



Methodist
Church

Partnership News

27 February 2011

Epiphany 8



Church of
England

Partnership Church Services Today

8.30am Holy Communion every Sunday

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

St Mark's - Morning Worship

Preacher - Mr Bill Brit

Leadership – Mrs Morag Stewart

Intercessions – Mr Mike Elliott

11.00 am Putnoe - Morning Worship

Preacher - Mr Bill Brit

Leadership - Mr Gordon Evans

Intercessions - Mrs Sam Ware

6 March – Sunday next before Lent

9.30 am St Mark's - Family Service

Preacher – Revd. Charles Royden

Leadership – Mrs. Jean Bank

Intercessions – Mr. Richard Ledger

11.00 am Putnoe - Family Service & Baptism

Preacher - Revd. Charles Royden

Leadership - Mr. Lawrence Wyatt

Intercessions - Y.P.F.

Readings 1. Deuteronomy 11:18-21, 26-28

2.. Romans 1:16-17, 3:22b-28, (29-31)

3. Matthew 7: 21-29

Midweek Worship 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 Diana Johnson in memory of her mother, Jean Brown

The flowers at St Mark's Church this week have been given by Geoff and Margaret Appleton in loving memory of their parents Richard and Millie Mead, and James and Mary Appleton

We are grateful when people make donations towards flowers perhaps to celebrate a special occasion such as an anniversary or in memory of a loved one. Please contact Miss Marion Prior 303254 (St Mark's) or Ann Hitt 404186 (Putnoe Heights) or add your name to the rota in the foyers.

Prayer for This Week

I thank you,
Lord, for knowing me
better than I know myself.
I thank you for letting me know myself
better than others know me.
Make me, I ask you then,
better than they suppose I am,
and forgive me
for what they do not know

The Reverend Dr. Sam Cappleman

107 Dover Crescent, Bedford MK41 8QR

266952 Fax- 402624 nsm@thisischurch.com

(Sam also works full time as a General Manager for Hewlett Packard)

Deacon Jane Mason

12 Hartop Close, Bedford MK41 8HE

348091 Mobile 07807 146535

jane@thisischurch.com

The Reverend Charles Royden

The Vicarage, Calder Rise. MK41 7UY

309175 Mobile 07973 113861

vicar@thisischurch.com

For Data Protection Purposes

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.ThisIsChurch.com

Partnership Pastoral Support Team Co-Ordinator & Churchyards Administrator

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.

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 Samantha Ware 304058

Treasurer Mr Ian Morse 216428 treasurerph@thisischurch.com

Gift Aid Administrator John Hitt 404186

Youth Worker Emma Gordon email - 07593266091

youth@thisischurch.com

St. Mark's Church Centre (Open 9am - 5.00pm)

Tel/fax & Answering Service 342613 office@thisischurch.com

Centre Manager Miss Wendy Rider 342613

Leadership Team - Avril Williams 360605

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-Fri Putnoe Heights Pre-school.** See website for more details www.ThisChurch.com
Head teacher Mrs Janet Smith ☎326685
- 8.30-5.30pm Pre-school** Mon-Fri St Mark's
- 9.30-3.15pm Top Marks** Mon-Fri St Mark's
Headteacher Mrs. Helen Harpin ☎312634
(See website for more details)
- 9.00am Clubhouse** at St. Mark's for those with Learning Disabilities. Karen Bywater ☎315460.
- 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 J Birks ☎219607
- 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 Emma Gorden ☎07593266091
- 2pm U3A Music Appreciation** - Putnoe Heights fortnightly. Next meeting Contact Linda Reed ☎ 216623
- 3.30pm Storybox Plus** Putnoe Heights for 4-9 year olds. Meet at 3.30 for refreshments & games. Then until 5pm stories, drama, singing & craft activities.
- 4.15pm Rosemary Conley Diet & Fitness.** Putnoe Heights. Margo Needham ☎843747 or 07881730747
- 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
- 7.15pm Fit for Life Yoga** - Putnoe Heights Contact Jane Butcher ☎07891879571
- 7.30pm Sugarcraft Guild** St Mark's 1st week Pat Nicholson ☎353518
- 7.30pm 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—21 March Judith Stanton. ☎823313
- 7.30pm House group** 30 The Ridgeway. The home of Eddy & Margaret Peck ☎267567.
- 8pm 'Get Fit, Stay Fit'** Putnoe Heights. Mrs Diane Field ☎404976

