

Vol: 43 - No 20

Sunday 31st January 2021

Fourth Sunday after the Epiphany



*Trinity at Bowes **Methodist** Church & Centre Plus
Palmerston Road, Palmers Green, London. N22 8RA Charity No. 1128117
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Dear Members and Friends of Trinity at Bowes

During the current rules we are still allowed out to exercise. Despite the wonderful snow we had this week where we spotted many attempted snowmen (or should I say snow-people?) We made snowman on our back lawn and put on a smiling facemask, together with coins for eyes and obligatory carrot as a nose. We really enjoyed dressing up in many layers of clothes, with boots, scarves and gloves to walk in the freshly lain snow. It is special to feel and hear the crunch of snow beneath your feet. We commented that the people who were out and about that morning seemed to be happy and friendly. It was lovely to see husbands and wives out holding hands and families together yet still keeping a safe distance from others. Physically distant but not socially distant. A smile can travel a long way.

When you manage to get a walk in the park you might also be blessed to see the variety of birds by the lake. The most beautiful of these is the mandarin ducks. In traditional Chinese culture, mandarin ducks are believed to be lifelong couples, unlike other species of ducks. Hence they are regarded as a symbol of conjugal affection and fidelity, and are frequently featured in Chinese art. It is said that a man was intending to divorce his wife but seeing a pair of these ducks, he was reminded of the happy times they had spent together. He changed his mind, and they had many more happy years together. Because the male and female plumages of the mandarin duck are so unlike, yuan-yang is frequently used colloquially in Cantonese to mean an "odd couple" or "unlikely pair" – a mixture of two different types of same category. In relationships it has often been said that opposites attract.

Being different from each other doesn't mean you cannot respect each other. If we were all the same our life would be very strange. Our church is made up of people with different skills and talents, different ages, different cultures and different backgrounds, yet it works; TaB works. As our buildings remain closed let us all continue to worship together in our newly set up Zoom Praise and worship. Invite your friends, relatives and acquaintances from across the country or even the world to join us each Wednesday at 5pm BST and let us as a church be together and share the Word

Peter Godfrey

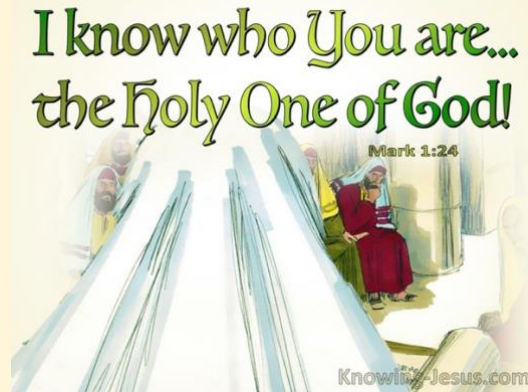
Contact:

admin@trinityatbowes.co.uk - 020 8888 2797 - 07484 309301 - www.trinityatbowes.co.uk - Facebook: TaBChurch

LECTIONARY REFLECTION

By Theo Hercules

Lectionary Readings: Deuteronomy 18: 15-20. - Psalm 111:1. - 1 Corinthians 8:1-13. - Mark 1: 21-28



“I know who you are, the Holy One of God”

I believe that most of us at some time in our lives have suffered some form of illness, whether it was a bout of influenza, or a fever caused by an infection. Mark introduces his Gospel by telling us of “The Good News of Jesus Christ, the Son of God” Mark 1: 1.

Well, the Good News was that Jesus was moving in the area and came to Capernaum; power and authority are with Him, and on the Sabbath day He enters the synagogue. He was, most likely invited to read from the scriptures and to give an exhortation of the text. The worshipers are astounded by his teaching. They have never heard any teaching quite like this. He has power and authority given to him by God his father. We may argue whether or not the people recognised just who was teaching them. As Mark has it, Jesus was a man of action, and the time of action was close at hand.

As Jesus taught them in the synagogue, a man who must have been known to most of the worshipers and possessed by an unclean spirit enters the synagogue and interrupts Jesus’ teaching. This is a direct confrontation between him and Jesus, yet perhaps unlike all those who were there, he knew who Jesus was: “The Holy One of God”. Today the entire world is affected by something unclean the dreaded Covid-19 virus. How are we to react to this Virus? `Jesus, with power and authority rebuked not only the man but the spirit too and ordered him to leave the man.

Throughout our community, and around the world today people are affected by the Covid-19 virus. So many have been directly impacted by this virus that perhaps we all know personally of at least one person who has tested positive. We are crying aloud for the voice of the prophets. Moses told his people in Deuteronomy 18: 18 that God said, “I will put my word in the mouth of the prophet”. Since God’s words are put into the mouth of the prophet, are we really taking heed of God’s words? Can they not be used to cure the sick and the distressed?

