

Vol: 43 - No 21

Sunday 7th February 2021

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



Dear Members and Friends of Trinity at Bowes

We are now in the month of February 2021. February holds two important dates. First, 'Ash Wednesday'. On Wednesday 17th February Lent begins. Secondly, Saint Valentine Day, which falls on Sunday 14th February.

“Be still then and know that I am God” wrote the Psalmist. Lent is a time for us to stop and remember that. Lent is a good time to be a little more quiet than usual - quicker to listen and slower to speak. And the more silent spaces we give ourselves, the more we'll give space for that still, small Voice within. For the past eleven months our stillness in the form of lockdown has drained ourselves down.

God's stillness is still full of energy. Being still means taking time to pause, to take stock, to take a critical look at our lives. That's what Lent is all about. On the spinning discs of our own lives, we need to remember that there is a Still Centre; calm and yet full of energy – which is where God is. God is in the stillness of our life.

Saint Valentine Day falls on Sunday 14th February.

1 John 4:7-12. “Dear friends: let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love”.

The history of the Israelites began with three great romances: Abraham & Sarah, Isaac & Rebekah and Jacob & Rachel. When we reach the New Testament, St Paul, though himself a bachelor, nevertheless spent a lot of time urging Christians to love and be kind and faithful and considerate to their spouses. He even wrote in 1 Corinthians 13 – the great love chapter that is read at millions of weddings worldwide.

For actually the greatest Love Story of all time is that between God and his people. Christ is described in Revelation as our heavenly Bridegroom, and the Church is his beloved Bride. He has given us the most expensive present of all, himself. Just as in all the best romances, the story will end with the bride and groom together at last, so at the End of Time, Christ will return for his Bride. Amen.

Rev Sam

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LECTIONARY REFLECTION

By Rev Sam

Lectionary Readings: Isaiah 40:21–31 1 Corinthians 9:16–27

Mark 1:29–39



The Greek word for “immediately”, *amésos* (1:29; NIV “as soon as”)—which occurs eleven times in Mark 1—contributes to the sense of urgency in Mark’s narrative: the time is at hand (1:15) for the authority of God’s Son to bear witness to the gospel. Close to the synagogue is Peter’s house, where Jesus heals Peter’s mother-in-law of a fever (1:30–31).

The Greek word for “wait on” (1:31) is *diakoneō*, (to be a servant, attendant, domestic, to serve, wait upon) from which “deacon” is derived. Mark’s use of this word to describe Peter’s mother-in-law serving the company following her healing may have been included to remind the members of the church in Rome to which he is writing to use the gifts, health, and opportunities God gives each believer to serve the Christian community in tangible ways.

What Jesus has done to one person in healing Peter’s mother-in-law he now does to the whole community (1:32–34). It was prohibited to work and travel on the Sabbath. So, after sunset on Saturday, Jesus stayed in Capernaum. Lots of people suffering from various physical conditions and demonic afflictions came to see Jesus.

Mark closes the day’s activities in Capernaum with a reference to Jesus’s forbidding a demon to speak (1:34). This unexpected command seems to contradict Jesus’s mission to proclaim and promote the kingdom of God.

At least three reasons can be given for the command to silence. First, rumours of Jesus’s messianic status were not to Jesus’s advantage—and could invite Roman reprisals—since the popular understanding of “Messiah” carried military connotations. Second and more important, the command to silence seems to derive from Jesus’s will to obey to follow his servanthood. This is what prophet Isaiah stated about the Messiah

Finally, and of ultimate importance, Jesus cannot be truly and fully regarded as Messiah until his redemptive suffering on the cross.

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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: 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: *Barbara McNally whose heart stopped during her lung cancer operation and she came home with a pacemaker and is now awaiting an echocardiogram to find out what is going on in her heart as it is not working properly. We also pray for her as she also cares for her husband Mike who has Parkinson’s and has deteriorated in the last year.*

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

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

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

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.

Kojo in memory of his father

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

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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