



Methodist  
Church

# Partnership News

30 January 2005

## 4th Sunday of Epiphany

Methodist Church & the Church of England in Partnership at both  
**Putnoe Heights Church & St. Mark's Church**



Church of  
England

### Church Services Today

#### 8.30am Service of Holy Communion

Held at both churches

**9.30am St Mark's Church** - - Holy Communion  
with Prayer for Christian Healing

Preacher - Revd Neil Bramble Chapman

Leadership Team - Mrs Linda Parry

Intercessions - Mr Warwick Holden

**11.00am Putnoe Heights**—Holy Communion

with Prayer for Christian Healing

Preacher - Revd Neil Bramble Chapman

Leadership Team – Mrs Betty Wyatt

Intercessions – Dr Tim Wilkes

*Joan Crossley is preaching at Sharnbrook*

### 6th February

#### Sunday Next before Lent

#### 8.30 Service of Holy Communion

Held at both churches

**9.30am St Mark's Church**—Family Worship

Preacher - Revd Dr Joan Crossley

Leadership Team - Mrs Iris Perry

Intercessions - Mr Ian Farthing

**11.00am Putnoe Heights**—Family Worship

Preacher - Revd Dr Joan Crossley

Leadership Team – Mr Peter Parker

Intercessions – Ministers

### Thank You

The flowers at Putnoe Heights Church this week have been given by Norma Taylor.

We are extremely grateful when donations are made for the flowers. This may be as a celebration of a happy occasion such as an anniversary or in memory of someone who has died. Contact Miss Marion Prior 303254 (St. Mark's) or Miss Jennie Cooper 404950 (Putnoe Heights)

### Prayer for Sunday

God of heaven and earth,  
whose power is made fully known  
in your pardoning mercy:  
ever fill us with your grace,  
that, entering more fully into your promises  
we may come to share in the good things of  
heaven;  
through Jesus Christ our Lord.  
Amen.

### Contact Details

#### 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)

#### The Reverend Neil Bramble-Chapman BA, CTM

(Day off Friday)

12 Hartop Close, Putnoe. MK41 8HE

326643 Mobile -07740 865167 Minister@ThisisChurch.com

#### The Reverend Dr. Joan Crossley (Day off Friday)

30 Cutcliffe Grove, Bedford. MK40 4DD.

Home 344536 Crossley@Thisischurch.com

#### The Reverend Charles Royden (Day off Thursday)

The Vicarage, Calder Rise. MK41 7UY

309175 Mobile 07973 113861 Vicar@ThisisChurch.com

Partnership News is now available each week on the  
Partnership Website - [www.ThisisChurch.com](http://www.ThisisChurch.com)

#### For Data Protection Purposes

Please note that any items submitted for inclusion in  
Partnership News will automatically be posted on our website.

### 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 9am - 1.00pm Monday & Friday

9am - 4pm Tuesday/Wednesday & Thursday

Tel/fax & Answering Service 365630 [www.ThisisChurch.com](http://www.ThisisChurch.com)

Centre Manager Mr Barry Snelson 365630

Leadership Team - Mrs Elizabeth Wyatt 350188

Treasurer Mrs Kathryn Morse 216428

treasurerph@Thisischurch.com

Gift Aid Administrator - Mr John Hitt 404186

Junior Church Co-ordinator - Mrs Samantha Ware 304058

### St. Mark's Church Centre (Open 9am - 5pm)

Tel/fax & Answering Service 342613 [www.ThisisChurch.com](http://www.ThisisChurch.com)

Centre Manager Miss Wendy Rider 342613

Wendy@thisischurch.com

Leadership Team - Mrs Janet Day—295592

Treasurer - Mr John Day 295592 treasurer@Thisischurch.com

Gift Aid Administrator Mr Jim Williams 360605

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# Regular Weekly Activities - A Guide To Our Churches

