

Vol: 43 - No 46

Sunday 15th August 2021

Nineteenth Sunday in Ordinary Time

Dear Members and Friends of TaB,

Summer is surely passing by and some of us are wondering whether there is much left to look forward to. The Olympics have ended and uplifted our hearts after the disappointment of the EUROS football competition. Our children have had their Exam results with the usual surprise at the good results achieved by many of them. Yes, it is all happening and we are caught in the mist of it. Well, what is the wisdom that we can bring to help us make sense of it all?

“Take a song and sing it for the day”. This has been a helpful goal for me for some time and I have found that to be a mood-setter and quite motivational for the many challenges I have faced from time to time. Sometimes these tunes become an earworm and carries on into my bedtime.

I have no cause to complain as I have benefitted from this many times and be relieved during times of being stressed by life situations. Indeed being diverted into pleasurable pastimes like music appreciation is something I would recommend for us all of the time. I wonder what song has come to your mind as you read this short message.

As Christians, most of these songs and hymns are derived from the scriptures which have inspired writers from times past up to the present. Modern songwriters are adding to our appreciation of the wonders of God’s creation with very tuneful and enjoyable songs like ‘Give thanks with a grateful heart’, “What a faithful God have I”, ‘Above all powers, above all kings’ and the list goes on. I wonder what will be your musical earworm today? Take a look at yourself during a time when you are filled with a particular piece of music and you will be grateful for the impressions you create.

Let us show appreciation for songwriters for they can create interesting pictures in our minds, our hearts and during our experiences. The Psalms are the most familiar ‘Song of David’ to some of us. Let us ‘Thank God for the music’ for I am sure we will develop a culture of being filled with the beauty and wonder of God’s creation continually.

Sincerely,

Kojo Hagan

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Contact:



LECTIONARY *Reflection*

Lectionary Readings:

1 Kings 2: 10-12; 3: 3-14; Psalm 111; Ephesians 5: 15 – 20; John 6: 51 58

REFLECTIONS ON: John 6: 51 – 58

Life is a main theme of today's Gospel as Jesus urges us to eat in order to live. But it must be the right food. Eat only physical food and eventually you will die but also eat the spiritual food which is Christ, the Bread of Life, and we will live forever. The Gospels for last Sunday, and today, and are two of a series of five lessons dealing with bread. Last Sunday, Jesus identified himself as the Bread of Life, while today's Gospel would have us partake of this heavenly bread.

This bread is **“living bread”** because Christ is life and people who eat the heavenly bread receive eternal life. This is what Christianity is all about. Jesus said he came that we might have eternal life. Life is to know, to believe, to accept, and to serve Christ. Jesus is saying that He is the bread from heaven which gives eternal life. Therefore, we must eat His flesh and drink His blood to receive eternal life. This is difficult to understand except when viewed from a spiritual prospective.

The eating of his flesh and drinking of his blood metaphorically speaking is what we celebrate as the holy communion. A physical sign of our desire to be close to him, and have a personal experience of Christ into our lives. When we take physical food into our stomachs, we receive him and join him to us so that we become one with him.

The Bread of Life must be desired because this kind of bread cannot be purchased at any price, or even earned. It is a pure gift of grace. - **“the bread which I shall give”** (v. 51). To receive the gift of Bread, one must first desire it and ask for it, and then accept it by faith. Although we cannot explain it, we still experience the real presence of Jesus when we eat the bread of his flesh and drink the wine of his blood, because the Holy Spirit comes into the physical bodies of believers, and the real spiritual presence of Christ can and does present itself in the forms of bread and wine. Through the elements, Christ comes into us as we eat and drink in faith.

Jesus instituted the Lord's Supper because he did not want us to forget the very core of what we believe.” Believing that he is the source of our sustenance he alone is God and he alone can meet our every need when we take and eat because his grace is sufficient for us now onto the end of our days.

