



North Bedfordshire Circuit

The **Methodist** Church

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Harvest - Easter 2026 / 27

On a good day, enjoy yourself;

On a bad day, examine your conscience.

**God arranges for both kinds of days so that we
won't take anything for granted.**

Ecclesiastes 7:14 MSG

Circuit information...see Circuit Matters on page 7 for further details.

Saturday 17th October, **Circuit Growth Planning Meeting**,
see page 21 for more details.

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IMPRESSIONS OF CONFERENCE

by Rev Paulette Tedd

I emerged with my cohort of Ordinands, from a week of quiet retreat and preparation at Cliff College, into Telford International Centre. I think I can speak for the others and say we were in a very reflective, assured, prayerful space, and ready for the long-anticipated entry into full Connexion at Conference and Ordination at Shrewsbury Abbey.

A few of us made our way to registration which took place at the bottom of a wide slope, leading up to the conference hall. After receiving our lanyards, we progressed up the slope to see and hear what was going on in the hall. We were met by a tidal wave of Ministers exiting through a number of double doors, making their way down the slope towards us to refreshments on the ground floor. The Presbyteral Session had just finished and in that moment, I was intimidated by the sight of former Presidents and Vice-Presidents, my Probationer Minister whom I observed at the beginning of my discernment process during lockdown, and a Tutor Minister from The Queen's Foundation, from the academic stage of my training. I even saw a former Probationer from when I had yet to "emanate from the pew", as Thomas G Long says, in his book *The Witness of Preaching*. Recognition of these Ministers and others impressed upon me the part they had played in my journey to Ordination. This caught me by surprise. Multiple Ministers spilt out from the conference hall, chatting no doubt about the session or taking a snatch of time to catch up. I suddenly became very aware of how many Ministers had been a part of my faith and formation journey.

I was wakened from the slumber of a silent retreat and thrown with a jolt into a new reality. It was a little like the final scene of the Wizard of Oz when Dorothy Gale wakes from her dream surrounded by her family members who had been with her in the land of Oz. As the viewer, we recognise the Scarecrow who has a huge brain for calculus, the Lion who is courageous, the Tin Man who has a heart, not to mention the powerful Wizard of Oz himself, wise and loveable if slightly dodderly and a little eccentric. This might sound a little syrupy, and maybe you're struggling to see the link between a much-loved film and my experience.

I was struck by the weight of collective work and togetherness of delegates and their various tasks. Part of their role was to help me through the discernment process and encourage me to become a Methodist Minister. Offering their time and prayers was simply one of their many gifts. Conference is both a place for the conduct of serious business, e.g. discussing the church's position on assisted dying or continued discernment on online Communion. It also appeared to me to be a gathering where the Methodist Church can truly experience what it is to be connected and know that churches and Ministers are not on their own. The loud rumble of voices filtering into the air spoke of passionate discourse and no doubt differing views, all being held together. The experience also spoke of reconnection. Is it a step too far to say "there's no place like home" when we think about Conference? I will continue to reflect and ponder that question. You might want to do the same.

Paulette

UPDATE ON

Wootton New Life Methodist Church

When John Caves requested a 'Brian' from Wootton to write this piece, he helpfully supplied the words Thea produced for Wootton's update in the Winter 2022/23 issue.

Much has changed since then. Not least with the death of Thea, and several of our other key leaders moving to pastures new.

However, Wootton New Life Methodist Church remains an active part of God's Kingdom. We continue to subscribe to Thea's opening words: *'We still hold fast to our philosophy to inspire everyone in the church to have a passion for Jesus and His Kingdom, in the community of Wootton and wherever God sends us. This means that our church may be used as a stepping stone on their journey for some people as they come, hear God's message and then move on.'*

We are blessed with a team of willing and capable volunteers who offer breakfast each Sunday, from 10.00am before our service starts at 10.30am. We do not count the numbers attending each week, but it is usually in the region of 25, including a number of children who enjoy attending 'Treasure Seekers' (for ages 4 to 11). The Treasure Seekers leaders choose a lively action song for us to sing at the beginning of the service, before they go off to their time together.

