

# Brunswick News



# LENT

**February - March 2026**

## ***“I’m going on an adventure!”***

At a recent Recovery Church service, we were encouraged to reflect on what our word of 2026 might be. This is a word which encapsulates something of our hopes for the year, perhaps also our expectations. Since this service I have had several conversations with friends in which I have prompted them to think of their own word. It is a useful exercise. What might yours be? If you’re finding it tricky perhaps another way of looking at this question is: what is God wanting for you this year, or what might God be prompting you to this year?

One of my friends chose the word *healing*. This was in reference to physical health but also for the healing of relationships. Another friend chose the word *resilience*, as they anticipate quite a difficult year. I have gone for the word *adventure*. When I think of a word like *adventure*, my mind goes immediately to an epic story like Lord of the Rings. In that story, goodness has the final word; but only after an array of characters have made themselves vulnerable, opened themselves to new relationships, ventured beyond comfort zones and showed some courage. I think all of these things came into my mind as I was choosing *adventure* for my word. Up ahead are some unknowns which daunt and excite me. I could perceive them as stumbling blocks on the one hand or an opportunity on the other. Part of the adventure is being willing to discover which it is, while all the while committing myself to, alongside others, keep plodding forward.

And that is a key thing to remember, adventures are rarely lone endeavours. It is often through our fellow adventurers that we find the strength to persevere. I feel blessed to count myself added to the cast of adventurers here at Brunswick. I am grateful for the experience around me to advise me against blindly stepping into that sticky bog the like of which Frodo encountered on his journey. But I am also encouraged by the humility amongst us that understands we all have something to offer, and often it is through the most unlikely sources that the right way forward is revealed, a key message from Tolkein’s writings.

I hope 2026 to be an adventure. It won't always be exciting, sometimes it will require big decisions – but I step into it with seasoned companions on the road and new friends waiting for me up ahead. Adventure – my word for 2026. What might yours be, and how can the community here, and the guidance of God help you to make that word, a reality in your life.

*Deacon Bill*

## **Catholic Carol Service**

It was a great privilege to be invited to read a lesson at the Roman Catholic Cathedral, St Mary's, for their carol service on 18<sup>th</sup> December. The setting was beautiful, the liturgy was moving and the readers were exceptional! It was a great joy afterwards to learn of the long and warm relationship the community at the Cathedral have enjoyed with us at Brunswick. I invite us all to consider how we can continue to develop that relationship with our Catholic friends. What hospitality can we extend to them, so we might grow stronger together in our worship of God? *Deacon Bill*



*Deacon Bill pictured with other participants in the Carol Service. On the front row, in brown, is Dame Chi Onwurah, the Labour MP for Newcastle Central and West, in which constituency Brunswick is. Dame Chi was presented with her Damehood at Windsor Castle on 13<sup>th</sup> January.*

# Church News

## Colin Wells

Colin died in his care home on Thursday 22<sup>nd</sup> January, surrounded by his family. Colin and his wife Barbara are longstanding members of our congregation – Colin since 1958 and Barbara since 1962! The thanksgiving service is on Friday 6<sup>th</sup> February at 12.15pm at Brunswick. Please keep Barbara and the family in your prayers.



## Advent/Christmas offerings

Thank you to all who contributed to these two special offerings:

Christingle service - almost £700 raised for Action for Children

Christmas Eve service - £173 raised for The Fund for Human Need

## Brunswick Calendar

We have some Brunswick Church calendars for 2026 available to buy at £5.00 each. These can be purchased from the church office or in the coffee shop.

## The Gathering

The Gathering meets fortnightly on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month from 2pm to 3:30pm. We do crafts, quizzes, play games and chat. Refreshments are also available so please come along and join us. All are welcome.