Tuesday

- 9.30am Jo Jingles.** St. Mark's. Music & movement for pre-school children. Renu Elston ☎07790296016
- 9.30am Candlewicking** (Needlework). Putnoe Heights. Pat McCart ☎365507
- 9.30am -12.30 & 4-9pm Slimming World** St. Mark's. Helen Folbigg ☎351223
- 10am Autism Beds Adult Support Group.** St Mark's. Sally Cripsley ☎350704
- 11.15am U3A Keep Fit Putnoe Heights** for the less mobile. Sally Banks ☎ 870357
- 1.15pm Toddlers Playtime/Sing & Stomp** - Putnoe Heights for toddlers and their carers. Run by Putnoe Childre's Centre Trudy Hamilton ☎340552
- 1.30pm U3A Cinema Group.** St Mark's 4th Week in month . Mrs Beaumont ☎261461

- 2.00pm U3A Book Group.** St Mark's 3rd Week Mrs Forrest ☎344043
- 2.00pm Library Walk W.I.** Putnoe Heights, meets monthly. Morag Tomkins ☎356895
- 2.00pm U3A Music Appreciation** fortnightly. Contact Mrs Reed ☎216623
- 2pm U3A Photography** (Group 3) St Mark's 1st Week. Contact John Farish ☎ 824984
- 2.15pm Putnoe Heights Women's Fellowship.** Next meeting March 1st Mr D Chapman—Bees and Beekeeping For more details contact Betty Wyatt ☎350188.
- 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.
- 3.45pm-6.15pm Stars School of Dance.** Putnoe Heights. Esther Richardson ☎295862 or 07917582468.
- 6.30pm Creative Card making.** Putnoe Heights Church. Carol Houghton ☎346718
- 6.30pm Yoga** Putnoe Heights Veronica Lafferty ☎781466 or 07788750360
- 7pm Keep Fit.** St. Mark's Jan Gregory ☎328455
- 7pm MT Karate** [all ages] Putnoe Heights. Karen King ☎07941 264885
- 7.30pm Hearts in Beds. Cardiac Support Group** 1st Tuesday in the month at St Mark's. Brian Ibberson ☎403497
- 7pm Tabernacle of Truth Church** Putnoe Heights Bible study & prayers. Sacha Ojo ☎07590597891 or www.tabernacleoftruth.co.uk
- 7.30pm Putnoe Heights Ladies Tuesday Club** - Meets fortnightly. Next meeting 8 March. Water Fluoridation. For more details call Janet King 313946
- 8.15pm - 10.15pm Bedford Advanced Dancers** St. Mark's 1st Tuesday in month. Shirley Sadler ☎01767 651767

Wednesday

- 9.30am Body Control Pilates.** Putnoe Heights. Stephanie Smith ☎357787 or 07973174430.
- 9.00am Clubhouse** at St Mark's for those with Learning Disabilities. Karen Bywater ☎315460.
- 10.00am Holy Communion.** St. Mark's Chapel. A half hour service followed by coffee. All welcome.
- 10am U3A Card Making,** St Mark's Church. 4th week in the month. Janet Fitch 838689
- 12.30pm Luncheon Club.** Putnoe Heights fortnightly. Next - 2 March Putnoe Heights Office ☎365630
- 1.00-3pm Police Surgery** at Putnoe Heights .
- 1.15pm Bridge Club for the Retired.** St. Mark's. Mr Barnes ☎261811
- 1.45 Scots Society Whist** Putnoe monthly .All welcome Nancy Barr ☎268147
- 2-5pm Police Surgery.** St Mark's Foyer. ☎349179
- 1.30-4.30pm U3A Craft St Mark's** 1st & 3rd week. Pat Holland ☎262823
- 2.15pm - Fifty plus Keep Fit.** Putnoe Heights Mrs Webster ☎856966
- 3.45.- 5.30pm Messy Church.** St Mark's for children of lower school age and their carers. Bible-based story, crafts, singing and a meal. 3rd Wednesday in the month.. Wendy Waters 401834
- 4.15pm Kumon Maths.** Putnoe Heights Mrs Raksha

Mistry ☎01908 392698

6.00 pm Brownies. St Mark's. Mrs Carol Warden
☎219731

6.00pm Shooting Stars. Youth Group for 9-13yrs at
Putnoe Heights fortnightly. Next meeting 26 January.

