

Vol: 43 - No 29
Sunday 18th April 2021
3rd Sunday of Easter

Love divine, all loves excelling,
Joy of Heaven to Earth come down.
Fix in us Thy humble dwelling,
All Thy faithful mercies crown.
Jesu, Thou art all compassion,
Pure, unbounded love Thou art.
Visit us with Thy salvation,
Enter every trembling heart.

Dear brothers and sisters, greetings in the name of the Lord.

Surely a sense of freedom is always anticipated by those held in bondage. Freedom is a situation or state which is dependent on many factors which one can only dream about. What we do with our freedom, how we hope to experience it and where we might be physically, emotionally or spiritually are not easily predictable. Freedom conjures in our imagination the breakaway from oppression and pain. We always know that our freedom have some personal quality and that it can only be properly experienced within an environment dictated by our upbringing, our experiences, observations and cultural beliefs. If we are anarchic, others will describe us as rowdy, careless and unfeeling towards others. If we have been influenced by our parental values, we may not outwardly display our pleasure but be reserved and keep a "stiff upper lip". Some of us may fall in between these extremes and be unpredictable - outwardly cool but occasionally joyful to the dismay of others around us. However, the scripture states that *'Therefore if the Son makes you free, you shall be free indeed'*. (John 8:36). 'Really', you may ask.

We have just begun the processes that may lead us to be free ('normal.') again. However, what we hope to achieve has so many potential effects, impacts or outcomes. When Jesus stated that He'll make you free indeed, I believe that He meant that you could become your unique self and express your freedom in many of the ways that affirm the salvation you have received. In Galatians 5:13, Paul described this as rejoicing but not to be self-indulgent. Some of us feel it easy to express ourselves openly. Some equally enjoy our quiet and assured expressions of our freedom. Whoever thinks that there is an acceptable way of showing relief may have seriously missed the point! There is some kind of beauty to be found in how people express themselves and these are to be appreciated. Feeling free indeed, I will suggest, is a personal phenomenon that can only shared with people in a way that does not make them feel oppressed.

We need to understand how those around us express freedom from the lockdown. It may be because of their release from all of the strictures for protecting ourselves by 'Hands, Face, Space'. Just watch and see not how others are reacting but also how you yourself are seeking to conduct yourself in any unusual ways to express your freedom. It is indeed a puzzle that may take time to unfold for all of us.

Watch out! There may be a new person in you ready to be shown to us. Indeed, but please rejoice in a warm, comfortable, respectable, sensitive and loving way. Thank you.

Kojo Hagan

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LECTIONARY REFLECTION

Luke 24 v 36-48, Acts 3 v 12-19

Aftermath of the resurrection

Reflective Song: On Christ the Solid Rock I Stand, My hope is built on nothing less.

Following the resurrection, Jesus was now filled with the power to reveal His presence among the people of Jerusalem. It was now the time to fulfil the words of the prophets, that even death was not going to contain Him. It was now time to strengthen His followers that all He shared with them was true. Luke 24 v 44, Jesus said to the men on the road to Emmaus, “*These are my words that I spoke to you while I was still with you—that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled.*”

I am sure hearing His voice was a shock and recollecting His words was a completely frightening experience, after such an eventful death process, after Him not being found in the grave. I would like to believe that, like us today, stories happen and we quickly forget, or we read newspapers and we move on and forget about the events. However, God’s word needed to be fulfilled to ensure all rulers and authorities who thought they had done away with him would come to realise that Jesus was truly the son of God, who created earth and heaven and has the ultimate power over all things.

Jesus knew that people quickly forget about events and to ensure that His life, His ministry, and the promise of God for the purpose of His mission would be remembered forever. His actions after death needed to demonstrate His living power. He needed to show that He was alive forever.

His return to walking after the nailing to the cross only demonstrated that the power of God was fulfilled, this which what Paul described in Colossians 2 as *disarming of the power of the authorities and disarming every spiritual ruler and every traditions and charges written against human race*. His appearance occurred to empower his followers and to affirm that Jesus Christ could not be stopped with pain or crucifixion. His appearance following being buried demonstrated the power of God cannot be restricted in grave clothing. His ability to eat food with the disciples who were wondering, demonstrated that God’s power heals instantly and gives ultimate power despite all past experiences.