## Monday

- 9.30 - 12.00 pm Pre-school** (See website for more details) Mrs Janet Smith 326685 (Putnoe Heights) or Mrs. Helen Harpin **312634** (St. Mark's).
- 10.00 am Day Care Centre** at St. Mark's Church for those with Learning Difficulties. Contact K Stenton 07748 760082
- 12.00pm - 1.00pm Storybox** at Putnoe Heights Church. Service for parents/carers & children under 5. Children's activities songs and prayers, all in one hour from 12-1pm!
- 4.15 - 5.45pm Kumon Maths** at Putnoe Heights. Contact Ms R.Mistry 01908 217555
- 6.00pm Brownies** St Mark's. Mrs C Mathew 400987
- 6.15 pm Brownies** Putnoe. Alison McEwen 358583
- 7.30pm Sugarcraft Guild** meets first Monday every month at St. Mark's Mrs Pauline Parrott 768419
- 7.15 m Guides** -St. Mark's. Mrs Gill Lake 218091
- 7.30- 9.30pm Creative Needles** at Putnoe Heights. Mrs Hayward 307648
- 7.30pm Whist Drive** - At St Mark's each month. Next 31 January St Johns Moggerhanger Contact Mrs. Judith Stanton. 823313
- 7.30pm Housegroup** 30 The Ridgeway. The home of Eddy & Margaret Peck 267567.
- 8.00 - 9.00 pm 'Get Fit, Stay Fit'** at Putnoe Heights. Mrs Diane Field 404976

## Tuesday

- 9.30am - 12.30pm Candlewicking** (Needlework) at Putnoe Heights - Mrs Olive Shotbolt 267203
- 9.30am - 11.30pm Jo Jingles** at St. Mark's. Music & movement for pre-school children. Contact Renu Elston 01908 282866
- 10.00am - 11.00am - Keep Fit** at Putnoe Heights. Contact Mrs Stileman 822230
- 1.30 -3.00pm Putnoe Heights Church Toddlers Playtime** Contact Geraldine Skeel 406828
- 12 noon - 10.00 pm Slimming World** at St. Mark's. Sessions start at 12, 1.30pm, 4pm, 5.30pm & 7.15pm Contact Val Careless 345213.
- 2.15pm Putnoe Heights Women's Fellowship** - Next meeting 1 February Revd..J.Arthern Contact Mrs Betty Wyatt 350188
- 2.15pm Putnoe Heights Men's Fellowship.** Next meeting 1 February 2005 -Revd J Arthern Contact Lawrence Wyatt 350188.
- 2.30pm Mother Teresa Support Group.** Meets fortnightly at St. Mark's. Wool and knitting needles provided. Contact Mrs Joan Gravett 356911 and Mrs Marjorie Taylor 305709
- 2.30pm Tuesday Afternoon Housegroup.** Meets fortnightly at St. Mark's Church. Contact Mary Stubbs 406784.
- 3.30 - 4.30pm Putnoe Heights Church** Essential Stretch Contact Caroline 07778 898135 or 326096

- 6.30 - 7.30pm Yoga** at Putnoe Heights. Contact Rachel Leontyne 01234 783129
- 6.45pm Guides** at Putnoe Heights - Liz Rix 363607
- 7.00 - 8.00 pm Keep Fit at St. Mark's Church.** Contact Mrs Jan Gregory 214107.
- 7.00 - 10pm Cardmakers Club** at St Mark's Contact Carol Houghton 346718
- 7.30- 9.00pm Bibleway Church** at Putnoe Heights - Bible study & prayers. Contact Revd.Tarr 309881 or 07891095746
- 7. 45 pm Putnoe Heights Ladies Tuesday Club** - Next meeting - 1 February Road to Buckingham Palace. Wendy Rider. Meets fortnightly. Contact Sheila Cracknell 217009
- 8.30-9.30pm St. Mark's - Qi Gong** (Self help healing group) - Contact Mr F Steele 355937