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 Brian Sallows ☎
407725

7.00pm Archaeological & Local History Society Putnoe
Heights monthly. Vanessa Aykac 268098 or 07917385987

7.00pm Putnoe Guild Putnoe Heights monthly Janice
Loxley ☎ 347073

7.00pm Line Dancing Putnoe Heights Mike Del-Boyer
☎348378

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

8.00pm Tudor Reeds Folk Dance Club meet at St Mark's
1st,3rd & 5th Wednesday in month. Next meeting will be
March 2 2011 Everyone welcome. All dances called, only
£1 including refreshments. Ring Graham 406359 or
Rosemary 405594 for more details.

8.00pm Bedford Wine and Social Club St Mark's 1st
week in the month. Mrs Gansfield ☎215016

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 group for Mums &
toddlers. Jo Garner 400071 or 07719670624

11am-12noon Citizens Advice Bureau Putnoe Heights.

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 St. Mark's ☎267444

1.30pm Toddler Playtime. Putnoe Majella Atkinson
☎325293.

2pm Putnoe Bridge Club. Gerald Palmer ☎345991

2-4pm U3A Indoor Games St Mark's Contact Radmila
Dancer ☎404811

2.30 - 4.30pm Bedford Art Society at St Mark's. Malcolm
Smith ☎400741

4 - 7.00pm Police Surgery. St Mark's Foyer. ☎349179

6.15 pm Weightwatchers. St. Mark's. Mrs Margaret Ralph
☎01767 224978.

6.15pm Brownies. Putnoe Heights Lou Watkins

7.00pm Club 2000 Putnoe Heights Nina Ovenden
☎825059

7pm U3A Folk & Poetry St Mark's 2nd & 4th week in
month. Doug Ovenden ☎825059

7.15pm Putnoe Art Group Bob Wardale ☎406094

7.30pm Bedford Embroiderers' Guild St Mark's
3rd week in month. Pauline Lynham ☎01525 714517

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 Law 825574.

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 Jean Birks ☎219607

8.00pm Brickhill Ladies Group St Mark's 1st and 3rd
week in month. Julia Nicholson ☎353642

Friday

9.30-12.30pm U3A Photography (Group 1) St Marks 4th
week in month Val Scrivener ☎346397

9.00am Clubhouse St. Mark's for those with Learning
Disabilities. Karen Bywater ☎315460.

10am - 12 & 1.15 - 3.15pm U3A Beginners French St
Mark's Joyce Fields ☎353086

12.15pm U3A Photography (Group 2). St Mark's 4th
week in month. Sue Butler ☎354183

2.00pm U3A Gardening Group Putnoe Heights Eve
Whitehead ☎356875

5-8pm Stars School of Dance Putnoe Heights Contact
Esther Richardson ☎295862 or ☎07917 582468

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

7.45 - 10.45pm Bedford Astrology Club. St. Mark's.
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

7.00pm 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

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.

1pm Tabernacle of Truth Church Putnoe Heights Revd.
Tarr ☎360188 or ☎07866775515

7-9pm Tae Kwon Do St Mark's Contact Adrian Felice
07964 356355☎

Diary Dates



St Mark's Church Council –
Annual General Meeting 10 April 2011
St Mark's Leadership Team
Putnoe Heights Leadership Team - 6 June
Putnoe Heights Management Meeting - .26 May
St Mark's Forum Meeting - 9 March, 10 May, 13 July
Putnoe Church Council - 13 June –7.30pm
Pastoral Group Meeting - 14th June
Churchyard Committee - 19th May –11.15am
Brickhill Parish Council Meetings -
Circuit meeting - 15 March at Clapham
Deanery Meeting - .
Woodland Burial Trustees – 15th May 12.30pm
Putnoe Heights Children & Youth – 4th April, 1.30pm

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

Epiphany 8

Opening Sentence from Scripture – Philippians 4:7,

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God."

