

**Vol: 43 - No 21**  
**Sunday 21<sup>st</sup> February 2021**  
**First Sunday in Lent**



*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

Greetings to you all on this our First Sunday in Lent of 2021. We hope you are staying safe and well and are looking forward to the Lenten season. This is a season which all Christians around the world look forward to in the Christian calendar. We started our Lenten journey on Ash Wednesday with our afternoon TaB Praise Worship via zoom on 17<sup>th</sup> February. The season lasts for forty days (excluding Sundays) taking us through “Holy Week” including Good Friday and ends on Easter Sunday with the resurrection of our Lord Jesus.

Lent is the season when we often promise ourselves to exercise more self discipline and devote more of our time concentrating on Christ. Endeavouring to practise many of the moral and social virtues he proclaimed in his gospels. We may promise to pray more often and to read our Bibles morning, noon, and night.

It is some eleven months since we have been affected by the Global Virus pandemic and many have experienced hardship through lock downs, isolation and in some cases loss of income. Yet we remember the psalmist inviting us to worship: “ *O come, let us worship and bow down, let us kneel before the Lord, our Maker! For he is our God, and we are the people of his pasture, and the sheep of his hand.*” Ps 95: 6-7. Yes the Lord our God has brought safe thus far, and he will lead us home.

As we reflect during this period of Lent focus not on the pandemic and the availability of the vaccines which are now available. It is a case of making one’s own decision to have it or not. Personally it appears the benefit of having the vaccine outweighs the negative aspect of not having it. I have had my first jab! Focus instead on this Lenten period and draw close to God as Paul encourages to do in his letter to the Hebrews: Chapter 4: v 16; “Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need”.

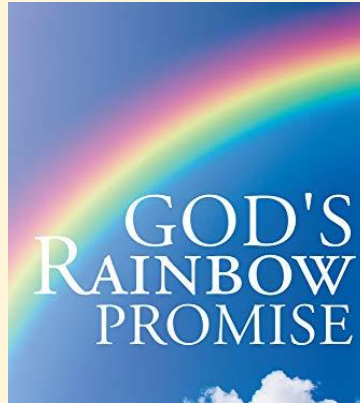
Theo Hercules

Contact:

## LECTIONARY REFLECTION

By Suzy Godfrey

Lectionary Reading: **Genesis 9:8-17**



When reading this passage I noticed how the rainbow is a visual reminder of God's promise to "all flesh" "every living creature" not just the chosen people of faith.

It has come to represent the hope of sunshine after rain, good things to come when in the midst of disaster but also the diversity of humanity and the wonderful work of the NHS. People, of all faiths and none, recognise the rainbow in this way. Most know something of the story of Noah's Ark. You can find beautiful toys and nursery decorations in main-stream retailers based on the boat, the rescue of the animals and the rainbow.

But how many know the biblical truths that underpin this story? How God had become so upset by the way mankind had turned away from Him, behaving in sinful ways and spoiling His creation. How only Noah and his family had been considered worthy to survive. How they had been isolated for months to ensure their safety. How even Noah made mistakes afterwards. None of us are perfect and yet we can be certain of God's promise that never again will there be a destruction of the earth. We are truly blessed to have the opportunity to read the bible story for ourselves, in a language we understand. God speaks to us through its pages. We may have done things that we regret or not done things that we should have. We may have spoilt His creation or harmed others through our actions or inaction. However, through Christ we have the chance to begin again

This brings to mind the words of a familiar hymn by David Bilbrough:

*"I Am a New Creation,  
No more in Condemnation,  
Here in the Grace of God I stand".*

Like Noah, we may still make mistakes, but God will not condemn the world. When we see the rainbow in the sky, let us remember God's grace and give thanks

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](mailto:revsam@mail.com) before 6.00pm every Wednesday.  
Pastoral Sec. Tony Addo – [Anthony.addo54@gmail.com](mailto: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 working in care homes as well as the residents. We also pray 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:*** *Cathy Riley, we wish her well with her recovery in hospital*

***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 Sibanda, Elizabeth Takaedza, Charles & Elizabeth Dadey, Barbara McNally (Lewent), Christine (Linda Dawson’s sister)

***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. Amen

## Birthdays & Anniversaries



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

**Joel (Sunday school) 25<sup>th</sup> 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.

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## 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.

**In memory of 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 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.*

**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.** 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>**

<b><u>Streaming Schedule for New River Methodist Circuit Online Church</u></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**

**Every Wednesday at 5pm -**

As our building is closed, but our worship is growing week by week

**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](mailto:petergodfrey@blueyonder.co.uk)**

## **TaB Sunday School Resources**

Sunday school session material can be found on at <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*

## **Following in Joseph & Mary's footsteps we'll soon be taking 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](http://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

*Contact:*

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