



# Partnership News

Putnoe Heights & St Mark's Church  
31 May 2015  
Trinity Sunday



## Sunday Services

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

## 31 May Trinity Sunday

**9.30am St Mark's - Holy Communion with PCH**  
Preacher - Deacon Jane Mills  
Leadership - Mr. Mike Cooper  
Intercessions - Mr. Mike Elliott  
Organist - Mr. John Mower  
**11.00 am Putnoe - Holy Communion with PCH**  
Preacher - Deacon Jane Mills  
Leadership - Mrs. Jenny Snelson  
Intercessions - Ministers  
Organist - Mr. John Mower

## 7 June Ordinary 10

**9.30am St Mark's - Family Morning Worship**  
Preacher - Rev. Jennie Cappleman  
Leadership - Mrs. Margaret Appleton  
Intercessions - Mrs. Delia Shephard  
Organist - Mr. Mike Cooper  
**11.00 am Putnoe - Family Morning Worship**  
Preacher - Rev. Jennie Cappleman  
Leadership - Mr. Barry Southam  
Intercessions - Young People  
Organist - Mr. Ben Mason

**Readings** 1. Genesis 3: 8-15  
2. 2 Corinthians 4:13-5:1 3. Mark 3: 20-35  
Mid Week Holy Communion at 10.00am at St Mark's Chapel every Wednesday and at Sir William Harpur House on first Monday of every month.

## Thank You

The flowers at Putnoe Heights Church have been given by Dawn Allinson in loving memory of her husband Maurice

Also by Liz Hayward in memory of her mother Olive Betts.

*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.*

## Banns of Marriage

We publish the banns and pray for the marriage of Graham Paul Hornsby and Alice May Court, both of this parish to be married at St Pandiona & St John the Baptist Church Eltisley (*third time of reading*)

## Prayer for Sunday

We bind unto ourselves the name, the strong name of the Trinity, by invocation of the same, the three in one and one in three, of whom all nature has creation, eternal Father, Spirit, Word; praise to the God of our salvation; salvation is of Christ the Lord. Amen  
*St Patrick*

**The Reverend Dr. Sam Cappleman**  
107 Dover Crescent, Bedford MK41 8QR  
Tel: 266952 nsm@thisischurch.com

**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.ThisIsChurch.com](http://www.ThisIsChurch.com)**

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## Partnership Pastoral Support Team Co-Ordinators

Mrs Wendy Waters 342613 office@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 Mon-Thur 9-5.30pm, Friday 9-1pm**  
**Tel/fax & Answering Service** 365630 putnoe@thisischurch.com  
**Centre Manager** Geoff Gypps 365630  
**Leadership Team** Mr Barry Southam 219714  
barrysoutham@aol.com  
**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 Charity No 1160981.

**Open Monday - Friday 9am - 5.00pm**  
**Tel/fax & Answering Service** 342613 office@thisischurch.com  
**Centre Manager** Miss Wendy Rider 342613  
**Leadership Team** - Mrs Margaret Appleton 354708  
**Treasurer** - Mr Ian Farthing 210892  
treasurer@thisischurch.com  
**Gift Aid Administrator** Mr Jim Williams 360605