Knit and Natter continue to meet on a Monday. All are welcome. Knitting is optional. A number of regulars come along for a drink and a natter, plus whatever else is on offer.

On a Tuesday a number of us meet for Prayer, Fellowship and Bible study, ably led by Brian and Joyce from 9.30am. We spend about 30 minutes praying, then pause for a cuppa plus biscuits – and even cake if someone brings it along! We then sing a few songs and reflect on the readings that were used in Sunday's service, sometimes adding to what

the preacher has said, sometimes affirming the things the preacher has said, and occasionally disagreeing with what the preacher has said.

On a Wednesday morning Neighbourhood Chat meet. This started a few years ago, when a resident in the village enquired if they could meet in our hall, as the “friends’ group” had outgrown their homes. Attendance is often high 30s to low 40s (that is number, not ages!). All are welcome to join the long table (no ‘holy huddles’) and chat ...

On the first Monday of the month, the Neighbourhood Chat team plus others run a Memory Gym for those living with, and those supporting those living with, a variety of memory issues. This is well supported by folks from the village, and slightly further afield. Thanks are given to Tibbs Dementia Foundation who gave some initial training and oversight to establish this much appreciated venture.

The main church-led activity on a Thursday and Friday is Girls’ and Boys’ Brigade, ably led by Nicola and Allan Tressider, with the support of a number of trained leaders and helpers. Numbers on the books total in excess of 70. They have this year been celebrating their 10th anniversary in Wootton. This summer they (along with Brigades from Newport Pagnell) have held a successful camp at Teignmouth in Devon. This autumn a number from the Brigades Band will be travelling, as part of a bigger group, to the Menin Gate in Belgium and to France, visiting some of the battlefield sites from World War I.

I close with the words Thea ended her piece with back in 2022, *‘Things may have changed for us, but we stand in the love and strength of God, are listening to His plans for us and are committed to doing His Work in this church and in our community’.*

Brian

Circuit Leadership Team Update – September 2026

Happy New Methodist Year!

Thank you to those who have reached out to me following my reports in the two previous Circuit magazines. I know some of you will be thinking, “Oh joy, here comes our little ray of sunshine again!”

Before I continue with this update, I want to take the opportunity to reflect on two wonderful Circuit services that were held in the summer: the uplifting Testimony Service ahead of Rev Paulette’s Ordination, especially the singing from the Sweet Sound Choir Milton Keynes which Paulette is a member of, and the Farewell Service for Rev Chris and Rev Leslie. For those who could not make the Farewell Service, it was a very special, uplifting and humorous occasion, as we reflected on our journey with Christ and the journeys that Chris and Leslie had and have been called to follow. We continue to pray for Chris in his new Circuit and for Leslie, Geoff and Wookie as Leslie sits down and hopefully enjoys a more relaxed way of life. I am also pleased to welcome Rev Zena Smith, who joins us in the Eastern side of the Circuit. By the time you read this we will have held the Welcome Service for Zena. We all look forward to working with you, Zena, in the Circuit over the coming years.

Alan Davis

As we reflect on journeys, it was with great sadness that we learned of the death of Alan Davis. Alan was a member of Priory Methodist Church, and since 1991 he had been a much loved Local Preacher. For a number of years he was a superb Circuit Steward. We give thanks for the life of Alan, for his faithful service, for his clear direction and purpose, but above all for his humour and love. The prayers of the Circuit are with his family at this time.

Breaking news

Jane McVey has decided after over eight years that from December she will be stepping down from her role as a Circuit Steward. Jane for a number of years was also our lead Co-Ordinating Steward, inspiring and guiding the team through all sorts of moments. We are very grateful for all Jane’s work as a Steward, for her leadership, passion, energy and drive. She will be missed by us all.

It could be you

As I write this report, I have just prepared the PowerPoint slides for this Sunday's worship. The theme is 'Taking up your cross' - focussing on Matthew 16:24 **"If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me". [NLT]**

With Jane leaving us, we are looking for two people to join our Circuit Stewarding Team. Could this be your opportunity to 'take up your cross' and serve God in a new way?

