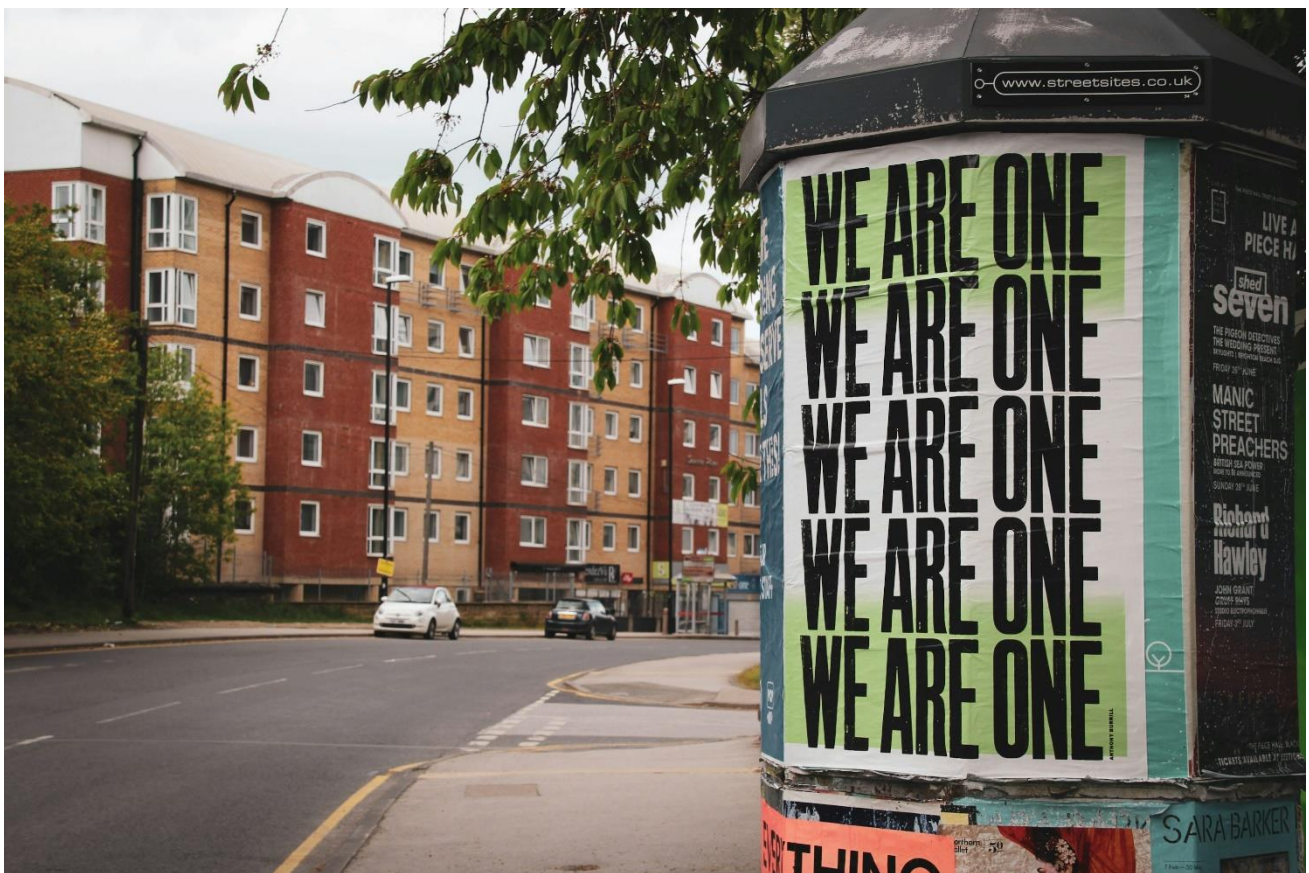


Withington Methodist News

February 2025



SUNDAY WORSHIP

Sunday 2nd February: Mr. Nick Palfreyman

Sunday 9th February: Rev. Caroline Wickens, HC

Sunday 16th February: Mrs. Pamela Sewart

Sunday 23rd February: Rev. Ade Kila

Please note: the next Church Council meeting is on Wednesday 19th February at 7pm

GREETINGS FROM CAROLINE

Did you know that one in five GP appointments are enquiries about matters that are not directly health-related? Doctors find themselves asked about debt, household repairs, loneliness, family pressures and many other concerns. In response to this, Christian organisations ChurchWorks and Theos have partnered to produce a report entitled *Creating a Neighbourhood Health Service: the role of churches and faith groups in social prescribing*.

Maybe you've come across social prescribing already. It happens when a medical professional identifies someone's health needs as non-medical, and offers support in engaging with the community to improve health and wellbeing. The report highlights that faith groups have a clear role to play in this process, offering space, warmth and a generous welcome.

This resonates with the work we do at Withington. Our own projects such as Contact, for children needing supervised space to meet a parent, goes back many years but fits closely within the social prescribing model. Other work such as Bread Church, the renewed Needles and Yarns and even our Death Café offer spaces where people facing hard times can find support. Our partners in the building too create opportunities for people to meet, socialise and overcome loneliness, building happiness and better health at the same time.