Collect Prayer (Before we read we pray)

Almighty God, you have created the heavens and the earth and made us in your own image: teach us to discern your hand in all your works and your likeness in all your children; through Jesus Christ your Son our Lord, who with you and the Holy Spirit reigns supreme over all things, now and for ever. Amen



See I have
engraved
you on the
palms of
my hands

Isaiah 49

First Bible Reading - Isaiah 49:8-16

This is what the LORD says: "In the time of my favour I will answer you, and in the day of salvation I will help you; I will keep you and will make you to be a covenant for the people, to restore the land and to reassign its desolate inheritances, to say to the captives, 'Come out,' and to those in darkness, 'Be free!'

"They will feed beside the roads and find pasture on every barren hill. They will neither hunger nor thirst, nor will the desert heat or the sun beat down on them. He who has compassion on them will guide them and lead them beside springs of water. I will turn all my mountains into roads, and my highways will be raised up. See, they will come from afar— some from the north, some from the west, some from the region of Aswan]"

Shout for joy, you heavens; rejoice, you earth; burst into song, you mountains! For the LORD comforts his people and will have compassion on his afflicted ones. But Zion said, "The LORD has forsaken me, the Lord has forgotten me." "Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you! See, I have engraved you on the palms of my hands; your walls are ever before me. (This is the Word of the Lord — **Thanks be to God**)

Second Reading 1 Corinthians 4:1-5

This, then, is how you ought to regard us: as servants of Christ and as those entrusted with the mysteries God has revealed. Now it is required that those who have been given a trust must prove faithful. I care very little if I am judged by you or by any human court; indeed, I do not even judge myself. My conscience is clear, but that does not make me innocent. It is the Lord who judges me. Therefore judge nothing before the appointed time; wait until the Lord comes. He will bring to light what is hidden in darkness and will expose the motives of the heart. At that time each will receive their praise from God. (This is the Word of the Lord — **Thanks be to God**)

Gospel Reading - Matthew Chapter 6:25-34

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? "And why do you worry about clothes? See how the lilies of the field grow. They do not labour or spin. Yet I tell you that not even Solomon in all his splendour was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of

little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. (This is the Word of the Lord — **Thanks be to God**)

Hymns (*Please distribute Morning Worship and Mission Praise*)

1. Angel voices 34 Angel voices
2. Seek ye first 590
3. The Church's one foundation 640 Aurelia
4. How sweet the name of Jesus sounds St Peter
5. Forth in thy name 159 song 34

Commentary

Jesus tells his followers that they cannot serve God and pursue material wealth. It is worth remembering that only about 5-10% of the people of ancient Israel had much wealth, these few were very wealthy indeed -- rich beyond belief. They were aristocratic families, many of whom were of Greek or Roman background, who had received their property through military conquest--the plunder of war. These rich families were very rich, and constituted perhaps 2-3% of the people, at most. There was a big drop-off to the next level, which would have included the major tax collectors, and those who held high positions with the major landowners. The priests and scribes in Jerusalem, while not necessarily rich in terms of assets (though some were), nevertheless lived in palatial splendour. As the tax collectors were political oppressors, the priests and scribes were religious oppressors. The people caught it from both sides. Their political oppression was being supported by their religious leaders. Everybody else was poor and operated at a bare subsistence level. This calls into question most traditional interpretations, as if Jesus were giving poor people a lecture on how they ought to get better at handling their money. In fact, his listeners would likely have agreed with Jesus that "you are not able to serve God and mammon." With the various taxes they paid approaching 50% of their already meagre income, they regarded their economic superiors as rapacious and obviously following mammon more than God. They didn't think too much of those who lived high at the peoples' expense, while the people themselves were near starvation.

