A photograph of a lavender field with a bumblebee in the foreground. The lavender plants are in full bloom, with numerous purple flowers on tall green stems. A bumblebee is visible in the lower center, hovering near a flower. The background shows a paved path and more greenery.

# The Fulwood Messenger

*Summer 2021*

Fulwood Old Chapel  
Unitarians  
considering all sides

# Tempting Fate! - Must stop!!!

By Susie - The editor

Each magazine I have produced since Covid began has been upbeat promising that things will get better. Remember '*tomorrow tomorrow, there's always tomorrow*' ? (Rats!- now that song will be going round and round for days!) *Keep calm, Stay safe, Keep Faith* (last summer) *Keep calm spring is here* (this Spring)! Well this time I'm saying nothing! No optimism and certainly no bright sparks of wisdom.

Let's face it - Covid has unpacked it's bags like an unwanted mother in law (as my ex would say!) and it is here to stay! .... And what now is even more amazing is that it has become to feel like the new norm! Only last week, I was watching an old episode of the Graham Norton show and people were sitting on the sofa - **next to each other** - OMG it felt so wrong and well ... *unclean!*! And how many of us now refer to the day of the week as Yesterday, Today, Thisday, Nextday, Otherday, That..er..day and SomeDay!

Mind you, let it also be said I am not making light of the pandemic. It has been devastating and many have suffered, losing loved ones, jobs; not seeing their nearest and dearest; businesses failing; living with an over-extended health service and with long Covid - Oh yes, life's been tough!

"Our Grandparents were called  
to war.

We're being asked to practice  
social distancing and stop  
hoarding toilet paper"

But in typical British fashion we do try and ease the situation.

Oscar Wilde wrote- *When it rains, look for rainbows; when it's dark, look for stars* -.and I hope that is what we do.

So scattered through this issue you will come across some witty - possibly pithy quotations, words of encouragement and others which I hope will just make you smile.

After all as Charles Schultz says -

"Don't worry about the world coming to an end today. It's already tomorrow in Australia."

So let's gird up our loins (if we are allowed to say that these days!) smile behind our masks and take strength from Pooh and Christopher Robin:

*"You are braver than you believe, stronger than you seem, smarter than you think, and loved more than you'll ever know."*

(With my apologies to AA Milne)

Me ...  
I am unproductive.  
I am procrastinating.  
I am eating too much.  
I am scrolling mindlessly.  
I am watching too much TV.  
I am COPING.

  
Susie

# History in the Making First Same-Sex Marriage at Fulwood



Harper Stephens and 'Dandelion' (Mathilda) Shillam became the first same-sex couple to be married at Fulwood Old Chapel and, indeed, in Fulwood.. The wedding took place on Saturday 26<sup>th</sup> June with Rev Maud Robinson officiating .It was such a beautiful and happy wedding. The service, very much tailored to Harper's and Dandelion's wishes, was so moving there wasn't a dry eye in chapel

Unitarians continue to lead the way in offering religious same-sex marriage in the UK and although the chapel has offered same sex services since the law was introduced, Harper and Dandelion are the first to take advantage of it.

Until now wedding ceremonies at the chapel have been immensely popular for couples who are divorced, of mixed faiths and those who are simply looking for somewhere where they are able freely to make their own personal vows. Now we hope to have many more same sex weddings as well.

We wish Harper and Dandelion every happiness for their future together.

If you want to know more about having your wedding at Fulwood Old Chapel please contact Janet Rowson on 0114 2365894 or [janetpeterowson@gmail.com](mailto:janetpeterowson@gmail.com)

# Another message from the chair!

Dear Friends, Members of Fulwood Old Chapel and Fulwood Community.

This is a summer edition and I have to say my favourite time of year, especially if it is hot. The garden is looking good after all the rain in May and perhaps more time at home has meant more care and attention by the two of us. We would definitely have been going away more than we have and I am sure many people feel the same. I was taking it for granted that the country



would be opening up by now, looking forward to normality. However, it does not seem as if normality will come back any time soon and we are all realising that we will live with this virus for a long time. Our eldest daughter has booked flights four times now to come for a visit from Switzerland, where she is living, however we have got used to the fact that there are no guarantees and just hope the next time she will be lucky. I love going abroad but even I am becoming used to the goalposts changing and I am becoming resigned to waiting and seeing.

The chapel is open and feels almost normal except for the singing of course which is an integral part of the service. Numbers are gradually increasing and we hope to see similar numbers to those before the pandemic started. Also we hope to increase the amount of rentals in the old schoolroom, they provide us with much needed income. I want to thank Peter and Janet in particular for helping to organise service leaders all the way through to September.

The charity for the next two months is for my brother's charity, the Rinchen Zangpo Society for Spiti Development. The charity, like all charities has not had so many donations coming in and yet the work they need to do carries on.

This is an update from Graham about Covid in Spiti and the situation there:

Several people have asked me how Spiti people are coping with the Covid pandemic that is particularly serious in India and Nepal at this time. Many states in India have imposed confinement measures on the population. Himachal Pradesh, the state in which Spiti is situated is no exception. Confinement there has been extended to 21st May. The news from Spiti that I received this morning is that the Rinchen Zangpo Society schools have not been allowed to reopen after their long winter break, so what schooling there is at the moment remains unofficial. All supplies of stationery, uniforms, food and so on for the new session are in place.