Why does the report identify faith groups as having a particular part to play in this work? It's about more than having suitable buildings. The Gospels tell many stories of Jesus healing people. While many of these include changes to people's physical symptoms, the main focus is frequently on someone being restored to their community. Jesus asked the woman with the flow of blood to tell her story to the crowd. He healed a man with acute mental health problems and then sent him back to his village to share the good news. For Jesus, healing involves reintegrating people to their community.

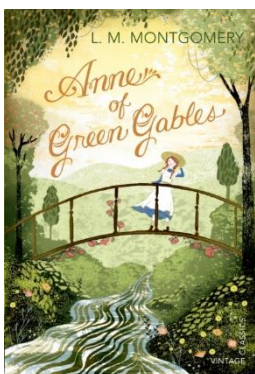
This fits with the tasks of social prescribing. As the body of Christ, the church is invited to share his work of helping people find the support they need to overcome loneliness, isolation, anxiety and fear. In telling the story of the sheep and the goats (Matthew 25), Jesus focused on people whose kindness has made a difference – and they are the ones who hear his words 'just as you did it to one the least of these, so you did it to me'.

Every blessing

Your minister Caroline

WMC WHAT'S ON

Withington Book Club



The next meeting of the Book Club will be on Monday 10th February, 7.30pm, when we will be discussing "Anne of Green Gables", by Lucy Montgomery.

Following that, we are reading "Dear Mrs Bird", by A. J. Pearce, meeting on Monday 10th March.

New members are always welcome! Happy reading!

PRAYER LIST

We remember in our prayers:

All those caught up in conflict around the world: Lebanon, Israel, Gaza, Ukraine, Sudan, Yemen, Somalia, and those facing persecution,

everyone affected by the terrible wildfires in Los Angeles,

Julia,

John,

Charlotte,

Christopher and family,

Jessica,

Lynne and Elycia,

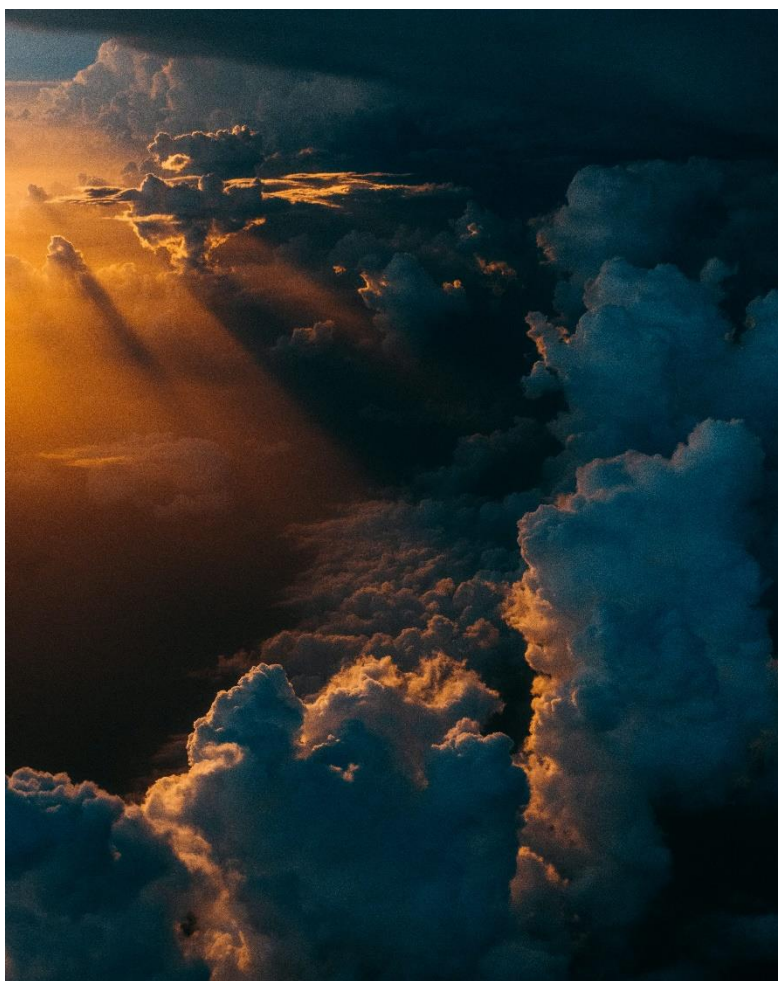
Thandiwe and Peter,

Lottie,

all those here who are struggling to pay their bills and facing long waits for hospital appointments,

all those friends still impacted by Covid-19,

those members and friends unable to be with us



RACIAL JUSTICE SUNDAY

9th February 2025

The Methodist Church in Britain has a history of commitment to challenging issues of racial justice. In 1978 racism was declared a sin by the Methodist Conference.

The Methodist Church has a long history of Black leadership, going back to the days of Wesley himself. We celebrate this and work to be anti-racist in all that we do.

This year is an important one for racial justice on these shores as it marks the 30th anniversary of Racial Justice Sunday - it was established by the Methodist Church in 1995 following the tragic racist murder of Black teenager Stephen Lawrence in southeast London in April 1993. The Lawrence family attended a local Methodist Church in that part of the capital, and the Methodist Church agreed to support the family's justice campaign to find young Stephen's killers. A few years later, the Churches' Commission for Racial Justice (CCRJ), a Churches Together in Britain and Ireland programme, agreed to mainstream the special Sunday so that all the churches could engage with it. We will discover more about this history from the Revd David Haslam, a former Methodist minister and head of the CCRJ during these times, who reflects on the anniversary and what it means for racial justice on these shores today.