## Wednesday

- 10.00 am Childminding Support Group** at Putnoe Heights. Mrs S Longman 313949
- 10.00 am Day Care Centre** St.Mark's Church for those with Learning Difficulties. Contact K Stenton 07748 760082
- 10.00 am Holy Communion** at St. Mark's Chapel. A half hour service followed by coffee. All welcome.
- 10am Sewing & Chat** Putnoe Heights Contact Valerie Russell 01462 815966
- 12 - 1pm Total Body Toning** at Putnoe Heights Church Total Body Toning Contact Caroline 07778 898135 or 326096
- Luncheon Club** at Putnoe Height meets fortnightly. Next on 2 February 2005 Contact Putnoe Heights 365630
- 1.30 - 4.00pm. Bridge Club for the Retired** - Meets weekly at St. Mark's. Mrs Truss Boyce 781133
- 4.15 - 5.45pm Kumon Maths** at Putnoe Heights Contact Ms R Mistry 01908 217555
- 6. - 7.00pm Self Defence at Putnoe** Contact Mr James 07711 687449
- 6.00 -7.30 pm Brownies** at St Mark's Contact Mrs Carol Warden 219731
- 7.00pm St. Mark's Church** Bunyan Bridge. Contact Brian Sallows 407725
- 7-10pm Putnoe Guild** - Putnoe Heights 3rd Wednesday each month. Contact Mrs Dallas 212609
- 7.45 - 8.45pm Kick Boxing** Junior classes St. Mark's. Mr James 07711687449 or 07810234890
- 7.45pm Badminton Club** at Putnoe Heights - all welcome. Contact Ken Marriott 214867

## Thursday

- 9.30am Thursday Prayer Group** at Putnoe Heights in the side chapel. Sylvia Cohen 343424 *Request for prayer can be written in the prayer diary on the information table.*
- 10.30am - 12.00am Fledglings** at 2.00pm - 3.00pm **Clinic** at St. Mark's Contact 267444

**10.00am - 11.30am Yoga at Putnoe Heights**

Contact 244970

**12 - 1.00 pm Storybox** at St Mark's Church.

Service for parents, carers & children under 5. Sandwich lunch, Bible Stories, Children's activities, songs & prayers, all in one hour from 12-1pm.

**1.30 - 3.00 pm St. Mark's Church Toddler Group.**

Contact Debbie Coppenhall 356828.

**1.30 -3.00pm Putnoe Heights Church Toddlers**

**Playtime** Contact Geraldine Skeel 406828

**2.30 Bedford Arts Society** at St. Mark's. Contact

Celia Maddison 782901

**6.15 pm Weightwatchers at St. Mark's.**

Contact Mrs Margaret Ralph 01767 224978.

**6.15pm Brownies at Putnoe** Mrs S Lewis 300198

**7.30 - 9.30pm Club 2000** Putnoe 2nd Thursday of

the month. Contact Mrs Moreton 771261

**6.15 - 7.30pm Bedford Junior Chess Club.** St.

Mark's Contact Mr & Mrs Pike 823795

**7.30pm - 11.00pm Bedford Senior Chess Club** at

St Mark's Contact Mr P Housden 376597

**7.30 - 9.30pm Embroiderer's Guild** St Mark's- 3rd

Thursday month. Contact Mrs K Sage 771525

**7.45pm. Housegroup**-Meets fortnightly at 3 Little

Headlands. Newcomers always welcome. Contact

Betty Wyatt 350188

**8.00 - 10pm Bedford Writers Circle** meets at St

Mark's Church 3rd Thursday each month. Contact

Mr John Broadhouse 740271

### Friday

**10.00 am Day Care Centre** at St. Mark's Church

Contact K Stenton 07748 760082

**6 -7.00 pm Self Defence** at Putnoe Contact Mr

James 0771 687449 or 07810 234890

**7. 30 - 9.30pm** Young Peoples meeting Contact

Pastor Tarr 376841

**7.30pm Music Group** St. Mark's Church/monthly

**6.30pm -8.30 pm Dog Training Classes** at St.

Mark's Contact Mrs L. Laton 365601

### Saturday

**10.00am - 1.00pm & 2 - 5pm Theatre Train** at St

**Mark's** -dancing acting, singing,- Kate Randle

304865

**7.15pm - 10.30pm Duplicate Bridge** at St Mark's

Contact Ann or Peter 212066

**Peace Project Saturday School** at Putnoe Heights.

For details contact Mrs.E.Tarr 309881

### Sunday

**1- 3pm & 7-9pm Bibleway Church** at Putnoe

Heights - Worship. Contact Revd. Tarr 309881 Mob.

