

Vol: 43 - No 24

Sunday 14th March 2021

Fourth Sunday in Lent – Mothering Sunday



Fight the good fight with all thy might,
Christ is thy strength and Christ thy might.
Lay hold on life, and it shall be
Thy joy and crown eternally.

Dear Brothers and Sisters,

The end of the latest lockdown period seems to be in sight. We have all experienced this period with all sorts of trepidations but have kept faith that, all in all, God has been faithful to us. We give thanks that our hope in Him has not failed us, so we will continue to lift our eyes to the hills and offer Him praise and adoration.

Many of us have read and listened to God's word, sang hymns and songs and kept in touch with significant people around us to lift our moods. Many have read or heard about peoples' acts of inspiration to give us encouragement through our various challenges in life. Through it all we have trusted that our God who is our glory and has been the lifter of our heads because He has been our guide (Psalm 3:3). We continue to hope that His rod and staff will comfort us while we walk through the valley of the shadow of death.

Whatever our views regarding what we have to do about the various versions of vaccinations or jabs being made available, we know that our leaders have been trying to minimise the impact of this pandemic on a greater majority of the population. Only time will tell what and how our responses have led each of us to do, as well as what the general population of which we are a part have done. You see, the fight is not over until it is over. This time too will pass, and the apostle Paul advises us to give thanks whatever the circumstances (1 Thessalonians 5:3).

Paul's advice may have been hard for some of us to heed. However, as believers, being grateful for our endurance through this pandemic by God's grace should not be too difficult to us to accept. After all, if we are not positive and grateful, then our feeling of choice could be that of being overwhelmed with fear. Our mental health during this time would have affected our physical health even more with complaints that linger in our bodies. Much is being said about our mental well-being now but we have always believed that our God will lift our heads to expect better outcomes from our difficulties or challenges.

Brothers and sisters in Christ, let us hold ourselves and each other up in God's warm embrace and offer God our thanksgiving, with praise in our hearts. It seems that these are the days that the Lord has made and we need to rejoice in His grace which has made many things and situations to be sufficient for us. "My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I glory in my infirmities that the power of Christ may rest upon me" (2 Corinthians 12:9). Let's fight the good fight.

Thanks be to God. Kojo Hagan.

Contact:

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

LECTIONARY REFLECTION

Lectionary Readings: Numbers 21:4-9 – Psalm 107:1-3 – Ephesians 2:1-10 – John 3:14-21

REFLECTION ON St Mark 1:40-45

By Lilla Hercules

Today's Gospel reading is more than just a story of healing a leper; it is a story of compassion, power, wisdom, confidence and righteous disobedience. . Although Jesus told the leper not to tell anyone of this the man must have been overwhelmed by gratitude. He did the very thing Jesus asked him not to do.

In the story a man with leprosy came in breaking the law of segregation to meet Jesus, confident in Jesus' power to heal; he knelt down before Jesus, and said, to Jesus "If you wish, you can make me clean". Moved with pity, Jesus stretched out his hand, touched the sore of his leprous body, and said, "Of course I want to. Be made clean." Immediately, the man was cured of his leprosy. Jesus did what was then taboo; he touched the leper and made him clean.

The leper's confident trust in Jesus' power, compassion and love earned him his healing so he was able to tell others the good news of Jesus. Leprosy refers not just to the physical illness showing symptoms of a skin disease; it is also symbolic of our sinful state bringing about social and spiritual suffering for the victim

Leprosy, a chronic skin disease, although curable in modern times, was incurable in Jesus' time on earth. Lepers were not permitted to participate in community life and worship as they were considered unclean. Please note, the man does not ask to be healed but rather to be made clean.

In so doing Jesus did not only heal the man's body; He touches him, speaks to him, and gives him his freedom to be fully human again he also restored his dignity and rightful place in society.

We ourselves are often afflicted with a leprosy of sin, far more deadly and alienating than the one of the man in the Gospel. Sin infects our beings and radically alters our lives, cut us off from God Church and community but like the leper, we who acknowledge our sins can always come as we are, kneel down before Jesus in humility, respect and confidence and beg him for forgiveness and cleansing knowing that he can forgive us and cleanse us of our sin.