# Regular Weekly Activities - A Guide To Our Churches

## Monday

**Hazeldene Heights Pre-school.** Sessional and Full Day care available—open Mon.—Fri. Full Day Care 8.30am to 5pm Sessional times 9am—12noon and 12.45pm -  
**3.45pm** For more info please contact Laura Leggett 01234 326685 or www.hazeldeneheights.com  
**8.00am-5.30pm Pre-school** Mon-Fri St Mark's  
**8.00am-5.30pm Top Marks** Mon-Fri St Mark's Manager Mrs. Helen Harpin 312634  
(See website for more details)  
**9.00am-12noon St Mark's Pre-School Nursery** Manager Mrs. Helen Harpin 312634  
**9.30-10.30am - Body Control Pilates** –Putnoe Heights Stephanie Smith 357787 or 07973174430  
**10.00am Bakers Barn Art Group.** St Mark's Mrs M. Berry 211955  
**10.00am-12 U3A Play reading** Putnoe Heights Contact Janet King 313946  
**11.00am-12noon Pilates** St. Mark's Liz Mason 07816522200  
**12.00 noon Storybox** Putnoe Heights We welcome the under 5's and their carers to join them between 12noon and 1pm for a sandwich lunch followed by a Bible based story and singing. Contact Carolyn Morris youth@thisischurch.com 365630  
**1.30pm Chat & Make.** Term time for babies and toddlers 0-5. Crafts, toys, songs, story and refreshments £1. More details contact St Mark's Church Office on 01234 342613 or Janine 01234 297481 Restarts On April 20  
**2.00pm U3A Music Appreciation** Putnoe Heights Contact Janet King 313946  
**2.00pm U3A Italian** Putnoe Heights– fortnightly  
**4.15pm Kumon Maths** Putnoe Heights. Mrs Raksha Mistry 01908 392698  
**5.30 - 8.30 NHS Eat Smart Think Active** at Putnoe Heights. For more details contact Zoe Wilcox 07767311424  
**6.00pm Brownies** St Mark's. Mrs C Mathew 826190  
**6.15 pm Brownies** Putnoe. Sharon Tanner 07928483418 email firstputnoebrownies@hotmail.co.uk  
**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-8pm Cubs** at Putnoe Ages 8 –10.5 Email:phxg.enquiries@gmail.com Tel Tom 07974566509  
**6.30pm Fit For All** Putnoe Heights – Laura Amor 341152 / 07976259081  
**7.30pm Sugarcraft Guild** St Mark's (1st week in month) Mary Daly 217127  
**7.00pm Cancer Care Society.** St Mark's. (1st week in month) Mr J Dewhurst 01908 377020.  
**7.00-8.00pm Laughter Club** at St. Mark's 2nd week each month) Cheryl Green 07729187399  
**7.15pm Guides.** St Mark's. Mrs Gill Lake 218091  
**7.30pm Whist Drive.** St Mark's ( Weeks 3 & 5 in the month).. Next meeting– 15 June Judith Stanton. 823313  
**7.30pm No Fear Bridge Club** St. Mark's Mrs. Susan Ford 300218.  
**7.30pm House group** 30 The Ridgeway. The home of Eddy & Margaret Peck 267567  
**7.45-9.15 Get Fit Keep Fit** at Putnoe Heights Diane Field 01234 404976

## Tuesday

**9.30am Candlewicking** (Needlework). Putnoe Heights. Pat McCart 365507  
**9.30am -12.30 & 4-9pm Slimming World** St. Mark's. 9.30, 11.30, 3.30, 5.30, 7.30. Lorrie Pearson 340473

**11-12.15am U3A Keep Fit Putnoe Heights** Contact Janet King 313946  
**1.15pm U3A Cinema Group.** St Mark's Contact Janet King 313946  
**1.30pm U3A Choir.** St Mark's Contact Janet King 313946  
**2.00pm U3A Book Group 1** St Mark's (3rd Week in month) Contact Janet King 313946  
**2.00pm U3A Book Group 2** St Mark's (2nd Week in month) Contact Janet King 313946  
**2.00pm Library Walk W.I.** Putnoe Heights, meets monthly. Morag Tomkins 356895  
**2.00pm U3A Photography Group 3** St. Mark's (1st Week in month) Contact Janet King 313946  
**2.30pm Mother Teresa Support Group.** St Mark's (1st & 3rd week in month). Wool and knitting needles provided. Mrs Maureen Watling 262225  
**2.15pm Tuesday Afternoon Housegroup.** St Mark's (2nd & 4th week in month) Mary Stubbs 406784.  
**3.30-6.30pm Stars School of Dance** at Putnoe Heights. Esther Richardson 295862 or 07917582468  
**6-7pm Supple Strength Yoga** St Mark's Amanda Alcock 07769747393  
**7.15-8.15pm Pilates** St Mark's Church Jane Butcher 07891879571  
**7.00pm - 8.30pm Daisy Birthing** Putnoe Heights Susie 07980447390  
**7.30pm Ladies Tuesday Club** at Putnoe Heights (Meets monthly Next meeting 9 June Mowsbury Park Café 2.30.pm. Details Diane Bayliss 268101  
**8.00pm Hearts in Beds Committee** St Mark's ( week 4 in month) Mrs N Aspey 309816