Last year migrant labourers and craftsmen were excluded from the valley. This year they have so far been allowed in, so building projects, stalled last year, can get underway.

At present in Spiti there are 25 positive cases of Covid, out of which 5 are Spitians while the other 20 are migrant labourers. Until now there have been 3 deaths due to Covid, 2 last year and 1 yesterday, 16th May 2021. The population of Spiti is 12,500 so it seems there is not a heavy outbreak in Spiti itself at the moment and the Rinchen Zangpo Society for Spiti Development has not indicated that they are experiencing unusual financial problems.

Let us hope that Spiti's isolation from the mainstream continues to help them stay relatively free from the disease.

Thanks for your concern

Best wishes -Graham WoodhouseChairperson - Aid for Himalayan Education

They are always so grateful for any money sent to them for help with their schools. Your money in the past has been instrumental in helping to educate local people so they can become more and more self sufficient. Already they have educated doctors and teachers who have come back to work with the locals. A fantastic achievement.

Best wishes for the summer and I hope everyone keeps well and optimistic about the future.

Jane (Moore)

## Flying Free!

Some of you will know that our minister, Rev. Maud Robinson, was struggling to minister to two such diverse congregations as Fulwood and Underbank and it is understandable that she has decided to concentrate her time with Underbank Chapel in Stannington where she lives.

This means that we at Fulwood are, again, 'flying free'.

This situation is, by no means, new to us and, fortunately, we have some able folk in our congregation who are happy to give services and, of course, we have many friends - both ministers and lay persons - who are equally as happy to come and visit. This means that our programme is very varied with thoughts and reflections on many subjects.

Our thanks go to Maud for all she has done in the last two years and we wish her all the best. I am sure with her living so close it is not farewell but *hasta la vista!* There are already plans afoot for her to give service the fifth Sunday in the month.

We should also thank her for starting up the Fulwood Community Face book page which to print has 687 members and continues to grow daily. The page is a font of information for the local community. You can find the link [here](#):

So, again, many thanks, Maud, and all the best.

# Not so 'Hair'-brained Maud!



Rev Maud (Robinson) decided to let her hair down for charity and her hair-raising experience left her some what.. well ... shall we say ... hairless.. But it was all in a good cause and her wonderfully wavy locks have now been sent to the Little Princess Trust to make wigs for children who have lost their hair due to cancer.

In addition, Maud raised a magnificent £1,705.97 for the charity too. What a wonderful and very brave gesture .

Bets are now on as to what colour wigs she will be wearing until her hair grows back!!!

## *The Number Had a Name*

It was the virus that came out of nowhere, took us by surprise, grabbed people by the throat and chest and made a nation stay inside. The motto was 'stay home stay safe' but that did not make us immune and devastatingly this deadly virus took far too many, far too soon. The losses were reported daily, numbers increasing everyday. but what they did not tell us was that those numbers have a name. They were someone's brother or sister, daughter or son. husband. wife. friend or colleague. aunty, uncle, dad or mum. They loved and were loved but they did not get to say goodbye. could not hold their loved ones close; alone is how they died. So. today we remember them, the people behind the numbers. Say their names, recount their stories, hold them in our hearts for comfort. Because they were more than just a number and their memory will not fade, we will not forget them because the number had a name.



# when we got to the beach

by Hollie McNish

i screamed  
sprinted to the sea  
flung off shoes and socks  
ran towards imagined heaving waves  
and jumped each tiny trickle  
that I found there  
with just the same excitement

you stayed back  
took your socks off more timidly  
giggled at your stupid mother  
eventually took my hand

