



Partnership News

Putnoe Heights & St Mark's Church



23 June 2013 - Ordinary 12

8.30am Holy Communion every Sunday
1st, 3rd and 5th Sunday at Putnoe Heights
2nd and 4th Sunday at St. Mark's Church

Today 23 June — Ordinary 12

9.30 St Marks – Morning Worship

Preacher – Reverend Canon Charles Royden
Leadership – Mrs Wendy Waters
Intercessions – Mr Ian Farthing

11.00 am Putnoe – Morning Worship

Preacher – Reverend Canon Charles Royden
Leadership – Mrs Sue Allen
Intercessions – Mr Alan Bayliss

Today there will be some special contributions in our service we will be visited by Ian Spillman who will give us an update on Kisizzi and also Marie-Ange Comerford-Raillon from Bedford Council of Faith

30 June — Ordinary 13

9.30 St Marks – Holy Communion with PCH

Preacher – Revd Canon Charles Royden
Leadership – Mr Michael Ovenden
Intercessions – Mrs Morag Stewart

11.00 am Putnoe – Holy Communion with PCH

Preacher – Revd Canon Charles Royden
Leadership – Mrs Sam Ware
Intercessions Dr Tim Wilkes

Readings 1.1 Kings 19: 1-4, 8-15a
2. Galations 3: 23-29 3. Luke 8: 26-39

Midweek Holy Communion at St Mark's Chapel every Wednesday at 10.00am and at Sir William Harpur House on first Monday of every month at 10.00am

Thank You

The flowers at Putnoe Heights Church this week have been given by Harry and Margery Charie in celebration of 55 years of marriage.

Banns

We publish the banns and pray for the marriages of

Amy Thompson, & Matthew James Plastows, both single of this parish, to be married at Elstow Abbey

Liana D'altilia & Marc Lagatta both single of this parish, to be married at Elstow Abbey

Open Church Sunday

Today is Open Church Sunday and churches all over the Diocese will be open to visitors. Please speak with the Ministers if you would like a guide book.

Prayer for Sunday

O Lord our God, the life of all that look to you, and the help of those who fly to you; cleanse our hearts and our consciences, that we may venture forth with perfect love and pray to you with confidence and hope; through Christ our Lord. Amen.
St Basil (c.330-379)

The Reverend Dr. Sam Cappleman

107 Dover Crescent, Bedford MK41 8QR
Tel: 266952 nsm@thisischurch.com
(Sam also works full time as a Vice President for Hewlett Packard)

Deacon Jane Mills

c/o Putnoe Heights Church Centre
Tel. 348091 Mobile 07807 146535
jane@thisischurch.com

The Reverend Canon Charles Royden

The Vicarage, Calder Rise. MK41 7UY
309175 Mobile 07973 113861 vicar@thisischurch.com

Partnership News is sent out by email every Saturday in a colour edition. If you would like to receive a copy please send an email entitled 'Partnership News' to vicar@thisischurch.com. Please note that any items submitted for inclusion in Partnership News will automatically be posted on our website and may appear in other local media sources.

Partnership News is also archived on our church website
www.ThisChurch.com

Partnership Pastoral Support Team Co-Ordinator

Mrs Mary Stubbs 406784 Mary@Thisischurch.com
Please inform us if you know of anyone who is ill, bereaved, housebound, requires a visit, home communion or counselling services. Please also ask us if you would like a home visit for any reason.

Churchyards Administrator

Mrs Avril Williams 01234 342613

Putnoe Heights Church Centre

Open Monday to Thursday 9am - 5pm, Friday 9am - 1pm
Tel/fax & Answering Service 365630 putnoe@thisischurch.com
Centre Manager Mr Geoff Gypps 365630 mob 07947 902846
Leadership Team Mrs Jenny Snelson 344417
Treasurer Mr John Hitt 404186 treasurerph@thisischurch.com
Gift Aid Administrator Mr Lawrence Wyatt 350188
Youth Team Leader Carolyn Morris youth@thisischurch.com

St. Mark's Church Centre

Open Monday - Friday 9am - 5.00pm
Tel/fax & Answering Service 342613 office@thisischurch.com
Centre Manager Miss Wendy Rider 342613
Leadership Team - Mr Michael Ovenden 826738
Treasurer - Mr Ian Farthing 210892
treasurer@thisischurch.com
Gift Aid Administrator Jim Williams 360605