As His appearance did not only affirm the faith of his followers to what was written about him, it also brought about the fulfilment of Jesus’ words such as Luke 10 v 19, “*I have given you authority to trample on snakes and scorpions and to overcome all power of the enemy, nothing will harm you.*” As we see in Acts that the disciple’s authority to heal to, rebuke to preach and to continue with the mission of God become unstoppable.

To this day believers of the word of God remain unstoppable in preaching the gospel and the evangelism continues to grow. To you my brothers and sisters, I invite you to believe in the power of the resurrection. If you welcome this amazing grace, be assured that God’s promises for us shall continue to be experienced despite all odds. The Holy Spirit shall continue to be with us.

God’s presence will always overcome all circumstances, even if the negative may seem greater or powerful, for God’s power to be proven is at the end of every experience. As believers we only need to continue to stand firm and be rooted in his word as we confess the power of the resurrection. That gives us courage and boldness to continue with our faith.

Gladys Chingoka

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PASTORAL



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.

Dear Lord we pray for The Queen as she mourns the loss of her husband, Prince Phillip, The Duke of Edinburgh. His funeral held on Saturday reminds us that she too is bound by the Covid rules of her people. May the Lord God our saviour spread His arms of love and comfort around both her and her family.

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 who 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; 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: The family of Diane Howard (Peter Godfrey’s sister) who mourn for her passing on Easter Monday.

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 Jardine, Rhona Knight, Yvonne Obeng, Hope Siwela, Victoria Sibanda, Elizabeth Takaedza, Charles & Elizabeth Dadey, Christine (Linda Dawson’s sister), Catherine Smith, Nick (friend of Francis Branch Thomas & the family of Roy Mdudu, the family of Bob Barker and Steve & Francis for the loss of his aunt.

We pray for the families of those who have died recently: including the families of Barbara McNally (previously Lewent) who died recently and also Franklyn & the rest of Cathy Riley’s family

Dear God hear our prayers. Amen

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Birthdays & Anniversaries



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

Kunle Sokoya 18th April
Isabel Addo 19th April
Ugo Onwutalu 20th April

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 is still important to remember our dearly departed. Where we would usually have flowers in church in their memory, instead, we will still remember them. Let Peter know if there is any dearly departed loved one that you would want remembered.

Cathey Riley & Barbara McNally (previously Lewent)

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"

Live worship in our church building

Our sanctuary is open for worship every Sunday morning. We look forward to seeing you in your Mask. Please remember congregational singing is NOT allowed, but we can rejoice in hearing a solo singer praising the Lord.

The Zoom link is: <https://us02web.zoom.us/j/9928297354?pwd=TjdiSG40ZG5YbUVLaXBFL0RjRGZ5dz09>
ID- 992 829 7354 Passcode- 518822

Catherine Riley or Cathy, as she was known among us has been an outstanding member of TaB ever since she became a member in the early 1980s. She served as a Senior Church Steward and was also a member of the Property and Finance Committee.

Her funeral shall take place at Tab on Wednesday 5th May at 1pm. More details regarding zoom attendance or live attendance in accordance with government guidelines.

Watch this space



Supporting conversations about the covid vaccine

21st and 28th April 2021

Session 1 - 21 April, 7.30 - 9pm

Eventbrite: <https://www.eventbrite.co.uk/e/staff-training-session-registration-147779102273>

Session 2 - 28 April, 7.30 - 9pm

Eventbrite: <https://www.eventbrite.co.uk/e/staff-training-session-registration-147780191531>



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Church News and Centre Plus

During this Lockdown 3, Trinity at Bowes buildings is now open for worship in person, however 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>

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 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 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 Sunday following



TaB Bank Account Details

Should you wish to make your offertory or a donation here are our details:

Account Name: [Trinity at Bowes Methodist Church](#)

Account no: [92883701](#) **Sort Code:** [09-01-55](#)

Please ensure you use your name as the payment reference



Local Elections are coming in May. Stay safe – register to vote by post