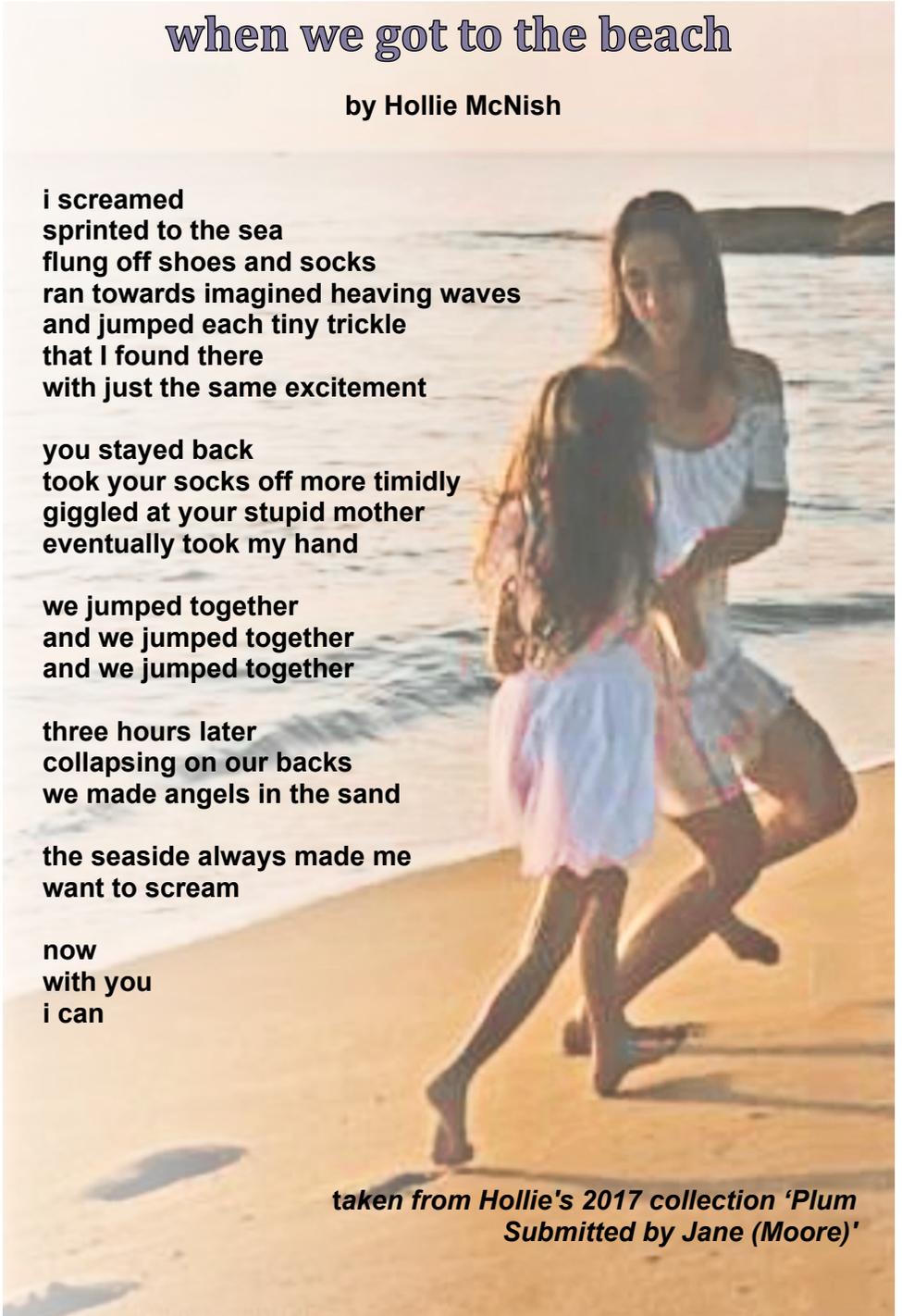
we jumped together  
and we jumped together  
and we jumped together

three hours later  
collapsing on our backs  
we made angels in the sand

the seaside always made me  
want to scream

now  
with you  
i can

*taken from Hollie's 2017 collection 'Plum  
Submitted by Jane (Moore)'*

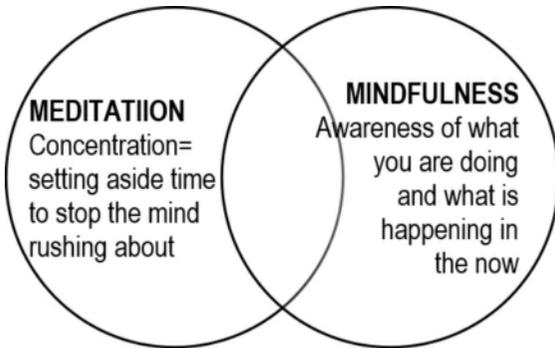


# Mindfulness v Meditation

A bit like buses, wouldn't you know it - in this issue of the Messenger there are two courses to tempt you to relax, cut stress and be happy!

One is on Mindfulness and the other is on Meditation.

But, like me, you are probably confused between the two. Well, after doing some research it seems they overlap and practicing one seems to complement the other. ”



Both practices are life skills that give you the tools to access inner peace.

Both rely on the ability to be focused entirely on the present moment. (We can't experience peace when we are whittling about the past or worrying about the future.)

Both practices claim to offer a way to increase happiness and decrease suffering.

Mindfulness is being aware - aware of what is happening around you and of what you are doing as you are doing it. Think about the usually “mindless” chore of washing dishes. Practicing mindfulness, you will become aware of the temperature of the water and how it makes your skin feel, along with the texture and smell of the soap. By engaging all five senses while you are doing something brings you into the present preventing you worrying about the past and future and consequently makes you more relaxed and less stressed.

Meditation, in contrast, is an activity. It's a thing you do. If mindfulness is like strength or flexibility, meditation is like running or going to the gym. Often, meditation means you're sitting still, noticing the sensations of breath, being aware of distracting thoughts but letting them go. Sometimes it means not focusing on any one particular thing at all, but building “open awareness” that is like a mirror held to everything you experience. But in general, you can think of meditation as an activity of focused mindfulness or focused attention.

Mindfulness and meditation are mirror-like reflections of each other: Mindfulness supports and enriches meditation, while meditation nurtures and expands mindfulness. Where mindfulness can be applied to any situation throughout the day, meditation is usually practiced for a specific amount of time.

So back to our courses - Mindfulness@lunchtime sessions are in person at Chapel and Meditations are FUN sessions are on zoom so that you can do them at home.

