

**Vol: 43 - No 18**

**Sunday 17<sup>th</sup> January 2021**

**Second Sunday after the Epiphany**



Dear Members and Friends of Trinity at Bowes

The new year has started, and it is often considered to be the time of year when people talk in terms of “new year resolutions”: I asked Siri (an App on my iPhone) for a definition of ‘resolution’ and it told me “A firm decision to do or not to do something”. Let’s hope that we don’t make a firm resolution to not read our bibles.

I attend a business networking group called BNI Outstanding. We currently meet on Zoom each week and we support each other’s businesses by giving referrals. Last January, when we were able to meet in person we were asked to write down 5 goals we wanted to achieve in our businesses. We were then asked to put the paper with our goals into a self-addressed envelope and hand it in to the President of our chapter. This year the envelope was posted out to us all and mine arrived on my doorstep this week. I recognised my own handwriting and opened the envelope. Out of the 5 goals I had written down I had exceeded 4 of them and of the last one achieved 75% of its target. Impressive. The point is: Goals that are written down generally get achieved. Why? Because by writing them down it means you think things through. You consider the how and the why. Even if you never look at your written goals again the fact that you have written them down prompts your subconscious to work on them. I remember as a schoolboy writing down a list of mathematic formulas to take into an exam. The fact that I had written them down meant I did not need to secretly take them out and cheat: I had memorised the formulas.

Our friend Esther suggested to us at the beginning of December to read one chapter of Luke every day leading up to Christmas. Luke has 24 chapters and so by Christmas day, she said “You will then have a very clear idea who it is you are worshipping”. That to me was a very good idea which we followed.

May I suggest that during this Lockdown you take steps to write down your spiritual goals. Make your goals SMART; Specific, Measurable, Achievable, Realistic & Time-bound. It could be to read one chapter of the Bible each day. It could be to pray each day for a different one of the people listed on our Newsnotes. It could be to walk in the sunshine and praise God for the day. It could be to phone a different friend or relative each day and have a conversation to cheer them up and show the Light of God.

Make a goal, Write it down, Live it  
Peter Godfrey

Contact:

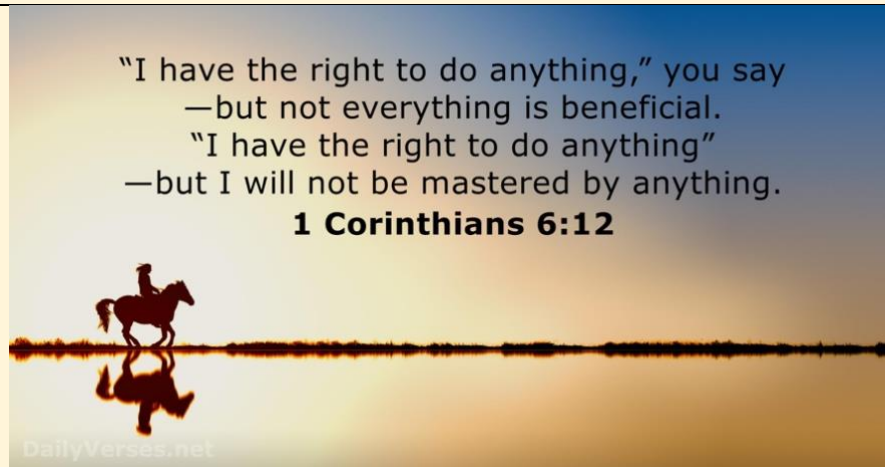
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## LECTIONARY REFLECTION

By Suzy Godfrey

1 Corinthians 6: 12-20



When I first read this section from Paul's 1st letter to the Corinthians, I didn't see how it would relate to us today. The people of Corinth had a reputation for licentious behaviour so that the early church may have needed to be reminded, but our community of friends are decent and Godfearing, no prostitution or fornication at TaB!

But on a second reading, I was struck by verse 12: "*I have the right to do anything, but not everything is beneficial. I have the right to do anything, but I will not be mastered by anything*". During these challenging times, there are many things which have become illegal, and some that are legal are not good for us. We can go shopping, we can go for daily exercise, we can form a support bubble, even go to work.