Our theme this year has the title 'Coat of Many Colours', reflecting the increasing diversity that exists in the churches in Britain and Ireland. Both the Old Testament, or the Hebrew Bible, and the New Testament are replete with references to diversity, in this world and the Kingdom to come. One only has to reflect on verses that speak of a 'house of prayer for all nations' (Isaiah 56:7), the events of Pentecost (Acts 2) or the 'multitude ... from every nation' (Revelation 7:9-17), which all include words meaning 'every tribe and nation', to see that ethnic diversity is part of God's divine plan. There is little doubt that British churches, especially in the larger cities, are a microcosm of the world in a congregation, which is indeed a blessing that must be celebrated. Equally, the fact that the diversity of believers has breathed some much-needed spiritual life into our churches reveals that this is a movement of God for which He must be praised. In our reflections and

sermons, members of the RJSWG and others, who hail from many parts of the globe, describe their experiences of being part of the Coat of Many Colours.



Yet, despite this amazing reality, inequality still exists in the church and is still a factor that blights the experiences of too many people of Global Majority heritage or Black and Brown backgrounds. This leaves people not feeling as if they belong in the house of the Lord, or not being given the opportunity to use their God-given talents to further the Lord's Kingdom. Given the unwelcome decline in church attendance over the last several decades, British and Irish churches must wake up to the reality that God is doing a 'new thing' (Isaiah 43:19) among those Christians who now call these shores home. Again, our sermons and reflections in this resource address the importance of inclusion and the need for all Christians to engage in the righteous work for racial justice.

A Prayer for Racial Justice Sunday:

Most Merciful God,

*We thank you that you are a God of justice who is active in the world,
We praise you that your word has the power to change lives,
We believe that you redeem and restore the victims of injustice*

And we recognise that as Christians, we are to embrace the biblical call to do justice.

Lord, your word says that we are all made in your image and loved by you, yet we live in a world in which sadly, injustice is manifested in ways that are harmful and damaging to so many, especially the most marginalised.

As your people, help us to be mindful that racism is contrary to biblical teaching because it denies basic justice and human dignity. What is more, it is sinful because it assumes all are not equal before you and are not part of your family. Help us also to remember that all who fail to challenge racism in church or society are guilty of condoning or colluding with sinful behaviour.

So, by the power of your Holy Spirit, give us, as your people, the courage to stand up for what is just and right, and against sinful attitudes and behaviours that fail to treat all people with the respect and dignity they deserve, as men and women created in your likeness.

Just as you are the Alpha and Omega, a God of the past, present and future, help us to remember the lessons of the past, and apply them to the present, so that our future will be a world in which justice, equity, peace and love preside.

This we ask in Jesus' name,

Amen!



WORSHIP WITH US

Sunday Morning In Person Worship

Our Sunday Morning services are held at 10:45 in the downstairs hall. Please enter the church via the back car park entrance. We have refreshments after the service and if you would like to help facilitate this, please let us know.

Reflections and written worship resources:

If you are not on email and would like to receive a printed copy of our weekly reflections or written worship resources for Sunday, please contact Caroline Wickens.

Wednesday Chat and Bible Study:

A warm invitation is extended to all to our Spring Bible Study series which will be on the theme of Prayers in the Bible

All sessions will take place in the Church Lounge at 12.00noon, with the exception of the 5th February meeting which will be at 10:30am.



February 5: Prayer of hope – Psalm 42

February 19: The Lord's Prayer – Matthew 6:9 – 13

March 5: Praying for each other – Philippians 1:3 – 11

Manchester Circuit Sunday Evening Service

A warm welcome as ever to our worship tomorrow evening.

The Zoom platform will be open from 6pm for those who wish to catch up with others from their church, and as usual worship will begin at 6:30.