Regular Weekly Activities - A Guide To Our Churches

Monday

9.15 –3.45 pm Mon and Wed/ 9.15-12.15pm Tues/ Thurs/Fri. Hazeldene Heights Pre-school. See website for more details www.ThisChurch.com
Head teacher Mrs Laura Leggett 326685
8.30-5.30pm Pre-school Mon-Fri St Mark's
9.-3.45pm Top Marks Mon-Fri St Mark's
Headteacher Mrs. Helen Harpin **312634**
(See website for more details)
.9.45am - Body Control Pilates –Putnoe Heights
Stephanie Smith 357787 or 07973174430
10.00am Bakers Barn Art Group. St Mark's Mrs Berry 211955
10.30am U3A Play reading St Mark's (see contact details below)
2.00pm U3A Calligraphy at St Mark's 2nd week (see contact details below)
12.15pm Story box Putnoe Heights We welcome the under 5's and their carers to join them between 12.15 and 1.15 for a sandwich lunch followed by a Bible based story and singing. Contact Carolyn Morris youth@thisischurch.com 365630
1.30-2.45pm Chat & Make For babies and toddlers 0-5. Crafts, toys, songs, story and refreshments £1. More details email– chatandplay@hotmail.co.uk .
2pm U3A Music Appreciation (see contact details below)
4.15pm Kumon Maths Putnoe Heights. Mrs Raksha Mistry 01908 392698
6.00pm Brownies St Mark's. Mrs C Mathew 826190
6.15 pm Brownies Putnoe. Sharon Tanner 01767699399 or 07720713738.
6.15 Pilates at Putnoe Heights Jane Butcher 300859
6.15pm-8.15pm Fit for Life Yoga - Putnoe Heights Contact Jane Butcher 07891879571
6.30pm Boot Camp Putnoe Heights – Laura Amor 341152 / 07976259081
7.00pm Sugarcraft Guild St Mark's 1st week Pat Nicholson 353518
7.00pm Cancer Care Society. St Mark's. 1st Week. Mr J Dewhurst 01908 377020
7.15pm Guides. St Mark's. Mrs Gill Lake 218091
7.30pm Whist Drive. St Mark's 3rd & 5th week . Next meeting– 15 July Judith Stanton. 823313
7.30pm House group 30 The Ridgeway. The home of Eddy & Margaret Peck 267567
Putnoe Heights Children and Youth meeting - Monday 23rd September

Tuesday

9.30am Jo Jingles. St. Mark's. Music & movement for pre-school children. Renu Elston 07790206016
9.30am Candlewicking (Needlework). Putnoe Heights. Pat McCart 365507
9.30am -12.30 & 4-9pm Slimming World St. Mark's. Helen Skinner 07989080389
10am Autism Beds Adult Support Group. St Mark's. Sally Cripsley 350704
11.15am U3A Keep Fit Putnoe Heights (see contact details below)
1pm –2.30pm Drop in Wiggles and Jiggles 0-5 years, Putnoe Children's Centre. Please call Trudy Hamilton (centre assistant) for more information 340552
1.15pm U3A Cinema Grp. St Mark's (contacts details below)

1—3pm U3A Choir. St Mark's (contacts details below)
2.00pm U3A Book Group 1 St Mark's (3rd Wk) (see contact details below)
2.00pm U3A Book Group 2 St Mark's (2nd Wk) (see contact details below)
2.00pm Library Walk W.I. Putnoe Heights, meets monthly. Morag Tomkins 356895
2pm U3A Photography Group 3 St. Mark's (1st Wk) (contact details below).
2.30pm Mother Teresa Support Group. St Mark's Fortnightly . Wool and knitting needles provided. Mrs Maureen Watling 262225
2.15pm Tuesday Afternoon Housegroup. St Mark's Fortnightly. Mary Stubbs 406784.
4.00pm-6.15pm Stars School of Dance at Putnoe Heights.. Esther Richardson 295862 or 07917582468
6.15pm Pilates St Mark's Church Jane Butcher 0789187957
7pm - 8.30pm Daisy Birthing Putnoe Heights Susie 07980447390
6.00-7.00pm Zumba at St Mark's. Contact Denise Worker 07900 232648
6.30pm MT Karate (all ages) Karen King 07941264885
7pm Keep Fit. St. Mark's Jan Gregory 328455
7.30pm Putnoe Heights Ladies Tuesday Club (Meets fortnightly). Next meeting June 25 Work on the Mission Field : Sue and Martin Fannon. Details Janet King 313946