## Wednesday

**9.30am Body Control Pilates.** Putnoe Heights. Stephanie Smith 357787 or 07973174430.  
**10.00-2pm Open House** at St Mark's for those with learning disabilities., their friends, family , carers and supporters 342613.  
**10.00am U3A Gardening Group 3** St Marks. Contact Janet King 313946  
**10.00am Holy Communion.** St. Mark's Chapel. A half hour service followed by coffee. All welcome.  
**10am U3A Card Making,** St Marks Contact Janet King 313946  
**11.15am U3A Keep Fit** at Putnoe Heights  
**12.30pm Luncheon Club.** Putnoe fortnightly. Next meeting 3 June Contact Putnoe Office 365630  
**1.15pm Social Bridge Club** St. Mark's. Mr Barnes 261811  
**2.00-4.00pm U3A Craft** at St Marks.Contact 1st week of the month. Janet King 313946  
**2.00pm U3A Gilbert and Sullivan** Putnoe Heights Contact Janet King 313946  
**2.00pm - Fifty plus Keep Fit.** Putnoe Heights Mrs Webster 856966  
**3.30-4.30pm Vita Fit** St Mark's starting 29 April for 6 weeks Liz Roe 07901684538  
**3.45.- 5.30pm Messy Church.** St Mark's (3rd Week in month). for children of lower school age and their carers. Bible-based story, crafts, singing and a meal. Next meeting 17 June 2015 Wendy Waters 401834 Jean Bank 355698  
**4.15pm Kumon Maths.** Putnoe Heights Mrs Raksha Mistry 01908 392698  
**5.00–6.00pm Rainbows** at Putnoe Heights Mrs Gill Lake 218091  
**6.00pm Brownies.** St Mark's. Mrs C Warden 219731  
**6.15pm Yoga and Relaxation** Putnoe Heights Racheall Monton 01234 297138 or 07910835994

**6.00-7.00pm ATSK Karate** at Putnoe Height Kevin Stark Tel.01234 353865

**7.00pm-9.00pm Scouts** at Putnoe ages 10.5-14; Email:phxg.enquiries@gmail.com Tel Tom 07974566509

**7.00pm Bunyan Bridge.** St. Mark's Colin Jackson 363398 or Brian Sallows 407725.

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

**7.15pm Putnoe Guild** Putnoe 3rd Wednesday in every month except August Mrs Jo Street 3446008.00pm

**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 June 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 ( Week 1 in the month) Jill Cooper 357960

### 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.

**10.30pm Spanish Holiday Survival** at Putnoe Heights. Elena 01234 266968

**9.45am Chat and Play** St.Mark's. A term time group for Mums & toddlers.0-5 Contact St Mark's Church Office 01234 342613 or Janine 01234 297481

**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 342613

**1.00-2.30pm Wriggles & Jiggles** Putnoe Heights. Drop in.

**1.00 - 2.30pm NHS Baby Clinic** at St Mark's ( Weeks 1 & 3 in the month) Contact 897401

**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 Contact Janet King 313946

**2-4pm U3A Indoor Games.** St.Mark's Contact Janet King 313946

**2.30 - 4.30pm Bedford Art Society** St Mark's Jean Paterson 307210

**3.15-5.15pm Social Care Solutions** Drama Group Claire Creek 262650

**5.45pm Weightwatchers.** St. Mark's. Clare Martin 07768481499

**6-7pm Supple Strength Yoga** St Mark's Amanda Alcock 07769747393

**6.15pm Brownies.** Putnoe Heights Lou Brenna. 07919402797.

**7.00pm Club 2000** Putnoe Audrey Halford 407284

**7.00pm U3A Folk & Poetry** St Marks (2nd and 4th week in month)Contact Janet King 313946

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

**7.15pm Putnoe Art Group** Bob Wardale 406094

**7.30pm Magpies Women's Group** St Mark's (2nd & 4th week in month ) Rosemary McNeilage 405594

**7.30pm Brickhill Ladies Group** St Mark's (1st and 3rd week in month) Linda Stephen 409493

**8.00pm Bedford Folk Dancers** (formerly Barn dancers) Meet weekly at Putnoe Heights Different guest callers each week.Except August. All welcome, cost £2.50