The man with the unclean spirit must have been distressed, yet he was lucid enough to know where to go to find “The Holy One of God”. On this occasion Mark has not said that he asked to be cured or relieved of the unclean spirit. Instead in the middle of Jesus’ teaching, he shouted out. Jesus immediately with His power and authority ordered the spirit to come out of him. Now we in turn need to call on the name of the Lord to give us guidance, health and strength during this pandemic. At time of hardship and anxiety, yet a time when all of us can reflect on our lives and bring them in line with the teaching of the true prophet who in “The Holy one of God”.

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PASTORAL



If you would like news items, prayer requests and or celebrations to be included in the Newsnotes
Please send an email to revsam@mail.com before 6.00pm every Wednesday.
Pastoral Sec. Tony Addo – Anthony.addo54@gmail.com

O God our heavenly Father, as our United Kingdom has entered into more restricted lockdown, we come to you not to just seeking answers but seeking your strength and courage for the days ahead.

God, this week we lift up the people of TaB, the families, friends and those who have asked us to pray for them. Help them to find ways to know that you love us all and consider each one of us important and a part of your creation. Pour into our lives your Holy Spirit to take away our worries, sickness and fear.

We pray for all who are unwell, all those who are homebound or in residential care and for all those who have recently been bereaved.

Remembering especially:

Elizabeth Arnold, Joyce Beaumont, Barbara Biggs, Iris Branch, Christina Cabrera, Dorothy Campbell, Yvonne Jordine, Rhona Knight, Yvonne Obeng, Hope Siwela, Victoria & Elizabeth Takaedza.

Lynnett Beckford-Heaven: It is with great sadness that one of TaB's longstanding member Lynnett passed away on Monday 25th January 2021. She was married to Astley who died on the 13th August 2017. Lynnett was also a very active member of Enfield Caribbean Association and never hesitate to show her talents in varying activities of TaB. She enjoyed going out on day trips. She regularly attended Sunday worship and the Wesley Guild. We extend our heartfelt condolences to her family and friends. May she rest in peace.

Birthdays & Anniversaries



Happy Birthday

Wynne Allen 29th January

May God grant you overflowing joy, abundant opportunities, and a shower of blessings.

To all who have Anniversaries this week.

May your marriage continue to be blessed with love, joy and companionship all the days of your

Remembering our friends and loved ones



As we are not in the church building and enjoying the flowers, we felt it still important to remember our dearly departed. Where we would usually have flowers in church in their memory, instead, we still remember them here this week.

Reg & Joyce Crowe

Donations that would have gone to the flower fund, will instead be used for the church garden project. Please send payment to the Tab bank account detailed on the next page, with a reference "Garden"

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Church News and Centre Plus

During this Lockdown 3, Trinity at Bowes buildings remain closed for worship in person, however worship can still take place through the New River Methodist Circuit - Online Church Available on Facebook OR search You Tube for New River Methodist Circuit. Alternatively, you can use the link on our website's Home page of <http://trinityatbowes.co.uk>

<u>Streaming Schedule for New River Methodist Circuit Online Church</u>			
Day(s)	Time	Online Event	
Monday - Saturday	8.00 am	Thought for the Day	<i>Pre-recorded</i>
Monday - Saturday	9.00 am	Morning Prayers	<i>Live</i>
Saturday	10.30 am	Virtual Coffee Morning	<i>Live</i>
Sunday	10.30 am	Sunday Circuit Service	<i>Pre-recorded</i>

TaB church: Worship on Wednesday

Every Wednesday at 5pm -

As our building is closed, but we can still worship our lord as a community
30-minute **Worship & Interactive Bible study.**



Join via Zoom



<https://us02web.zoom.us/j/9928297354?pwd=TjdiSG40ZG5YbUVLaXBFL0RjRGZ5dz09>

Meeting ID: 992 829 7354 - Passcode: 518822

TaB Website & TaB Church Face Book

Visit our TaB website <https://www.trinityatbowes.co.uk> and TaB Facebook. The website is regularly updated. Contact Peter Godfrey with your ideas **Email: petergodfrey@blueyonder.co.uk**

TaB Sunday School Resources

Sunday school session material can be found on at [khttps://www.trinityatbowes.co.uk/sunday-school](https://www.trinityatbowes.co.uk/sunday-school)
Peter Godfrey is the contact for Sunday School resources **Email: petergodfrey@blueyonder.co.uk**

Trinity at Bowes Methodist Church Bank Account Details

Should you wish to make a donation, it can be done by bank transfer to Trinity at Bowes Methodist Church. Our bank account details are as follows:

Account Name: [Trinity at Bowes Methodist Church](#)

Account no: [92883701](#) **Sort Code:** [09-01-55](#)

Account held at the Santander Commercial Bank Please ensure you use your name as the payment reference

New River Circuit News



Safeguarding Conference | Saturday 13 March | Time & details to be confirmed
Following the cancellation of last year's annual Safeguarding conference, this year's conference will now take place on **Saturday 13 March** via Zoom

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