

Dear Friends,

When I woke up on Sunday morning, not only was there a bright blue sky, but I also noticed that the mornings are getting lighter. It might have been frosty outside, but there was a definite change in the lengthening of the days. When February comes, I always notice that we've turned a corner in the hours of sunlight.

The Circuit Prayer Diary for last weekend reminded me that it was Candlemas which is 40 days after Christmas. It marks the Presentation of Jesus in the Temple by his parents as recorded in Luke 2.22-40. Some churches, especially in Anglican and Roman Catholic traditions, make more of marking that period of the 40 days after Christmas. Some will keep their Christmas trees up until Candlemas and have special services on 2nd February.

One of the churches we prayed for in the Prayer Diary on Sunday was St Michael's Church, Sheerwater. Providentially, I had popped into St Michael's the week before, on a visit around that part of the Circuit. The church had a Christmas tree up (pictured) but it was a tree with a difference. The children of the Pop-Up Café at St Michael's had made a bug hotel to make room for others, including little insects. Made from recycled and eco friendly materials, the tree shows how Jesus came to save the whole world – bugs and all.



When February and Candlemas come along, the days gradually get longer following the darkness of January, which for many is a dreary month. Yet it's not all brightness yet. Monday 3rd as I write this, is an overcast and grey day. We also have the season of Lent to come as we share the journey of Jesus to Jerusalem and the Cross. Some churches turn their Christmas tree into a cross during Lent and then decorate it with flowers on Easter Day.

Although it can still be cold at this time of year, and the hours of darkness still outnumber the hours of light, we look forward with hope and expectation to the new life and light which Jesus offers to the whole creation – bugs and all.

Shaun

## Resources/Good News

### Time to Talk Day – Thursday 6 February

#### Time to Talk about Men's Mental Health

Men often feel there is more stigma attached to talking about emotional problems compared to women. But support is available. Peer-to-peer support groups offer a safe space for men to talk about what's troubling them without fear of judgement or criticism.

The link below provides information on peer-to-peer support groups offering safe spaces for men struggling in Surrey.

[Time to Talk about men's mental health - Surrey County Council](#)

### Quiz night 7th March, Guildford Cathedral

Guildford Cathedral is hosting a pub-style quiz night. Gather your friends/family/neighbours, enjoy a delicious meal, and test your knowledge against other teams. Ticket prices include dinner and a contribution to the Cathedral.

[Guildford Cathedral - Box Office](#)

# LIVING WITH ARTHRITIS?

## FREE SESSIONS FOR PEOPLE LIVING WITH ARTHRITIS

Join us for an Information Support Talk that covers a range of issues faced by people living with arthritis. The sessions will be delivered in a group where you'll meet other people facing similar issues and will spend a couple of hours finding out where you can get support and exploring ways to manage your symptoms.

Where: - **Guildford Institute, Ward Street, Guildford, Surrey, GU1 4LH**

**Managing Fatigue** On: - Thursday, 20th February 2025 **Time: - 10:30 AM – 12:30 PM**

**Managing Pain** On: - Thursday, 20th March 2025 **Time: - 10:30 AM – 12:30 PM**

**Places are limited so register now to avoid disappointment!**

TO REGISTER FOR THIS SESSION:

Complete our online form: <https://forms.office.com/e/Aj7Y5eHXvx>

Or Scan the QR code below and fill in your details.

For more information email us at: [southeastdelivery@versusarthritis.org](mailto:southeastdelivery@versusarthritis.org)

**GUILDFORD**  
**VERSUS**  
**ARTHRITIS**





## 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**



# 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!**



Stay for **FREE** tea,  
coffee & a chat

### Clothes4U

*Pre loved clothes with TLC*

from

**Knaphill Methodist Church**

Broadway, Knaphill, Surrey GU21 2DR



**Saturday 15 February 2025 2 - 4pm**

To claim your **FREE** clothes, collect a voucher from 30+ places in Surrey.

Email us to find out where they are: [clothes@knaphillmethodist.co.uk](mailto:clothes@knaphillmethodist.co.uk)



[www.knaphill-methodist-church.com/clothes4U](http://www.knaphill-methodist-church.com/clothes4U)

[clothes@knaphill-methodist-church.com](mailto:clothes@knaphill-methodist-church.com)

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

**JANUARY – FEBRUARY  
2025**

**10.30 – 12.00**



*Everyone welcome*

**SAVE THE DATES!**

**Thursday 23 January**

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**Thursday 27 February**

# 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.

**14/2/2025 | 18:45 CHARTERHOUSE SCHOOL,  
GODALMING, GU7 2DX**

**A CHORAL EVENING FEATURING THE  
LONDON WELSH RUGBY CLUB CHOIR  
WITH GUEST SPEAKERS  
ANDY GOMERSALL & DONAL MACINTYRE**

**PLUS LIVE JAZZ WITH  
THE OMAR HAYES QUINTET**



**TICKETS ARE AVAILABLE AT  
[WWW.EVENTBRITE.CO.UK](http://WWW.EVENTBRITE.CO.UK)**

**THIS UNIQUE EVENT IS IN AID OF THE SAMSON CENTRE FOR  
MS  
SUPPORTING AND EMPOWERING PEOPLE LIVING WITH  
MULTIPLE SCLEROSIS**

# 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)**