And just to confuse you even more there is also another course starting September called Women's Sacred Spiral ...Read on...

# Mindfulness@Lunchtime



Mindfulness @ lunchtime on Fridays was started by Maud at Fulwood Old Chapel in September 2019, and has continued in various forms ever since. The group is now co-facilitated by some of the participants, and we would welcome anyone interested to come along.

The session starts at 12.30pm with a mindfulness meditation, and is followed by mindful walking and eating together, finishing around 1.45pm. While it's preferable for participants to arrive a few minutes early and to join for the whole session, it's also possible to come for just part of the time. We now meet twice a month on the first and third Fridays, and welcome anyone interested to join us. .

To give you a taste of what could be in store for you on Friday lunchtimes, some of the regular attendees have contributed their thoughts:

From Alison

*"The atmosphere of the chapel and the company of the group add something extra to the experience of mindfulness, which has been really helpful over the last year. It's 90 minutes of peace, quiet and calm that I really look forward to each week." -*

From Elspeth

*"I look forward to our Friday meetings at Fulwood Old Chapel. Spending time more or less in silence during our meetings is very refreshing, though it is sometimes quite a challenge during the guided mindfulness to keep my mind focused and not let it wander too much. In sunny weather, we occasionally walk mindfully in the lovely Chapel garden among the beautiful flowers and shrubs. This is really refreshing and a chance to reflect on the poem or piece of prose that one of the group has just read. At other times we walk mindfully indoors, providing a chance to be fully aware of the involvement of every part of our feet.*

*Eating mindfully came as a surprise at the beginning, as eating with other people is often regarded as a time to socialise vocally, but now I welcome it as a chance to really think about and savour the food that I am eating. I recommend others to think about joining us and give it a try." -*

From Jaqui

*"It feels great to just slow down a bit, and try and bring myself into the present moment and just focus on doing one thing at a time, not racing ahead to the next thing all the time. It's not easy, but I almost always feel better for it, and it's a very friendly, supportive group."*

For further information, and to check dates, please contact Gill Upham – [gill.upham@gmail.com](mailto:gill.upham@gmail.com) or 07906 893171. She looks forward to welcoming you!

Please note: if this is your first time please let Gill know before hand that you are planning on coming. Also, occasionally on a Friday the chapel is in use for a wedding

# Meditations are FUN

## (with apologies from Louise!)

By Louise Reeve, Newcastle-upon-Tyne Unitarians

Lots of us took up mindfulness and meditation during lockdown – you might as well put the time to good use – but meditating on your own at home can, paradoxically, be distracting. Is the washing machine on? Should I be putting away the laundry? Am I doing it right?

Since early 2020, the Findhorn Unitarian Network (FUN) has been bringing together Unitarians from across the UK – and one or two from Australia! - to meditate together on Zoom. It runs two one-hour sessions a month, one on a Saturday morning and one on a Tuesday morning. Meditations are led by a member of FUN and have covered a wide range of meditational approaches: mindful breathing, gentle yoga movements, Taize chanting, and many more.

All are welcome!

The sessions start with a check-in – we all give our names and how we're feeling, then we light a candle, and we're off! It can really help to be part of a meditating group, as it sets aside the time to meditate, and makes it feel more like something we've all committed to do together.

If you're interested in joining in, just send an email to [funtomeditate@gmail.com](mailto:funtomeditate@gmail.com): (it's free, but donations to FUN are encouraged). Or ask Caroline Thorpe more about it.

### Dates and Themes for FUN meditation sessions via Zoom

July to December 2021

Dates	Theme	Meditation Leader
July 24th & 27th	Meditation on Sufi poetry	Laura Dobson
Aug. 21st & 24th	A visualisation	Ralph Catts
Sept 25th & 28th	Loving Kindness	Ralph Catts
Oct. 23rd & 26th	Body Awareness - how we can use simple body awareness techniques to help us stay focussed and awake	Sarah Tinker
Nov. 20th & 23rd	Chants	Ralph Catts
Dec. 18th & 21st	A Meditation on Advent	Sarah Tinker

# Women's Sacred Spiral

"Let no one keep you from your journey" (Mark Nepo)



The Women's Sacred Spiral s run by Jaqui Long and Gill Upham and is a year-long journey with a group of 8–10 other women to explore, rediscover and give time to the deeper parts of ourselves and our lives. It draws on themes and imagery associated with the seasons and festivals to guide our journey, while constantly evolving. It includes work in a variety of ways to connect with ourselves and each other, with activities such as:

- Exploring and responding to poetry
- Spending time in silence or meditation
- Taking part in simple ritual
- Engaging in music through movement/dance, chanting or singing
- Creative activities.

We are currently planning to re-start with a new group of women from September 2021, meeting 8 times during the year on Saturday afternoons at Fulwood Old Chapel, around the times of the solstices, equinoxes and Celtic festivals. Please do get in touch if you'd like to find out more:

- Jaqui Long [jaqui\\_long@yahoo.co.uk](mailto:jaqui_long@yahoo.co.uk) or 07801 428322
- Gill Upham [gill.upham@mail.com](mailto:gill.upham@mail.com) or 07906 893171

# False teeth and flying marquees ...

## ... the funny side of Covid testing

Taken from the Isle of Wight County Press for your appreciation and amusement

In April last year, the Island's drive-through testing centre was set up at Medina Leisure Centre and since May 2020, more than 27,000 people have gone through the site with the team testing 3,013 people in their busiest week.