Wednesday

9am -1pm Machine Knitting group at Putnoe Heights, fortnightly Changing to Fridays from 5 April (Same time an place.. Contact Marion Sutton 217647
9.30am Body Control Pilates. Putnoe Heights. Stephanie Smith 357787 or 07973174430.
9.30am Discover & Do (Childminders) St. Mark's. Clare Simmons 328380 or 07788824666
10am-2pm Open House at St Mark's for those with learning disabilities., their friends, family , carers and supporters 342613.
10am U3A Gardening Group 3 St Marks. (contact below)
10.00am Holy Communion. St. Mark's Chapel. A half hour service followed by coffee. All welcome.
10am U3A Card Making, St Marks (see contact details below)
10am U3A Diet and Nutrition- Putnoe (contact below)
11.15am U3A Keep Fit
12.30pm Luncheon Club. Putnoe fortnightly. Next meeting 3 July at Putnoe Heights Office 365630
1.00-3pm Police Surgery at Putnoe Heights (Fortnightly)
1.15pm Bridge Club for the Retired. St. Mark's. Mr Barnes 261811
2.00-4.00pm U3A Craft St Marks.(see contact details below)
2pm U3A Gilbert and Sullivan Putnoe Heights
2.15pm - Fifty plus Keep Fit. Putnoe Heights Mrs Webster 856966
3.45.- 5.30pm Messy Church. St Mark's (3rd Wk). for children of lower school age and their carers. Bible-based story, crafts, singing and a meal. Next meeting 18 September. Wendy Waters 401834
4.15pm Kumon Maths. Putnoe Heights Mrs Raksha Mistry 01908 392698
6.00 pm Brownies. St Mark's. Mrs C Warden 219731
6.15pm Yoga and Relaxation Putnoe Heights Racheall

Monton 01234 297138 or 07910835994.

6-8pm Karate. St Mark's Karen King 079412 64885

7.00pm Bunyan Bridge. St. Mark's Yvonne Blain 350241 or Brian Sallows 407725

7.00pm Archaeological & Local History Society Putnoe Heights monthly. Sylvia Woods 365095

7.00pm Putnoe Guild Putnoe monthly Mrs O Holt 266004

7.00pm Line Dancing Putnoe Mike Del-Boyer 348378

8.00pm Badminton Club Putnoe Heights All welcome. Ken Marriott 214867

8.00pm Tudor Reeds Folk Dance Club at St Mark's 1st,3rd & 5th Wednesday in month. Next meeting will be 3 July Everyone welcome. All dances called, only £1 including refreshments. Rosemary 405594 or Graham 406359 for more details.

8.00pm Bedford Wine and Social Club St Mark's 1st week in the month. Jean Ross 771870

Thursday

9.30am Thursday Prayer Group. Putnoe Heights. Valerie Capon 356306

Request for prayer can be written in the prayer diary on the information table.

9.45am Yoga Putnoe Heights Denise Green 244970

9.45am Chat and Play St.Mark's. A term time group for Mums & toddlers.0-5 Jo Garner 400071 or 07932616468

10.00-11.30am Gentle Yoga For more details contact Helen Nicholson Tel.03003004305

12pm Storybox . St Mark's welcome the under 5's and their carers to join them between 12 noon and 1pm for a sandwich lunch followed by a Bible based story and singing. Lots of fun. Contact Jaana Swaby 363283

1.30 - 3.00pm NHS Baby Clinic 1st and 3rd Thursdays St. Mark's 267444

1pm—2.30pm Drop in (small hall) Next Steps 9-24months Putnoe Children's Centre.Please call Trudy Hamilton (centre assistant) for more information 340552. 2pm - Friendly Chicago Bridge at Putnoe Heights £2 per session inc. refreshments. New members welcome. Contact Pat 01234 294220.

2pm U3A Current Affairs - Putnoe Heights

2-4pm U3A Indoor Games. St.Mark's (contact below)

2.30 - 4.30pm Bedford Art Society St Mark's Mary Rich 272470

5.00pm Weightwatchers. St. Mark's. Clare Martin 07805408811.

6.15pm Brownies. Putnoe Heights Lou Watkins .

