & Keith Sargeant, Peggy Long
11th	Brownies, Guides
18th	Lynda Young, Elizabeth Wilcock
25th	URC

JANUARY

1st	Irene Russell, Tony Emberson
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PRESS DATE

All items for the **January** Magazine should be placed in the box in the Welcome Areas or handed to the editor - **Jill Groom** - by **Lunchtime** on **Friday 6th January 2012** please

**Fareham Focus is now available to be read on the Fareham Church
24Website**