We are a wonderful, friendly team of lay Stewards who work with our Circuit Manager and ministerial team. As a Circuit Leadership team, we meet three or four times a year (quite often on Zoom), and we attend the full Circuit Meetings. We organise the manses, oversee the Stationing process to welcome new Ministers and generally keep things ticking along.

Why not come and join us?

If you would like to know more information, please grab one of the Stewards or give us a call: our details can be found in the Circuit Magazine. This is your opportunity to use your God-given gift in a new way to serve God as we bring Methodism alive in North Bedfordshire.

In addition to Stewards, we are also hoping to find five people who would like to support us as 'manse friends' (we might have to work on the title for that!). The 'manse friend' would be someone who can help our Manse Steward Christina with the practicalities of overseeing the manses. Our aim is to find five volunteers, so each person can help look after just one manse each. The role won't be too onerous: it will be things like, when we have a changeover, could you (as a local person) hold the keys and let in people like the decorators or carpet cleaners? Can you hold the keys and welcome the new Minister when they arrive? Could you be a contact at the end of the phone if the Minister finds their hob isn't working – because their wife accidentally turned off the isolator switch without realising (I won't tell you which one that was! – lol). Our Manse Steward Christina works full-time, so it is difficult for her to be able to let people in for these kinds of jobs when the manse is empty. We are hoping that by having someone local to each manse it would help out; it also would mean that person would get to know the manse and how things work, which would help the incoming Minister to feel welcome. If this sounds like you, please reach out to Christina or Stephanie our Circuit Manager.

Ray of sunshine

Now coming back to me being a ray of sunshine within the Circuit! (said no one ever!)

In my previous two reports I outlined the state of our finances and my view on what we needed to do about membership. On the financial point, things are looking better than the picture I presented. As a result of not having our new Deacon join us until February, we have been able to reduce our expenditure, which means the increase in the Assessment is likely to be less than we had expected – praise the Lord!

With regards to membership, I am very pleased to hear, from the people who have reached out to me, that most of you want to ‘Grow’ especially growing the Christian Faith, and the ‘Go or Grow’ options I presented were a bit of a wake-up call. Now this wasn’t something we were unaware of: it’s a bit like that pair of dirty socks that you lobbed at the washing basket, which missed and went down the back. You know they are there; you just don’t ever get round to picking them up and putting them in the washing machine! (hmm, maybe that’s just me!)

Marjorie, one of the congregation at Kempston East (formerly from Cranfield) has written a book about the church, a celebration of its building, people and faith. She asked me to contribute to it, to tell my story of how I ended up there, and in doing that it occurred to me that my story, which isn’t especially exciting, may be helpful as we contemplate how to grow.

How did I end up at Kempston East?

My parents moved to Kempston when they got married. My mum had always gone to the Church of England church in Cranfield, and my dad to a CofE church in Bedford (he even got a choir medal which I found amusing as he never came across as a particularly tuneful singer!). Once they had moved to Kempston, they decided to visit a local CofE church as that was what they were used to. When they arrived, they sat in a chair and an elderly lady reached over and said, “You can’t sit there, that’s whoever’s seat”, so they got up and moved and the same happened again twice more. Mum and Dad decided to get up and leave. This clearly bothered my mum a great deal, as not only did she tell me this story some decades later, she was still moaning about it when she went to work on the Monday. Mum worked at Lloyds Bank, and her manager was the late Brian Fox, who many of you will know was the organist at Kempston East for a long, long time. He said to her, “Why don’t you come to our church; we will make you welcome”, and she did, and she immediately felt at home.

Another person who contributed to me being ‘a Methodist’ was the late Gwen Smith from Kempston West (her son Peter, daughter Jean and daughter-in-law Lynda still play a leading role at the church). My mum was travelling home on the bus with my then very young sister, as Gwen (who was Captain of the Girls’ Brigade at Kempston West), reached over and encouraged mum to bring Aimee

to Girls' Brigade and they got chatting. Aimee joined Girls' Brigade and then my brother Stuart joined Boys' Brigade, and once I was born, I followed them into the Brigades, something I am very much involved in today. In fact, from 2006 to 2022 I served as the Company Captain of our company in Kempston.

