



# Newsnotes. .*Connecting... Faith & Life*

**Vol: 43 - No 25**

**Sunday 21<sup>st</sup> March 2021**

**Fifth Sunday in Lent**

Dear friends.

What a wonderful week we've had. The Mothering Day service broadcast on YouTube was watched by many of us in the sanctuary last Sunday and this was followed by Holy Communion. We hope you have had a chance to watch the service. The beauty of YouTube is that you can watch a service from anywhere in the world at any time in a 24-hour day, 7-day week, 52-week year and still feel the power of the spirit lift you.

We would like to thank everyone who took part in the service. It was a real team effort from Rev Sam who put the structure together, decorated the church in splendid colour, with fabrics, flowers and candles. He also organised much of the recording of individual readings. Kojo for the musical arrangements and ensuring the singers knew the song and performed to their best. The readers; Janet, Christina & Yvonne. The children who sent messages to their mothers and for Jenny, Suzy & Aksua who gave a message on behalf of mothers and grandmothers.

The singers offered an amazing repertoire of songs from socially distant groups to solo efforts: all within the context of the service. Rev Sam offered a very pertinent and relevant sermon with a message to mothers to encourage and for children to be in the spiritual image of their mothers. We thank Gladys for the prayers and the singers who added the verses in between. It was both fun and stressful at times putting all the pieces of the film together, but we need not have worried as, in the end, our contribution was uploaded to YouTube in record time.

The service has been well received with many messages of encouragement on WhatsApp and on the phone. It was good to be able to see the children and see how they have grown and become integral to the worship despite being in lockdown. Everyone's contribution was crucial to the success of the service and whilst we offer our thanks it is a reminder that our building isn't the church. Our church is the people. Visiting the sanctuary on your own shows a large empty space. Being together with friends and worshipping together is the church.

Our building is open for covid-safe live worship this Sunday 21<sup>st</sup> March, and we are also going to try to make it available on Zoom. See the back page for log in details.

I recall a poster once that asked the question "Who is missing in CH\_\_CH?" the answer being UR. (i.e. church). I think the question should be "Who is at the centre of CH\_\_CH?"

Be in touch with one another, be a neighbour and remember the building is ready when UR.

May God bless you richly during the coming week.

Peter Godfrey

*Contact:*

[admin@trinityatbowes.co.uk](mailto:admin@trinityatbowes.co.uk) - 020 8888 2797 - 07484 309301 - [www.trinityatbowes.co.uk](http://www.trinityatbowes.co.uk) - Facebook: TaBChurch

## LECTIONARY REFLECTION

**Jeremiah 31:31-34, Psalm 51, Psalm 119: 9-16, Hebrews 5: 5-10, John 12: 20-33**

By Suzy Godfrey

Take this time to reflect on each of this week's readings

### **Jeremiah 31:31-34**

Jeremiah is an old Testament prophet. He gives this message from God: *I will make a new covenant which will be written on their hearts. I will be their God and they will be my people. I will forgive their iniquity and remember their sin no more.* God has promised to forgive and forget. I find it very difficult to do this, forgiving a wrong against me or my family is challenging enough, forgetting almost impossible. But God has promised to do it.

**Psalm 51** is thought to be David's reaction to a visit by the prophet Nathan. David was made very aware of the sinful nature of his relationship with Bathsheba. He could not undo the consequences of that sin, but asked for wisdom "in my secret heart", as well as forgiveness and cleansing. **Psalm 119: 9-16** also talks of having "God's word in my heart" to prevent future sinful behaviour. Biblically the heart is the centre not only of spiritual activity, but of all the operations of human life.

The dictionary definition of the phrase "take to heart" is:

*To treat something as significant or important and be moved, affected, influenced, or upset by it at a personal level.*

For

example:

*If you actually take her advice to heart, I think you'll find it deeply comforting*

We should take the Bible to heart and allow us to be moved by it and allow it to influence our thoughts and actions.

In the letter to the **Hebrews 5: 5-10** we read the message that Christ is our High Priest, ordained by God as His Son, for ever. He brings "Eternal salvation for all who obey him". His priesthood is in accordance with the order of Melchizedek. When I read this section, I wondered "Who is Melchizedek?" A little research found he was the same priest who blessed Abram in Genesis 14: 17-20. He was appointed High Priest for all time. Melchizedek is also mentioned in the Dead Sea Scrolls as presiding over a heavenly court of justice. Learned Jewish scholars have written of how he has the highest priestly authority for all eternity. The writer to the Hebrews is saying Jesus is the greatest high priest for all time.

**John 12: 20-33.** In this passage Jesus used the example of a seed "dying" as it is planted before coming to life and "bearing much fruit". He made it clear that he would have to die but will come to life again. Also, there are words of challenge and comfort. Those who follow Him must be prepared to give up their lives but will be with Him in heaven. This message is not just for the Jews but the Greeks as well, in fact all who follow Jesus irrespective of race, culture or social differences.

We should take to heart this message of God's love as we echo David  
"Create in me a clean heart, oh God, and renew a right spirit within me"

Blessings to you all.

Contact:

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

## 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](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 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:** Mike McNally who mourns the death of his wife Barbara (Lewent). Barbara was a member of our church and passed away suddenly, whilst on the phone to Katy Brookes-Duncan, last Thursday evening. She will be remembered with great love and fondness and our prayers to to Mike and the rest of the family.

**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), Cathy Riley, Catherine Smith, Nick (friend of Francis Branch Thomas & the family of Roy Mdudu, Steve & Francis for the loss of his aunt, whose funeral took place on Wednesday this last week.

**We pray for the families of those who have died recently: including 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**

**Paul Bracher 20<sup>th</sup> March  
Victoria Takaedza 20<sup>th</sup> March  
Wayne Clark 21<sup>st</sup> 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.

## **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 ones 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 21<sup>st</sup> 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 28<sup>th</sup> March:** Palm Sunday. We are holding a full one-hour service, which will also be broadcast on Zoom.

**Thursday 1<sup>st</sup> 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 2<sup>nd</sup> April:** 30 minutes Meditation at 10:30 am

**Easter Sunday 4<sup>th</sup> April:** Family Service from 10:30 including Holy Communion

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 3<sup>rd</sup> April 2021 between 10 am and 1 pm.

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>

Meeting ID: 872 4091 8026 Passcode: 299877

## **Church News and Centre Plus**

*Contact:*

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

**During this Lockdown 3, Trinity at Bowes buildings have tentatively re-opened 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>

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

Our sanctuary is now reopened, however, our Wednesday 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**

**WORSHIP  
ON  
zoom**

## TaB Church Face Book

"Like" our Facebook Page and receive regular inspirational updates



## 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



Just as Mary and Joseph took part in a census, so must we. Don't forget to complete your form. If anyone needs help please make contact with a friend, neighbour or church member. Find out more at [www.census.gov.uk](http://www.census.gov.uk)



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

## 12 DAILY REMINDERS

1. The past cannot be changed
2. Opinions don't define your reality
3. Everyone's journey is different
4. Things always get better with time
5. Judgements are a confession of character
6. Overthinking will lead to sadness
7. Happiness is found within
8. Positive thoughts create positive things
9. Smiles are contagious
10. Kindness is free
11. You only fail if you quit
12. What goes around, comes around

*Contact:*

admin@trinityatbowes.co.uk - 020 8888 2797 - 07484 309301 - [www.trinityatbowes.co.uk](http://www.trinityatbowes.co.uk) - Facebook: TaBChurch