These ten verses contain six injunctions not to worry. With "mammon" as our "treasure," we'll never have a moment's rest. We'll always be worrying about holding on to what we have or trying to get more. The great Danish philosopher, Soren Kierkegaard, once defined anxiety as "the next day." We don't know what will happen "the next day," which creates anxiety this day. Therefore, we are consumed on this day with trying to anticipate future calamities against which to protect ourselves. Since there is no end to the calamities we can anticipate, we're always uncertain and constantly chasing after something which, we hope, will decrease our level of uncertainty. This never works. Acquiring things doesn't reduce anxiety. It generates anxiety. You buy some kind of insurance to protect you against some kind of risk, which means that you now have one more bill to worry about paying!

Discipleship frees us to trust in the only true Giver and Sustainer of life. The coming kingdom already shapes the present life of the disciple. His God grants a higher security even in the midst of his trials. Free from anxiety, the disciple is free from confused priorities: one's life and body are the main gifts from God; food and clothing are just means to an end.

Food and clothing are important. Jesus does not discount the peoples' needs. In fact, he says that their physical needs are known and understood by God: "For your heavenly Father knows that you need quite all of these." However Jesus goes further. Not only does he reject anxiety about wealth, he rejects the entire premises of the established market system. Not only can you not serve God and mammon, do not be bothered by the whole mechanism of getting things.

"For this reason, I say to you, do not be anxious for your life (psyche)." Psyche means "life" or "soul," or, even better, "the essence of life," or "true life." (We get our word "psychology" from psyche.) Despite your very real needs, true life is not about food, or drink, or clothes. True life comes first through the kingdom, the earthly application of which would mean food and clothing for everyone.

This has nothing to do with soothing the anxieties of affluence. It has nothing to do with counselling modern people to keep their obsession with wealth in better perspective and urging them to be better Christians in their application of it--not that that's a bad idea necessarily, only that Jesus has much bigger things on his mind than that. It has to do with disconnecting from a hierarchical system which generates anxiety and worry in the first place. The rich, currently on top, can't take it with them--nor perhaps even

keep it while they're here.

Jesus mentions clothes because they were the outward mark of social rank. This is true today as well, of course, but it was really true then. The wealthy, including priests and scribes connected with the Temple establishment, were easily identified by their glitzy robes. Jesus attacks fancy clothes more than once. In 11:8, he talks about "those who wear soft robes...in royal palaces." It wasn't a compliment there, and it isn't here either. This is a barbed reminder of the high social rank of their overlords.

The crops of the field are nourished by God, raised up in God's field--"how they grow!"--and gathered in to make daily bread for the life of the world. How much more you! Like the crops of the field, which God raises, processes and distributes, those who follow the way of the kingdom also lose their own life for the life of the world.

Then Jesus tells how the disciple is to live "But seek first the kingdom, and its justice, and all these things will be added to you." *Dikaiosyne* may be translated "righteousness" or "justice." Translating as "righteousness" sometimes means that we think in terms of personal morality. The context makes clear that Jesus' concern is more social justice than individual sanctity. Indeed, this is nearly always the case. This is an imperative that we ignore at our peril. There are several places in the Bible where God rejects the worship of his people because they lack justice (eg. Micah 6:6-8; 1 Tim. 6:9-10, 17; Matt. 6:19-21), but there is nowhere in the Bible where God rejects the justice of his people because they lack worship. Does this mean that social, political and economic justice are more important to God than worship? Possibly it does, what is most certainly does mean is that worship which doesn't grow out of justice is worth nothing.

Meditation

Peter Pan fans will remember the scene in which the children have seen Peter fly, and they try to do the same. They fail of course until Peter helps them by telling them to "Think lovely thoughts." They do, and then they achieve what they thought was impossible - they fly! The story leaves us with the idea that we can do many things if only we "think lovely thoughts", if only we "think positively" about things, "filling our minds" with good things.

In Philippians we find this teaching from St Paul who encourages the Christian community to fill their minds with good things. It echoes the words of Jesus from our reading today when he tells the disciples that they must not fill their minds with the wrong things like worries.

