

Live the Mission



March 2018



Why did the truck go to pre-school? Answer on page 3. Photo: Ash Mills

Welcome to the March issue of *Live the Mission* bringing you news from across the Diocese of Winchester.

This month we look at an area which, after many years of neglect and misunderstanding, is finally being brought into the spotlight—mental health. A recent survey of 1,000 senior clergy revealed that mental health issues are a growing area of concern and churches are responding. What is the best way to do so? We begin that discussion on pages 4-5.

We also demonstrate again the way that church is not just about buildings but about communities, with an article about Hasna Khatun, pioneer

minister in Centenary Quay, Southampton (pages 6-7). And in the news you will find examples of the way people are living out their faith and reaching out to communities in small ways and large.

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A full circle of Fairtrade

St Mary's, Kings Worthy, ploughed the profits from its Fairtrade stall back into Fairtrade. They bought 430 Fairtrade Real Advent Calendars, complete with an activity book about the real meaning of Christmas, to give to every child in the local primary school. Rev'd Paul Bradish went into Kings Worthy Primary School to celebrate the start of Advent and reveal the Advent calendars to a packed assembly.

The assembly focused on waiting and how we might get ready on the inside as much as get ready on the outside. It culminated with the whisking away of a large white sheet to reveal a huge pile of Advent calendars, much to the surprise and delight of children and staff alike.

In the spirit of involving everyone and celebrating the many different groups of people who contribute to the smooth and happy running of the school, the Advent calendars also made their way to



Happy recipients of the calendars with Paul Bradish in Kings Worthy

the staff room, school office, reception desk, kitchen staff, the site manager and, of course, the headteacher.

Easter is approaching. Why not do the same with the Real Easter Eggs from the Meaningful Chocolate Company? They are made of Fairtrade chocolate, contain an Easter story book and support charitable projects. <https://meaningfulchocolate.co.uk>

That's a lot of lunches

There was a significant birthday on February 7 at **Brockenhurst Anglican Church**. The Wednesday lunches were 30 years old.

The lunches are served to older members of the community in St Saviour's church hall every Wednesday in term-time, and over the years the team of volunteers has served around 38,000 home-cooked meals.

In 2015, Lesley Munt, one of the original volunteers, received the British Empire Medal for her commitment to organising the lunches, but was keen to stress that the honour was for the whole team. Lesley is one of just two of the original volunteers still helping out but there are four active teams of cooks and seven cars giving lifts, with a total of 76 volunteers involved.

Truckers get younger every year

Having a truck decorated with pictures from your playgroup must have been a dream come true for transport-loving girls and boys in Barton Stacey.

On the day that the old Cygnets playgroup was renamed 'Barton Stacey Pre-School', Raymond Brown, a local skip operator, appeared with a truck covered in artwork from the school including children's handprints.

The playgroup is moving to a purpose-built former children's

centre, taken on for them by Launchpad Early Years (part of Winchester Social Enterprise), on the site of **Barton Stacey Church of England Primary School** and has the support of the school, the

church, a Tesco 'Bags of Help' grant and almost £15,000 from the Armed Forces Covenant Fund.

On hand to bless the occasion was Bishop David.

Lizzie Frost, chair and trustee of the pre-school, says: "The children are at the

centre of our aims and to be able to celebrate with their artwork displayed on the cab of a Raymond Brown skip lorry has been a perfect way of involving them in all of the exciting developments.

To have the

Bishop of Basingstoke present to award the children their certificates and gifts of book tokens and fluorescent jackets from Raymond Brown was wonderful."



Should we let the Bishop drive the truck? Photo: Ash Mills

Keep demand high, keep Fairtrade in the shops

We are used to seeing Fairtrade products on the shelves of shops and supermarkets, but they remain there only if there is demand. Many Fairtrade fruits and fruit juices have disappeared from the shelves. Getting our five a day is good for our health — and good for the

health of Fairtrade farmers and producers if we buy their products.

Make sure demand stays high and don't be afraid to ask supermarkets to stock these products and tell them why as 'prophetic global citizens'.

David Hinks

Mental health and the church

Mental health problems are now among the biggest social issues that churches come across.

That is the conclusion of a survey of more than 1,000 senior clergy, 60 per cent of whom reported last year that mental health is a ‘major’ or ‘significant’ problem in their local area, up from 40 per cent in 2011. (<https://www.cuf.org.uk/church-in-action-2017>).