7.00pm Club 2000 Putnoe Nina Ovenden 825059

7pm U3A Folk & Poetry St Marks (2nd and 4th week) (see contact details below)

7.15pm Putnoe Art Group Bob Wardale 406094

7.00pm Bedford Embroiderers' Guild St Mark's 3rd week in month. Carol Plant 01832710504

7.30pm Gentle Birthing St Mark's. Pat Wood 07946 847231

8-10pm Bedford Folk dancers (formerly Barn dancers) Meet weekly at Putnoe Heights Different guest callers each week. All welcome, cost £2 Including refreshments. More details Ron 825574 or Shirley 01767 651767

8.00pm Bedford Writers Circle. St Mark's 1st week in month. Mr Newton 01525 378193

8.00pm Magpies Women's Group St Mark's 2nd & 4th week Pat Cass 294220

8.00pm Brickhill Ladies Group St Mark's 1st and 3rd week in month Kay Logan 01234 309105.

Friday

10am -12.00 U3A Photography St Marks.(4th week) (see contact details below)

10am - 12 & 1.15 - 3.15pm U3A Beginners French St. Marks (see contact details below)

2.00-4.00 pm U3A Whist St Marks. (contact details below)

2pm U3A Italian-Putnoe Heights (contact details below)

2pm U3A Gardening - Putnoe Heights

4.50pm-8.15pm Stars School of Dance Esther Richardson 295862 or 07917582468

6.00-7.00pm Zumba at St Mark's. Contact Denise Worker (07900 232648

6.15pm Yoga and Relaxation Putnoe Heights. Racheall Monton 297138 or 07910835994

7.45 - 10.45pm Bedford Astrology Club. St Marks(2nd week) Carol Brown 01438 233385

Saturday

10.00am Theatretrain St Mark's. Dancing acting, singing. Kate Howard 01234 782414

Young Embroiderers bi monthly Putnoe Heights Terry Fletcher 357198

2.15pm Society of Recorder Players at Putnoe Heights. G Parry 01462 674792

6.45pm Duplicate Bridge. St Mark's Mrs Pillinger 212066

Sunday

9.30 - 10.30 Church and Sunday School at St Mark's with crèche for under 3's

10 - 5.30pm Bedford Stamp Fayre. 1st Sunday Feb/Apr/ Jun/Aug /Oct/Dec. Contact P Harris 01623 621143

11.00 - 12.00 Church and Junior at Putnoe Heights for the under 9's and Young Peoples Fellowship (Y.P.F) for our young adults. A crèche is also available.

7-9pm Tae Kwon Do St Mark's Adrian Felice www.bedfordtkd.com 07964356355

Messy Church Dates

Weds 18 Sept; Weds 16 Oct;
Weds 20 Nov,



U3A For information on the U3A groups meeting at St Mark's and Putnoe Heights Church please contact Yvonne Francis ☎405119

Diary Dates

St Mark's Church Council – 8 October
St Mark's Leadership Team - 10 September
Annual Congregational Meetings
Putnoe Heights Leadership Team - 10 October
Putnoe Heights Management Meeting
Putnoe Church Council - 14 Oct
Pastoral Group Meeting -
Churchyard Committee -
Brickhill Parish Council Meetings -
Commemoration Service Sunday 3 November 3 pm
Circuit meeting -
Deanery Meeting - 14 November
Woodland Burial Trustees– Open Day 20 July
Putnoe Heights Children & Youth Meeting –
New Year Lunch 19 January at Putnoe

Please advise St Mark's Church Office of the dates of your meetings.

Ordinary 12

Introductory Sentence. - Galatians 3

You are all sons of God through faith in Christ Jesus, for all of you who were baptised into Christ have clothed yourselves with Christ. There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus.

Collect Prayer for the Day *Before we read we pray*

God our Saviour, look on this wounded world in pity and in power; hold us fast to your promises of peace won for us by your Son, our Saviour Jesus Christ.
Amen Common Worship Shorter Collect

First Reading — 1 Kings 19: 1-4, 8-15a

Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to Elijah to say, May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them. Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. I have had enough, LORD, he said. Take my life; I am no better than my ancestors.

So he got up and ate and drank. Strengthened by that food, he travelled for forty days and forty nights until he reached Horeb, the mountain of God. There he went into a cave and spent the night. And the word of the LORD came to him: What are you doing here, Elijah? He replied, I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too. The LORD said, Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by. Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, What are you doing here, Elijah? He replied, I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too. The LORD said to him, Go back the way you came, and go to the Desert of Damascus.

(This is the word of the Lord -- **Thanks be to God**)

Second Reading — Galatians Chapter 3:23-29

Before this faith came, we were held prisoners by the law, locked up until faith should be revealed. So the law was put in charge to lead us to Christ that we might be justified by faith. Now that faith has come, we are no longer under the supervision of the law. You are all sons of God through faith in Christ Jesus, for all of you who were baptised into Christ have clothed yourselves with Christ. There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus. If you belong to Christ, then you are Abraham's seed, and heirs according to the promise.

