

Dear Friends,

Mindset is a very powerful thing, isn't it?

I'm sat in my office feeling slightly sorry for myself. I don't normally succumb to colds (15 years of school chaplaincy sat with teenagers fighting off germs has seen to that). But on Thursday evening of last week the glands shot up and I have been dealing with a real stinker ever since. It's come with a hacking cough and a woozy drowsiness. Lemsip and cough sweets to the rescue! I can't go and visit vulnerable people when I'm infectious myself.

So - sat here planning a day around the desk and zoom meetings I am well aware of needing to engage in the battle against self-pity. I can feel grumpy and sorry for myself...of course I can. None of that will help either me or others.

As I said at the top of this letter - mindset is a powerful thing, isn't it? I'm not talking about being unrealistic or falsely optimistic. I am talking about seeing that there are a number of ways to look at any situation or set of issues and I believe God calls us to be people of hope, wisdom and understanding - indeed two of those are gifts of the Spirit.

So, I can sit around and feel mopey but it's actually better (and a more faithful understanding of God's calling) to sit down at the desk and do some writing and admin and perhaps make a phone call or four (surrounded, of course, by hot drinks, cough sweets and tissues).

This mindset thing gets everywhere and the worst of all is when it infects churches. I remember once when Janet and I were on holiday in Yorkshire and we turned up at a local Methodist Church which was having an evening service. A slightly gloomy church steward met us at the door. 'There aren't going to be many of us here tonight' was the first thing he said to us in a rather depressed kind of way. Not the best way to welcome visitors. Body and facial cues give off far more about how we feel about our Church life than anything else.

So, the next time we are tempted to be cynical about something, or dismiss a new idea, or generally engage our inner Eeyore, let's just remember our calling as Christian people - to be a focus of light, hope, justice, love and peace for the world. And revel in the glorious riches of a God who loves us.

Excuse me...I've got to go and get a Lemsip.

Paul

### **Resources/Good News**

**The Soul Food Lent resources from the Methodist Church are now available:**

[Download from methodist.org.uk/SoulFood](https://www.methodist.org.uk/SoulFood)

### **Guildford in Bloom**

The annual event will see Guildford in Bloom team up with Butterfly Conversation Surrey and encourage gardeners to create habitats that will attract butterflies and moths. The charity

Butterfly Conservation said in September that there had been a "hugely concerning" decline in butterfly numbers of almost 50% - the lowest figures in the 14-year history of its survey.

Residents and businesses can enter via the Guildford in Bloom website with a deadline for most categories of 22 June.

[2025 Competition Theme | Guildford in Bloom](#)

[Guildford in Bloom competition returns with butterfly theme - BBC News](#)

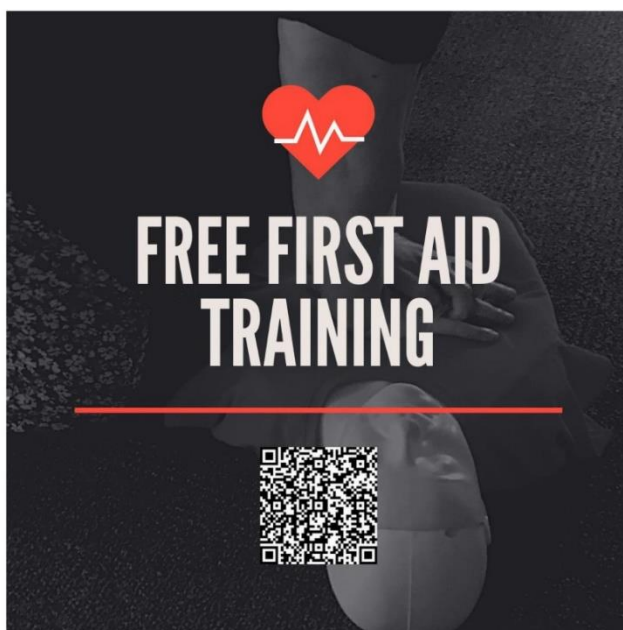
### Beavers saved the Czech government £1m

A seven-year dam project in the Czech Republic that was stalled by bureaucracy has been completed in just two days by beavers.

Officials in the Brdy region had secured around Kr30m (£1m) to build a dam in a protected area with the aim of creating a wetland habitat for other species. However, the project became bogged down in bureaucracy. Then, while everyone was sleeping, beavers built the thing for free.

Beavers have become a totem of the rewilding movement and their handiwork in the Czech Republic is a boost for those campaigning for the return of the animals to their historic habitats.