For that sacrifice he made he invites us to enter into an intimate relationship with Him. This is the process of discipleship that leads to our lives been identified with the life of Christ. We must be imitators of Christ. We must meditate on the Word so that his teachings can be applied and convict us to make changes to our living. Our focus must become God's will not our own will.

There needs to be a human response when Jesus offers his body for eating. We will take it if we are hungry for him. What is our response will we feed on him and have everlasting, life?

Lilla Hercules

Local preacher

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PASTORAL



Jesus says, 'come to me'. Ask and it will be given to you. Matt 7:7.

God of clouds and fire, Christ of passion and peace, Spirit of conflict and resolution, reveal yourself to us in all the circumstances of our lives. Teach us to listen behind the form of words to the sounds of emotion, to measure the strength of challenge, to scale the degree of honesty. Teach us to be straightforward in our own speaking that we may not mislead others into an endless confusion and misunderstanding. *Amen.*

Grant to your church, TaB opportunities to increase its effectiveness in manifesting your love in both the personal attitudes of each of us and also in the social expression of our common faith. Widen Lord, our understanding of scripture and open us up where we have been closed to new insights and greater love. *Amen.*

Hear our prayers O Lord, for those who are looking to us today for our intercessions. Let we become servant to them as you know they have need. *Amen.*

Pause for silent prayer.

This week let us pray for the Pastoral Link Group led by Juliet Debra.

Francoise Martin, Esther Morris, Ugo Onwutalu, Christina Cabrera, Joy Hanchard, Faith Juma, Ula Lewis

Let us uphold in our prayers, for those who have asked us to pray for them, for our members and friends who need your power of healing and comfort in their time of pain and sadness.

We pray for: Elizabeth Arnold, Barbara Biggs, Iris Branch, Joyce Beaumont, Christina Cabrera, Dorothy Campbell, Suzy Godfrey, Cyril Huntley, Yvonne Jardine, Rhona Knight, Rohen Morris, Yvonne Obeng, Victoria Sibanda, Hope Siwela, Catherine Smith, Elizabeth Takaedza.

Pause for silent prayer. Follows Lord's Prayer

We are saddened to learn of the passing of Mrs Sarah Weekes mother of Mrs Josephine Browne - (A member of TaB). We extend our sincere sympathy to Josephine, Austin and family at this sad time and ask that we keep them in our prayers. Her funeral service will take place at TaB on 10th September at 10:30 am.



Birthdays and Anniversaries



Happy Birthday to our friends who have a Birthday this week.

18th - Elliot Chingoka, Jr.
21st Francoise Frimpong

May you have joy, abundant opportunities, and showers of blessings! Happy Birthday!

Happy Anniversary to all who celebrate a wedding anniversary this week

May your marriage continue to be blessed with love, joy and companionship all the days of your lives. Amen.

Pastoral Sec. Tony Addo – Anthony.addo54@gmail.com

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News - Church & Centre Plus

We are still exercising self-discipline and caution for every one's safety, although most restrictions enacted by the Government for dealing with Covid-19 were lifted on 19th July. We are assessing the pandemic situation continually and will keep you informed as the circumstances change. Last Sunday 1st August we welcomed over forty adult members plus six Junior members.

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	8.00 am	Thought for the Week	<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 Live Stream
Sunday Worship - 10:30 am
Wednesdays 'Online Worship' -5pm

JOIN via ZOOM- 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 following Sunday

Our Sunday is functioning as normal and encourage all our members with children or young adults to bring them to Church on Sundays, so that they may enjoy our Sunday school.

Should you wish to make an offertory or a donation, our details are:

Account Name: Trinity at Bowes Methodist Church

Account no:92883701SortCode:09-01-55

Please ensure you use your name as the payment reference

Feedback on 'Evangelical way forward' Circuit Initiative:

We are engaged in planning the '*Evangelical way forward*' for TaB in the coming months. We are now engaged in contacting each week one 'Pastoral Link Group' of our TaB Family for a chat about TaB. Please refer to prayer list above.

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