



Methodist  
Church

# Partnership News

3 July 2005

14 in Ordinary

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



Church of  
England

## Church Services Today

### 8.30 Service of Holy Communion

Held at Putnoe Heights Church

### 9.30am St Mark's Church

Family Worship with Baptism

Preacher - Worship with Baptism

Preached - Revd Dr Sam Cappleman

Leadership Team - Mrs Delia Shephard

Intercessions - Mrs Alison Holden

### 11.00am Putnoe Heights -

Family Worship with Baptism

Preacher - Revd Dr Sam Cappleman

Leadership Team - Mrs Sue Allen

Intercessions - Mrs Claire Peck

## 10 July 15 in Ordinary

### 8.30 Service of Holy Communion

Held at St Mark's Church

### 9.30am St Mark's Church – Morning Worship

Preacher—Revd Neil-Bramble Chapman

Leadership Team - Mrs Janet Day

Intercessions –Mrs Alison Holden

### 11.00am Putnoe Heights - Morning Worship

Preacher – Revd Neil-Bramble Chapman

Leadership Team - Mrs Wendy Nash

Intercessions - Ministers

## Welcome

We welcome especially this morning the families and friends of children brought for baptism

### St Mark's Church

Joel Elijah Cain

### Putnoe Heights Church

Harvey Adam Parker

Tegan Brooke Richardson

## Prayer for Sunday

Servant Lord,  
grant us both the opportunity and the will  
to serve you day by day.  
May all that we do  
and how we bear each other's burdens  
be our offering of love and service  
to the glory of your name. **Amen**  
*The Methodist Worship Book*

## Contact Details

### The Reverend Dr. Sam Cappleman

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

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(Day off Friday)

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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 putnoe@thisischurch.com**

**Centre Manager Mr Barry Snelson 365630**

**Leadership Team - Mrs Sue Allen 407264**

**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 office@thisischurch.com**

**Centre Manager Miss Wendy Rider 342613**

**Leadership Team - Mr Ian Farthing 210892**

**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).

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

**10.00am Supple Strength** at Putnoe Heights. Contact Louise Woodcock 270302

**12.00pm - 1.00pm Story box** at Putnoe Heights. Service for parents/carers & children under 5. Children's activities songs and prayers, all in one hour from.

**4.15 - 5.45pm Kumon Maths** at Putnoe Heights. Contact Ms Raksha Mistry 01908 392698

**6.00pm Brownies** St Mark's. Mrs C Mathew 400987

**6.15 pm Brownies** Putnoe. Contact Penny Fulham 406045

**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

**7.15pm Yoga** at Putnoe Heights Church. Contact Karen Simpson 244970

**7.30pm Creative Needles** at Putnoe Heights. Mrs C Cannon 404319

**7.30pm Whist Drive** - At St Mark's each month the next one 18 July Moorfields & Sight Concern Contact Mrs. Judith Stanton. 823313

**7.30pm Housegroup** 30 The Ridgeway. The home of Eddy & Margaret Peck 267567.

**8.00pm 'Get Fit, Stay Fit'** at Putnoe Heights. Mrs Diane Field 404976

## Tuesday

**9.30am Candlewicking** (Needlework) at Putnoe Heights. Contact Mrs Olive Shotbolt 267203

**9.30am Jo Jingles** at St. Mark's. Music & movement for pre-school children. Contact Renu Elston 01908 282866

**10.00am Keep Fit** at Putnoe Heights. Contact Mrs Stileman 822230

**1.30-3pm Toddlers Playtime** at Putnoe Heights. 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.

**2.00pm Library Walk W.I.** at Putnoe Heights meets monthly. Contact Morag Tompkins 356895

**1.30pm Body Control Pilates** at Putnoe Heights. Contact Stephanie Smith 357787

**2.15pm Putnoe Heights Women's Fellowship** - Next meeting 5 July Revd: Karen Murphy. Contact Mrs Betty Wyatt 350188.

**2.15pm Putnoe Heights Men's Fellowship.** Next meeting 5 July members afternoon. 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. Contact Mary Stubbs 406784.