I remember when Mr Baker (who is very active in our Circuit, worshipping at Park Road Bedford) announced his retirement having served as Boys' Brigade Captain for 33 years. After a few weeks, he approached me, and asked if I had thought about being the next Company Captain. I replied "no" and he said, "I think you would be good, so have a think about it". I went home and I talked it over with my parents and agreed.

Now the appointment of a Boys' Brigade Captain is actually made by the Church Council, and at this point I wasn't really attending church, having opted out in my late teens. The Church Council were happy with me becoming the Captain, but they wanted me to be a church member. Never one to make things easy, I wrote back to the church and politely explained, that for me, becoming a church member was more about my personal faith and commitment to God, and that I wasn't willing to become a member, just to be their Captain. I gather that at the time this caused some concern within the church as they thought they had upset me, which they never had, and I received a heartfelt apology letter, and my appointment was confirmed.

Whilst I was Boys' Brigade Captain, one of our Church Stewards (Geoff Hutchings) was allocated Boys' Brigade as one of his areas of responsibility, and he took this role very seriously. He would pop along every two or three weeks. In his younger adult years he had been a football referee, and he would share tales with the lads, he would take part in our devotional rota; he really mucked in. One day Geoff gave all the leaders a "Back to Church invitation card" inviting us all to come back to church. It worked - ten of the younger officers (I was still classed as young back then!) came to church, and I have never stopped coming since (apart from the odd holiday). Did I go to especially find God? If I am honest, no. I went because of Geoff, because he cared for and invested in us, and I wanted to repay that, as I knew it would mean the world to him.

In 2013 when Rev Matt Fugill was our Minister, seven years after I became Captain, I decided that the time was right to become a member. Our membership service was held on Easter Sunday. At this point in time, I did not know the challenges that would shortly lie ahead. When I was just 34 in March 2014, my mum passed away suddenly after a very short battle with cancer, and just 11 months later my dad collapsed and died of an aortic aneurism. Within 12 months my world had significantly changed.

My faith, my friends at Kempston East and the people around me were my rock getting through these difficult times.

So why am I sharing this with you now?

1. Never underestimate the importance of making people feel welcome in our churches. A small tut, a dirty look or an unintentional frown when a baby cries is all it takes for people to not feel welcome. My mum and dad never set foot in that church again for the rest of their lives.
2. Never underestimate the importance of those small conversations. If Brian Fox hadn't told mum about Kempston East maybe we wouldn't have come here. If Gwen hadn't encouraged my sister to join Girls' Brigade, maybe I would have never been the Boys' Brigade Captain. If Mr Baker hadn't spoken to me about becoming Captain, maybe I would have missed one of the proudest parts of my life. If Geoff hadn't encouraged me to come back to church, maybe I would have gone through one of the most difficult stages of my life on my own. If Rev Matt hadn't supported and encouraged me to be a member, maybe I would still be searching. All of these people, and many more, have played their part.

Across our Circuit and our individual churches, every one of us has a role to play, so that we can grow and not have to go, and I hope my story encourages you to reach out and to just talk.

Last November, Rev Silas and our District Discipleship Enabler Angela led us in a session on Spiritual Growth, helping us to grow spiritually so we can confidently share the Christian message. In October we will continue with missional growth, exploring how we can use our mission to give us purpose and direction. Both of these are behaviours that will enable us to bring more people to faith, the Christian Faith, experiencing the love of Jesus. I hope that you will support this second session. We were delighted with the attendance at last year's event, and I hope this will be equally well supported. See page 21 for details.

I hope what I have talked about in this report will be helpful. For those who want to read my story in more detail, you'll have to get Marjorie's book (available from Kempston East with a donation), I am pages 442-457, the last of a number of wonderful Kempston East characters.

What is your story, and how are you using that to spread the good news?

May God's blessing be with you all.

