**The Messenger, October 2022**

# **Community meals bring families together in Lydney**

**Throughout the school summer holidays, churches in Lydney were busy providing a weekly meal to families. Jane Penny of Churches Together in Lydney shares how this simple initiative opened up opportunities for connection and friendship.**

**“As the Community Families Minister at Churches Together in Lydney, I knew there were families in our community who would benefit from support with food but we needed help with paying for it and a physical venue in which to host it. In partnership with the Children and Families Centre in Lydney, we discussed options for using the Centre as a meeting point. It was in an ideal location, being next to a local primary school and had the space and facilities for us to prepare, cook and serve meals.”**

**Jane continues, “With the food and ingredients being fully funded by Lydney Town Council and the free provision of the Centre, plus the help of a team of volunteers from churches in the area, we were able to run our Community Meals sessions every Wednesday throughout the school holidays.”**

**Jane soon realised that the support went far beyond the food.**

“The food gave people a reason to come, particularly those who wouldn’t normally accept help or who were anxious about going into the Centre. However, we noticed that it wasn’t just the food they looked forward to, but the friendships and contact with others.”

One mum who attended says, “During school holidays, I was really struggling to feed myself and my kids. I found myself skipping meals or eating my children’s leftovers because of the rising costs of living. I saw a poster on my local community page about a local project where I could get myself and my children fed without judgement or shame.”

The service was provided by members of Churches Together in Lydney – which included volunteers from King’s Arms Community Church, Lydney; Holy Trinity, Primrose Hill; St James’ Church, Bream; and URC, Lydney.

Jane says, “There seems to be a stigma about needing help or even going into the Family Centre, and we want to break down those barriers. So, we are now exploring different options to bring people together on a more regular basis, not just in the holidays.

“It was a busy summer, but greatly rewarding and really didn’t feel like work at all.”

**Praying in Prisons Week**Did you know that Prisons Week runs from 9 to 15 October and Christians are encouraged to pray for all those affected by crime and imprisonment? You might want to use this prayer:

Lord, you offer freedom to all people. We pray for those in prison. Break the bonds of fear and isolation that exist. Support with your love prisoners and their families and friends, prison staff and all who care. Heal those who have been wounded by the actions of others, especially the victims of crime.

Help us to forgive one another, to act justly, love mercy and walk humbly together with Christ in his strength and in his spirit, now and every day. Amen.

**Make it slavery free this Anti-Slavery Day**

**On 18 October, The Clewer Initiative is inviting churches, communities, businesses and individuals to sign the pledge to ‘**[**Make It Slavery Free**](https://theclewerinitiative.org/campaigns/anti-slavery-day-make-it-slavery-free)**’.**

In the UK, thousands of men, women and children are trapped in modern slavery and although it is a crime, it is present in every community. In 2021, 71 people were identified by the police or local authority to be potential victims of modern slavery in Gloucestershire.

Whether you’ve been working on anti-slavery projects for years or are only just hearing about this for the first time, we can all do something to help make our communities Slavery Free.

The Clewer Initiative is enabling Church of England dioceses and wider Church networks to develop strategies to detect modern slavery in their communities and help provide victim support and care.

It exists to raise awareness and mobilise the Church and communities to take action against modern slavery, promote victim identification and provide victim care and support.

Visit: **https://theclewerinitiative.org/campaigns/anti-slavery-day-make-it-slavery-free** for more information and free resources.

**Events and training**

**More details for all these events at gloucester.anglican.org/events**

**Movement, worship night  
7 October, 7.30pm to 9.30pm, St Laurence Church, Stroud, GL15 5JL**This worship night gathers young people together to meet with God. Contemporary worship and practical, relevant, and useful teaching that you can apply to your own life.

More information at **wearemovement.net/events/2022/10/07**

**Green Christians Conference  
Friday 7 October to Saturday 8 October**‘Building back greener? Christian perspectives on the future of our economy, money and work’. Joining by Zoom on the evening of Friday 7 October is environmentalist and writer Paul Kingsnorth, founder of the Dark Mountain Project. The event starts at 7pm with Paul’s talk starting at 7,30pm. In-person events also available in Birmingham.

**https://greenchristian.org.uk/conference2022**

**Enneagram Quiet Days, 1 of 3  
Saturday 15 October, 9.30am to 4pm  
Holy Apostles Church, London Road, Cheltenham**The Enneagram helps us to clean our lenses, see past the self-destructive habits and to recognize the ‘slow work of God’ that is happening within. Cost is £25 and you will need a packed lunch.

To book visit **https://bit.ly/3RmQzcy**

**A life of faith: Praying as you can, not as you can’t  
Monday 10 October, 7pm to 9pm online**Personality, experience and personal preference all influence how we are comfortable praying. Too often we have been taught or experienced only one or two ways and it may not be the best for us. We will explore some theories of how personality can affect our praying and be offered the opportunity to share our own experience.

Visit: **https://bit.ly/3Rxxx2Y**

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