**6.30 - 7.30pm Yoga** at Putnoe Heights. Contact Rachel Leontyne 783129

**6.45pm Guides** at Putnoe Heights. Contact Emma Holloway 293792

**7.00 - 8.00 pm Keep Fit** at St. Mark's. Contact Mrs Jan Gregory 214107.

**7.00 - 10pm Card Makers Club** meets fortnightly at St Mark's. Contact Carol Houghton 346718

**7.30pm Bibleway Church** at Putnoe Heights. Bible study & prayers. Contact Revd.Tarr 309881 or 07891095746

**7. 45 pm Putnoe Heights Ladies Tuesday Club** - Next meeting 5 July Talk on 'The Eve Project.

Meets fortnightly. Contact Madge Walsh 359088

**8.30-9.30pm St. Mark's - Qi Gong** (Self help healing group) - Contact Mr F Steele 355937

## Wednesday

**9.30am Childminding Support Group** at Putnoe Heights. Mrs S Longman 313949

**9.30am Bedford U3A** at Putnoe Heights meets bi-monthly. Next meeting . Contact Jenny Coggins 266379

**9.00 a.m. Clubhouse** at St Mark's for those with Learning Disabilities. Contact Karen Bywater 315460.

**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

**Luncheon Club** at Putnoe Height meets fortnightly. Next meeting 6 July Contact Putnoe Heights 365630

**1.30 - 4.00pm. Bridge Club for the Retired** at St. Mark's. Contact Mrs Truss Boyce 781133

**4.15pm Kumon Maths** at Putnoe Heights Contact Ms Raksha Mistry 01908 392698

**6.00pm Self Defence at Putnoe** Contact Mr James 07711 687449

**6.00 pm Brownies** at St Mark's. Contact Mrs Carol Warden 219731

**7.00pm Bunyan Bridge** at St. Mark's Contact Brian Sallows 407725

**7.00pm Archaeological & Local History Society** meets monthly at Putnoe Heights. Next meeting . Contact Sylvia Woods 365095

**7pm Putnoe Guild** meets monthly at Putnoe Heights. Contact Pam Holley 771964

**7.45pm Kick Boxing** Junior classes at St Mark's. Contact 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 quiet room. Sylvia Cohen 343424 *Request for prayer can be written in the prayer diary on the information table.*

**9.45am Yoga** at Putnoe Heights. Contact Karen Simpson 244970

**10.30am - 12.00am Fledglings** at St Mark's  
**2.00pm - 3.00pm Clinic** at St. Mark's Contact 267444

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

**1.30-3pm Toddler Playtime** at Putnoe Heights. Contact Geraldine Skeel 406828

**1.30pm St. Mark's Church Toddler Group.** Contact Debbie Coppenhall 356828.

**2.30 Bedford Arts Society** at St. Mark's. Contact Celia Maddison 782901

**2pm U3A Indoor Games** at Putnoe Heights. Contact Radmila Dancer 404811

**4.00 Story box Plus** at Putnoe Heights. A drama group for 4-9year olds. Meets 4-5pm, drinks from 3.30pm

**6.15 pm Weightwatchers at St. Mark's.** Contact Mrs Margaret Ralph 01767 224978.

**6.15pm Brownies** at Putnoe Heights . Contact Helga Nash 218521

**7.00pm Club 2000** at Putnoe Height. Contact Pat Stidolph 345247

**6.15pm 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 of the 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 3rd Thursday each month. Contact Mr John Broadhouse 740271