Including refreshments. More details Ron 825574 or Shirley 01767 651767

**8.00pm Bedford Writers Circle.** St Mark's (1st week in month). John Broadhouse 01525 404014

### Friday

**9.30am -3.30pm Machine Knitting** group at Putnoe Heights, 2nd week per month.. Contact Marion Sutton 217647

**10am -12.00 U3A Photography** St Marks.(4th week in month) Contact Janet King 313946

**10am - 12 & 1.15 - 3.15pm U3A Beginners French** St. Marks Contact Janet King 313946

**2.00-4.00 pm U3A Whist** St Marks. (2nd week in month) Contact Janet King 313946

**2pm U3A Gardening** - Putnoe Heights Contact Janet King 313946

**4.50pm-7.00pm Stars School of Dance** at Putnoe. Esther Richardson 295862 or 07917582468

**6.30pm-8.00pm Beavers** at Putnoe Ages 6-8 Email: phxg.enquiries@gmail.com Tel Tom 07974566509

**7.00pm-9.00pm Meditation** St Mark's.Cheryl Green 07729187399

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

### Saturday

**9.00am Faith Temple Ministries** St Mark's (1st week in month) Dawn Kelly 07863762593

**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

### 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 at St. Mark's.** 1st Sunday Jun/Aug /Oct/Dec. Contact P Harris 01623 621143

**11.00 - 12.00 Church and Junior** at Putnoe Heights for the under 9's . A crèche is also available.

**2- 4.30pm Indoor Bowls** at St. Mark's 2nd & 4th Sunday. Closed for summer break. Re opens 13 September. Ray Seymour 305695 or church office.

## Diary Dates



**St Mark's Church Council** – TBA

**St Mark's Leadership Team** -

**Annual Congregational Meetings** -

**Putnoe Heights Leadership Team** – 2nd June

**Putnoe Heights Management Meeting** –

**Putnoe Church Council** - 11 June

**Pastoral Group Meeting**– 15 September 2015 4.00pm

**Churchyard Committee** - TBA

**Circuit meeting** – 16 June at Putnoe Heights

**Deanery meeting** -

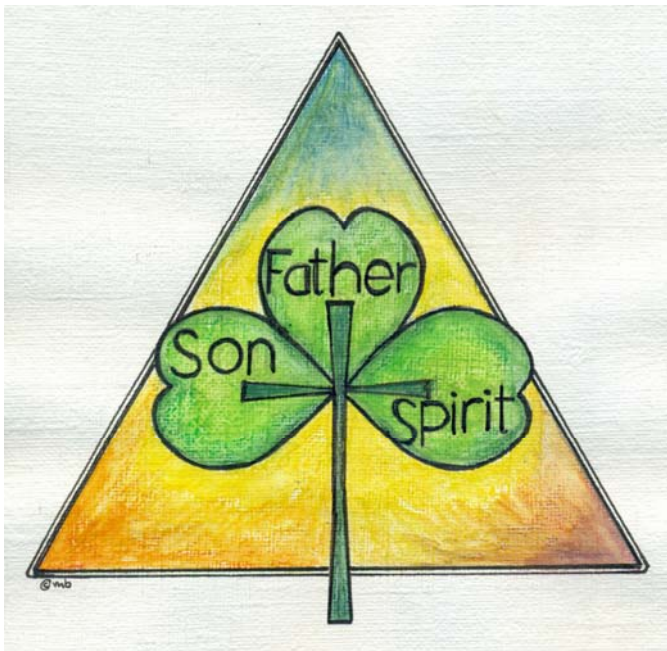
**Woodland Burial Trustees** –

**Putnoe Heights Children & Youth Meeting** - 1 June 2015 2pm

**St Mark's Car Boot Sales 2015**, 31 August.

**Harvest Festival** service will be on Sunday 27 September.

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



## Trinity

### Sentence of Scripture Acts 1:8

You shall receive power when the Holy Spirit has come upon you; and you shall be my witnesses .

### Collect Prayer for the Day

*Before we read we pray*

Almighty and everlasting God, you have given us your servants grace, by the confession of a true faith, to acknowledge the glory of the eternal Trinity and in the power of the divine majesty to worship the Unity: keep us steadfast in this faith, that we may evermore be defended from all adversities; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen

### First Bible Reading Isaiah 6:1-8

In the year that King Uzziah died, I saw the Lord seated on a throne, high and exalted, and the train of his robe filled the temple. Above him were seraphs, each with six wings: With two wings they covered their faces, with two they covered their feet, and with two they were flying. And they were calling to one another: "Holy, holy, holy is the LORD Almighty; the whole earth is full of his glory." At the sound of their voices the doorposts and thresholds shook and the temple was filled with smoke. "Woe to me!" I cried. "I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the LORD Almighty." Then one of the seraphs flew to me with a live coal in his hand, which he had taken with tongs from the altar. With it he touched my mouth and said, "See, this has touched your lips; your guilt is taken away and your sin atoned for." Then I heard the voice of the Lord saying, "Whom shall I send? And who will go for us?" And I said, "Here am I. Send me!"

