

Vol: 43 - No 22

Sunday 14th February 2021

Sixth Sunday in Ordinary Times (*not so ordinary!!*)



Dear Members and Friends of Trinity at Bowes

It's been a while since my last chat in the TaB Newsnotes. As most of you know, I have been otherwise engaged with Covid-19! I actually had to be admitted to hospital for a few days but by the Grace of the Lord, I have been recovering, slowly but surely.

Having gone through this experience, I can understand the need for all of us to be vigilant and to pay attention to the NHS guidelines. We have no idea as to how and why we got infected, but we know that we have been blessed by a fairly rapid recovery, hopefully with no lasting after-effects.

As Rev Sam quoted last week, we had to heed the words of the Psalmist: "Be still then and know that I am God". I am not sure why, but rather strangely, some words from the last chorus of the Dire Straits song The Man's Too Strong, come to mind:

Oh father, please help me
For I have done wrong
The man's too big
The man's too strong

*The other choruses say:
And I can still hear **his laughter**
And I can still hear **his song**
The man's too big
The man's too strong*

For the more traditional among us, here are some words by Isaac Watts, one of the great hymn writers.

There's not a plant or flower below
but makes your glories known,
and clouds arise and tempests blow
by order from your throne;
while all that borrows life from you
is ever in your care,
and everywhere that we can be,
you, God, are present there.

May God bless you all

Charles

LECTIONARY REFLECTION

By Lilla Hercules

Lectionary Readings: Mark 1:40-45



Today's Gospel reading is more than just a story of healing a leper; it is a story of compassion, power, wisdom, confidence and righteous disobedience. The leper's confident trust in Jesus earned him his healing, so he felt compelled to tell others the good news of Jesus. Although Jesus had told the leper not to tell anyone of his healing he must have been overwhelmed by gratitude, and so he did the very thing Jesus asked him not to do.

Leprosy refers not just to the physical illness showing symptoms of a skin disease; it is also symbolic of our sinful state bringing about social and spiritual suffering for the victim. Leprosy, a chronic skin disease, although curable in modern times, was incurable in Jesus' time on earth. Lepers were not permitted to participate in community life and worship as they were considered unclean. We note, the man does not ask to be healed but rather to be made clean.

In the story a man with leprosy came into the synagogue breaking the law of segregation to meet Jesus, confident in Jesus' power to heal he knelt down before Jesus, and said, to Jesus "If you wish, you can make me clean." Moved with pity, Jesus stretched out his hand, touched the sore of his leprous body, and said, "Of course I want to. Be made clean." Immediately, the man was cured of his leprosy. Jesus did what was then taboo; he touched the leper and made him clean. In so doing Jesus did not only heal the man's body; He touches him, speaks to him, and gives him his freedom to be fully human again he also restored his dignity and rightful place in society.

We ourselves are often afflicted with a leprosy of sin, far more deadly and alienating than the one of the man in the Gospel. Sin infects our beings and radically alters our lives, cuts us off from God, church and community. Like the leper, if we acknowledge our sins, we can come as we are and kneel down before Jesus in humility, respect and confidence. We can beg him for forgiveness and cleansing, knowing that he can forgive us and cleanse us of our sin.

Yes, we are all unworthy, but when we find that we have failed before God, all that we must do is turn to him with confidence in His grace and mercy, which is for all and knows no limit.

Unlike the lepers of ancient times, who seldom, if ever, received the chance to be free of their ailment, we have the opportunity to approach our Lord and cry with confidence to Him, "If you wish, you can make me clean." and he says to us of course I want to. Fear not for I am with you I will help you. I will hold you up with the right hand of my righteousness.

Jesus cares about us. He loves us. He has a plan for our lives. Part of that plan includes Him touching your life and cleansing us of your sin. Just call out to Him. Let Jesus do what only He can do. Then when we are forgiven let us do what Jesus tells us do. We have a purpose.

As Lent approaches let us reflect on our personal relationship with God, just like the leper who knelt before Jesus, we kneel our lives before Jesus acknowledging that He is a loving and compassionate God and we seek from Him the touch that cleanse us from sin.

"Lord, if you are willing, you can make me clean."

Amen

Contact:

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



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 continues with our restricted lockdown, we continue to seek 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: those who are unwell, for those are “staying safe” in their homes alone, for those in care homes or supported living, for parents who struggle with juggling the pressures of work and home schooling, or those whose work puts them in the front line of risk.

We offer new prayers for: *Linda Dawson's sister Christine who has terminal cancer and also had to have her right arm amputated. She is at home with her husband and receiving all the support she can.*

We continue to pray for those who continue to need God's grace and healing:

Elizabeth Arnold, Joyce Beaumont, Barbara Biggs, Iris Branch, Christina Cabrera, Dorothy Campbell, Yvonne Jordine, Rhona Knight, Yvonne Obeng, Hope Siwela, Victoria & Elizabeth Takaedza, Charles & Elizabeth Dadey, Barbara McNally (Lewent)

We pray for the families of those who have died recently: *The family of Lynnett Beckford-Heaven and the family of Bob Barker*

Dear God hear our prayers.



Birthdays & Anniversaries



Happy Birthday to our friends who may be celebrating a birthday this week

Kojo Hagan 18th Feb

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

To all who have Anniversaries this week.

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

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.

Ivy by the Huntley family

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"

Free training for volunteers

The North London Hospice supports the residents of Enfield, Haringey and Barnet. The Hospice has recently received some lottery funding and as part of the **Compassionate Neighbours project**, is able to offer free training to local volunteers who are helping in their community. The kindness of volunteers who are working hard to help those who are struggling in these very difficult times, has resulted in many foodbanks, befriending services and support for the homeless springing up.



The Compassionate Neighbours project, which has been running for 3 years, supports anyone with a chronic or life-limiting condition experiencing loneliness and/or social isolation, which I am sure, applies to some of those receiving your help.

The courses are to help volunteer's better support those people dealing with the Covid pandemic and a life-limiting or chronic condition and enables volunteers to have sensitive and supportive conversations with more confidence. The topics covered in the training are safeguarding; death and dying; grief and bereavement, the role of hospices and community in supporting people; making decisions; personal boundaries and resilience.

Please be aware there is no pressure to become a compassionate neighbour for the hospice once you have completed the training – our aim is to help as many volunteers better support their own community as we can – a small thank you for the wonderful work you do.

Our next available training dates are on Wednesday 10th, Thursday 11th, Monday 15th & Tuesday 16th March 2021 each session is from 11.00 – 13.00. These will take place over Zoom and participants need to commit to all 4 sessions.

Further dates will be added and timings can be adjusted to fit in better with the volunteer's commitments. The sessions are very relaxed and informal and there is no test at the end!! We would be delighted if you could join us.

If you have any questions and or you wish to apply for a place on a course call Judi Guy on 07956496673

Lockdown Opportunity for those on low or no income

For those in unemployment or with low income due to fewer hours of paid work, we have been given an opportunity through Utility Warehouse. You can search "uw.co.uk/earn" and this will play a 10-minute video explaining the opportunity. If you want further details then please contact Maro Iordanou from St Demetrius Church in Edmonton on 07990 560473



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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

Follow in Joseph & Mary's footsteps and take part in a census

UK is holding its 10-year census on 21st March 2021. Nearer the time, you'll receive more information from the organisers. There'll be plenty of help to take part for people who need it. Find out more at www.census.gov.uk

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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