## Friday

**9.30am U3A Exercise** at Putnoe Heights. Contact Carole Maunder 301325

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

**6pm Self Defence** at Putnoe Contact Mr James 0771 687449 or 07810 234890

**7. 30pm Bibleway** Young Peoples meeting Contact Pastor Tarr 376841

**6.30pm –8.30 pm Dog Training Classes** at St. Mark's. Contact Mrs L. Laton 365601

## Saturday

**9.30am Stars School of Dance** at Putnoe Heights. Contact Esther Sancto 272517

**10.00am - 1.00pm & 2 - 5pm Theatre Train** at St Mark's –dancing acting, singing,- Kate Randle 01234 782414

**2.30pm Calligraphy Group** at Putnoe Heights. Meets monthly next meeting. Contact Philip Jones 350295

**7.15pm - 10.30pm Duplicate Bridge** at St Mark's Contact Ann or Peter 212066

## Sunday

**1- 3pm & 7-9pm Bibleway Church** at Putnoe Heights - Worship. Contact Revd. Tarr 309881 Mob. 07891095746

**6.00pm TNT (The Nearly Teens)** meet fortnightly at Putnoe Heights for various fun activities. Contact Putnoe Office 365630

# Church Calendar

## Church Diary Dates

**Partnership Council**

**St Mark's Church Council** 12 October

**Circuit Meeting** 14 September

**St Mark's Leadership Team** – Weds 6th July

**Putnoe Heights Leadership Team** July 21

**St Mark's Church Management Meeting**

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

**Putnoe Heights Management**

**Putnoe Church Council** 10 Oct 2005

**Pastoral Group Meeting** – 19 September 2.00pm  
**Churchyard Committee** -

**Putnoe Heights Mission Group Meeting** .

**Brickhill Parish Council dates** (Held at St Mark's)

Allotments Committee 15 August at 7.30pm

Council Meeting

Planning 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).

**Ordinary 14 Year A (Green)**  
**Family Service 3 July 2005**

**Welcome**

**Verse of Scripture Psalm 141 v 2**

May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice

*(please join with words in bold type)*

Grace, mercy and peace from God our Father  
and the Lord Jesus Christ be with you

**All and also with you**

This is the day that the Lord has made

**All Let us rejoice and be glad in it**

**We have come together in the name of Christ to offer our praise and thanksgiving, to hear and receive God's holy word, to pray for the needs of the world, and to seek the forgiveness of our sins, that by the power of the Holy Spirit we may give ourselves to the service of God.**

**Hymn**

How sweet the name of Jesus sounds 251 Mission Praise

**Confession**

Jesus says, 'Repent, for the kingdom of heaven is close at hand.' So let us turn away from our sin and turn to Christ, confessing our sins in penitence and faith.

**All God of mercy and of love  
We have failed to walk in the way of your justice  
We have abused our stewardship of your creation  
We have been happy to accept the divisions  
Between rich and poor  
Between black and white  
Between powerful and powerless  
So contrary to your will  
For human flourishing  
We beg you to forgive us and heal us  
That we may walk humbly again with you, our God.**

The Lord enrich *you* with his grace, and nourish *you* with his blessing; the Lord defend *you* in trouble and keep *you* from all evil; the Lord accept *your* prayers, and absolve *you* from *your* offences, for the sake of Jesus Christ, our Saviour. **Amen**

**The Offering**

*After the offering is collected it is to be brought forward.  
The people stand as it is presented and say*

**Yours, Lord, is the greatness, the power, the glory, the splendour, and the majesty; for everything in heaven and on earth is yours. All things come from you, and of your own do we give you.**

**HYMN**  
**Lord of the Dance**

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*

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.

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.

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.

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.

**The Baptism**

We bring *these children* whom God has entrusted to us and claim for *them* all that Christ has won for us. Christ loves *them* and is ready to receive *them* with the arms of his mercy and to give *them* the blessing of eternal life. Children are brought to be baptized with water as a sign of the new life in Christ and to be made members of God's family the Church.