*"Beavers know best,"* Jaroslav Obermajer, of the Czech Nature and Landscape Protection Agency, told Radio Prague International. *"The places where they build dams are always chosen just right – better than when we design it on paper."*



**Would you have the confidence or ability to react immediately to an incident, injury or illness?**

The British Red Cross and Surrey Prepared are hosting free first aid training sessions designed to help you do just that. Suitable for beginners or those with existing knowledge.

- **Woking** Tues 25 Feb 25 – 18:30 – 20:30
- **Horley** Tues 22 April 25 – 18:30 – 20:30
- **Dorking** Tues 20 May 25 – 18:30-20:30
- **Haslemere** Tues 24 June 25– 18:30-20:30

*"An amazing First Aid course. Clearly presented, very informative, practical and fun"*

Places are limited, so book your place now using the QR code or via

<https://bit.ly/CommunityFirstAid>

Tickets will be issued on a first come, first served basis.

*\*Please note this course is designed to improve confidence and skills but is not a formal first aid qualification.*

# REMEMBERING UKRAINE

A service marking the 3<sup>rd</sup> anniversary of the 24 February invasion

Friday 21 February 2025 at 20.00  
St. Mary's, Quarry St, Guildford GU1 3UP

Remembering too  
the victims of other conflicts

The service will precede our regular weekly

Vigil for Peace  
from 21.00 – 23.00



Common Ground  
Guildford  
PRAY • TOGETHER • GO

## STOUGHTON METHODIST CHURCH

*(On the corner of Stoughton Road and Grange Road)*

### COFFEE CORNER & Warm Space

Tuesdays from 10 am – 12 noon



4<sup>th</sup> February  
11<sup>th</sup> February  
18<sup>th</sup> February  
25<sup>th</sup> February



Enjoy Coffee & a Chat, Coffee & a Game, or Coffee & a Book

The choice is yours!

**Everyone welcome – bring a friend!**



## Addlestone Methodist Church

### Coffee mornings every Saturday

From 10am to 12 noon

Enjoy a Coffee/Tea and Cake

for just £2



**Coffee morning hosts each Saturday :**

**Addlestone Methodist Church hosts all coffee**

**Mornings except for the last of the month**

**Last Saturday of the month –  
5<sup>th</sup> Addlestone Scouts**

**1st and 3rd Saturday of every month  
starting at 10-30am**

**Play Fun Bingo or join Quiz time**

**Prizes to be won, voluntary**

**donations to either Sam Beare**

**Hospice or Open Doors Charity.**

**Check notice board for any changes**



**COFFEE  
AND CAKE  
AT ST. MARY'S  
QUARRY ST. GUILDFORD GU1 3UP**

*- supporting the work of*

**oakleaf** 

**MAKING LIFE WORK WITH MENTAL ILLNESS**

**THURSDAY**

**27**

**FEBRUARY**

**10.30 – 12.00**

*Everyone welcome*



**SURREY**  
COUNTY COUNCIL

# Are you working in the community, providing a service for people with dementia?

## Join us at the Dementia Experience Exchange (DEXX) forum

Share your wealth of knowledge and experience with others in the dementia day care circle in Surrey.

A space for you to:

- Share your experiences
- Share best practise
- Make new contacts
- Gain support and resources
- Talk about the great things you do

**27 February 11.00am – 1230pm via teams**

To register your interest in this forum, please rsvp to  
[nicola.haswell@surreycc.gov.uk](mailto:nicola.haswell@surreycc.gov.uk)

# Circuit Mission Supper Saturday 8 March 2025

**Trinity Methodist Church Woking  
6.00 for 6.30pm**

Fish & Chips (battered sausage/Vegan options available)

Cost £10 – tickets available from church stewards.

Bring your own crockery & cutlery

## **Speaker - Trey Hall**



Trey Hall is a Methodist pioneer, church planting strategist, and evangelist. Since 2000 he has established and led churches in the United Kingdom and the United States, served as Mission Advisor for the Birmingham District of the Methodist Church in Britain, and coached scores of practitioners renewing inherited forms of church or launching fresh expressions of church.

# 2025 open GARDENS

in aid of Phyllis Tuckwell

*Do you love  
your garden?*

Why not open your garden to friends and family, or join our public 2025 Open Gardens campaign, and help raise money for local hospice care.

*Call for  
gardens*

*Scan me!*



Gardens of all size and design can take part. If you have a unique and interesting garden we would love you to join our 2025 Open Gardens. You could even get together with your neighbours and do a group opening.

**To find out more and to arrange a garden visit by our team please call 01252 729446 or email [fundraising@pth.org.uk](mailto:fundraising@pth.org.uk)**