The joining details follow-

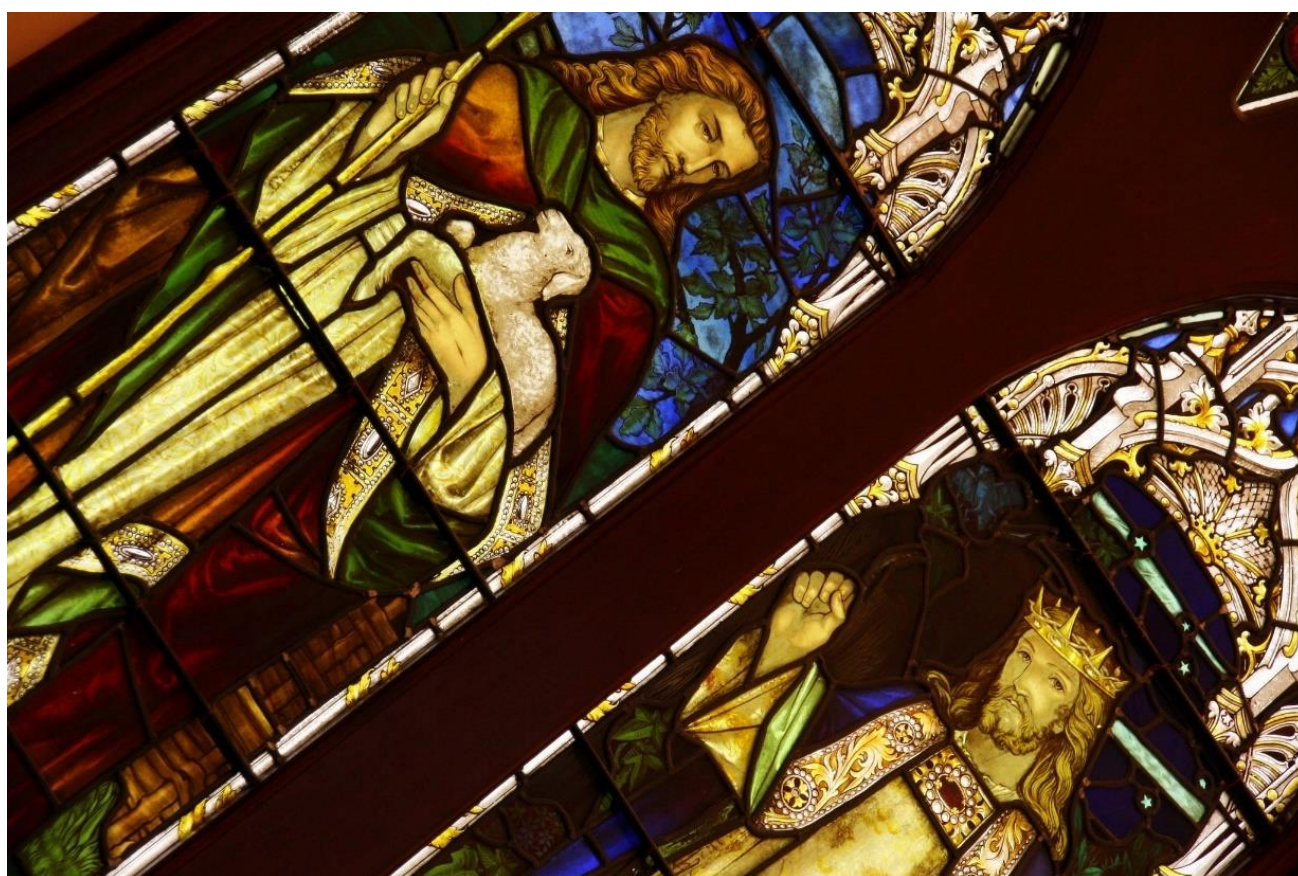
Join Zoom Meeting

<https://zoom.us/j/92204599032?pwd=Tzg0SU9xcVZEZFNQK0FnYnNKWjlUQT09>

Meeting ID: 922 0459 9032

Passcode: 1901

One tap mobile +12532158782, 92204599032 #, 1901#



NEWS FROM THE CONNEXION

29 NOVEMBER 2024

A Warm Space within the Llandudno community

The Warm Space at St John's Church in the town of Llandudno, part of the Conway and Prestatyn Circuit, began in January 2023 after the government requested worship and community spaces to open up and provide warm places for people.

St John's received funding from Community and Voluntary Support Conway for their Warm Space initiative. It was only intended to operate for six weeks but it was soon clear how popular the space had become.

Liz Royale, Circuit Outreach Lay Worker, soon saw the need for it to become a permanent fixture at their church. "It has grown so much over the past few months," says Liz. "Now we have prayer time before the community cafe in the morning. Some people will join the prayer time."



At present Liz, along with an amazing team of volunteers, welcome between thirty and forty regular guests each week. Over time, they have seen that the people who come meet up with their friends over tea and coffee, have a chat or play board games and jigsaw puzzles. There is even a book exchange that

has proven to be a great hit. Suzie, one of the regular visitors, says, “We love popping in to see friends. It’s good to see the church busy and with a lovely and friendly atmosphere.”

With the Warm Space in the afternoon becoming increasingly popular, the church have noticed that some of the homeless have been coming along. “The homeless come as they know it’s a safe, warm place where they can charge their phones, get free food and have somewhere to sit and to chat with other people,” Liz adds.

St John’s have partnered with a local charity called Sanctuary Trust and they work together to provide warm, clean clothes and care packages as well as offering companionship, support and help with housing. As well as the Warm Space on Friday afternoons, they have now started a community café in the mornings.

With the support from the church and the community, the café and the Warm Space can continue to be a huge success and Liz hopes that they can keep this up as long as possible.

02 DECEMBER 2024

Human Rights Day

Jude Levermore, Head of Mission at the Methodist Church, shares this reflection and prayer to mark Human Rights Day and its Methodist heritage.

On 10 December 1948, the Universal Declaration of Human Rights (UDHR), the first global enunciation of human rights was adopted. So, every 10 December we celebrate Human Rights Day. Why should its anniversary matter to us Methodists?

Well, the United Nations itself began in a Methodist cradle. In Methodist Central Hall Westminster. On 10th January 1946 The Revd Dr. William Sangster and his congregation vacated the premises to worship at the Victoria Palace and then the London Coliseum so that MCHW could host the very first meeting of the United Nations General Assembly. Apparently, the managing trustees at the time took some persuading to move out for the time the building was needed. The story goes that Ernest Bevin who was

foreign secretary in the new Atlee Labour Government had said that he had wanted to host the meeting in a venue which had been “bathed in prayer”. I suppose at a time still raw with the pain of the war and rich with hope for the future, a prayer was exactly what the setting up of the UN represented. Whatever the back story, that large congregation at the time moved out of the way to allow for something new to be born.