**The Water is Blessed**

Almighty God whose Son Jesus Christ was baptized in the River Jordan: we thank you for the gift of water to cleanse and revive us. Bless this water that your *servants* who are washed in it may be made one with Christ in his death and in his resurrection, to be cleansed and delivered from all sin. Send your Holy Spirit upon *them* to bring *them* to new birth in the family of your Church, and raise *them* with Christ to full and eternal life. For all might, majesty, authority and power are yours, now and for ever. **Amen**

**The Promises of the Church**

*Congregation, please stand*

Members of the Body of Christ, who are now in his name to receive *these children*, will you so maintain the common life of worship and service that *they* and all children in this church may grow in grace and in the knowledge and love of God and of his Son Jesus Christ our Lord?

**With God's help, we will**

*Congregation say*

**Heavenly Father, in your love you have called us to know you, led us to trust you, and bound our life with yours. Surround *these children* with your love; protect *them* from evil; fill *them* with your Holy Spirit and receive *them* into the family of your church; that *they* may walk with us in the way of Christ and grow in the knowledge of your love. Amen.**

### **The Promises of Parents and Godparents**

*On occasions of baptisms of more than one child, parents and godparents of the children will be invited to gather around the font individually as directed. Please bring with you your service sheets. The minister says to the parents and godparents*

Those who bring children to be baptized must affirm their allegiance to Christ and their rejection of all that is evil. It is your duty to bring up this child to fight against evil and to follow Christ. Therefore I ask these questions which you must answer for yourselves and for this child.

|                        |                             |
|------------------------|-----------------------------|
| Minister               | Do you turn to Christ?      |
| Parents and godparents | <b>I turn to Christ</b>     |
|                        | Do you repent of your sins? |
|                        | <b>I repent of my sins</b>  |
|                        | Do you renounce evil?       |
|                        | <b>I renounce evil</b>      |

*The Minister speaks to the parents*

Do you then present your child to be baptized?

*Parents please respond*    **We do**

*The Minister takes the child to be baptised and says:*

(Name)    I baptize you in the name of the Father,  
                  and of the Son, and of the Holy Spirit, Amen.  
                  I sign with the cross, the sign of Christ.  
                  Do not be ashamed to confess the faith of Christ crucified.

*The minister will invite the congregation to say:*

**Fight valiantly under the banner of Christ against sin, the world and the devil, and continue his faithful soldier and servant to the end of your life.**

### **The Giving of a Lighted Candle**

*The parents and children who have been baptised gather together and a lighted candle is given to each child. The minister says,*

Receive this light...this is to show that you have passed  
from darkness to light.

*The congregation will be invited to respond:*

**Shine as a light in the world to the glory of God the Father.**

## The Welcome

*Representing the whole Church we all welcome the newly baptized children.*

Minister: God has received you by baptism into his Church.

All say: **We welcome you into the Lord's family.  
We are members together of the Body of Christ:  
We are children of the same heavenly Father:  
We are inheritors together of the Kingdom of God.  
We welcome you.**

## The Bible Readings

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

Merciful God, you have prepared for those who love you such good things as pass our understanding: pour into our hearts such love toward you that we, loving you in all things and above all things, may obtain your promises, which exceed all that we can desire; 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 Reading – Zechariah Chapter 9 : 9 - 12**

Rejoice greatly, O Daughter of Zion! Shout, Daughter of Jerusalem! See, your king comes to you, righteous and having salvation, gentle and riding on a donkey, on a colt, the foal of a donkey. I will take away the chariots from Ephraim and the war-horses from Jerusalem, and the battle-bow will be broken. He will proclaim peace to the nations. His rule will extend from sea to sea and from the River to the ends of the earth. As for you, because of the blood of my covenant with you, I will free your prisoners from the waterless pit. Return to your fortress, O prisoners of hope; even now I announce that I will restore twice as much to you.