07891095746

## News, Views and Information

### Fundraising Spectacular Weekend for our extension for Autism Bedfordshire 5 and 6 February 2005

**Spanish Evening** Saturday Night 5 February, 7-30pm our ever popular themed evening this time taking in the music and flavours of Spain. Donations of raffle prizes would be appreciated.

**Swimathon** Thank you to everybody who has been so generous in offering support by sponsoring the teams. The board is in the foyer again this morning for you to enter your support.

**Please also come and support the event at Bedford High School on Sunday 6 February 4pm to 5.30pm.** We have booked the pool and there is free car parking on site in the school car park.

It is a Battle of the Sexes 2 teams, 5 men and 5 women who have laid down the challenge to win this spectacular race and raise the most sponsorship money- who will win ? Come and offer your support.

### The Church Calendar

January 2005	February 2005	March 2005	April 2005
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1	1 2 3 4 5	1 2 3 4 5	1 2
2 3 4 5 6 7 8	6 7 8 9 10 11 12	6 7 8 9 10 11 12	3 4 5 6 7 8 9
9 10 11 12 13 14 15	13 14 15 16 17 18 19	13 14 15 16 17 18 19	10 11 12 13 14 15 16
16 17 18 19 20 21 22	20 21 22 23 24 25 26	20 21 22 23 24 25 26	17 18 19 20 21 22 23
23 24 25 26 27 28 29	27 28	27 28 29 30 31	24 25 26 27 28 29 30
30 31			
May 2005	June 2005	July 2005	August 2005
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
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8 9 10 11 12 13 14	5 6 7 8 9 10 11	3 4 5 6 7 8 9	7 8 9 10 11 12 13
15 16 17 18 19 20 21	12 13 14 15 16 17 18	10 11 12 13 14 15 16	14 15 16 17 18 19 20
22 23 24 25 26 27 28	19 20 21 22 23 24 25	17 18 19 20 21 22 23	21 22 23 24 25 26 27
29 30 31	26 27 28 29 30	24 25 26 27 28 29 30	28 29 30 31
		31	
September 2005	October 2005	November 2005	December 2005
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3	1	1 2 3 4 5	1 2 3
4 5 6 7 8 9 10	2 3 4 5 6 7 8	6 7 8 9 10 11 12	4 5 6 7 8 9 10
11 12 13 14 15 16 17	9 10 11 12 13 14 15	13 14 15 16 17 18 19	11 12 13 14 15 16 17
18 19 20 21 22 23 24	16 17 18 19 20 21 22	20 21 22 23 24 25 26	18 19 20 21 22 23 24
25 26 27 28 29 30	23 24 25 26 27 28 29	27 28 29 30	25 26 27 28 29 30 31
30 31			

**St Mark's Church Council** February 1 2005

**Circuit Men's Fellowship Lunch** on the 9 February

**St Mark's Leadership Team**

4 May -Home of Rev Dr Joan Crossley

**Deanery Synod** 10 February

**Putnoe Heights Leadership Team -**

31 January, 25 April 2005 at 7.30pm

**St Mark's Church Management Meeting**

23 May, 11 July, 12 September, 2 November. All meetings to start 7.00pm

**Putnoe Church Council**

7 Feb 2005, 13 June 2005, 10 Oct 2005

**Pastoral Group Meeting**

Please advise St Mark's Church Office of the dates of your meetings. Calendar dates appear also on our church website [www.ThisChurch.com](http://www.ThisChurch.com).



## Bible Notes

### 4 Sunday of Epiphany

#### Verse of Scripture Micah 6

What does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.



*Blessed are  
the peacemakers,  
for they will be  
called  
children of God.  
Matthew 5.9*

#### A Collect Prayer - Before we read we pray

Lord you have taught us that all our doings without love are worth nothing. Send your Holy Spirit, and pour into our hearts that most excellent gift of love, the true bond of peace and of all virtues; through Jesus Christ our Lord. Amen.