Two years later this new organisation adopted a charter, one of Human Rights. All that was a long time ago though, and the idea of Human Rights is not as straightforward or even as hopeful as it once was. Even back when Rowan Williams was Archbishop of Canterbury disquiet had begun to bubble up. He gave a lecture in the Ecumenical Centre, Geneva in 2012 on ‘Human Rights and Religious Faith’. In it he called out the way in which the concept of Human Rights had developed as a purely universal legal code around the entitlements claimed by individuals and push his listeners to consider much more deeply the community aspect of human interaction. In other words he suggested an approach that brings together secular ‘rights based’ thinking with a more overtly Christian understanding of human relatedness. Martin Luther King might call it ‘beloved community’. I might name it the Kingdom of Heaven. That approach can help us in some way now, in 2024, as we continue to wrestle with the concept of Human Rights- which should be so straightforward, and yet is not!

I was fortunate enough to have been born in a community safe from world atrocities, this means my exposure to trauma has been fairly limited, and I take my Human Rights for granted, it also means I have a tendency to slip into a saviour/protector/defender mode when I notice those whose rights I judge to have been ignored. I am an avid writer to my MP on behalf of those with little voice, a campaigner for the rights of women, a protestor for justice and peace, a keen upholder of human rights. All good you say. True.

The Methodist Church in Britain has declared that it is striving to be a ‘justice-seeking Church’. For today’s thought though I’d like to gently remind us what needed to happen to enable that first meeting of the UN. The congregation at MCHW needed to leave the building, to get out of the way. Our justice principles sometimes require us to get ourselves out of the way. The search for justice, for human rights, means treating others with respect, and may involve reclaiming lost worth- both those things may, on occasion, require me to move myself out of the way. Our practices for justice of being

'with' not 'for' people, of having humility in community, of being attentive to my power, all these practices may, on occasion, require me to get out of the way. As a person who likes to get in the way of injustice this is a balance in approach to which I may need to pay attention.

So, this Human Rights Day I pray...

Gracious God,

On this Human Rights Day give me the courage to consider how I might challenge the infringement of the rights of others that I witness.

Guide me as I consider how best to have humility in my community and to use my power with extreme care.

And as I pray this for myself, I pray this for our world's leaders. Lord may they know themselves as you know them and act in accordance with your will.

Amen.



09 JANUARY 2025

Methodist Youth President for 2025/2026

The Methodist Youth President for 2025/2026 will be Genesis Padgett, a member of Emmanuel Methodist Church near Barnsley.

Genesis, aged 19, was elected by the children and young people of the Methodist Church across the Connexion. The Methodist Youth President is a salaried position working full-time for one year to serve the children and young people of the Methodist Church in Britain. The role involves meeting and representing the young Methodist people to ensure that their voices are heard and to help them be involved in every aspect of Church life.

Genesis will become part of the Connexional Team from 1 August 2025 and will succeed Bea Hulme as Youth President from 1 September 2025. They will be formally welcomed at a service that will take place in September 2025.

Genesis has been attending a Methodist Church since they were three, but feels they came to faith at around the age of twelve while attending Cliff Festival at Cliff College, the same college where Genesis is currently studying theology. After the festival, Genesis began volunteering at church, helping serve coffee, undertaking readings and becoming a worship leader. "The more I helped, the stronger I found my faith," says Genesis and so, at the age of 17, Genesis began training to become a Local Preacher.



“I applied for the Youth President role because I believe I can make a difference,” says Genesis. “I want all the young people in the Methodist Church to be excited about God. I want everyone to know they are loved, to keep everyone interested and excited about God. To be willing to evangelise, to want to be Christian.

“I want to help encourage all young people to understand that God loves them. I want to encourage them all to be as excited about their faith as I am and to help them do more in their churches.”

The current Youth President, Bea Hulme, congratulated Genesis commenting, “A huge well done to Genesis, I’ll be praying for them in the run up to their appointment as Youth President. The Youth Presidency is a really exciting role and I look forward to working together with Genesis from next August, as we start the handover process to explore what the year will look like. Please keep Genesis in your prayers through the process of preparing for their year of office.”

The Revd Lyn Gregg, Genesis's minister, commented, "Having come to know Genesis during my time in the Barnsley Circuit, I am delighted they have been appointed as the next Youth President. I have every confidence in Genesis' ability as an advocate for young people and an ambassador for the Methodist Church. I know they will serve both with the commitment and integrity of a true disciple of Christ."

17 JANUARY 2025

Statement on the announcement of a ceasefire agreement between Israel and Hamas

Statement on the announcement of a ceasefire agreement between Israel and Hamas

The commencement of a ceasefire between Hamas and Israel will come as an enormous relief for all living in Gaza and for those waiting for the release of hostages held by Hamas. The UN reports that 70% of those killed in Gaza are women and children and, even in the last few days, schools and hospitals sheltering those displaced have been bombed. Our churches deeply mourn

the loss of life. Each person lost is uniquely and equally precious in the eyes of God.