Philippians Chapter 4

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Post Communion Prayer

God our creator, by your gift the tree of life was set at the heart of the earthly paradise, and the bread of life at the heart of your Church: may we who have been nourished at your table on earth be transformed by the glory of the Saviour's cross and enjoy the delights of eternity; through Jesus Christ our Lord. Amen

Prayers for Sunday and the week ahead

A call to worship. We come not because we are able by our own right, but because we know our need of God. We come not because we are able by our own deeds, but because we are summoned in God's love. We come in our need and hope. We come because of all that God has done. We come in thanksgiving.

A prayer for going out. Loving God as we go into your world in the power of your Spirit, help us to live justly and work for justice, to love and practise kindness and to walk humbly with You.

Father, all loving and most tender, we confess the hardness of our hearts and our want of compassion for our neighbour. Grant us the grace of true pity, the ministry of compassion and the gift of consoling the broken-hearted. Teach us to love with your own forbearance and never harshly or unlovingly to judge another; for your own mercies' sake. **Amen** *Johann Arndt, 1555-162*

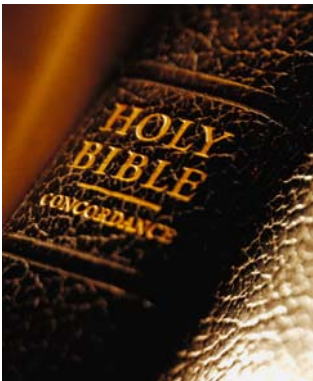
Secondhand Book Sale - Please remember to look out your unwanted books and bring them to Putnoe Heights Church on Friday March 11th between 6pm-7.30pm. Help at the sale on Saturday March 12th is needed. Please contact Linda Hoar if you are able to help. Tel: 782717
Secondhand Book Sale on Saturday March 12th between 10am-2pm. There will be refreshments and light lunches available.

Holy Week – The Bishop of Bedford will be holding meditations at St Paul's Church Bedford on three consecutive nights in April - 18/19/20
Monday 18 at 7.30pm - Sacrificial love as generosity
Tuesday 19 - Sacrificial love as selflessness
Wednesday 20 - Sacrificial love as faithfulness
The meditations will include a simple communion service - all are welcome to attend.

Partnership Lent Course

The Lent course this year will be held at Putnoe Heights and look at the essential of Christian belief as expressed in the Apostles Creed. I believe in God the Father, Son and Holy Spirit.

Refreshments will be served from 7.30pm with each session starting at 8.00pm and lasting one hour. Since the series will look at the foundation of Christian belief it would be particularly helpful for anybody who is considering confirmation. Please speak with one of the ministers if you would like to consider this.



**I believe in God,
the Father almighty,**
Thursday 17 March
Charles Royden

**I believe in Jesus Christ,
his only Son, our Lord.**
Thursday 31 March
Sam Cappleman

I believe in the Holy Spirit
Thursday 7 April
Jane Mason

Footprints Walk Sunday 6th March 2pm. Meet at Renhold Church for 4 mile walk to Priory Marina. Transport back to Renhold for car drivers will be arranged. Details—Sue and Gerry.

House Group at the home of Wendy Waters will be held on Mondays for 6 weeks beginning at

7.45pm on 7 March. We will use the Diocesan Lent Course 'Living God's Love'. If you would like to come please phone Wendy Waters 401834.

Putnoe Heights Church are looking for volunteers to help decorate the quiet room . If you are able to help please contact either Sam Ware on 01234 304058 or Jean Kirk on 01234317699

Wheelchair wanted: We have had a request for wheelchair by a severely disabled person in India. This person has no legs and needs a chair with large wheels which they can propel themselves. Please contact St Mark's Church office if you can help.

Putnoe Heights has a new youth group up and running! TNT has been reformed and renamed as Shooting Stars! It runs fortnightly, on Wednesday night from 6-7.30pm, for ages 9-13. The circuit youth worker, Anna Price, is joining the leaders team. We have a full program up till Easter 2011 (which is up on the youth notice board) all nights include games, activities and Christian content connected to the theme. If you know of any young people that would like to come, please contact Emma Gordon (Putnoe Heights children's and youth worker) at youth@thisischurch.com, or call on 07593266091.

Grass Cutting at St Mark's We are hoping to recruit somebody or a group of people who would be prepared to cut the grass at St Mark's. There is a nice powered mower to use and the full job takes no longer than an hour. Please speak with Wendy if you can help.