Victoria, previously a community nursery nurse whose role ground to a halt at the start of the pandemic, was called to work at the site on its second day, but was relieved to start as she felt like she was making a difference.

She said: "My first day was very wet — we had rain and hail storms for most of the day with just an Army marquee for shelter'. The first few days Victoria was at the test site were very busy with over 200 people a day, as well as supporting care homes by acting as the intermediary, collecting tests and taking them to St Mary's Hospital.

Despite quietening down over the summer, a rise in cases in November saw the centre, which had then moved to Newclose Cricket Ground, become a hive of activity, with Victoria having to think on her feet to cope with demand as testing slots increased from 124 to 336 a day. During the rapid spike in January, the team were testing 557 people a day and saw a mobile testing team sent to support them.

Although the team's job is extremely serious, they have been able to find the funny side in things more often than not - hanging onto the leg of a marquee with the army (who were there helping) in a hail storm; someone turning up with their home phone to sign in, thinking it would work; broken down cars which needed bump starting and a set of flying false teeth during a throat swab!

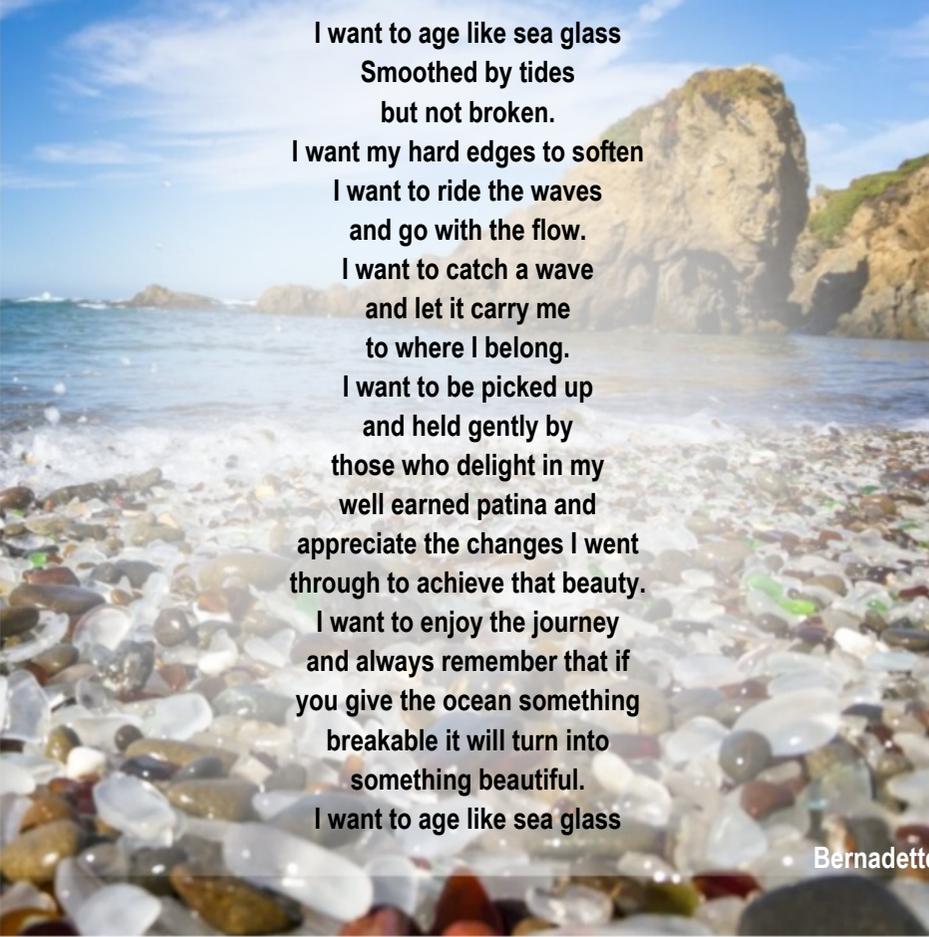
The staff have also celebrated special moments together, during the unprecedented times, including a 40th, a 70th and a soon-to-be 50th birthday as well as dressing up a colleague in a veil on the day they should have had their wedding.

Victoria said she has met some lovely people at the site -interacting with some who had had no contact with anyone else after losing a relative or with a loved one still in hospital. She said: "They have laughed with us and cried with us but unequivocally grateful for the job we were doing.

"I commend all the staff in the trust for working so hard in the most challenging of years.