We long for a halt to the violence in Gaza and for the release of Israeli hostages and Palestinian prisoners. The ceasefire announced today is only a first phase lasting six weeks. As church leaders we call for the ceasefire to be permanent and unconditional so that humanitarian aid can be rolled out unimpeded in Gaza. The UN agency, UNRWA, has unparalleled capacity to deliver desperately needed support. Israel's ban of UNRWA jeopardises vital life-saving assistance. We ask the UK government to make clear that the restriction of humanitarian aid in this way would have consequences for bilateral relations.

We urge the UK government to uphold standards of International Humanitarian Law. Our government and the international community must fully support the International Criminal Court in its investigations regarding grave breaches of international law.

While a ceasefire is being negotiated in Gaza, there are escalations elsewhere in Palestine, as evidenced by the Israeli drone attack this week on the refugee camp in Jenin, killing at least six people. This takes place against the backdrop of a continued expansion of settlements in the West Bank and the destruction of the homes and property of Palestinians. Our churches will continue to pray for a redoubling of efforts to bring an end to Israel's occupation in order that all Israelis and Palestinians might live in peace, harmony, and friendship.

We pray for a just, equitable, and lasting peace in the region that goes beyond simply the absence of violence. Our churches will continue to work closely with Israeli and Palestinian partners, agonising with them in their current sufferings yet confident that God's grace and deliverance offers hope for the future for all.

Revd Lynn Green, General Secretary, the Baptist Union of Great Britain
Revd Helen Cameron, President of the Conference of the Methodist Church in Britain

Carolyn Godfrey, Vice-President of the Conference of the Methodist Church in Britain

Revd Philip Brooks, Deputy General Secretary (Mission), the United Reformed Church

20 JANUARY 2025

How baby Rosie teaches Empathy

In Merrylee Primary School in Glasgow, Roots of Empathy and Action for Children offer sessions to help children to increase their empathy and recognise their emotions.



“Hello baby Rosie how are you today? How are you today?” Sing the children of Merrylee Primary School in Glasgow at the beginning of the session of Roots of Empathy whilst tiny teacher Rosie’s father brings her around. Each child gently squeezes Rosie’s toes for a few seconds as a greeting.

Leading the session, Angela Dawson, Service Coordinator for Roots of Empathy at Action for Children, encourages and guides the children to look at Rosie and guess how she feels and why. “She smiled so she is happy”, says a little girl. “She looks at people’s faces so she is curious”, adds a little boy.

Action for Children piloted Roots of Empathy's work in Scotland 15 years ago, realising a need for emotional wellbeing in schools. Since then, it has been going strong, and no less than 57 programs are currently running.

Through experiential learning the children identify the emotions they can see in their baby and can relate it to themselves. This helps them to name and identify their own emotions and then bridge this learning to help them to be able to identify emotions in others which leads to empathy, understanding how another person feels and to feel with them. They also learn how the brain and the neurons are working,” explains Angela.

Sitting on her parents' lap, Rosie looks at the room and the eager children around her. Suddenly, she moves and touches her toes which attracts more excited exclamations from the children: she could not do it at their last time before Christmas.

Rosie is growing and, month after month, the class sees her and witnesses all the new things she learns. "How does it make you feel?" asks Angela. "Happy!" Answer together most of the children. "Excited", adds another one. Rosie's parents then update the class on what the five-month-old can do now: roll on her side, put her feet in her mouth (giggles from the class) and what new foods she now eats.

Pupils can also ask direct questions to the parents who share their own experiences or how they are still learning. For Angela, "It's good for the children to hear that adults are learning too, and they don't have all the answers."

In between the activities, the songs and the questions to Rosie's parents, the children are encouraged to share their feelings, questions and understand what Rosie might feel during the session. When she becomes fussy and her dad takes her in his arms, a little girl wisely comments, "When somebody feels safe they feel loved."

The sessions ended with the children singing "Goodbye baby Rosie we will see you soon see you very soon".