(This is the word of the Lord - **Thanks be to God**)

Gospel Reading – Luke 8:26 -39

They sailed to the region of the Gerasenes, which is across the lake from Galilee. When Jesus stepped ashore, he was met by a demon-possessed man from the town. For a long time this man had not worn clothes or lived in a house, but had lived in the tombs. When he saw Jesus, he cried out and fell at his feet, shouting at the top of his voice, "What do you want with me, Jesus, Son of the Most High God? I beg you, don't torture me!" For Jesus had commanded the evil spirit to come out of the man. Many times it had seized him, and though he was chained hand and foot and kept



Medieval Book Illustration

under guard, he had broken his chains and had been driven by the demon into solitary places. Jesus asked him, "What is your name?" "Legion," he replied, because many demons had gone into him.

And they begged him repeatedly not to order them to go into the Abyss. A large herd of pigs was feeding there on the hillside. The demons begged Jesus to let them go into them, and he gave them permission. When the demons came out of the man, they went into the pigs, and the herd rushed down the steep bank into the lake and was drowned. When those tending the pigs saw what had happened, they ran off and reported this in the town and countryside, and the people went out to see what had happened. When they came to Jesus, they found the man from whom the demons had gone out, sitting at Jesus' feet, dressed and in his right mind; and they were afraid. Those who had seen it told the people how the demon-possessed man had been cured. Then all the people of the region of the Gerasenes asked Jesus to leave them, because they were overcome with fear. So he got into the boat and left.

The man from whom the demons had gone out begged to go with him, but Jesus sent him away, saying, "Return home and tell how much God has done for you." So the man went away and told all over town how much Jesus had done for him.

(This is the Word of the Lord— **Thanks be to God**)

Post Communion Prayer

Eternal Father, we thank you for nourishing us with these heavenly gifts: may our communion strengthen us in faith, build us in hope, and make us grow in love, for the sake of Jesus Christ our Lord. Amen.

Hymns *(Please distribute Morning Worship and hymn sheets)*

1. Ye holy angels bright
2. Beauty for brokenness
3. Safe in the shadow of the Lord
4. Light of the minds
5. Christ is our corner-stone

Commentary

The Gospel story today tells of a man who was in a most sorry state. This was a man living filthy and naked, he was not able to control his speech, he is kept under guard and chained. In Mark's Gospel we are told that he would self-harm himself by cutting himself with stones. The people around the man did not know what to do with him, they did not understand what was going inside him and it made them afraid. The people in the community assumed that the man was possessed by evil spirits. It is understandable that this would be their assumption and let's be honest even today we don't deal well with people who have mental health issues. At that time there was a belief that evil spirits and demons were all around and it was they who were responsible for a great deal of what took place in the world. Physical sickness or diseases like leprosy were not seen as medical problems, they were spiritual problems and that is why those who were affected by the were precluded from taking part in the worship community. Today we have a very different world view which is influenced by science which has helped us to understand the physical causes of ailments. No longer do we believe that disease is caused by demonic activity, it is treated with medicine not exorcism and we believe that this is an important way in which God brings us healing.

In the life and ministry of Jesus we see him healing physically sick people, we also see him healing the minds of those who were deeply troubled. What this man had is called demon possession in the story today. I have never met anybody who is possessed by demons, but I have met people who behaved like this man in the story and it was not caused by demons. There are many conditions which affect us which come from a wounded or troubled mind and mental health problems can affect everybody. Sometimes we can all behave self-destructively and there are few people who do not have metaphorical demons which haunt them, even if they do not use the terminology of spiritual possession. In many people's lives there have been traumas which have left their mark, perhaps bereavement, unemployment, bullying, physical or emotional abuse. We cannot see a broken mind, but we can see the affects of one and it is normal for people to suffer breakdowns where they can no longer cope.

We can learn something from the self harming which this man carried out. People who self harm, perhaps by scratching, cutting or burning themselves, do so because they are in a state of deep distress. It is a way of communicating and expressing what cannot be put into words or even thoughts, it is a bit like screaming inside. The person may be subject to feelings which overwhelm them, perhaps of anger, sadness, grief, self-hatred, fear, loneliness or guilt. In this context we can understand how self harm can be a way of dealing with these issues, getting the pain out, punishing ourselves, even if the person feels deeply embarrassed and conceals what they are doing.