Yes, we are all unworthy, but when we find that we have failed before God, all that we must do is turn to him with confidence in His grace and mercy, which is for all and knows no limit.

Unlike the lepers of ancient times, who seldom, if ever, received the chance to be free of their ailment, we have the opportunity to approach our Lord and cry with confidence to Him, "If you wish, you can make me clean." and he says to us. of course I want to. Fear not for I am with you I will help you, I will hold you up with the right hand of my righteousness.

Jesus cares about you. He loves you. He has a plan for your life. Part of that plan includes Him touching your life and cleansing you of your sin. Just call out to Him. Let Jesus do what only He can do. When you are forgiven then do what Jesus tells you do. You have a purpose.

As Lent approaches let us reflect on our personal relationship with God, just like the leper who knelt before Jesus, we kneel our lives before Jesus acknowledging that He is a loving and compassionate God and we seek from Him the touch that cleanses us from sin.

"Lord, if you are willing, you can make me clean."

Amen

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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.

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, f or 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: Steve & Francis for the loss of his aunt, whose funeral took place on Wednesday this last week

We continue to pray for those who continue to need God’s grace and healing:

Vinisha Abraham, Elizabeth Arnold, Joyce Beaumont, Barbara Biggs, Iris Branch, Christina Cabrera, Dorothy Campbell, Yvonne Jordine, Rhona Knight, Yvonne Obeng, Hope Siwela, Victoria Sibanda, Elizabeth Takaedza, Barbara McNally (Lewent), Christine (Linda Dawson’s sister), Cathy Riley, Catherine Elliot, Nick (friend of Francis Branch Thomas & the family of Roy Mdudu

Dear God hear our prayers. Amen



Birthdays & Anniversaries



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

Wayne Clark - 21st March

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 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 me know if there is any dearly departed loved one that you would want remembered.

Tony New, Lynnett Beckford-Heaven and Bob Barker

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"

Opening of our church building again



Sunday 14th March: This is the date of "Mothering Sunday". The church will be open for those who wish to join us watching the TaB produced circuit service on YouTube. Those in the sanctuary will follow this up with a prayer of thanksgiving. Alternatively, you can stay at home and watch. We would appreciate any texts or WhatsApp messages after the service.

Sunday 21st March: This is Passion Sunday. We will be holding a shortened service from 10:30am in the Sanctuary, which will also be broadcast on Zoom.

Sunday 28th March: Palm Sunday. We are holding a full one-hour service, which will also be broadcast on Zoom. Following the service, we will be holding a Socially Distanced Silence Procession from the church around the block.

Thursday 1st April: This is Maundy Thursday. We are having a communion service from 7pm on Zoom. *consecrated elements are available for those who request*

Good Friday 2nd April: 30 min Meditation at 10:30am followed by a 'Walk of Witness - carrying the Cross'

Easter Sunday 4th April: Family Service from 10:30 including Holy Communion

Please Note: We are decorating the Church for Easter and need lots of artificial / natural flowers and some plants. If you have artificial flowers and plants can we please borrow them? We will be happy to collect them from you or you could bring them to Church on Saturday 3rd 2021 between 10am and 1pm. The Zoom link below:

<https://us02web.zoom.us/j/9928297354?pwd=TjdiSG40ZG5YbUVLaXBFL0RjRGZ5dz09>

ID- 992 829 7354 Passcode- 518822

Circuit Lent study

We continue our Circuit Lent worship and study on Sunday evening at 6pm. The room will be open from 5.45pm to allow people to see one another and chat together. Join Zoom Meeting

<https://us02web.zoom.us/j/87240918026?pwd=ckpydXFCc2JhZ1paTm1CYXJtVm9jdz09>

ID: 872 4091 8026 Passcode: 299877

Church News and Centre Plus

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During this Lockdown 3, Trinity at Bowes buildings is tentatively re-opening 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

Our building is closed, however, 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



The UK is holding its 10-year census on **21st March 2021**. There'll be plenty of help to take part for people who need it. Find out more at www.census.gov.uk



Local Elections are coming in May 6. Stay safe – register to vote by post.



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