#### First Reading Micah 6: 1-8

Listen to what the LORD says: "Stand up, plead your case before the mountains; let the hills hear what you have to say. Hear, O mountains, the Lord's accusation; listen, you everlasting foundations of the earth. For the LORD has a case against his people; he is lodging a charge against Israel. "My people, what have I done to you? How have I burdened you? Answer me. I brought you up out of Egypt and redeemed you from the land of slavery. I sent Moses to lead you, also Aaron and Miriam. My people, remember what Balak king of Moab counselled and what Balaam son of Beor answered. Remember your journey from Shittim to Gilgal, that you may know the righteous acts of the LORD." With what shall I come before the LORD and bow down before the exalted God? Shall I come before him with burnt offerings, with calves a year old? Will the LORD be pleased with thousands of rams, with ten thousand rivers of oil? Shall I offer my firstborn for my transgression, the fruit of my body for the sin of my soul? He has showed you, O man, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God. (Reader : This is the word of the Lord. **All: Thanks be to God**)

#### Second Reading 1 Corinthians 1: 18-31

For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written: "I will destroy the wisdom of the wise; the intelligence of the intelligent I will frustrate." Where is the wise man? Where is the scholar? Where is the philosopher of this age? Has not God made foolish the wisdom of the world? For since in the wisdom of God the world through its wisdom did not know him, God was pleased through the foolishness of what was preached to save those who believe. Jews demand miraculous signs and Greeks look for wisdom, but we preach Christ crucified: a stumbling block to Jews and foolishness to Gentiles, but to those whom God has called, both Jews and Greeks, Christ the power of God and the wisdom of God. For the foolishness of God is wiser than man's wisdom, and the weakness of God is stronger than man's strength. Brothers, think of what you were when you were called. Not many of you were wise by human standards; not many were influential; not many were of noble birth. But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong. He chose the lowly things of this world and the despised things--and the things that are not--to nullify the things that are, so that no one may boast before him. It is because of him that you are in Christ Jesus, who has become for us wisdom from God--that is, our righteousness, holiness and redemption. Therefore, as it is written: "Let him who boasts - boast in the Lord." (Reader: This is the word of the Lord - **All: Thanks be to God**)

#### Gospel Reading Matthew 5: 1-12 Please stand

(After the Gospel is announced **All: 'Glory to Christ our Saviour'**)

Now when he saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will be shown mercy. Blessed are the pure in heart, for they

will see God. Blessed are the peacemakers, for they will be called sons of God. Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. "Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

(Reader: This is the gospel of Christ—**All: Praise to Christ out Lord.**)

### **Post Communion Prayer**

Generous Lord, in Word and Eucharist we have proclaimed the mystery of your love: help us so to live out our days that we may be signs of your wonders in the world; through Jesus Christ our Saviour. Amen

### **Commentary**

One of the central themes of the Old Testament is the Covenant, made between God and the Hebrew people. It is a covenant of Grace, love and fidelity on God's part and the demand placed upon His Chosen People is that they should love and honour Him above all others and be obedient to his commands. Throughout the history of God's people we find that on many occasions they fail, they fall, they turn to other gods and earthly powers for strength and protection. This angers God and also saddens Him. In Micah chapter 3, Micah condemns the rulers of Israel for hating what is good and loving what is evil. They have denied justice to the people and Micah says that the leaders skin the people alive and tear the flesh off their bones. False prophets have deceived the people, the rulers govern for bribes and the priests interpret the law for pay. Israel is in a terrible state and they are not listening to God. Here in Micah 6, we find God's case being brought against His people. God reasons with the people stating that he has been faithful to them, so why have they turned from him in disobedience?

The Prophet continues to reflect upon this woeful state of affairs and seeks to find a way forward for the people to be reconciled with God, for His Favour once more to rest upon them. Micah proclaims that what God requires from his people is not elaborate sacrifice of thousands of sheep and gallons of olive oil, not even the sacrifice of your first-born child in appeasement. No, what God requires of his people is that we do what is just, that we show constant love and live in humble fellowship with God. Sounds simple and straightforward. But as we know, living our lives in this way is not easy.

The Beatitudes from Matthew 5 place a similar burden of expectation of behaviour upon us, that we live as people whose greatest desire is to do what God requires, that we are merciful to others, that we are pure in heart and live and act as peacemakers. This is a high demand. But the rewards are equally great. Overall, the Blessings which are central to these verses indicate that our reward for living as God demands will be the Kingdom of Heaven. This is eternal life as mediated to us through Jesus Christ and His death and Resurrection.