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

### Second Bible Reading - Romans 8:12-17

Brothers and sisters, we have an obligation - but it is not to the sinful nature, to live according to it. For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live, because those who are led by the Spirit of God are sons of God. For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father." The Spirit himself testifies with our spirit that we are God's children. Now if we are children, then we are heirs - heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

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

### Gospel Reading - John 3:1-17

*(Please stand when the reading is announced)*- **Glory to Christ our Saviour**

There was a man of the Pharisees named Nicodemus, a member of the Jewish ruling council. He came to Jesus at night and said, "Rabbi, we know you are a teacher who has come from God. For no-one could perform the miraculous signs you are doing if God were not with him." In reply Jesus declared, "I tell you the truth, no-one can see the kingdom of God unless he is born again."

"How can a man be born when he is old?" Nicodemus asked. "Surely he cannot enter a second time into his mother's womb to be born!"

Jesus answered, "I tell you the truth, no-one can enter the kingdom of God unless he is born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit. You should not be surprised at my saying, 'You must be born again.' The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit." "How can this be?" Nicodemus asked.

"You are Israel's teacher," said Jesus, "and do you not understand these things? I tell you the

truth, we speak of what we know, and we testify to what we have seen, but still you people do not accept our testimony. I have spoken to you of earthly things and you do not believe; how then will you believe if I speak of heavenly things? No-one has ever gone into heaven except the one who came from heaven - the Son of Man. Just as Moses lifted up the snake in the desert, so the Son of Man must be lifted up, that everyone who believes in him may have eternal life. For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him."

(This is the Gospel of Christ — **Praise to Christ our Lord**)

### Post Communion Sentence

Almighty and eternal God, you have revealed yourself as Father, Son and Holy Spirit, and live and reign in the perfect unity of love: hold us firm in this faith, that we may know you in all your ways and evermore rejoice in your eternal glory, who are three Persons yet one God, now and for ever. Amen

### Hymns for Sunday *(Holy Communion with PCH booklets and Mission Praise where requested)*

1. Holy, Holy, Holy, Lord God Almighty!
2. Father we love you
3. Sing of a God in majestic divinity (attached, circulated by Clive)
4. O breath of Life come sweeping through us.

### Commentary Trinity Sunday

Trinity Sunday is a gift! It is a time given over to thinking about who God is. This may sound simple, but it is something that even the most scholarly or dedicated Christians can find hard because of the knowledge that, logically, something cannot be both three and one! Trinity Sunday celebrates the fact that we encounter God in contradictory ways; through prayer, scripture and experience. Each of these are equally valuable and they all add to our whole understanding.

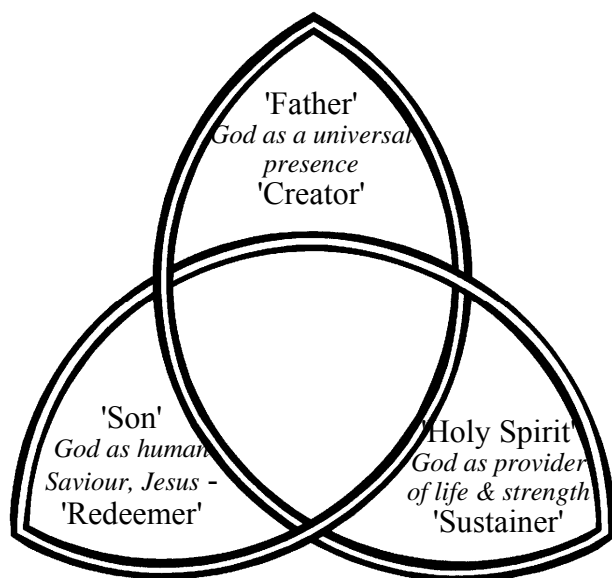
The word Trinity is not found in our readings, yet each of them explores one experience of each part; the vision of a Heavenly God in Isaiah, the account of Jesus explaining to Nicodemus the need to be born again, and the exploration of 'life in the Spirit' in Romans.