*"I (Louise Hill, the reporter) would like to thank everyone who has been part of the Covid test site for their hard work and commitment. Our recent award of Isle of Wight NHS COVID Team of the year is a testament of the input from everyone who has made it work."*

<https://www.countypress.co.uk/news/19272013.false-teeth-flying-marquees-funny-side-covid-testing/>



I want to age like sea glass  
Smoothed by tides  
but not broken.  
I want my hard edges to soften  
I want to ride the waves  
and go with the flow.  
I want to catch a wave  
and let it carry me  
to where I belong.  
I want to be picked up  
and held gently by  
those who delight in my  
well earned patina and  
appreciate the changes I went  
through to achieve that beauty.  
I want to enjoy the journey  
and always remember that if  
you give the ocean something  
breakable it will turn into  
something beautiful.  
I want to age like sea glass

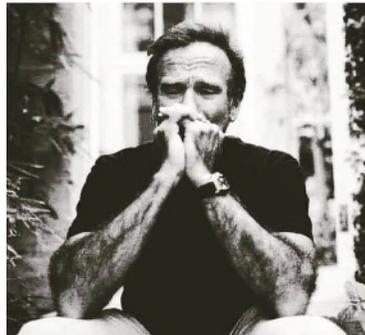
Bernadette

“Everyone you meet is fighting  
a battle you know nothing about!

Be kind - Always!

*Robin Williams*

1951-2014



# Pickers pick up plastic to prevent blocked drains

Fulwood Litter Heroes & Lodge Moor Litter Pickers clear the plastic from our neighbourhood.

You may remember that these two groups have been operating for some time now but due to lockdown they've had a little break. They are now back up and running and recruiting new volunteers.

**Fulwood Litter Heroes** - 'Pledge the road where you live, keep it litter free' is an easy one to get involved in without it taking up too much of your time. All you have to do is email the leader, Geraldine [[ghoulton4@gmail.com](mailto:ghoulton4@gmail.com)] and let her know which road you pledge - it has to be the one you live on! Your responsibility involves checking it over every month, and wearing rubber gloves pick up anything that's around.

The leader has a map and all the roads that are pledged are coloured in. Most of Fulwood is pledged which is great, but the more the merrier. Some roads have multiple pledges which ensures that it stays squeaky clean. Some are still to be pledged so please do consider this easy environmental opportunity.

**Lodge Moor Litter Pickers** - meet every second Saturday of the month, at 9.45 a.m. at the shop at Lodge Moor, Rochester Road. Even though it looks really clean at Lodge Moor, you can guarantee there will be a pile of bags at the end of the pick. Not only do they pick around the village, they also cover the public footpaths in the surrounding countryside. If you fancy a walk on a Saturday morning, then this activity might be for you.

## More Info on FaceBook

The groups have also recently joined the local social media Facebook groups, Fulwood Forum and Fulwood Community, where they will be posting their notices every month. Next month the map of road's pledged will be posted for all to see.

We all know the importance of looking after our environment these days and every little bit of plastic we remove from our roads is one less piece to go down the drains.



## Fulwood Community Link

<https://www.facebook.com/groups/2729224727141776/>

## Fulwood Forum Link

<https://www.facebook.com/groups/196603728265332/>

# Great Hucklow Chapel re-opens it's door

The eagle eyed amongst our readers will have spotted that there is no service on Sunday 1st August.

Instead, we are going to go to our sister chapel in Great Hucklow who, after being closed for a year is finally re-opening its doors.

Sunday, 1st August will see the first service at 11 am followed at 12 midday with drinks and nibbles in the Chapel garden.

The service, led by Ed (Fordham), is the first in what will be a monthly regular service on the first Sunday of each month.

Everyone is invited.

Subject to Covid restrictions lifting, there may also be well dressings or something similar in the village.

If anyone would like to go to the service and needs transport please contact one of the Chapel committee members.

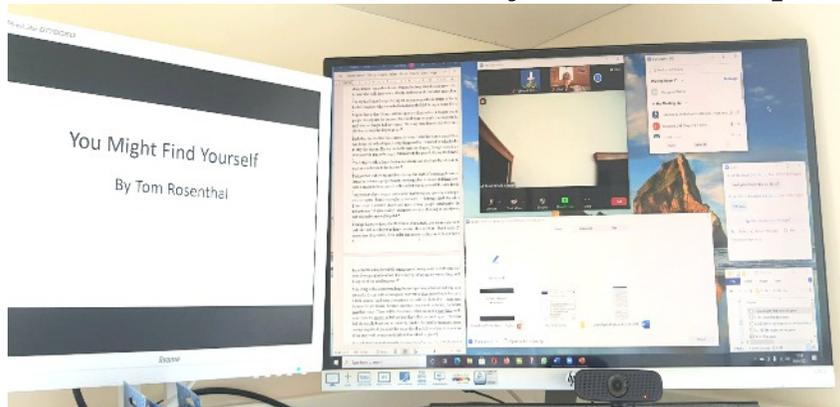
Please note: as of going to print, masks must be worn.



***Never in a million  
years did I think that  
I would go to the  
bank, wearing a  
mask and ask for  
money***



# It's a Tech's Life... or why I'm not in Chapel ...



Some of you may be thinking that I am a lazy ol' so and so because you hardly see me in chapel anymore. (Well, maybe I am, but that's beside the point) so I just thought I would show you behind the scenes and explain in lay man's terms what is actually going on in my office during the Sunday service.