**Our Coffee Shop is open Tuesday, Wednesday, Thursday, Friday and Saturday, 10:30am until 1pm**



## Carol Singing

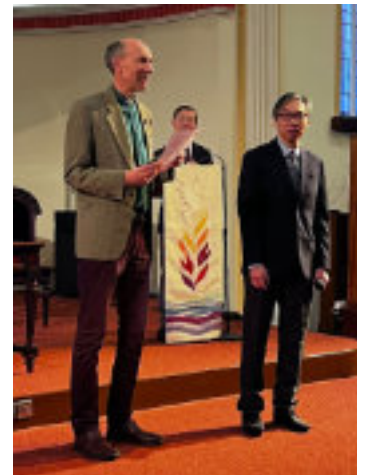
A big 'thank you' to all those who came and sang Christmas Carols on the steps outside our building on December 18<sup>th</sup>. The singers were a wonderful cross-section of our community – church members from both congregations, coffee shop



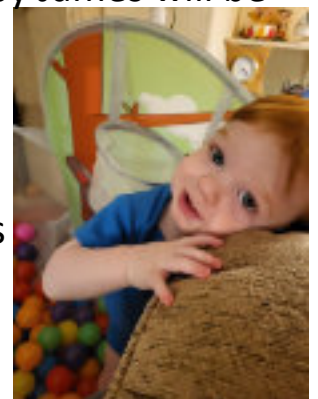
volunteers, members of Recovery Church, students from the International Student Centre, representatives from Her Circle, and more! And together our community reached out to the community around us – the shoppers, the workers, children, passers-by – with the message of Christmas. Much appreciation was expressed and important conversations were held.

## New Lay Pastoral Worker

On January 18<sup>th</sup> during the 1pm service, the new Lay Pastoral Worker for the Chinese congregation, David Lau, was welcomed. We look forward to getting to know David and his family in the coming weeks and months.



What a difference a year makes! It is hard to believe that Baby James will be one year old this February. He continues to thrive and has a wonderful friendly curiosity and loads of energy. He has been attending swimming lessons and will soon be walking on his own, too. Victoria and Callum are loving being parents and take every opportunity to take James out to explore and see the world, and are very excited to see what this next year brings.



*Martin Backley (proud grandad!)*



# A House Fit for a King

200 years of Brunswick Chapel, Newcastle upon Tyne  
Presented by

**Rev. Terry Hurst**

*At Brunswick Methodist Church  
Brunswick Place, Newcastle upon Tyne NE1 7BJ*

**Saturday 18th April 2026 at 2.00pm**

Admission £3 includes refreshments

**All are welcome**



## Forthcoming Worship Services

<b>Date</b>	<b>Time</b>	<b>Preacher</b>
<u>February</u>		
1	10.45am	Rev Paul Cleever-Thorpe – Holy Communion
8	10.45am	Rev Paul Cleever-Thorpe and Deacon Bill Topping
15	10.45am	Mrs Chris Carroll
22	10.45am	Mr David Stabler
<u>March</u>		
1	10.45am	Rev Paul Cleever-Thorpe – Holy Communion
8	10.45am	Rob Wylie and Deacon Bill Topping
15	10.45am	Rev Ann Shepherdson
22	10.45am	Deacon Bill Topping
29	10.45am	Rev Paul Cleever-Thorpe

Ash Wednesday – February 18<sup>th</sup>

Mothering Sunday – March 15<sup>th</sup>

Palm Sunday – March 29<sup>th</sup>

Maundy Thursday – April 2<sup>nd</sup> – Communion service held at 7pm

Good Friday – April 3<sup>rd</sup> – Worship held at 10.30am

Easter Sunday – April 5<sup>th</sup>

NB There will not be an Ash Wednesday service at Brunswick. Instead you can go to St Nicholas' Cathedral at 6pm, till 7pm, or check at your local churches.

# **Circuit Prayer Brunch and Prayer Walk**

**Saturday 21st February at Brunswick  
10.30am to 12noon**

**All are welcome to share brunch and conversation, followed by a Brunswick-themed Prayer Walk in our city, or you can stay at Brunswick and, with the help of Prayer Stations, pray for Brunswick, our work and witness in the city, and the wider Circuit.**

## **Brunswick Methodist Church**

Should you wish to make a financial contribution to the work of our church you can make a donation by bank transfer using the bank details below. All contributions would be gratefully accepted. Thank you.

Lloyds Bank

Brunswick Methodist Church

Sort code 30-93-71 Account Number 00254644

*The Revd Michela Youngson, the Assistant Secretary of the Conference, shares this prayer for Mothering Sunday, 15<sup>th</sup> March.*

Creator God,

We thank you for your love which shapes us and helps us to grow.