At each stage in our lives we may be drawn to a different part of this multi-faceted God, maybe as we cling to that heavenly love in the face of dark times, perhaps holding on to the example of Christ as we seek the best way to move forward or maybe we are keenly aware that the Spirit gives us the strength to do what is required. For most of us it may be unnecessary, or perhaps even unwise, to try to understand the whole of God; who can do this? I would suggest that all that is asked of us is that we each attempt to discern what God is saying to us at any given time.

Personally I find it helpful to think of the Trinity as similar to our own state of humanity, with three equally important aspects, namely; mind, body and spirit (or soul). This is especially appropriate today, as we include the opportunity for prayers for healing within our service. The Journey to Wholeness can seem at odds with today's society, with its apparent obsession with avoiding the effects of illness and aging, that risks focusing on care for the body only, and dismissing the needs of mental and spiritual health. Paul is sometimes understood to be saying that we have a body, which is largely irrelevant, and a Spirit which is all important. On some level this is true, yet we all have a duty to look after the body we are given in order to carry out the mission we are given, as St Teresa of Avila puts in in her well known prayer;

*Christ has no body now, but yours.  
No hands, no feet on earth, but yours.  
Yours are the eyes through which he looks  
With compassion on this world.*

We maintain our earthly bodies by being physically active, eating well, getting enough sleep and avoiding excess. We also need to manage our emotions the best we can, to make healthy choices, and maintain our spirituality through personal and corporate prayer, worship and bible study, along with the 'secular' hobbies



and activities we enjoy. Our mind-set can transform the person we are, and the things we do, for good or for bad. For example if we are happy we smile and share that, but if we have been hurt we can risk lashing out and hurting those who are actually trying to help or console us. Personally I find that, when I am busy, it is my personal spirituality which suffers first – This must be a common weakness as I cannot count the number of Christian meetings I have been to where prayer feels like an afterthought, or is treated as an 'only if we have time' consideration, when it should surely be a priority, as it inevitably helps things move more smoothly!

So, as we engage with our worship today, let each of us offer to God our whole self, all that we are, and let each be aware that we are loved, and God can and does offer healing, not just of our bodies but also of our minds and our Spirit. Maybe this healing is not in the way we hope or imagine, yet we are given the strength to cope and the companions to share our journey with, and we find we are blessed indeed. I leave you with the final words of St Teresa's prayer, words that are as true today as when she wrote them in the 16th century;

*Let nothing disturb you. Let nothing frighten you.  
All things pass away: God never changes.  
Patience obtains all things. Those who have God  
Find they lack nothing; God alone suffices.*

Amen to that! *Deacon Jane Mills*

## **Meditation**

I wonder if you have ever been lucky enough to discover that you are heir to an estate? Well imagine that you receive a letter from a solicitor to tell you that you have a long lost relative who has made you their heir and that you have inherited an estate. Your financial worries are over and your future looks bright, how would you feel? For most people it would be a huge surprise and also welcome news, however for some people it would come as a huge relief, especially for those who were worried about their future prospects. This would be great reassurance and a source of comfort. Well spiritually this is exactly the kind of news which we read in Romans this morning. We are told that we are God's children and not only that we are also heirs, in fact we are joint heirs with Jesus! We are assured that there is nothing of which we need to be afraid of in the future, because we have been invited to enjoy God's blessing. God has a future planned which involves the giving of his love which will pour out to all humankind and all creation. This is the gift of God's unconditional love expressed through Jesus which includes us, and we are told in the reading from John, also includes the whole cosmos.

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

### **Let us remember God the Father in Creation**

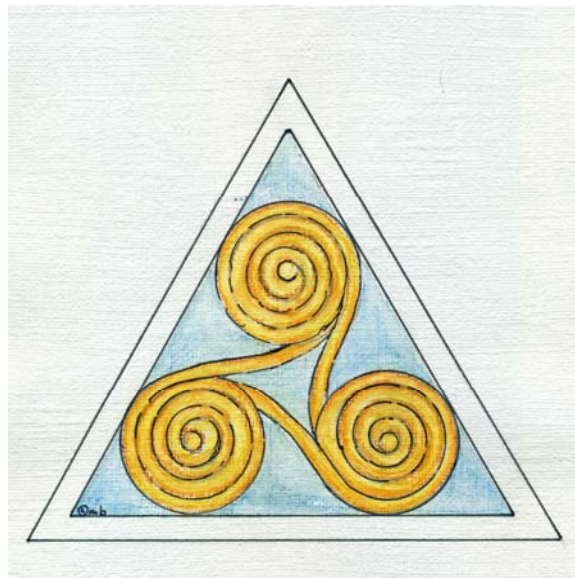
O God, the Father, we thank you for your creating power.  
That you have made all things and made them well;  
That you have given us all things richly to enjoy;  
For the beauty and the bounty of this fair earth;  
And for the creating power which can make all things new: We thank you. O Father.