We have a wonderful and faithful God who does watch over all his people with love and compassion. God's Promise to be with His people at all times is not negated by natural disasters like the Asian Tsunami. God's faithfulness to his people is not broken by our disobedience, but His desire that we are faithful and live just lives still stands today as much as it ever did for the people in Micah's time. The challenge which we face today is to try to live as God calls us to live, and to encourage and enable others to live in the same way through our example and by the power of the Holy Spirit at work in our lives and in the lives of those in our communities. *Neil Bramble-Chapman*

### **Hymns** (Please distribute Hymns and Psalms and Holy Communion with Christian Healing)

1. Lord of the Dance - could be printed in the notices
2. MP 445 Lord the light of your love is shining
3. H&Ps 617 Lord Jesus Christ
4. H&Ps 139 The Kingdom of God is justice and joy

### **Meditation.**

Seven days after the birth of Jesus on January 1 we celebrate the feast of our Lord's circumcision. Then 33 days later we celebrate the presentation of Jesus in the Temple and the purification of Mary. This day - February 2 is called "Candlemas" in many churches— 40 days after the birth of Jesus. (see Luke 2:21-40) The day has pagan roots and was a Christian adaptation of the older practices for this midwinter festivity from which we get "Groundhog Day." Since the presentation was also the purification of Mary (40 days

after childbirth), the church developed ritual practices known as the "Churching of Women" or "Thanksgiving of Women after Childbirth." *For more information see our church website*

### **Prayers for Sunday and the week ahead.**

Lord, let me be yours. Let me not draw back, neither from heaven, nor from your divinity, nor from your cross. Let me be yours to whom I owe my creation and my redemption. Touch my heart and sanctify it, and consecrate me in your service, for ever. Amen Lucy Herbert, 1669-1744

Father God, once again we offer to you ourselves as living temples of your Holy Spirit that you may inhabit our praises today. Give us contrite hearts, hearts of worship, hearts of praise. May we be touched by your presence so that your Spirit may be seen in our lives. Make us aware of people's suffering in our community: the bereaved, those who are sick in body, mind and soul, the elderly and infirm and all who are lonely. And, as we pray for the needs of others, give us grace and humility to become channels of your healing, in the name of Jesus Christ our Lord. Amen  
Maureen Thomson, AppletonRoebuck, York

### **Aloe Vera – Natural Healer**

For many thousands of years Aloe Vera has been used to alleviate health problems. Research shows the ancient cultures of China, Egypt and Greece have known of the benefit to both humans and animals and have used it medically throughout history. Aloe Vera is a succulent, looking rather like a cactus, but is in fact a member of the Lily family. It is indigenous to North America, and is becoming increasingly well known for its healing properties.

Did you know: 1 in 3 people suffer from some form of skin disease. 1 in 5 people suffer from some form of arthritis. The food we eat today contains fewer nutrients than 50 years ago

Aloe Vera alone cannot prevent the causes of such problems but it has the potential to improve health and lifestyle.

The inner leaf gel of the Aloe Vera is a rich source of vitamins and minerals and contains proteins and enzymes essential for health. However, the key area of interest in Aloe is its ability to work on the tissues and immune systems. The epithelial tissue is the lining of tubes and organs inside our bodies, and of course the skin on the outside. When Aloe Vera is taken as a drink, its anti-inflammatory properties are absorbed throughout the body and it can help to reduce inflammation in the epithelial tissue. This means that conditions in the digestive tract such as Oesophagitis, Stomach Ulcers, Irritable Bowel Syndrome, Colitis, Diverticulitis and Crohn's Disease all benefit from its healing properties.

Skin conditions such as Eczema and Psoriasis will gain dual benefit by taking the Aloe drink and applying a topical Aloe-Propolis cream. This is a highly successful combination, and with an Aloe body/face wash available the treatment of skin conditions has excellent results. This cream is being used in Great Ormond Street Hospital after undergoing stringent medical trials for the treatment of Eczema and Psoriasis. Propolis is a natural Bee product with anti-biotic properties added to the Aloe base cream, which is particularly successful as Aloe penetrates seven layers of skin, making it an extremely effective moisturiser.