While the causes are many and varied, the response of churches has been similar—they have got stuck in to help where they can. In fact, the survey found that 83 per cent of churches were directly or indirectly involved in supporting people with mental health problems, sometimes on their own, sometimes in partnership with others.

How, though, is it best to help? Someone who is better placed than many to answer that is Vanessa Lawrence, Adult Mental Health Chaplain at Southern Health NHS Foundation Trust. As a chaplain on the sharp end of caring for those with mental health problems she can see what can make a difference and how the church can help.

“Faith,” she says, “can be life-enhancing. The mystic Julian of Norwich spoke of God as ‘remedy’ and many in the early church focused on God as ‘medicine’.” In the Western Church, however, this view of the connection between body, mind and spirit was pushed aside by other concerns and it is only recently that the links between mental health and spirituality have come into the spotlight.

“It is fabulous that mental health has

been raised as an issue,” says Vanessa, but she cautions: “we have to have the right tools and skills to support people.”

The key, she says, is: “to create spaces where people feel welcome and safe, where they can feel heard and accepted and differences can be celebrated not washed over. Our churches should be places of sanctuary and true hospitality. Churches need to look at what hospitality means in real terms—being listened to and recognising otherness, celebrating difference. People need to be assured that when going into a church they will not find judgment and will be accepted.”

Among those who need to feel safe are clergy themselves. “As church leaders we feel just as much judged as our congregation do and until we are open about our own vulnerabilities we won’t move on. We are all broken and we all need that sense of being loved.

“The church needs to help clergy be self-aware about mental health. If clergy can model good mental health awareness they can support others struggling with mental health.”

Vanessa advocates that clergy should try to undergo reflective practice and support each other. They, like all of us, should also try to maintain a balance. She adds: “Life is a sacred gift and we need to spend time on balancing, otherwise we are wasting that gift of life. St Benedict advocated a certain amount of the day for work, a certain amount for leisure, a certain amount for food. Balance forms the building blocks of mental health and enables us to flourish.”

Putting it into practice

Clergy, licensed lay workers and staff directly employed by the Diocese of Winchester who are struggling with mental health problems can receive help from a confidential counselling service with trained counsellors. For further information visit <https://www.winchester.anglican.org/documents/counselling-resources/>

Tree of Life Café

Mental health problems can be isolating, and isolation can cause or exacerbate such problems. A welcoming safe space where you can have a cup of tea or coffee and chat to others can be a lifeline, especially if there are people on hand to point you to support in the case of a growing or imminent crisis.

This is the case with the Tree of Life Café which has been running for several years in Romsey's Caffè Nero every Monday afternoon, and has been so successful that it has spawned a second one on Wednesday afternoons in Caffè Nero in Winchester. The Romsey café is run in conjunction with Caffè Nero, Romsey

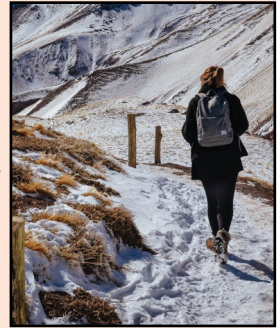


Picture by Nathan Dumlao on Unsplash.

Abbey, a local mental health charity Triangulate and Southern Health NHS Trust. The Winchester café is a joint project between Caffè Nero, the cathedral and Winchester Rotary Club. It's a place where everyone is welcome to chat, discuss wellbeing and spirituality, or simply enjoy company. The drinks are good value too at £1.50.

Bumpy Road

Bumpy Road is a course piloted by North Baddesley and designed to help those living with mental health problems. A six-week course was run last year exploring how Christian spirituality and practice might help alleviate some mental



Picture by Paz Arando on Unsplash.

health issues. Anyone was welcome, regardless of whether they had any faith, and the course emphasised the complete lovingness of God, making it safe to speak as personally as anyone wanted without fear of rejection. One participant said afterwards: "This course showed me that, even if others judge me, God does not. He accepts and loves me as I am. That was a complete revelation to me."

The course is now being refined and a new one will start soon.

Hasna Khatan—building a community



Above: Hasna with staff from Mettricks. Below right: A Christmas play with a difference

Hasna Khatun eyes up some deep steps and a wide space outside at Centenary Quay, Southampton. “When I first saw this I thought it would be perfect for drama,” she says.

Drama is just one of Hasna’s passions. She has a background in politics, education and acting and is now a Pioneer Minister, living in a flat in the new development which is Centenary Quay, Woolston, and being a presence of the church.