We cannot be sure exactly what lies behind this story, however what is clear is that throughout his ministry Jesus dealt with people who were trapped by forces which oppressed them and ruined their lives. Jesus is just as concerned about mental suffering as he is about those who have no food, are sick or who are physically exploited. The people around this poor deranged individual put chains on him and locked him up. Mental health problems are still something which cause fear today and when confronted by symptoms of mental health problems there can be a tendency for all of us to run for cover. If a person is really troubled then our response is often to want to see them behind bars. This is what happened to the man in our story today, he is chained and kept under guard, sadly nothing much has changed. A joint review has just been published, entitled 'A Criminal Use of Police cells?' It was carried out by Her Majesty's Inspectorate of Constabulary (HMIC), Her Majesty's Inspectorate of Prisons (HMIP), the Healthcare Inspectorate Wales and the Care Quality Commission (CQC). The shocking findings include evidence that there were 9,000 incidences in 2011-12 of people experiencing a mental health crisis being detained in police custody as a 'place of safety', rather than a health setting. The report also reveals that in over 80 per cent of cases the reason for detention in a police cell was that the person had either attempted suicide or self-harm, or indicated that they were thinking of doing so.

We will all meet people who have wounded minds, who feel different levels of depression even those who feel suicidal. It is important for us to be able to remember this episode in which Jesus showed his care and compassion for somebody who suffered mental torment. People must not be afraid of being honest with us about the issues which they face, they must not feel embarrassment or fear of judgement. Jesus seeks out those who are suffering inside and out, he is open and generous to those considered to be on the margins and he never makes people feel ashamed. Throughout his ministry Jesus tackled the very real and tangible evidences of evil which ruin people's lives and bind them up. Jesus reaches out and literally touches those who are spiritually impure and rather than becoming contaminated, he brings healing and wholeness to that which he encounters.

Jesus demonstrates the kingdom of God on earth, and he does this by opposing the forces of evil which would rob the children of God of all that God hopes and intends for them. Jesus has power over things that frighten us and ruin our lives. We fight daily the battle of good versus evil, right versus wrong, Christ has come to free us from the demons like prejudice and pride, greed and guile. We all have things which possess us and from which we need liberation. With our modern world scientific world view we find it difficult to believe in demons, apparitions and unclean spirits. However we need only open our newspapers and we see evil all over the place and people suffering with terribly disfigured lives. Forces of evil exist all around us today, frightening forces which are diametrically opposed to God's will. We see them in things like racial violence and domestic abuse. Evil tempts people to throw their lives away in pursuit of things like money, or drugs. Our work is to speak the authority of Christ over the forces, that bind and control people and make their lives unwell. Jesus shows us that he has power over evil - that his love - that God's love, can defeat the worst enemy. In his ministry Jesus used his power and authority to help, to show kindness and not to hurt. He shows by his actions that - he heals people, he frees us and binds up the broken - broken hearts, broken bodies and broken minds. We are apart of a church which needs to constantly seek to find ways to bring God's healing to our society to liberate people. *Charles Royden*

Meditation Saints have Struggle Mother Teresa's book *Come Be My Light* (2007) shocked people with its descriptions of profound spiritual darkness that haunted her for fifty years. She writes that she didn't practice what she preached, and laments the stark contrast between her exterior demeanor and her interior desolation: "The smile is a big cloak which covers a multitude of pains... my cheerfulness is a cloak by which I cover the emptiness and misery... I deceive people with this weapon." She describes the absence of God's presence in many ways — as emptiness, loneliness, pain, spiritual dryness, or lack of consolation. "There is so much contradiction in my soul, no faith, no love, no zeal... I find no words to express the depths of the darkness... My heart is so empty... so full of darkness... I don't pray any longer. The work holds no joy, no attraction, no zeal... I have no faith, I don't believe." She rebukes herself as a "shameless hypocrite" for teaching her sisters one thing while experiencing something far different.

Prayers

Most High God, your compassion sees beyond fear. Hold with your mercy all whose mental state is diminished or damaged. Embrace them with your love that they may understand the depth of your compassion for all your children.

Gracious God, surround us and all who mourn this day with your continuing compassion. Do not let grief overwhelm your children, or turn them against you. When grief seems never-ending, take them one step at a time along your road of death and resurrection in Jesus Christ our Lord.