Avril Williams is handing over her duties as Senior Member of the St Mark's Leadership Team to Laura Farthing for the next five weeks. Please contact Laura if you have any matters relating to St Mark's Tel: 210892

" Guitar Rags and Gods Riches " A new CD, a collection of Christian songs and Ragtime music, written and played by Rev Laurie Burn, (son of Pam and Bob). Price £8, all proceeds in aid of IcFEM, a sustainability project in Kenya, and the building fund of Totterdown Baptist Church Bristol. To purchase or obtain information Tel 854858

St Mark's Messy Church is held from 3.45 to 5.30pm on the 3rd Wednesday of the month. If you are interested in helping please speak to Jean Bank or Wendy Waters

1 Peter 5:7: "Cast all your anxiety on him because he cares for you."

Only 17% of Brits would invite a neighbour to dinner if they had food going spare, says survey

Only one in six people (17%) would invite a neighbour for dinner if they had food going spare, according to research conducted for the Methodist Church by YouGov. The survey found that if people had a spare place for dinner 56 per cent would invite a friend, 18 per cent a work colleague and only 17 per cent a neighbour. A quarter (25%) of those asked said they wouldn't invite anyone.

The survey also found that 18 – 24 year olds were more likely to invite a neighbour (20% vs. 17% overall) or friend (78% vs. 56%), as were those who live in the East of England (20% vs. 17% and 60% vs. 56% respectively). Women were slightly more likely to invite a friend than men (58 per cent compared to 54 per cent), but slightly less likely to invite a neighbour (16% vs. 18%) or colleague (17% vs. 19%).

“Sharing a meal together is a key part of community,” said Revd Dr Martyn Atkins, General Secretary of the Methodist Church. “We know people are incredibly busy, and that it can be harder to connect with our neighbours and local communities these days, but I hope that we can all find ways to spend more time with friends and neighbours. It is too easy to see these results as a sign that society has lost its sense of community, but I believe people want to share hospitality and sometimes all they need is an excuse to get together.”

Pancake Day, also known as Mardi Gras or Shrove Tuesday, has been a traditional time of feasting since medieval times. Marking the start of Lent for Christians, it can also be a time of general celebration. This year it falls in Fairtrade Fortnight, so the Methodist Relief and Development Fund is encouraging people to hold a Fair Feast –

celebrating Pancake Day with Fairtrade ingredients. There is also the chance to take part in the Big Bible project, an online digital community promoting regular Bible reading, during Lent. The Big Bible project is launching this year's Big Read with Tom Wright's Lent for Everyone: Matthew.

MRDF has a savoury pancake recipe from Gary Rhodes, and the BBC is offering a variety of Pancake Day recipes from Delia Smith and other chefs.

Celebrity chef Gary Rhodes said: “I'm delighted to be a part of this campaign. It's a fantastic opportunity to get together with friends and neighbours but with the satisfaction of knowing that the money raised will be used to help people make their own living and fight hunger themselves.”

Dr Martyn Atkins added: “I hope that people will take advantage of the tradition of feasting and celebration on Shrove Tuesday to reach out to others. I know that during the current downturn many people will choose to save spare food to stretch their budget, but time spent sharing meals together is a powerful way to build our communities and enrich our lives.”

Bedford foodbank

A meeting has been arranged on Wednesday 9 March from 12 noon till 1400 at the Salvation Army Hall, Commercial Road, Bedford, MK40 1QZ to explore the viability of setting up a Bedford foodbank similar to those in Milton Keynes and Cambridge. Bedford foodbank will be an independent charity that works across the churches. Whilst the foodbank will be a Christian organisation, it will serve people of all faith groups and beliefs or none. –
kevin.sandford@salvationarmy.org.uk.

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.

Joyce Burton

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



Leo Tolstoy said

'Everybody thinks of changing humanity and nobody thinks of changing himself.'

Today is one of those special days. We are challenged to change ourselves. When that change has taken place and we started to adjust our priorities so that they align with God's, then we will find ourselves unable to avoid seeking justice for others.

Forthcoming Funerals

There are no funerals this week