On this Mothering Sunday

we give thanks for women who have been examples of self-giving love, who have given time, wisdom and care to the nurture of children, their own or others.

We pray for those who find this a difficult day, who do not have happy memories of their own mothers, those who grieve for their mothers or for their children, and those who long to be mothers but cannot be.

We remember mothers in the Bible, giving thanks for the tenacity of Sarah the generosity of Hannah and the courage of Mary.

May your Spirit continue to shape us, heal us and guide us today.

Amen.

*Prayer for International Women's Day, 8<sup>th</sup> March*

On this International Women's Day,  
as we celebrate and give thanks for the achievements of women,  
we remember the women who have played a part in our lives.

Those who have  
nurtured us,  
taught us,  
inspired us,  
loved us.

Forgive us when we have limited women  
through inequality,  
by stereotype,  
by exclusion,  
through lack of opportunity.

On this International Women's Day,  
as we acknowledge the challenges women still face,  
we pray that all women may know equality  
of healthcare,  
of education,  
of wealth,  
of prospects.

We pray that all women may know themselves to be  
respected,  
safe,  
included,  
empowered.

We ask these things in the name of Jesus  
in whom there is neither male nor female.  
Amen

*Rev Rosie Frew, Church of Scotland Minister*

## BRUNSWICK PRAYER CARD - PLEASE JOIN US IN PRAYING EACH DAY THROUGHOUT THE YEAR

- 1st - Her Circle
- 2nd - Local transport infrastructure
- 3rd - Continued conflict in parts of Africa
- 4th - The Economy
- 5th - Recovery Church
- 6th - The rise of AI and technology
- 7th - Demonstrations around the Monument
- 8th - Coffee shop volunteers and its users
- 9th - Universities, Colleges, and Adult Education
- 10th - Cost of living and the economy
- 11th - War in the Ukraine
- 12th - Those in the office and our caretakers
- 13th - Service industries
- 14th - Government and its work in the nation
- 15th - Middle East - Gaza, Israel
- 16th - Junction 42
- 17th - Local Government for its work in our region
- 18th - Those seeking asylum
- 19th - Climate emergency
- 20th - Ministry team and their families.
- 21st - Nighttime economy, Street Pastors
- 22nd - The NHS
- 23rd - LGBTQ+ inclusion
- 24th - Church leadership team and our vision
- 25th - Ecumenical relations and churches in the city
- 26th - The Chinese Methodist Church
- 27th - Issues around race, and gender
- 28th - Ending violence against women and girls
- 29th - Groups in Brunswick: Anon and others
- 30th - Local retail and businesses
- 31st - Brunswick's Worship life

BRUNSWICK

CITY

UK

WORLD

## **BRUNSWICK CLUB PROGRAMME**

**February - March 2026**

**Meetings are held in the Church Hall on Tuesday mornings between 10.30 and 12.00noon**

**Note: No charge for first time visitors**

<b>Date</b>	<b>Speaker</b>	<b>Subject</b>
Feb 3	Jennifer Tindall	The Introduction of Tea, Coffee and Chocolate
Feb 10	Pat Lowery	Innovative Lit and Phil
Feb 17	Jeff Bennett	Art in Britain – First World War
Feb 24	Peter Sagar	In the Footsteps of Saint Cuthbert
Mar 3	Alan and Pat Porrett	Tyrolean Images
Mar 10	Anthony Atkinson	Tony Blair
Mar 17	David Faulkner	Newcastle's Chocolate Factory - A Sweet Story
Mar 24	Amanda Hepburn	Catherine Cookson
Mar 31	Mike Goodwin	Training Detectives

Programme Secretary: John Herdman, Telephone: 0191 487 9836

E-Mail: [johnherdman@blueyonder.co.uk](mailto:johnherdman@blueyonder.co.uk)



## Grace in Unexpected Places: Worship Behind Prison Walls

*Jill Foster shares how worship takes shape in the midst of prison life.*

*"Prison life is messy and unpredictable, but in that chaos, we encounter Jesus again and again."*

*"For where two or three gather in my name, there am I with them." – Matthew 18:20*

Life inside a prison is intense – both for those serving time and for the staff who care for them. As chaplains, we have the privilege of walking alongside people through life's highs and lows: moments of deep sadness, like grieving a loved one from afar, and moments of great joy, like celebrating release or baptism.