### **Let us remember God the Son in Redemption**

O Lord Jesus Christ the Son, we thank you for your redeeming power.  
That you loved us and gave yourself for us;  
That you gave your life a ransom for many, a ransom for us.  
That you were obedient unto death, even the death of the Cross:  
We thank you, O Christ.

### **Let us remember God the Spirit in Providence**

O Holy Spirit of God, we thank you for your keeping power.  
For the guidance you have given us,  
For the knowledge you have brought us;  
For your continual upholding, strengthening, protecting power:  
We thank you, O Spirit of God.



**BELIEF'S Spring course** entitled "Reading the Putnoe Heights "Missions knitting and crochet group". Knit-a-square for KasCare, providing comfort for orphans and vulnerable children in South Africa. <http://www.knit-a-square.com> a mission project for everyone. We could meet once a month; knit at home; donate wool or postage to send the items we have made. KasCare likes knitted and crochet 8 inch squares sent to them to make blankets to keep children warm. For more details speak to Carolyn Morris or visit their website for patterns and instructions.

**Mother Teresa Support Group** meet at St Mark's every other Tuesday at 2.30pm to knit and natter. (Wool and needles provided.) Donations of wool are always very welcome. Please call Maureen Watling Tel.262225. New people always welcome. Next meeting Tuesday 9 June.

**Pilgrims on a Journey** the Prayer Handbook of the Methodist Church will be available in August. Please let me know by end of June if you would like a copy for personal or community use, including public worship. Vera Pearson 270737 (St. Mark's).

**Christian Aid Week** Thank you to everyone who contributed to this year's collection. The total of £214. 52 was raised at St Mark's Church.

**Putnoe Heights Church** raised a total of £1187.60 for Christian Aid. Soup lunch £341; Ethiopian coffee on Sunday £64.60. We raised £675 and Ladyslaude raised £107 during Christian Aid week.

**Footprints Walk** Sunday 7 June. A 4mile walk around Pavenham, partly by the river so boots recommended. Parking along the main street so please car share if possible. More details [Warwick.holden@ntlworld.com](mailto:Warwick.holden@ntlworld.com)

**St Mark's Clothes collections** Thank you to everybody who is using the clothes collection bank at St Mark's. We have now raised over £300 from two collections which is an enormous amount for such a short time. We really want to keep this going so please do drop of clothes, curtains and any other unwanted textiles shoes or handbags. Wherever possible they are reused and so this is a great way to help others and the environment whilst raising money for church funds.



**Help with Storage** Do you have any space in a dry environment such as a garage or even a shed where we could store a marquee for church use. We are considering purchasing the marquee for the Mission and then using for events such as the annual Brickhill fete.

**The Methodist Church in Britain has published the report of an independent review of past safeguarding cases** related to the Church from 1950 to 2014. Speaking on behalf of the Church, the Secretary of the Methodist Conference and General Secretary the Revd Dr Martyn Atkins has issued a full and unreserved apology to survivors and victims of abuse in response to the report: "On behalf of the Methodist Church in Britain I want to express an unreserved apology for the failure of its current and earlier processes fully to protect children, young people and adults from physical and sexual abuse inflicted by some ministers in Full Connexion and members of the Methodist Church. That abuse has been inflicted by some Methodists on children, young people and adults is and will remain a deep source of grief and shame to the Church."

The independent past cases review considered all safeguarding cases for which there were written records and those recalled from memory by ministers and members of the Church going back to 1950. In each identified case, the Church's response was reviewed on whether it had been safe, pastorally appropriate and compliant with current legislation and policy. The review, which has taken three years, was led by former Deputy Chief Executive of Barnardo's Jane Stacey, who has had a long career in senior management of organisations in the child welfare field.

"It was a courageous act for the Methodist Church to launch such a comprehensive Past Cases Review. Even more courageous was the response from the survivors or victims who relived very difficult experiences to contribute to the review, either directly or through a third party. However thorough the review has been, there are undoubtedly cases that have not been reported and the Church would encourage survivors and victims and those with any information to contact the Safeguarding

Team: [safeguarding@methodistchurch.org.uk](mailto:safeguarding@methodistchurch.org.uk). They will be listened to and support will be offered.