Respiratory conditions like Asthma, Sinusitis, Rhinitis and Bronchitis also benefit from drinking Aloe Vera, as its anti-inflammatory properties help reduce the tissue damage. Asthmatics may find that they use their inhalers less often as they get less breathless, but regular prescription medication should never be abandoned without consulting a GP first.

I am an Independent Distributor for the largest producer of Aloe Vera in the world that has been growing with the success of its products for 26 years. They organically cultivate over 90% of the world's Aloe and own the whole process from harvesting to bottling. Only the inner leaf gel is harvested, so that all the known properties of the plant are preserved. Their Aloe products have been sold in over 100 countries worldwide and all come with a 60-day money back guarantee, so you can feel confident to try your chosen products for two months and if you are unhappy with results then return your receipts to get your money back. For a 1 to 1 consultation, group product launch or fund raising event please contact Allison Wilkins on 01234 308957. Allison.wilkins@ntlworld.com

*Thank you to Alison, a member of St Mark's Church for contributing this interesting piece of information. If you have contributions please Email to Vicar@thisischurch.com and we will include them when able.*



# News, Views and Information

**Magnet** This magazine is printed quarterly costing £6 annually. Beautifully illustrated, thoughtfully produced, touching on all aspects of life. If you would like to order a copy please contact Hilda Hicks or Margaret Standley or the church office 342613.

**Junior Church at Putnoe** are having a fund raising event for the Tsunami Appeal after the family service on Sunday 6 February. They will be selling cakes and doing a sponsored sing whilst you are having coffee. Contributions of cakes and sponsorship welcome. Forms available in the foyer. *Liz Spavins*

**Partnership Singers** Please could we re-convene to prepare for Easter Services (on 27th March), rehearsing on 4th March 7pm at St Mark's, 11th March 7pm at St Mark's-Small Hall, 18th March 7pm at St Mark's, Thursday 24th March at Putnoe.

**Highfield** –There will be a meeting following the service on Sunday 30th January in order to make arrangements for the services we conduct at Highfield Residential Care Home in the coming months. These services are held at 2.30pm each third Sunday in the month and are greatly appreciated by the residents. New helpers are always welcome and if you would like to join us please come along to the meeting or to our next service on 20 February. Vera Pearson/John Standley

**Oasis** –Circuit mid-week worship for all on the first Tuesday of each month An oasis of peace in our busy lives at Oakley Methodist Church, 8.00pm-9.00pm. An hour of quiet music, prayer, readings, led by The Reverend Karen Murphy on 1 February, 1 March and 5 April

**Coffee Morning** on Saturday 5th February from 10am-12noon. At the home of Stephen and Pauline Clare, 35 Brecon Way in aid of Mission Funds. Raffle and Cakes.

## **Wednesday Bereavement Drop in Group.**

The next meeting is Wednesday 2 February at St Mark's Church, 2.30pm- 4pm. Mr Harry Charie will speak about Family History. On March 2, Mr Michael Dallas will talk about Bedford Arts Society, On 6th April Mr. Alan Cox will "London Curiosities" and on May 4th Lynne Davis will speak about the work of the Citizens Advice Bureau.

**Beds and Herts Historic Churches Trust.** The results of the fund-raising from the 2004 Sponsored Bike Ride have been announced - overall a total of £61,000 was raised, half of which is given back to the participating churches. The remainder is distributed in the form of grants to churches making successful applications and this year, Park Road Methodist

Church is one of the ten recipients. They will receive a grant of £2,500 towards their ceiling and front elevation repairs. Congratulations, Park Rd.

**Beds and Herts Historic Churches Trust.** The overall total from the 2004 Sponsored Bike Ride is £61,000, half to be given back to the participating churches. The remainder is distributed in the form of grants to churches making successful applications and this year Park Road Methodist Church is one of the ten recipients. They will receive a grant of £2,500 towards their ceiling and front elevation repairs. Congratulations Park Road.