Our chapel services are vibrant and full of life – lively chatter, heartfelt prayers and songs that lift the spirit. Every day brings opportunities for connection: from welcoming newcomers during induction services to Sunday gatherings where the whole prison community comes together. We also share in a weekly Methodist Way of Life group, exploring faith and supporting one another on the journey.

### God in the Chaos

What makes worship here so special is its unpredictability. It's interactive, honest, and sometimes wonderfully chaotic. Questions, prayer requests and even unexpected moments – like the time a pigeon crashed into the chapel window, sparking a lively debate about whether pigeons go to heaven – remind us that God meets us in the unexpected. There are also profound times of vulnerability, when someone bravely shares their struggles and the community responds with prayer and compassion.

Plans often go out the window, replaced by something far richer – Spirit-led moments that touch hearts and transform lives. Yes, worship can be disrupted by gossip or laughter, but it can also be interrupted by holy wonder and raw

honesty. In those moments, we learn patience, love and what it truly means to be a community.

Prison life is messy and unpredictable, but in that chaos, we encounter Jesus again and again. Perhaps that's the lesson for all of us: to hold our plans loosely and let God lead us – even when life feels chaotic. Because in those interruptions, grace often shows up.

### How could you help?

Pray for those in prison and the chaplaincy team as they share God's love in challenging circumstances.

*Jill Foster is a Free Church prison chaplain based in Durham. She was, for several years, the Young Adult Worker here at Brunswick. This article is reproduced with her permission.*

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I have been trying to learn Portuguese for years and I've visited a few lusophone\* countries. This summer, I had two airline vouchers from the pandemic that I had to spend or lose, so I decided to try to visit some more. I stuck two pins in a map, one in Luanda, Angola, and the other in Goa, India. I could probably write a book about the trip, so I'll try to focus on the highlights.

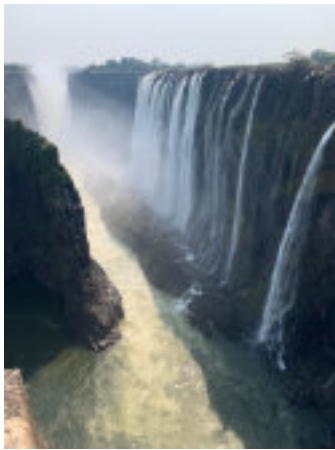
Luanda is located along a waterfront promenade, the Marginal, behind which stand many attractive colonial buildings and shiny office blocks. On my first morning, I awoke to the sound of a celestial chorus wafting up from the street outside. It turned out I was staying near the Central Methodist Church of Luanda, which I've since learned is renowned for its choir. The Portuguese fort is now a museum commemorating the war of independence. It also holds exhibits from earlier eras, including Newcastle's ubiquitous Amstrong gun. From it, you can see across the modern city centre and to poor areas, reminiscent of the favelas of Brazil.

From Luanda, I travelled to Lubango in the interior, and Benguela and Lobito on the coast. Lubango is next to the Tundavala Gap, a breathtaking chasm



splitting a kilometre high escarpment. Mumuila women still plait their hair with red coloured clay. Benguela was busy celebrating fifty years of independence from Portugal. Lobito is the western terminus of the Lobito Corridor connecting with Dar es Salaam on the East Coast of Africa.

Overnight buses took me to the border with Namibia, to Windhoek, the capital, and then on to the coast at Swakopmund. From there, it is no distance to huge desert dunes that run down to the sea. The bus to



Livingstone in Zambia takes 24 hours. There are many memorials dedicated to Dr David Livingstone, missionary and anti-slavery campaigner. From Livingstone, you can walk across the bridge that connects the Zambia and Zimbabwe sides of the Victoria Falls. The word awesome is often overused, but the Falls are truly a wonder of the world.

Here, Angola, Namibia, Botswana, Zambia and Zimbabwe are close. From Livingstone, I took a trip to the Chobe game park in Botswana and on to Maun to visit the Okavango delta. These are wild, empty, peaceful places, teeming with wildlife—lion, leopard, elephant, hippo, giraffe, zebra and so on.