A curate in Sholing Benefice and funded by Jerusalem Trust and the Mission Growth Fund, Hasna spends her days meeting people and is particularly drawn to Mettricks Coffee Shop which she sees as ‘Centenary Quay HQ’. There she is welcomed and it was here she put on a Christmas play “with a difference”. “It went better than I hoped for!” she says. “So many people were praying, for which I’m eternally grateful. The staff and customers were delighted. James, the manager, wanted it to be longer,

louder and repeated every week in the run up to Christmas! So we thank God for this encouragement.”

She believes that the people at Mettricks have got to know her as their minister, an unspoken status which has come from her focus on relationship and community. “It takes several months to build relationships and at least six months to do active listening and observation,” she says. So she listens, observes and comes alongside people and asks: “What does building a community look like?”

She adds: “We have to think through how the parish model serves a community that is transient and not there on a Sunday—many of the people are away at the weekend and then other families come to eat in the coffee shop on a Sunday. On Sundays the place is buzzing with people who travel from outside of Woolston. People meet here for family time.”

For Hasna, God's mission is happening in the community. "The way I work is the way I see God's mission. It's God's mission not *my* mission. God is already on the case and will raise opportunities. I have dreams and visions but it's a case of understanding, relaxing and enjoying the journey. I'm excited about what God is doing because of the doors he is opening. Does it matter if I don't know what is going to happen in a year's time? I am also so humbled by the way I have been received here."

She doesn't work alone. Pioneer Ministers work with others and Hasna receives a great deal of support from Greg and Jane Bakker from Sholing as well as from Jon Oliver, her Pioneer coach. Added to this there are several people from a mix of denominations who are constantly praying for God's mission in Centenary Quay. "I have the backing of enablers," she says. "The support of people who want to enable God's mission, people who think outside the box."

Among those she spends time talking to is the local Methodist minister Carole and the two meet regularly to bounce ideas off each other about making God's

presence known in the area. Hasna also spends time in the library helping with storytelling for pre-schoolers. "I enjoy being a helper. It's really amazing to see a lot of pre-school boys getting into books as this was one of the concerns for primary literacy specialists when I was a teacher. Children getting into literacy has an impact."

In everything she does locally, Hasna strives to put the Gospel into the context in which she finds herself. "It's important to remember what has happened here," she says. "Woolston is mainly white, working-class. They have seen developers come and do away with the docks and commence a gentrification process. People who have moved into Centenary Quay are working professionals who go away at the weekends. Another lot come in for lunch at Mettricks at the weekends and there is a third group who remember the area as it was."

It is in this context that she is seeking to share the Gospel and she asks: "Please pray for us and God's mission in Centenary Quay and we will see God's kingdom come."



Mission in practice – Churches at work

How Eve helps girls stay in education

Those nifty with a needle and thread at **St Mark's, Highcliffe**, have begun the 'Eve Project' in support of the Christchurch Deanery link with Kinkiizi, Uganda.



The team at work on the Eve Project

Young girls in many places in Africa do not have access to many supplies during their time of menstruation and they do not attend school during this time. Statistics show that there is a huge drop in the number of teenage girls staying in education.

At St Mark's, parishioners are making

washable Personal Hygiene Kits which will be distributed by Gill Tybjerg on her next visit to Uganda.

The hand-sewn kits consist of a

drawstring bag containing two panty 'shields' and eight liners.

Christine Clode from the church adds: "We also send two pairs of pants and a flannel and of course our love expressed in a gift card".

For information on the project contact Christine:

cclode@sadie2.madasafish.com

Building on faith with LEGO

On the third Saturday of every month at **Romsey Abbey** it's time to do a bit of building—LEGO-style.

That's when LEGO Church takes place. Billed as 'fun...food...faith and free', it's a chance for children and adults to come along and build with LEGO and then hear and discuss a faith story. "Each time we have different tables with a picture

prompt for things to make from LEGO," says Rhiannon Wilmott, Children and Families Worker. "Mostly they're props for the story but sometimes they're things that help us to think about different parts of the story."

Most of the LEGO has been donated and Rhiannon says: "It's not a huge event but it's warm and welcoming and growing."

Contact us:

Please let us know your news, both events that have happened and ones yet to come, and send us photographs, preferably high resolution jpegs.

editorial@winchester.anglican.org

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