Phil Timms

Co-ordinating Circuit Steward

NORTH BEDFORDSHIRE CIRCUIT – OUR CHURCHES

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Visiting Preacher

Jenny Benfield

Most of you will only know me as Cheryl Benfield's sister, although some of the worshippers at Kempston East may claim closer ties through my attendance at services when visiting Cheryl. I have always been warmly welcomed, and as a Local Preacher I have taken both a Guild Anniversary and a Missions Sunday at Kempston East and a Missions Sunday at Flitwick in the past. The kind offer for me to contribute to this present issue of the Circuit Magazine is because I shall be taking the Missions Sunday Service at Kempston East in November as a 'visiting preacher'.

This leads me to explain the reason for my deep interest in what would have been called in the past 'Overseas Missions'. I spent five years teaching at Mary Hanney Methodist Girls' Secondary School in Oron, South Eastern Nigeria in the 1970s. It was probably the most formative time of my life from the point of view of my faith and the development of my career in education. The school was in a village two miles from the nearest small town of Oron, which in turn was two hours across the river from Calabar (of Mary Slessor fame) – a fairly isolated community. This situation encouraged me to depend on God and to trust Him in all circumstances, which grew my faith in many ways. I was also left in charge of the school at times, which was very challenging for a relatively inexperienced teacher, and this grew my confidence in relating to colleagues and students alike.

I was joined for my last year in Nigeria by Alison Redmore (née Pearson) who was a volunteer with Voluntary Service Overseas,

and this may be of interest to those of you who remember Rev Paradine Frost as a Minister in Kempston, and his daughter Jean Pearson (née Frost). Alison is his granddaughter and Jean was Alison's mother. Alison and I keep up our connection with Nigeria as Trustees of the Nigeria Health Care Project, which I shall be talking about at Kempston East in November. We also keep up with our old Mary Hanney students, and we had a wonderful reunion in London last January with some of those who now live in the UK.

From this you will gather that Nigeria and its people are very close to my heart, and I shall never forget all that I learnt from the experience of living and working in a different culture. However life moves on and I am now very involved in village Methodism in the Bury St Edmunds Circuit. I take about five services a quarter and I am often accompanied by Tigs the Lion, who communicates well with young and old alike. He was very popular during lockdown, when he contributed to the online Circuit 'Thought for the Day' about every ten days and afterwards compiled a booklet, which put those 'Thoughts' into print. He will be present at Kempston East in November, and wearing his Nigerian hat!



I am sure that I echo the faith of all of us when we look back over what has been, what is now, and what shall be in our lives with words from that great Methodist hymn '*This, this is the God we adore*' – '*We'll praise Him for all that is past and trust Him for all that's to come*'. (Singing the Faith 67).

Jenny

MWiB Conference 2026 by Jenny Snelson

I had often thought of attending the MWiB Conference over the last few years, especially when hearing about it at Circuit MWiB meetings, but never got round to it for various reasons. In 2025, after attending two District Days, one at Biggleswade and one at my own church, Putnoe Heights, I asked Bronwen (Bronwen Braisdell, Communications Officer MWiB) to let me have details of the 2026 Conference as soon as booking was available. She did so, I signed up and paid my fee before I could change my mind. I was the only one going from our Circuit, but I looked forward to experiencing the friendship and fellowship that I had been told exist at the Conference.

MWiB Conference 2026 was held at The Hayes Conference Centre, Swanwick, Derbyshire from 10th to 12th April: a lovely, peaceful setting for a Christian gathering in the middle of the Derbyshire countryside. I travelled by train to Alfreton (the nearest station) where the helpful stationmaster called a taxi to take me to The Hayes Centre. I was looking forward to a weekend away from home, as my close friend and fellow Church Steward had died following a short illness on 31st March and I, along with all our church family, was still coming to terms with the fact. Sometimes in these situations it is good to be somewhere on your own but not alone, and this is how I felt. From the time I arrived at the centre I felt I was in the right place.

Once I had registered and received a very nice MWiB tote bag with information on the programme etc., with others I looked around the centre, had a cup of tea then explored the lovely grounds after finding

my room and leaving my luggage. Our evening meal was scheduled for 6.30pm, self-service cafeteria style dining, and I sat that evening with a group of ladies from the Manchester area who were most welcoming. We chatted about all and nothing: true friendship and fellowship. I felt surrounded by this love, friendship and fellowship all weekend.