I had to pick up speed, so I flew to Nacala in Mozambique then went overland to Mozambique Island. Visited by Vasco da Gama 1498, the island was the centre of early Portuguese colonisation. The chapel in the fort is believed to be the oldest European building in the Southern Hemisphere. Eventually, the capital was moved to Maputo.

Like Luanda, Maputo is a blend of modern and colonial architecture, with baroque churches, waterfront walks and the obligatory fort.



By 1510, the Portuguese had conquered Goa, which became the capital of the maritime Viceroyalty of India. In Old Goa, there are many impressive ecclesiastical buildings, including the Basilica of Bom Jesus, where the remains of the early Jesuit, Saint Francis Xavier, are preserved.

I took advantage of the affordable internal flights to visit Diu, one of the final Portuguese territories in India. Diu has impressive city walls, a huge fort, and other early churches. I was invited by a Portuguese-speaking member of the congregation of St Paul's Church (dated to 1601) to the festival of the nativity of the Virgin Mary, which culminated in a charming ritual involving the casting of endless flowers over an effigy of the Virgin, followed by fireworks outside.

In 1509, Diu was the site of one of the most important naval battles in history. Portuguese victory meant the West controlled global maritime trade for the subsequent five centuries. The Portuguese went on China and Japan, establishing another settlement in Macau in 1557.

Fascinating though the history is, trade was often accompanied by war, violence and slavery. Portugal relinquished its Indian and African territories in the 1960s and 70s. Its last colony, Macau, was returned to China in 1999. Within fifty years, five hundred years of history seems to have become something fleeting, left to be conjured from the imagination.

Martin Evison

[\* Portuguese speaking - Ed]



**METH CARE - මෙත් කෙර**

Early Childhood Education Day Care & Community Development Centre

(Founded in 1979)

Methodist Church Maratunulla, Methodist Mission House  
Maratunulla, Maratunna, Sri Lanka.

Tel: +94 11 2652160

Reg. WFO/PL/89038

20th December 2025

Dear you all of Brunswick Methodist Church - UK,

Seasonal Greetings with Best Wishes for New Year 2026 from Meth Care–Sri Lanka! Meth Care Sri Lanka completes yet another year of valuable service to the needy community around our Church, thus continuing a tradition commenced way back in 1979.

Under-privileged children of the poorest-of-the-poor families of all ethnicities and religions are truly benefitted by the Pre-school Education, Nutrition, Health Care & the Day Care Services provided by us to assist them through a solid foundation towards becoming worthy citizens with integrity & confidence.

All these endeavours became a reality - thanks to the generosity extended by you and a few others at one time or the other, in the absence of a regular Donor Agency unlike at our inception.

We – all of 'Meth Care Early Childhood Education Day Care & Community Development Centre' join our hands together to thank you once again for your continued Prayers and the Support so far extended to us, whilst looking forward to your continued partnership in the coming year(s) as well to sustain these so precious services.

We are also pleased to attach overleaf a Brief List of Events conducted by Meth Care throughout the year 2025 with a few photographs to give you a glimpse of the activities such as Sinhala New Year, International Food & Trade Festival, International Day for Children & Adults, Sports Meet, Concert, Christmas Tree etc.

May you & your family have a Merry Christmas & a Blessed New Year 2026!

**Thank you! May God Bless You!**

Sincerely yours,

Rohan Manukulasooriya  
Secretary/Management Committee  
(Mobile/Whatsap +94771078064)

Kanthi De Silva  
Treasurer  
(Mobile/Whatsap +94705287160)

**METH CARE**  
Early Childhood Education Day Care &  
Community Development Centre

Rev. V. Asiri Perera  
Manager/Superintendent Minister  
(Mobile/Whatsap +94757763995)



## Watoto Children's Choir



Some of you may remember that Brunswick hosted this choir from Uganda in April 2025. Our Chinese congregation (NCCMC) has again invited the choir to give a concert in our church on **Friday 13<sup>th</sup> February** and NCCMC have two people who are coordinating this event, Eddie & Wyman.