**A Performance of Jesus Christ Superstar** will be taking place at Putnoe Heights Church on Sunday 20th February 7.30pm. This will be presented by singers and musicians from the First Presbyterian Church from Caldwell, New Jersey, USA. Tickets will be available from the 6th Feb at Putnoe Heights and St Mark's Church Offices. Tickets are free available on a first-come, first-served basis and there will be a retiring collection.

**There was an attempt by thieves to steal** from Putnoe Heights Church last week during the service. This was prevented by the alert action of the Leadership Team member on duty Alan Cooper. The offenders were spoken to by Alan and Charlie and asked to leave the building. However they then went to St Mark's where they broke into the church by breaking the lock on the interior chapel door. Fortunately this triggered the alarm and after a quick tour of the building the thieves left empty handed. The thieves were recorded on the St Mark's CCTV and photographs have now been passed to the police. Since the last thief caught on CCTV was sentenced to attend a course we do not expect that this will result in any severe reprimand. However it is important to prosecute. The chapel door has been completely repaired at a cost of £300 and no lasting damage caused. However this incident does remind us of the need to be ever vigilant, lock doors, set alarms and utilise our CCTV technology to identify offenders. We rely on our Leadership Team to be observant during services. Watch out there's a thief about.

## **To pray or not to pray ? Update**

Since the notice last week no relatives have asked for names in the Book of Remembrance to be omitted from the Sunday prayers. We have not received any requests for prayer for individuals but we will be pleased to include your name in Sunday prayers. It would be helpful simply to telephone St Mark's Church Office (342613) and then we can include your name on Partnership News for prayer on the Sunday.

## Hymns for Sunday

I danced in the morning  
When the world was begun,  
And I danced in the moon  
And the stars and the sun,  
And I came down from heaven  
And I danced on the earth,  
At Bethlehem  
I had my birth.

*Dance, then, wherever you may be,  
I am the Lord of the Dance, said he,  
And I'll lead you all, wherever you may be,  
And I'll lead you all in the Dance, said he.*

2 I danced for the scribe and the pharisee,  
But they would not dance  
And they wouldn't follow me.  
I danced for the fishermen,  
For James and John -  
They came with me  
And the Dance went on.  
*Chorus*

3 I danced on the Sabbath  
And I cured the lame;  
The holy people  
Said it was a shame.  
They whipped and they stripped  
And they hung me on high,  
And they left me there  
On a Cross to die.  
*Chorus*

4 I danced on a Friday  
When the sky turned black -  
It's hard to dance  
With the devil on your back.  
They buried my body  
And they thought I'd gone,  
But I am the Dance,  
And I still go on.  
*Chorus*

5 They cut me down  
And I leapt up high;  
I am the life  
That'll never, never die;  
I'll live in you  
If you'll live in me -  
I am the Lord  
Of the Dance, said he.  
*Chorus*

## Second Hymn

1 Lord, the light of Your love is shining,  
in the midst of the darkness, shining:  
Jesus, Light of the world, shine upon us;  
set us free by the truth You now bring us -  
shine on me, shine on me.  
*Shine, Jesus, shine,  
fill this land with the Father's glory;  
blaze, Spirit, blaze,  
set our hearts on fire.  
Flow, river, flow,  
flood the nations with grace and mercy;  
send forth Your word,  
Lord, and let there be light!*

2 Lord, I come to Your awesome presence,  
from the shadows into Your radiance;  
by the blood I may enter Your brightness:  
search me, try me, consume all my  
darkness -  
shine on me, shine on me.  
*Chorus*

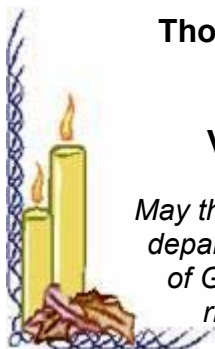
3 As we gaze on Your kingly brightness  
so our faces display Your likeness,  
ever changing from glory to glory:  
mirrored here, may our lives tell your story -  
shine on me, shine on me.  
*Chorus*

### 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.

**Thomas Anthony Pyne**  
**Margaret Grey**  
**Ernest Norrish**  
**Violet Merryman**

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



**The funeral of Eric Thomas Marshall** will take place at Bedford Crematorium at 10.45am on Monday 7 February *Royden*