After dinner, at 7.30pm all newcomers to the Conference met in the Main Conference Hall to be welcomed by members of the executive and others before the Conference gathered at 8.00pm. Everyone was welcomed by our Co-Chairs Leonora Wassell and Olive Ruvimbo Ruzvidzo and our keynote speaker, and others were introduced. Evening devotions followed led by Olive. Late-night options were Worship Disco, Circle Dancing or chatting in the bar area. I did stay for a short while at the disco, then decided it was time to retire to my room. The rooms were very comfortable, en suite with kettle, tea and coffee provided to make yourself a drink.

On Saturday we had the options of joining others for early morning prayers, going on a prayer walk or having your own private prayer time in your room. Breakfast was available in the dining room from 8.00am-9.00am, then at 9.30am we all gathered in the Main Conference Hall for devotions led by Madeleine Reed (Helen Kim Memorial Scholar) prior to hearing our keynote speaker Carolyn Godfrey, whose theme was “Where Power meets Purpose: Small Acts that Change the World”. Carolyn spoke with great humility, wit and insight – a truly inspirational speaker. After our coffee break we had a MWiB version of Dragons’ Den, and great fun was had by all. We were seated at tables of 8-10, and most of us had never met before. Each table had to decide who would be the spokesperson for their table, then make up a request from their “church” to the panel. We were given five items that had to be mentioned in our request for funding. The ideas that people came up

with were amazing, and the presentations were really good. I was not on the winning table!

After lunch we had the choice of workshops. I went to “*Hopes and Hazards*”, an interactive presentation by Rebecca Wakelin, an All We Can worker, exploring the small ways we help that make all the difference. We had to choose two workshops, each of them lasting about one hour. One of the options was “Quiet Time”—time to yourself to recharge batteries - which was the other one I went for. After refreshments we had free time to look at the stands and stalls in The Marketplace which included a book/card shop, Fairtrade, Epworth Old Rectory and others. In the Main Conference Hall, the *World Federation of Methodist and Uniting Church Women (WFMUCW)* had a stall raising funds to help fund representatives attending the 15th World Assembly in Auckland which was held in August. We were invited to pin a feather on a picture of a kiwi, for a donation of course; guess how many beads in a large jar; buy a printed word search, or just give a donation. At the end of the Conference, I found my guess was the nearest and I was presented with a book written by Alison Judd, World President of the *WFMUCW* from 2016-2022. A very interesting read. She also signed it for me.

Our evening meal was at 6.30pm with Conference gathering in the Main Hall at 7.30pm for feedback from workshops, then Madeleine talked about her time as Helen Kim Memorial Scholar. This was very interesting, as in my ignorance I had never heard of HKMS. Then came Co-Chair news followed by closing devotions, leaving free time to chat. Chaplain support is available all weekend, and on Saturday evening I felt in need of someone to talk to about losing Sue and what that meant to me and our church. I met with Barbara Easton and was able to talk about all my concerns. She was very understanding and empathetic and so comforting, helping me to put my head in a better order. I felt again

the overwhelming love, friendship and fellowship being part of MWiB attending Conference.

After breakfast on Sunday we were required to clear our bedrooms of luggage before Conference continued. Storage of luggage was arranged in main building. Our morning session started with Bible Study led by Rev Jenny Pathmarajah, who was also our pianist for the weekend. The title was: *"Is the Bible a handbook on how to abuse women"*. In our programme there was a "trigger warning", so anyone who didn't feel comfortable with the subject material could give it a miss. Jenny's presentation was amazing: it was based on Judges 13, 14 and 15, including the story of Samson and Delilah. It certainly left us with food for thought. Included in Jenny's notes in our programme: 'This study invites you to have your understanding of these texts turned upside down. It encourages a re-reading of Scripture with fresh eyes, enabling us to encounter God – and God's love for us – in a deeper, more compassionate, and more truthful way.'

Following coffee, we assembled again for a service of Holy Communion led by our Chaplains, with preacher Carolyn Godfrey. It was a very meaningful act of worship to finish the Conference. Lunch was available before we all made our separate ways home.