Circuit service:23 June: Matt Fugill's testimonial and visit of the president of the Methodist conference at Kempston East at 6.00pm. For this occasion Matt has requested that we have a circuit choir to lead the singing as well as singing an introit and an "anthem". Rehearsals will be at Kempston East on Friday 7 and Friday 21 June at 7.30. All singers are welcome. It would be helpful if we had a rough idea of numbers. Please contact either Barbara Tipping (Kempston East-telephone 01234 852101) or Julie Fisher (Shefford-email stjfisher@redborne.beds.sch..uk)

Summer Fete St. Mary's Church, Goldington Saturday 29th June 11.30am - 3pm.

Bedford Show Co Youth Theatre will be performing Joseph and the Amazing Technicolour Dreamcoat at The Place Theatre in Bradgate Road, Bedford between Thursday 27th June and Saturday 29th June. Tickets are available online at www.theplacebedford.org.uk/tickets

Kittens for sale, ready 1 August. 3 Calico and 2 black. £25 each. Adults only to ring Delia 328721

Methodist Homes for the Aged

During June we shall be holding the annual Envelope donation in aid of MHA; these envelopes will be available for your contribution to this very worthwhile cause and your support will be gratefully accepted. Thank you for your help *Pam Kinselley*

Putnoe Heights Book Stall

I am setting up a book stall for the loan of books at a charge of 25p. At the moment this is in the Small Hall but it is hoped to have it in a more prominent position before long. If you care to donate any books, these will be welcomed. Any suggestions on the running of this project would be appreciated. Pam Kinselley

Concert by Shannon Express. Award winning male close harmony chorus from Potton : Including Newnham Middle School Choir. Saturday 29 June at 7.30pm, Newnham Middle School, Polhill Avenue. Tickets £8.00 (£5.00 16 years and under) Concert in aid of Canine Partners. Contact Jim Devlin 07956 305032 or email: Jim.devlin2@ntlworld.com

The Great Gappo will be at Putnoe Heights Church on Monday 29 July 2013 at 12 noon to 2p.m. "The Great Gappo" 12 noon to 1pm, Sandwich lunch provided 1pm to 2pm. Raffle. Tickets: £2.00 in advance for children over 1 yrs old, £3.00 on the door, FREE to children under 1 yrs old and £1.00 Adults. Available from the church office. For further details contact: Carolyn Morris Tel: 07751348925 Email: youth@thisischurch.com or Putnoe Heights Church office on Tel: 01234 365630

Circuit Farewell Service for Revd. Jacqueline Owen and Revd. Joanne Sherwood. Putnoe Heights Church Sunday 21 July at 6.00pm. Please come to offer a warm Putnoe Heights welcome to visitors from the Circuit as Jacqueline leaves Southend, Clapham,

Oakley and Sharnbrook for Leeds and Joanne leaves Clapham, Flitwick, Haynes and Wilstead for Ely. Refreshments will be served after the service - donations of cake, teabread etc. will be very welcome.

Encircled in Care A training day for pastoral visitors and carers in the Church and Community. Wootton Methodist Church, Saturday 13 July 10am - 1.15pm Contact glayne.worgan@methodist.org.uk

Partnership Harvest Festival this year will be on 29 September 2013.

St Albans Woodland Burial Trust. Welcome you to our next Open Day which will take place at the Woodland on Saturday 20 July from 2.00pm - 5.00pm

Freedom from Torture talk by Keith Best 7.30-9.30pm Thursday 4th July at Bedford Quaker Meeting House, 5 Lansdowne Road, Bedford. See notice board at St. Mark's for more details..

Buddy-Trips The Circuit has a new programme called Buddy-trips designed to link you with other people who may be interested in going to the same event, play, trip as you. Contact buddytrips@yahoo.com using the password NewLife

Defibrillator Training to be held on Sunday 21 July 2013 at 2.00pm at St Mark's. Can you please give your names to Charlie.

Job Vacancy– Hazeldene Heights Pre School Practitioner/Deputy Manager required to support the Manager and work alongside our existing Deputy. Variable hours approx 20+per week, must be flexible and available 8.00am—5.30pm. Minimum Level 3 Early Years qualification or equivalent. For more information please contact Laura Leggett 01234 326685 or email Putnoe@gmail.com closing 03.07.13

Action for Children Will you join other box holders in the League of Light and shine hope into the lives of vulnerable children? The scheme began in 1932 and this year the lantern shaped home collecting box has been re-launched. We are grateful for all donations, large or small, I can supply you with a box if you add your name to the list in the Church foyer. You can make a difference to the children and young people we support. Nationwide box holders raise £500,000 annually. Thank you. M. Standley

Bowlers Beware! The annual cricket match between churches has slipped into history, but there is now an interest in a Bowls afternoon for teams representing local churches. Initial thoughts are for a Sunday afternoon before the end of September with teams from St Peters, Putnoe Heights, St Marks and St Andrews. Priory Bowls Club have offered to make their facilities available. Anyone interested in this suggestion, please contact John Handley on 342127 or Valerie Edwards on 409508.