Roots for Empathy and the School

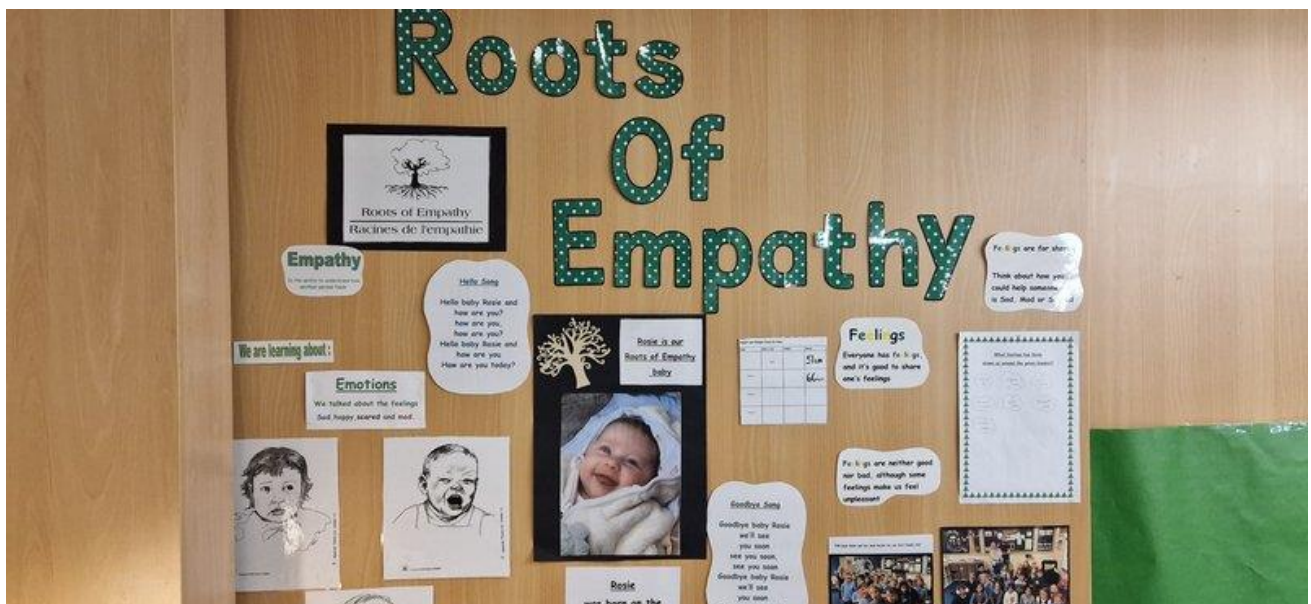
Roots for Empathy comes from an evidence-based research showing that through their teaching and the understanding of emotions, levels of aggression and bullying come down, whilst levels of pro-social behaviours – kindness, caring, including others, and empathy – go up.

Roots of Empathy has three different curriculums: the kindergarten curriculum, the primary curriculum and the junior curriculum. The class and curriculum level are identified by what the school needs. For Merrylee Primary School, the pupils have 27 sessions over the school year. Nine themes are broken down with three visits in every theme: a pre-visit, a family visit and a post-visit and Angela visits the class every week and Rosie and her family once every three weeks.

“We have had really positive outcomes with the programme. We select classes that need to work on a little bit of nurture and empathy. One of the most positive impacts of the programme is that children with some level of social emotional difficulties or behavioural issues often learn how to respond positively to their peers. Having the baby here in real life, seeing it happen as it goes along, and having the time to reflect with adults, both the caregiver and the Roots of Empathy practitioner pointing out different things to them, it just makes sense to the pupils,” adds Catriona Kirk, Acting Head Teacher at Merrylee Primary School.

In the school, Roots of Empathy is funded through the Pupil Equity Fund – a Scottish governmental funding aimed at health and wellbeing for children. For Catriona, the programme has long lasting impact: “We have primary sevens that still talk and think about their baby from the program, often asking Angela news about them.”

Carolyn Godfrey, the Vice-President of the Methodist Conference attended one of the sessions and said, *"It's been fantastic to be able to visit the Roots of Empathy program in the school and witness the good work that Action for Children is doing in this school and across Scotland. It is inspirational and has such a big impact on the lives of children, their families and their communities."*



30 JANUARY 2025

A reflection on the Gaza ceasefire

The Revd David Hardman, Methodist Liaison Officer, Jerusalem, shares a reflection on the ceasefire.

It is right to give thanks for the ceasefire in Gaza but we cannot be complacent and believe that this brings peace. The ceasefire brings a pause to death and destruction in Gaza and a promise of release for those held captive, but it does not bring peace.

Many questions remain, not least will the ceasefire hold? If it does who will govern Gaza and who will pay the estimated £33bn to rebuild? Up to 10% of the munitions used in the conflict are said to be unexploded. People returning to homes will not only be faced with damaged and destroyed homes but also the dangers of unexploded bombs. Since 2007 Gaza has been blockaded by Israel who have tightly controlled who, and what, gets in. Will there be a return to this blockade, will it be more stringent?

While the focus has been on Gaza the situation in the West Bank has deteriorated. NGO Kerem Navot reported that 50 Palestinian communities have disappeared since Oct 7 2023 due to settler violence. As the ceasefire began Israel erected additional gates around West Bank towns and cities to further restrict Palestinian movement and in Jenin Israel began an operation called 'Iron Wall' with one senior Israeli security official vowing 'we will leave it in ruins.'

The Holy Land is crying out for justice and peace. What has happened in the last 15 months needs to be a wakeup call to the world: the violence, injustice, oppression and occupation must end.

Can we do anything as UK Methodists? It is easy to feel helpless but we can listen for the Palestinian and Israeli voices that are seeking a just peace and amplify their words. We can continue to pray that the ceasefire holds and write to our leaders encouraging them, with the international community, to facilitate a just peace process. We can give to the Gaza/Lebanon Justice Appeal via the Methodist Church in Britain Website to enable the healing work with the most vulnerable to continue.

Only when all in the Holy Land live in security with justice and as equals will we be able to say: this is peace.

WMC NEWS -

Christmas Carol Service

On Sunday 22nd Dec we enjoyed a busy special service led by Caroline in the upstairs hall. Jasibe opened with the first verse of Once in Royal , sung most beautifully, before dashing off to perform in the Halle Children's Choir for their part in the Halle Christmas carol concerts. The congregation lustily sang some traditional and newer carols and we were serenaded by ladies from the Cameroon Church with a lively rendition of their songs. It was especially lovely to have some children joining us in worship.

