

Vol: 43 - No 19

Sunday 24th January 2021

Third Sunday after the Epiphany

*Oh God our help in ages past,
Our hope for years to come.
Our shelter from the stormy blast,
And our eternal home*

Dear Brothers and Sisters,

The first month of this New Year is almost at its end. How quickly time flies! Yes, time flies for it is now almost a year since the pandemic took hold of our personal and national lives. In our spiritual lives we have been introduced to new forms of worship and with an appreciation of the need to be physically together. If we needed to be aware of our need for each other, I believe these last 10 months have emphasised that. We have come to realise the fragility of life as we have realised that over 93,000 of the UK population are no longer with us, some closely known to us.

What we seemed to have taken for granted before has now to be re-evaluated to determine their assumed importance or their futility. Solomon declared, (*Ecclesiastes 1:1*) “*Vanity of vanities, all is vanity*”. In verse 7 he declares that “*All the rivers run into the sea, yet the sea is not full*”. These words need to be reflected upon to realise their deep significance in our prevailing lives.

The prophet Jeremiah - after all his lamentations - made the well-known declaration that, “*The steadfast love of the Lord never ceases, His mercies never come to an end. They are new every morning; great is your faithfulness*” (*Lamentations 3:19*). So, God’s love and mercy are like the sea that cannot be overfilled by all our rivers of fear and despair. There is so much space in His compassion that He cannot be overfilled. He remains sure and steadfast. What He has done in the past, He will do so again. We only need to trust God and lean not on our misunderstandings, confusion and bewilderment about what is going on.

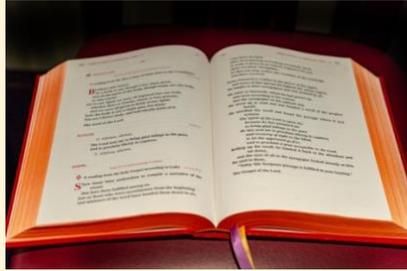
Behold, God makes all things new. Let us approach His throne of grace and see how and why He is our eternal and ever-present home and hope. Stay focused in faith, be safe and blessed by His grace.

Kojo Hagan.

LECTIONARY REFLECTION

By Gladys Chingoka

Lectionary readings: Jonah 3:1-5 – Psalm 62:5-12 – 1 Corinthians 7:29-31 – Mark 1: 14-20



Time to turn to the Lord.

The people of Nineveh received the message that in 40 days the whole of Nineveh was to be destroyed. Nineveh was the capital city of Assyria, where a lot of sin occurred. Assyria was the most powerful empire in those days; it was also ruthlessly violent toward its conquered enemies. As the King of Assyria was a powerful man, of strong character and not very easily convinced with any information, it was very difficult for anyone preaching the gospel to go to that town. However, on this occasion Jonah was assigned to go and, despite having had previously declined, he was finally directed into the city by the power of God. To his amazement the King not only listened to him, but also stepped down from his throne and took off his royal robes.

The lesson here is that, as messengers of the gospel of our Lord Jesus Christ, we have power to execute tasks in our lives as we are the mouthpiece of God who is omnipotent.

The sovereignty of God breaks every other power, as it is written in Philippians 2 v 10 -11 that “*at the name Jesus every knee will bow down and every tongue will confess that Jesus is the king above all other kings*”.

Friends, during these times of trial, let us turn to God, for every disease, every strong man and every powerful wave shall obey the word of the Lord. We are now required as Christians to stand in the gap for the nation. Jesus said when we go into the battle through prayer we come out victorious, and as we are fighting the coronavirus I share the view that it is time to fast and pray for the nation to be saved.

The reason why Jonah did not want to go to Nineveh was because the Assyrians were known for killing and very arrogant. Today Coronavirus has been arrogant and is pursuing our peace, our freedom and our happiness. I now look at it as an Assyrian of that time, so we are needed as Christians to trust in God.

The promises of God are; I will be with you, I will go before you, and I shall be the provider in your lives. Today I choose to pray with you this prayer:

“O God of Abraham, God of Isaac, God of Israel we today come into your presence seeking your uncommon favour during these times of trial. We turn to you our faithful father in heaven with hope that you hear our cry and bring Coronavirus’s knees to bow down before You the creator of universe. Our all-knowing God, send forth in Your Word a powerful wave, send strong men to bear against this viral disease. Breathe a fresh wind in our universe that all things may become fresh again. Amen”.

Contact:

admin@trinityatbowes.co.uk - 020 8888 2797 - 07484 309301 - www.trinityatbowes.co.uk - Facebook: TaBChurch

PASTORAL



O God our heavenly Father, as our United Kingdom continues with our restricted lockdown, we come to you, not to just seek answers but 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 all who are unwell, all those who are homebound or in residential care and for all those who have recently been bereaved. Specially Rev Matt whose granddad passed away last week.

Remembering especially:

Charles & Elizabeth Dadey, Elizabeth Arnold, 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, and Elizabeth Takaedza.

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



Birthdays & Anniversaries



Happy Birthday

Peter Godfrey 28th January
Angela Abraham

May God grant you overflowing joy, abundant opportunities, and a shower of blessings. Happy Birthday!

Wedding Anniversaries

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 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.

Alice Agyekum & family in memory of Christian Agyekum

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"

Contact:

admin@trinityatbowes.co.uk - 020 8888 2797 - 07484 309301 - www.trinityatbowes.co.uk - Facebook: TaBChurch

TaB News - Church & 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>

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

Can we worship in person at TaB? No, but we can on Zoom
Join us this Wednesday for a 30-minute
Worship & Interactive Bible study.



Join via Zoom

**Hymns: 250-Jesus calls us! O'er the tumult & 660-Called by Christ to be disciples every day
Scripture: St Mark 1: 14-20. Based on lectionary reflection - Time to turn to the Lord.**

<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

New River Circuit News

The funeral Service for the late Mrs Lloyd Fanushie, one of our Local Preachers will take place on Monday 25th January at 2.15 pm at St.Marks. Follow the service on Zoom: Meeting ID: 960 535 8451 Passcode: RIP01

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.

Contact:

admin@trinityatbowes.co.uk - 020 8888 2797 - 07484 309301 - www.trinityatbowes.co.uk - Facebook: TaBChurch