The concert will take place at 6.30pm - however the set up for the concert will begin from 1.30pm. If you would be willing to assist with stewarding for this concert, please can you let either Paul or Fiona know and then we can communicate this to our friends in NCCMC.

Tickets are free and can be reserved online here <https://tinyurl.com/3uf6n7f5>  
We look forward to what should be a fantastic evening!

## YOU'RE INVITED!

Come join the Watoto Children's Choir for a powerful time of worship as the children bring the sounds of Africa to you and share their personal stories of hope. We believe your life will be changed as you see firsthand the power of God's love transforming lives around the world. This is a free concert and a fundraising event.



**Lost & Found: The Methodists** – a programme on BBC Radio 4 which you might find interesting. It is on the BBC Sounds app (website) for at least the next year! Here is the link: [www.bbc.co.uk/sounds/play/m002kf8y](http://www.bbc.co.uk/sounds/play/m002kf8y)

**Lost & Found: The Methodists**

is a personal story about a Zimbabwean Mother's search for a community and spiritual home she thought she had lost forever. "Standing on the street corner, there were seven people dressed in red and white uniforms. I knew who they were."

Tendayi Pearce, the daughter of a Methodist minister, used to travel from England to Zimbabwe just to enjoy the church songs that she had sung as a child, until one day, her son saw a group of women wearing the traditional Zimbabwean Methodist church uniforms in Southend-on-Sea.

Tendayi tells the story of her journey to Britain and the loss of her connection to the church she had grown up with, before this chance encounter resulted in her connecting with hundreds of Zimbabweans across the country, long forgotten school friends, and creating her own branch of the church in Milton Keynes. Lost and Found: The Methodists is a story about searching for something that was intrinsic to you and the magic that can happen once it is found again. It is a story of immigration and community which is rarely talked about - the connecting of communities across the country, which has a positive ripple effect on the individuals found within it, as well as the 'traditional British' communities and institutions.

## History of Singing Hymns

The word 'hymn' comes from the Greek word 'hymnos', meaning 'a song of praise', which would originally have been written in honour of the gods during performances that often involved complex harmonies and choreographed movements.

Roman adaptations of Greek hymns played a role in public rituals and civic ceremonies. Over time, these hymns influenced early Christian worship as Christianity began to spread throughout the Roman Empire.

One of the most influential early collections of hymns is the Hebrew psalms that have largely been attributed to King David. These combine poetry with music to express praise and thanksgiving, lamenting and prayer.

During the Middle Ages hymnody developed in the form of Gregorian chants sung in Latin and most often used by monastic choirs. In the 16<sup>th</sup> century, churchgoers were given greater access to hymns due to the invention of the printing press. Martin Luther also began to encourage people to sing together in congregations during this time.

The Nonconformist minister and hymn-writer Isaac Watts believed that hymns should express the religious feelings of the people and he went on to write hundreds of new hymns that moved away from being a singing of Old Testament psalms to something inspiring, allowing people to sing from the heart and with great faith and a greater understanding.

During this same period, John and Charles Wesley used simple rhythms and melodies that were aimed at helping congregational singing.

During the late 19<sup>th</sup> century, gospel singing emerged. These songs usually had a strong lead vocal with harmonies and were a great influence on changes in contemporary worship styles across the world.

More recently we have seen many old texts refreshed by new tunes and the writing of contemporary worship songs. There has also been a move in some churches away from the traditional congregational singing towards worship bands and singers.

## Lunar New Year in Chinese Methodist Congregations

**Stella Townson is the Hong Kong Communities Support Officer and works within the Global Relationships Team. In this blog, she explores how the recent celebrations of Lunar New Year are maintained by Chinese Methodist churches in Britain and the cultural importance of keeping traditions alive.**

Lunar New Year, also known as the Spring Festival and by some as Chinese New Year, is the most significant celebration for Chinese communities worldwide. It marks the first new moon of the lunar cycle. The Chinese have used the lunisolar calendar, also known as the agricultural calendar, for thousands of years. The legend behind Lunar New Year involves a mythical beast called Nian, which would terrorize villages every New Year's Eve. To fend off Nian, villagers used red decorations, loud noises, and firecrackers, as the beast was afraid of these elements.