I have two screens - would prefer 3 but one is humongous so I shouldn't be greedy - and on this one (from left to right) I have

- the service script, (so I know how long to prepare for the next piece of music and when to press the share button)
- the zoom screen; (so that I can see the service and those on zoom)
- the 'share' screen (which lets me show the video/hymns with lyrics to those on zoom and those in Chapel)
- the list of people attending (that's where you sit in the waiting room before I let you in and silence you when you are in if you are misbehaving)
- the chat screen (in case anyone wants to quietly tell me something - like WE CAN'T HEAR! - and then I might go into panic mode)
- finally, in the far bottom right, are the files of the videos and hymn I will be showing.

During the week I will have already set up each piece of music/video as a power point show and synced the words with the music where necessary.

Once I have set up the share screen for the next piece of music, I then open up the appropriate ppslow on the left screen which is then poised ready to be played at a click of a button. As soon as it has finished I then have to remove that one, upload the next one and set up the share screen again..

At the end of the service I then have to set up the 'Meeting Rooms' for those on zoom to have a chat afterwards. So, I am not sitting with my feet up, nor is there any sign of a g&t (that comes later!) but you may now appreciate why I am not in Chapel!

by Susie Ince

# Ballet

with LMW Dance



<https://www.lmwdance.co.uk>

New Ten Week term starting September at Fulwood Old Chapel

Friday, 24th Sep '21 - Friday 3rd Dec '21

Tots Ballet (2-4 years) 3.55pm-4.25pm

Infants Ballet (5-7 years) 4.35pm-5.05pm

Juniors Ballet (8-11 years) 5.15pm-5.45pm

For more info or to book

Contact Lisa on 07932509250 or  
[enquiries@lmwdance.co.uk](mailto:enquiries@lmwdance.co.uk)

## Fulwood Fete Postponed

It was so disappointing that the Fulwood Fete had to be postponed due to Covid restrictions not being lifted as planned. The raffle, however, was still drawn on the 27th June and the winners have been posted on the Fulwood Forum Facebook page. £630 was raised and this will be split between the three nominated charities

Still depending on Covid restrictions, the committee is now contemplating whether to re-hold the event on 5th September or on 22nd May next year. The announcement will be made on the various Fulwood Facebook pages, on the notice board outside Chapel and in Fulwood Village. So keep a look out!

We have a new website - why not take a look -

[fulwoodoldchapel.uk](http://fulwoodoldchapel.uk)