Donations of toys and offerings for the foodbank were brought up, Lynette brought Amnesty International cards for us all to sign and send on to prisoners of conscience and we rounded off with refreshments including a birthday cake for John! The Women's Refuge were as ever very grateful for the toy donations and the tremendous sum of £400 has been spent restocking in abundance the shelves in St Cuthbert's hall where one of the 4 weekly venues for the Withington and Fallowfield foodbank is held.



Quinquennial inspection

We have recently received the report for our Quinquennial inspection which took place in early December. One of the points raised was our tidy little 'peace' garden down the side of the church. This is all thanks to the valiant work in progress by members of the Head Forward group, and we are very grateful for all their green fingered efforts.

Covenant Service

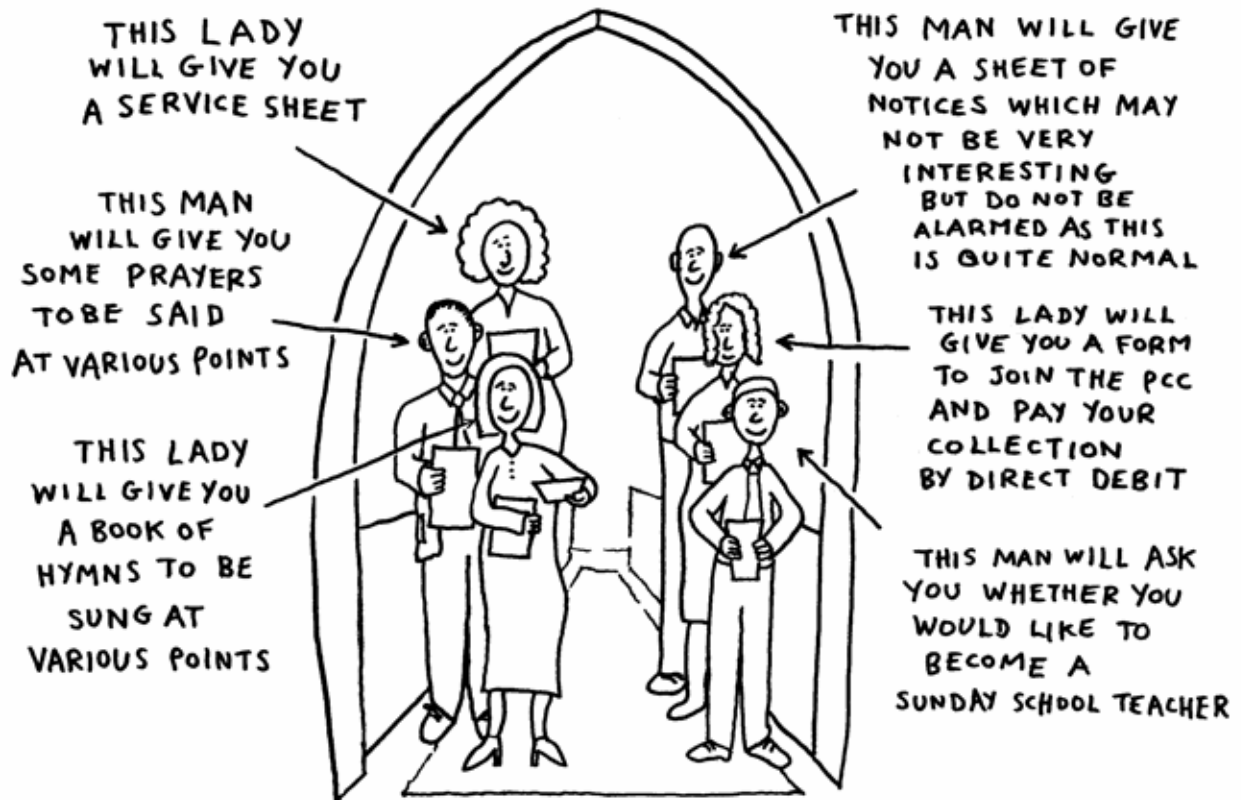
On the 12th January we enjoyed our annual Covenant Service. For the second year running we were joined by the congregation from St Paul's Church with their Curate, Josh, delivering the sermon (quite short, as in the Anglican tradition!). It was lovely sharing Communion in the manner we were used to pre Covid, and none of the Anglicans got lost going up to the front.

We look forward to linking with our friends down the road during this coming year.



THANK YOU FOR READING!

THINGS YOU WILL BE GIVEN



CartoonChurch.com

The next magazine will be out on the 28th February. As usual it can be found on the Withington Methodist Church Facebook Group and via email.

If you have anything you would like to contribute to next month's magazine please pass it on to Caroline Bracegirdle - withingtonmethodistnews@gmail.com

If you would like to receive an emailed copy of the magazine please email - withingtonmethodistnews@gmail.com

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Sunday Services

Morning Worship : 10:45 am taking place in the ground floor hall. Holy Communion once a month.

Regular Activities

Monday Monkeys (Mondays 10:00 - 11:30am)

Kundalini Yoga (7:00 - 8:30pm)

Brownies (Wednesdays from Oct. 6:45 - 8:15pm)

Snooker Group (Fridays 1:00 - 3:00pm)