Customs during Lunar New Year include the reunion dinner on New Year's Eve, where families gather for a feast symbolizing unity and abundance. During the

15-day celebration period, people return home, visit relatives and friends, pay tribute to senior family members, and give blessings (with red envelopes filled with money) to junior members. It is a festival of family union and togetherness. The festival is also marked by lion dances, dragon dances, and cultural performances.



In the UK, Chinese Methodist churches celebrate Lunar New Year by blending traditional customs with Christian practices. For example, Bowthorpe Road Methodist Church in Norwich hosts special dinners and festive games. The Medway Chinese Methodist congregation runs a Lunar New Year stall to share Chinese calligraphy and festive decorations. King's Cross Methodist Church holds a New Year united service with performances by groups and Sunday

schools. In Newcastle and Middlesbrough Chinese congregations, celebrations take place in home groups. The Hong Kong Fellowship in the United Stockport Circuit had dim sum, film, LNY Fair and Cantonese song singing. These celebrations provide an opportunity for Chinese members to share their culture and traditions with others, fostering a sense of community and mutual understanding.

Joyce Tsang, member of the Medway Chinese Methodist Church, North Kent Circuit, commented, "Lunar New Year is a traditional festival in Chinese communities worldwide. At the Medway Chinese Methodist Church, we share food and say blessings. Although the atmosphere differs from Hong Kong, it's heartening to see the UK public becoming more aware of Lunar New Year. My children still receiving red envelopes keeps the tradition alive. When I ran my takeaway, business significantly increased on New Year's Day, and customers greeted me with "Happy New Year." Lunar New Year is a time for union and customs, and it's wonderful to celebrate and share these traditions with my church family!"

Mei Yuk Wong, Hong Kong Fellowship Coordinator, United Stockport Circuit, said, "Celebrating Lunar New Year brings Hong Kongers together, even for those who might not have seen its significance while in Hong Kong. In a new country, such celebrations evoke nostalgia and ease homesickness, especially for those with families still in Hong Kong. Our fellowship group travelled to Manchester, enjoying traditional food, dragon dancing, singing performances, and visiting over 100 street stalls. Hongkongers and the local community mixed, fostering a sense of belonging and community. We felt deep gratitude and joy, celebrating with new friends and neighbours, making this festive season truly special."

The celebration of Lunar New Year in Chinese Methodist churches is significant because it helps preserve cultural heritage while integrating it with their faith. It also serves as a way to welcome new members, including recent Hong Kong BNO (British National Overseas) migrants, and to create a supportive environment where everyone feels included. By celebrating Lunar New Year, these churches honour their cultural roots, strengthen community bonds, and promote cultural exchange.

<https://www.methodist.org.uk/about/our-stories/lunar-new-year-in-chinese-methodist-congregations/> 5<sup>th</sup> February 2025

# Friendly February 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



2 Ask a friend how they have been feeling recently

3 Do an act of kindness to make life easier for someone

4 Invite a friend over for a 'tea break' (in person or virtual)

5 Make time to have a friendly chat with a neighbour

6 Get back in touch with an old friend you've not seen for a while

7 Show an active interest by asking questions when talking to others

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together



# **BRUNSWICK METHODIST CHURCH**

**Brunswick Place, Newcastle upon Tyne, NE1 7BJ**

**Tel (0191) 232 1692**

**e-mail: [admin@brunswickmethodist.org.uk](mailto:admin@brunswickmethodist.org.uk)**

**[www.brunswickmethodist.org.uk](http://www.brunswickmethodist.org.uk)**

**Ministry Team: Rev Paul Cleever-Thorpe, Mr Rob Wylie, and Deacon Bill  
Topping**

**Paul 07823 493009 or [paul@brunswickmethodist.org.uk](mailto:paul@brunswickmethodist.org.uk)**

**Rob 07743657643**

**Bill [Bill.Topping@methodist.org.uk](mailto:Bill.Topping@methodist.org.uk)**

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**Submissions for future editions are welcomed  
Please forward these to Ruth Colclough or Fiona Wells  
([fiona@brunswickmethodist.org.uk](mailto:fiona@brunswickmethodist.org.uk)) by the 22 March 2026.**

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or indicate the source for copyright purposes.**

**Due to limited space we cannot guarantee to include all submissions.**

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