For info on  
Personalised Ceremonies  
or to hire the Chapel or Old Schoolroom  
please contact  
Janet Rowson on 0114 2365894 or  
[janetpeterrowson@gmail.com](mailto:janetpeterrowson@gmail.com)

~~~~~

To advertise or submit an article for the Messenger  
please contact  
Susie Ince  
[focmessenger@outlook.com](mailto:focmessenger@outlook.com)

### Chapel Officers and Committee Members

|                                 |                   |                                |                                                                                  |
|---------------------------------|-------------------|--------------------------------|----------------------------------------------------------------------------------|
| Chair                           | Jane Moore        | 0794 617 9554                  | <a href="mailto:janewm58@yahoo.ca">janewm58@yahoo.ca</a>                         |
| Vice Chair and<br>Booking Sec   | Janet Rowson      | 0114 236 5894<br>0771 367 9365 | <a href="mailto:janetpeterrowson@gmail.com">janetpeterrowson@gmail.com</a>       |
| Treasurer                       | Peter Rowson      | 0114 236 5894                  | <a href="mailto:janetpeterrowson@gmail.com">janetpeterrowson@gmail.com</a>       |
| Secretary                       | Tim Simkins       | 0114 230 2656                  | <a href="mailto:t.j.simkins@btinternet.com">t.j.simkins@btinternet.com</a>       |
|                                 | Nigel Hopkins     | 0114 230 6662                  | <a href="mailto:ncgh@btinternet.com">ncgh@btinternet.com</a>                     |
| General<br>Committee<br>Members | Elizabeth Cumming | 0114 230 2703                  | <a href="mailto:lizzi.cumming@gmail.com">lizzi.cumming@gmail.com</a>             |
|                                 | Rod Cumming       | 0114 230 2703                  | <a href="mailto:rod@irod.co.uk">rod@irod.co.uk</a>                               |
|                                 | Caroline Thorpe   | 0114 281 8337                  | <a href="mailto:carolinethorpe54@gmail.com">carolinethorpe54@gmail.com</a>       |
| Warden                          | Roger Newton      | 0124 641 7323                  | <a href="mailto:rogernewton12@talktalk.net">rogernewton12@talktalk.net</a>       |
| Housekeeper                     | Elizabeth Cumming | 0114 230 2703                  | <a href="mailto:lizzi.cumming@gmail.com">lizzi.cumming@gmail.com</a>             |
| Organist                        | Marie Fitzpatrick | 0114 230 1162                  | <a href="mailto:m.c.fitzpatrick@hotmail.co.uk">m.c.fitzpatrick@hotmail.co.uk</a> |
| Editor, Web & Publicity         | Susie Ince        | 0787 9621263                   | <a href="mailto:focmessenger@outlook.com">focmessenger@outlook.com</a>           |
| Safe-Guarding<br>Officers       | Jon Clennell      | 0114 236 0317                  | <a href="mailto:jonclenn@btinternet.com">jonclenn@btinternet.com</a>             |
|                                 | Caroline Thorpe   | 0114 281 8337                  | <a href="mailto:carolinethorpe54@gmail.com">carolinethorpe54@gmail.com</a>       |

# News of Friends

Since the last Messenger, we are sorry to say both Philip Cooper (Sue Toulson's Dad) and Ruth Laverty (Anne Rayner's Mum) have passed away . Both died peacefully and neither deaths were linked to Covid. Our sympathies go to both Sue and Anne and their families.

## Activities in the Chapel

We have our fingers crossed that some of the activities will soon be able to start up again at Fulwood Old Chapel but are sorry to say that the Pilate Classes will not be returning..

**Mayfield WI** are very excited that, at long last, members will be able to meet again in the Summer. If there are no changes to the Government Roadmap, its first meeting will be on Wednesday 14th July. They hold monthly meetings at Fulwood Old Chapel on the second Wednesday of each month at 7.30 p.m. If you would like to "try them out", please come along in July. New members are always welcome and they would love to meet you and get to know you. If you would like more information before July, please contact Kathy on 07903 259557 or Denise on 230 1170. We look forward to seeing you

If you want to know more about the other groups and when they may be resuming please contact the group leaders below:

**ARTFUL CODGERS** - new group - every fortnight from Wednesday 7th July at 2pm  
Contact Sue Manley on 0114 2301391 or email [suemanley1192@gmail.com](mailto:suemanley1192@gmail.com)

**BALLET with LMW DANCE:** Fridays (Term Time). **AUTUMN Term starts 24st September**  
Contact Lisa: 07932509250 or email: [enquiries@lmwdance.co.uk](mailto:enquiries@lmwdance.co.uk)

**FULWOOD TOWNSWOMEN'S GUILD:** first Thursday in every month at 2pm..

**Recommencing 2<sup>nd</sup> SEPT**

Contact Pauline Wragg on 0114 2305995 / 07732498282 or [paulineawragg@me.com](mailto:paulineawragg@me.com)

**FULWOOD WRITING GROUP:** Usually last Monday in the month 7.30pm .

On Zoom until further notice. Contact Marie on email: [m.c.fitzpatrick@hotmail.co.uk](mailto:m.c.fitzpatrick@hotmail.co.uk) .

**MAYFIELD WOMEN'S INSTITUTE:** every 2nd Wednesday at 7.30 **Recommencing 14th July**  
Kathy on 07903 259557 or Denise on 0114 230 170

**MINDFULNESS@LUNCHTIME** - 1<sup>st</sup> and 3<sup>rd</sup> Friday each month 12.15 - 2pm. Contact Gill Upham  
07906 893171 or email [gill.upham@gmail.com](mailto:gill.upham@gmail.com)

**POETRY GROUP** - every 3<sup>rd</sup> Thursday in the month at 4pm. On Zoom until further notice  
Email: Marie for more info: [m.c.fitzpatrick@hotmail.co.uk](mailto:m.c.fitzpatrick@hotmail.co.uk). Or Maud: [maudrobinson@gmail.com](mailto:maudrobinson@gmail.com)

**YOGA:** Classes - Mon: 6 - 7.15 pm Contact Leslie on 07888681274 or email  
[unwind@yogasheffield.com](mailto:unwind@yogasheffield.com)

# Sunday Reflections

**11am** on Zoom & in Chapel  
if allowed

see notice board or Chapel website for confirmation

|               |                        |                                                        |
|---------------|------------------------|--------------------------------------------------------|
| <b>July</b>   | <b>4<sup>th</sup></b>  | <b>Philippa Shewry</b>                                 |
|               | <b>11<sup>th</sup></b> | <b>Ed Fordham</b>                                      |
|               | <b>18<sup>th</sup></b> | <b>Arek Malecki</b>                                    |
|               | <b>25<sup>th</sup></b> | <b>Short Congregational<br/>then walk &amp; picnic</b> |
| <b>August</b> | <b>1<sup>st</sup></b>  | <b>Visit to Gt Hucklow</b>                             |
|               | <b>8<sup>th</sup></b>  | <b>Ed Fordham</b>                                      |
|               | <b>15<sup>th</sup></b> | <b>Arek Malecki</b>                                    |
|               | <b>22<sup>nd</sup></b> | <b>Rev Patrick Timperley</b>                           |
|               | <b>29<sup>th</sup></b> | <b>Peter Rowson</b>                                    |
| <b>Sept</b>   | <b>5<sup>th</sup></b>  | <b>Marie Fitzpatrick</b>                               |
|               | <b>12<sup>th</sup></b> | <b>Ed Fordham</b>                                      |
|               | <b>19<sup>th</sup></b> | <b>Philippa Shewry</b>                                 |
|               | <b>26<sup>th</sup></b> | <b>Rev Ashley Hills</b>                                |

**Fulwood Old Chapel**

**8a Whiteley Lane, Sheffield S10 4GL**

**- a unitarian meeting place -**

**[info@fulwoodoldchapel.uk](mailto:info@fulwoodoldchapel.uk)**

**[www.fulwoodoldchapel.uk](http://www.fulwoodoldchapel.uk)**



Supported by  
Co-op Members