On my journey home I reflected on an amazing weekend that had made me spiritually stronger. Spending a time of Fun, Learning and Worship with 200 Christian women of all ages strengthened my faith. We all belong to MWiB through being members of our churches, and our calling is *"For women – for justice – for Christ"*.

Jenny Snelson

PASS THE FRUIT PLEASE

by Jenny Endersby

As I write this, I'm suffering a mild attack of my episodic version of chronic fatigue. Being mild I'm hoping it will be short-lived: to be able to measure its duration in weeks, not months would be wonderful. I've had this thorny issue for over thirty years, but it's only recently that I've positively identified gluten and potato as triggers and this attack has confirmed my suspicion that I'm now allergic to potatoes - eating something fried in the same oil as the chips was *not* a good choice!

It leads me to be even more cautious over what I'm eating, and it was disappointing attending a recent Circuit event where the multiple tables groaned from the sumptuous feast, only to find there was not one single thing I could happily consume.



They had catered for gluten-free with a small side table of delicacies and had gone beyond my expectations by providing sausage rolls. My problem was that the majority of gluten-free flour has potato starch added to help bind it together, and there was no ingredients list

for anything except the wheat-filled vegan sausage rolls next to the gluten-free cakes.

So I'm sending this plea to all catering organisers, on behalf of your allergy afflicted guests - please provide ingredients lists for your wonderful creations. Even better are shop-bought offerings still in their packets - being made under strict conditions we know we are safe with them. (I must confess here that I've unthinkingly greased the "dairy-free cake" tin with butter, and fed an egg-filled fruit cake to a vegan - happily he had his allergy medication to hand!) And as for those of us really awkward cusses with too many allergies to name (there are 14 recognised by the food industry and potatoes isn't one) a bowl of fruit can't go wrong...

... except for the 12% of hay fever sufferers who go on to develop pollen-food allergy syndrome!! 🐝

CIRCUIT GROWTH PLANNING MEETING

Date ----- Saturday, 17th October, 2026

Time ----- 10.00am-12.30pm

Place ----- Kempston East Methodist Church – New School Hall

Purpose -- This will be to go over our spiritual growth plans and to start on the next phase of missional growth.

ALL ARE WELCOME

Anjulita Court

Bramley Way, Bedford (access from Tyne Crescent) MK41 7GD

Communi-tea Party



Join us for our

Communi-tea party

Anjulita Court



Renewing, sustaining and growing the ministry of
the **North Bedfordshire Methodist Circuit**

OUR CIRCUIT BIBLE VERSE

*The **Lord** has told you what is good, and this is what **He** requires of you: to do what is **right**, to **love mercy**, and to **walk humbly with your God**. Micah 6:8 (NLT)*

Circuit Mission Statement

- We will follow the
Holy Spirit who is
calling us to **LOVE**

and be
DISCIPLES
OF JESUS

working for
GOD'S KINGDOM
- **God** with all our heart, soul, mind, and strength
 - one another, as **Jesus** loved His **followers**
 - all others, even enemies, as **God** does
 - becoming like **Christ**
 - behaving like **Christ**
 - bringing others to meet and follow **Christ**
 - that **God's will** be done
 - in the **Church**, and on **Earth**
 - for all, as it is in **Heaven...**

OUR CIRCUIT PRAYER

As your church in this place,
help us to do justice,
love mercy
and walk humbly with you,
O God.
Amen.

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If required, both are happy to meet people at the Circuit Office, c/o Putnoe Heights Church, Putnoe Heights, Bedford MK41 8EB

Magazine editorial information

A meeting to discuss the content of the next issue will be held using Zoom on **Friday 15th January 2027** at 7.30pm – contact an editorial team member for details (see inside back cover)
EVERYONE WELCOME

All **Articles** for the next edition of the Circuit Magazine to be sent to a member of the editorial team no later than **Sunday 21st February 2027**

Communication: We are trying to communicate the Circuit News by the most effective methods we have available, which include email, Circuit and church websites and a limited number of printed copies.

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