

Vol: 43 - No 32

Sunday 9th May 2021

6th Sunday of Easter

Fill thou my life oh Lord, my God
In every part with praise,
That my whole being may proclaim
Thy being and thy ways.

Dear brothers and sisters,

Whether you like it or not the sun will rise tomorrow. I wonder what occupied your mind when you woke up this morning? Was it any of your issues from yesterday, few days ago or some long time ago? Or was it the fact that you felt alive and kicking, however gingerly that was? Did you consider that today will bring yet more issues to grapple with but that you have opportunities before you to make something out of the day ahead?

Psalm 71:16 states, 'I will go in the strength of the Lord God'. The world and our lives are filled with contrasting situations. We usually see one and not its opposite. Ecclesiastes 3 reminds us that contrasts in our lives have always been and will always be there. We need to pursue what can be possibly positive and remind ourselves of Jesus' assurance of His enlightening wisdom when the going seems bleak.

It is difficult to be a positive believer especially when one is facing challenging times. Let us be hopeful of God's kindness, mercy, protection, healing and above all, his grace and faithfulness. I believe that God promises us to enjoy His creation. Let us approach the coming summer with a gentle smile on our faces that speaks of the hope within us. Just smile occasionally to reaffirm to ourselves that we are the children of faith in a positively loving God. Sometimes keeping a smiling countenance will seem ridiculous but many have seen how the power of a loving God breaks through the darkness and bleak expectations.

God sometimes speak to us in contradictory manner. Patience before the Lord always removes mountains. Psalm 121 reminds us that He who keeps you will not slumber nor sleep. The Lord is your keeper! So let us be filled with praise for the wonderful ways He enters our day.

I have found this truth that, when we are grateful for the positive things God does in our lives, He follows that by giving us even more opportunities to be grateful. Try it and stay blessed.

Thank you.

Kojo Hagan.

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Page 1 of 4



LECTIONARY REFLECTION

Reflection Readings: Acts: 10: 44-48; Psalm 98; 1 John 5: 1-6; John 15: 9-17

Reflection on John 15: 12-17 and Acts 10: 44-48

Time was moving quickly for the pass over (John 13) and His death on the cross for all humankind was imminent. Last Sunday we read of Jesus being the Vine and his disciples being the branches. The reading ended with the disciples being able to bear much fruit providing they abide in Jesus. This week's lesson speaks of abiding in his love and keeping his commandments. *"This is my commandment that you love one another as I have loved you."* V12

This love for one another Jesus said is one way for everyone to know that we are his disciples. For he said *"As the Father has loved me, so I have loved you"* and as I have kept his commandment so now you must keep my commandment and Love one another. The ultimate price one pays for love is to give up one's life for a friend. We have heard lately of the woman who fell into the Thames, two young men jumped in the water in an effort to rescue her. The woman and one man were rescued, but one man paid the ultimate sacrifice with his life. His act of getting into the water was one of great courage and demonstrated that loving one another is not just reserved for people whom we acknowledge as friends or family.

Jesus calls us to love. St. Paul in 1 Corinthians 13: has given us a long list of the qualities of love in action which we as a church should cherish. Here at Trinity at Bowes, we often see much love in action on many functions or ceremonies. Last Wednesday can be cited as such an occasion, when we said a poignant farewell to one of our most loving members.

Loving one another is not always easy. Sometimes it is quite easy for us to profess love for someone: a family member or a friend, yet most of us at one time or another must have ended a friendship. How painful that can be. But Jesus says if we abide in him he will abide with us. This he said will be accomplished if we abide in his love like the branches are attached to the vine and He is attached to His Father.

Jesus assured us of his great love for us; he never leaves us regardless of what we may have done in the past because we did not choose Jesus, Jesus chose us. V16.

Acts 10: 44-48

"While Peter was still speaking the Holy Spirit fell upon all who had heard the word" V44. This astounded some believers, that the Holy Spirit should fall on those who were uncircumcised. Yet Jesus said I know my sheep and my sheep know me, but *"I have other sheep that do not belong to this fold. I must bring them in also."* John 10:16. This is aptly demonstrated in this reading that Jesus knows us all and we are all special to him. Indeed Christ died for everyone.

Our Church at Trinity at Bowes must proclaim the good news to all challenging as it is during this pandemic with such devastating news of death reaching us from many quarters of the world. We must be searching for those whom we believe are on the outside of our faith and give them a helping hand to find the living Christ through his new commandment to "Love one another".

Theo Hercules

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Father God we thank and praise you for the assurance that we can take all our care worry and anxiety to you in prayer.

We continue to pray for the Family, Members and Friends of Tab. We ask that you lift them up from place of fear, anxiety, worry, and sickness with the reassurance that you love us all and we are precious. Let your Holy Spirit fall afresh on us as we seek to worship you during this pandemic.

Compassionate God we ask for your comfort and healing touch for all those who are in need of your Grace, Mercy and Healing. For those undergoing test or waiting for test results, including those waiting hospital appointments. We bring before you Yvonne Obeng who is hospitalised at present.

Father God we especially bring before you: **Elizabeth Arnold, Barbara Briggs, Iris Branch, Joyce Beaumont, Christina Cabrera, Dorothy Campbell, Cyril Huntley, Yvonne Jardine, Rhona Knight, Hope Siwela, Victoria Sibanda, Elizabeth Takaedza, Catherine Smith, Nick** (friend of Frances Thomas) **Christine** (Linda Dawson's sister)

Loving Father we pray that they will feel your loving arms enfolding them with the reassurances that your grace is sufficient to see them through all their difficulties.

Father we Stand in the gap for families who are bereaved remembering, Steve & Frances Thomas for their loss of an Aunt. Suzy and Peter Godfrey for the loss of Diane Howard (Peter's sister). For Franklyn Riley and all his family for the loss of his mother Cathy Riley. For the families of Bob Barker; and Barbara McNally. We pray that the Lord strengthen and comfort them all in this their time of sorrow.

Birthdays & Anniversaries



Happy Birthday to our friends who may be celebrating a birthday this week
Frances branch Thomas 6th May
Natalie Marima 8th May
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 lives.

Pastoral Sec. Tony Addo – Anthony.addo54@gmail.com

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Church News and Centre Plus

As we begin to emerge from lockdown all Nine churches in the Circuit are now opened every Sunday morning for worship in person. Circuit worship will still be taking 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>

Pulpit leader for Trinity at Bowes over the next four weeks will be as follows:

Trinity at Bowes

Date	9th May	16-May	23rd May	30th May
Leader	Rev. Sam	Rev Amankwatia	Rev Sam	Gladys Chingoka

Streaming Schedule for New River Methodist Circuit Online Church

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 Sundays 10:30 am

Wednesdays a t5pm- Worship & "Talking Jesus".
Join via Zoom



Meeting ID: 992 829 7354 - Passcode: 518822

TaB Church Face Book: "Like" our Facebook Page and receive regular inspirational updates

TaB Sunday School Resources: Updated every Saturday and ready for use from the following Sunday

TaB Bank Account Details: Should you wish to make an offertory or a donation: our details are:

Account Name: Trinity at Bowes Methodist Church
Account no:92883701**SortCode:**09-01-55

Please ensure you use your name as the payment reference

Remembering our friends and loved ones

Donations which would have gone to the flower fund, as we are not in the Church building will be used instead for the church garden project. Please send payment to the Tab bank account detailed above. With a reference "Garden".

We remember:

Cathey Riley & Barbara McNally (previously Lewent)

Please let Peter Godfrey know if there are dearly departed loved ones that you would want remembered.

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