But.... COVID-19 is spreading and the overall message from health experts is to stay home as much as possible. So only go shopping if you can't get food delivered, and then just for essentials. The large supermarkets are open, and it is legal to wander and look at the wide variety of things available. But no, we are reminded in this bible passage, to only do what is beneficial. Why take unnecessary risks?

There is another warning, some legal activities can dominate! I recently realised that during lockdown I have spent increasing amounts of time playing computer games on my iPad, thinking about disasters and eating more than I need. Negativity has affected my mood and my attitude to others. The New Year is a good time to recognise what has come to dominate us and it is a time to re-evaluate our priorities. I have made a conscious decision to only watch the news once a day, do more creative activities and change what I eat.

Let us remember this message so that is as relevant to us today as it was to the Corinthians so long ago: "do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own?"

For you were bought with a price; therefore, glorify God in your body."

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## PASTORAL



**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, Late Robert Barker's family, Catrina Bassey, Joyce Beaumont, Barbara Biggs, Iris Branch, Christina Cabrera, Dorothy Campbell, Lynette Heaven, Yvonne Jordine, Rhona Knight, Beverly Watkins-Kowa, Ken Kowa, Yvonne Obeng, Hope Siwela, Sithabile Ncube & Elizabeth Takaedza.

We add our thoughts and prayers for Charles & Elizabeth Dadey who have this week tested positive for Covid-19. Charles is under observation in hospital and Elizabeth is being cared for at home by her son Ebo.

If you would like news items, prayer requests and or celebrations to be included in the Newsnotes  
Please send an email to [newnotes@trinityatbowes.co.uk](mailto:newnotes@trinityatbowes.co.uk) before 10.00am every Thursday.

## Birthdays & Anniversaries



**Happy Birthday**

**Princess 23<sup>rd</sup> 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.

**Cynthia & Marjorie in memory of their mothers' birthday**

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

Despite Government permissions, the Circuit ministerial team has decided that all churches in our circuit, including Trinity at Bowes, will remain closed for worship until further notice.

Worship can still take place through the New River Methodist Circuit - Online Church

Available on Facebook OR You Tube. Search for New River Methodist Circuit or use the link on the Home page of <http://trinityatbowes.co.uk>

<b>Streaming Schedule for New River Methodist Circuit Online Church</b>			
<b>Day(s)</b>	<b>Time</b>	<b>Online Event</b>	
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

Wednesday 20<sup>th</sup> January 5pm -

As our building is closed, let's join together to worship our lord as a community

30-minute **Worship & Interactive Bible study.**

Join via Zoom

Meeting ID: 992 829 7354 - Passcode: 518822



## TaB Website & TaB Church Face Book

Our TaB website <https://www.trinityatbowes.co.uk> and TaB Facebook: **TaB Church** are frequently being updated. Contact Peter Godfrey with your ideas **Email: [petergodfrey@blueyonder.co.uk](mailto:petergodfrey@blueyonder.co.uk)**

## TaB Sunday School Resources

Resources for Sunday school families can be found on our TaB home website using the following link <https://www.trinityatbowes.co.uk/sunday-school>

Peter Godfrey is the contact for Sunday School resources **Email: [petergodfrey@blueyonder.co.uk](mailto: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

We are all saddened by the news last Sunday evening of the death of Mrs Lloyd Fanushie, one of our Local Preachers. We pray for her family and friends, safe in the knowledge she is at peace with her Lord.

You're invited to try Alpha at Middle Lane Methodist Church Visit [www.middlelanechurch.org/alpha](http://www.middlelanechurch.org/alpha) to find out more & to obtain registration details. Zoom login details will be sent to you. Alpha Online takes place on Zoom on Monday at 7:30pm.



**Safeguarding Conference | Saturday 13 March | Time & details to be confirmed**

Following the cancellation of last year's annual Safeguarding conference, we are pleased to announce that this year's conference will now take place on **Saturday 13 March** via Zoom

## 3 Generate 2021-22 Youth President announced

David Irdan from Cardiff has been announced as the new Methodist Youth President for 2021 following the 3 Generate election

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