Victims of human trafficking and vulnerable prisoners could be denied legal aid

Victims of human trafficking and domestic abuse, asylum seekers and prisoners with learning difficulties or mental health issues could be denied legal aid provision under Government proposals, according to a submission from the Church of England to the Ministry of Justice consultation Transforming legal aid.

"Our concern is that good legal advice and advocacy should be readily available to all who need it, especially those whose vulnerability places an obligation on society to ensure that they are not defenceless against unjust treatment by any person, organisation or agent of government," the submission says.

The blanket 12-month residence test proposed in the consultation to limit access to legal aid would severely disadvantage victims of human trafficking in relation to compensation claims or immigration status and those who have come to this country with a partner but become victims of domestic violence, the submission explains.

If the proposals go through, prisoners will have no access to legal advice on solitary confinement, or a number of other matters involving important human rights issues in prison, which according to the submission falls short of natural justice. The consultation also suggests that prisoners with learning difficulties or mental health issues wishing to make a formal complaint but unable to write it down could make their complaint orally to a member of staff or seek help from a fellow prisoner, rather than accessing legal support. It is reasonable to expect that those who, especially through disability, are not able to formulate or write down their own complaints should have access to legal aid to make a complaint, including complaints about treatment," the submission says. The full submission can be read at <http://bit.ly/186ANuc>.

Footprints Walk:- There will be a walk around Shefford at 2.30pm on Sunday 14th July 2013. Location of start, off the A507 (WasA600) at Bedford Road, bear right into Northbridge Street, Right again at traffic lights into The High Street, next

right into Old Station Road. Meet in the Free Car Park at the end of Old Station Road. The walk splits into two the first half, 2 1/2 miles flat, good paths and can be finished at this point. The second half takes the walk up to 5miles and includes the ascent of Cockshot Hill. Which is a fairly steep long hill. Further info from Margaret or Alan Massey.

Circuit Walk 2013 Saturday July 6th

9.15.Meet at Sharnbrook Methodist Church.

9.30.Leave Sharnbrook and walk to Pavenham Golf Club.

11.00 Pause at Pavenham Golf Club for drinks and to allow people to leave or join the walk.

11.30.Leave Pavenham Golf Club and walk to Oakley Methodist Church.

1.00pm Arrive at Oakley Methodist Church.

The whole walk is about 6 miles or if you just do the first or second part it is about 3miles each. With a judicious use of cars you can walk either the whole walk or just the 1st or 2nd half of it.

Please note the Circuit is not insured for this (though your Church maybe) so you walk at your own risk!! Further details from Geoff Talbot 07850605719.

Arthritis Research Annual Appeal. Owing to the shortage of house to house collectors this year you may not have had the opportunity to give. If you would like to, there is a basket of envelopes for donations in the foyer. Please place your envelope in the basket or hand into the church office. Thank you for your support. Marian Goddard Hon Secretary.

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[www. ThisChurch.com](http://www.ThisChurch.com)**

Thank you for shopping using the link on ThisChurch.com to shop through Amazon. Please be careful to make sure that you never access Amazon direct but always use the link on ThisChurch.com, this ensures we get a donation every time you make a purchase. Please also remember the Easyfundraising link. This is really a very good way to shop as it has lots of voucher codes which can save you a fortune on purchases and help raise money.

Rest In Peace

On the Sunday following a funeral service we remember in church those who have died. We light a candle to symbolise the light of Christ which eternally shines and brings hope. If you would like a person remembered in our service when the candle is lit, perhaps on an anniversary or birthday, please inform the ministers, or telephone the church office.

Catherine Roberts

*May the souls of all the faithful departed
through the mercy of God,
rest in peace and rise in glory. Amen.'*

Forthcoming Funerals



The funeral of Dr Tim Nicol will take place at Bedford Crematorium on Monday 15 July at 11.30am

The funeral of Ernest Frederick Hopkins will take place at Norse Road Cemetery Chapel at 1.45pm on Friday 28 June