**Help with Fire** A local pre-school family have lost all their possessions in a house fire in Mersey Way. They have a son of 8 years and a daughter of 4 years. Any donations, gratefully received, to St Mark's Church Office which will be forwarded on to family. A payment fund has been set up by Lindsey Ashpole: [www.gofundme.com](http://www.gofundme.com)

**Car Boot Success.** Thanks to everybody who helped in the enormously successful car boots sale which raised a massive £1212.74. We served a massive 40lbs of bacon in sandwiches on a beautiful day which was a real community event.

**Visit of the Archbishop of Canterbury to St Albans Diocese:** June 2015 Sustaining Ministry and Personal Faith - Thursday 18 June 2015 at 7.15pm. We have four requests for this event and this is the last chance to be included !



**Friends for Life** is holding a Volunteer Induction Session on Saturday 6 June at Priory Methodist Church, Bedford. Friends for Life seeks to reduce isolation amongst Care Home residents by providing Personal Befrienders to visit residents who have few or no visitors. This work is very flexible and highly rewarding. If you can spare just half an hour each fortnight to massively enhance the life of a Care Home resident, please consider volunteering. Further sessions will take place in July, September and November. For more information please contact Joanne Barrow on 01234 213038; barrow.ffl@virginmedia.com or visit [www.friendsforlifebedford.org.uk](http://www.friendsforlifebedford.org.uk)

### Partnership Mission

Bishop Richard is joining us in the Partnership on the week commencing 13 July and he will be preaching at both services on Sunday 19 July. During the week he will be visiting schools, lunch Club, Anjuluta Court, and as many church activities as possible.

Please put these dates in your diary

**Tuesday 14 July** at St Mark's Church - an evening exploring the Christian faith with the Bishop addressing questions. There will be entertainment and refreshments provided.

### Saturday 18 July

- During the day we will be providing a Church marquee for the Brickhill on the Green Fete.
- In the evening we are having a Caribbean Evening at Putnoe Heights with food and entertainment.

### Ways you can help

- Make sure that you invite the Bishop to any activities which you have going on - speak with one of the ministers
- Please remember the Bishop and the Partnership Mission in your prayers and use these great opportunities to invite friends so invite them along to the Tuesday, Saturday and Sunday services.

There will be more information nearer the time

## A Hymn for Sunday

Sing of a God in majestic divinity,  
seeding the heavens with numberless stars,  
forming the dust and our dreams of infinity,  
God of our lives and the judge of our wars.

Sing of a Child who was cradled so tenderly,  
sing of a boyhood by Galilee's lake;  
sing of a cross and a Saviour who wondrously  
suffered and died for humanity's sake.

Sing of a Spirit who daily addressing us,  
lives in our sciences, nature and arts;  
moving through all of creation and blessing us,  
guiding our minds and engaging our hearts.

Sing of this God who in glory and mystery  
chooses to lie in humanity's womb,  
enters the prison and pain of our history,  
rises triumphant and opens the tomb.

Tune: Was lebet (H&P 505: O worship the Lord in the beauty of holiness)



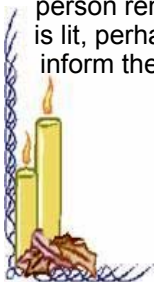
### Please shop at ThisisChurch.com

Please can you make a point of always going to Amazon through the link on [www.ThisisChurch.com](http://www.ThisisChurch.com). If you look at an item through Amazon direct they put a cookie on your machine and we don't get any commission! Please make it a habit to always go through the church website. This costs you nothing and we get a bit of commission.

**www.easyfundraising.com**. This works exactly the same when you shop with John Lewis, M&S and a whole host of other shops. This has an added benefit that you will also get some special offers - you can't lose! Please click the link on the church website go online and sign up now

## 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



**Kathleen Eileen Richards**  
**Horace Allan Lavia**

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



## Forthcoming Funerals

**Members of St Mark's Church will be saddened to hear news of the death of Barbara Joy** a long standing member of our church. The funeral will take place at St Mark's Church on Monday 8 June at 3.15pm

**The funeral of Ruth Lillian Rands** will take place at Bedford Crematorium at 12.15pm on Friday 12 June