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

### **Second Reading - Romans Chapter 7 : 15 – 25a**

Did that which is good, then, become death to me? By no means! But in order that sin might be recognised as sin, it produced death in me through what was good, so that through the commandment sin might become utterly sinful. We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil I do not want to do— this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. So I find this law at work: When I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. What a wretched man I am! Who will rescue me from this body of death? Thanks be to God— through Jesus Christ our Lord! (This is the word of the Lord -- **Thanks be to God**)

### **Third Reading –Matthew Chapter 11 : 16 - 19, 25 - 30**

"To what can I compare this generation? They are like children sitting in the market-places and calling out to others:" 'We played the flute for you, and you did not dance; we sang a dirge, and you did not mourn.' For John came neither eating nor drinking, and they say, 'He has a demon.' The Son of Man came eating and drinking, and they say, 'Here is a glutton and a drunkard, a friend of tax collectors and "sinners".' But wisdom is proved right by her actions." At that time Jesus said, "I praise you, Father, Lord of heaven and earth, because you have hidden these

things from the wise and learned, and revealed them to little children. Yes, Father, for this was your good pleasure. "All things have been committed to me by my Father. No-one knows the Son except the Father, and no-one knows the Father except the Son and those to whom the Son chooses to reveal him. "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (This is the word of the Lord—**Thanks be to God**)

### **Hymn**

I heard the voice of Jesus say, 275

### **The Sermon**

The Reverend Dr Sam Cappleman

### **Hymn**

Forth in thy name O Lord I go, 159

### **Prayers**

Gathering our prayers and praises into one,  
let us pray with confidence as our Saviour has taught us

### **The Lord's Prayer**

**Our Father, who art in heaven, hallowed be thy name;  
thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily  
bread. And forgive us our trespasses, as we forgive those who trespass against us.  
And lead us not into temptation; but deliver us from evil.  
For thine is the kingdom, the power, and the glory  
for ever and ever. Amen.**

### **Hymn**

Jesus shall reign, 379

### **The Blessing**

**May the love of the Lord Jesus  
draw us to himself;  
May the power of the Lord Jesus  
strengthen us in his service;  
May the joy of the Lord Jesus  
fill our souls.**

**Minister:** The blessing of God Almighty,  
the Father,  
the Son  
and the Holy Spirit  
be amongst you and remain with you always. **Amen.**

*Thank you to all those who have helped prepare our  
churches or helped us in our worship this morning*



# Commentary for the Bible Readings for Ordinary 14

By The Reverend Dr Sam Cappleman.

**Commentary** : Attributed to John Chrysostom **I am gentle and humble in heart**

Our Master is always the same, gentle and benevolent. In his constant concern for our salvation, he says explicitly in the gospel just read to us:

*Come, learn from me, for I am gentle and humble in heart.*

What great condescension on the part of the Creator! And yet the creature feels no shame!

*Come, learn from me.*

The Master came to console his fallen servants. This is how Christ treats us. He shows pity when a sinner deserves punishment. When the race that angers him deserves to be annihilated, he addresses the guilty ones in the kindly words:

*Come, learn from me, for I am gentle and humble in heart.*

God is humble, and we are proud! The judge is gentle; the criminal arrogant! The potter speaks in lowered voice; the clay discourses in the tones of a king!

*Come, learn from me, for I am gentle and humble in heart.*

Our master carries a whip not to wound, but to heal us. Reflect upon his indescribable kindness. Who could fail to love a master who never strikes his servants? Who would not marvel at a judge who beseeches a condemned criminal? Surely the self-abasement of these words must astound you.

I am the Creator and I love my work. I am the sculptor and I care for what I have made. If I thought of my dignity, I should not rescue fallen humankind. If I failed to treat its incurable sickness with fitting remedies, it would never recover its strength. If I did not console it, it would die. If I did nothing but threaten it, it would perish. This is why I apply the salve of kindness to it where it lies. Compassionately I bend down very low in order to raise it up. No one standing erect can lift a fallen man without putting a hand down to him.

*Come, learn from me, for I am gentle and humble in heart.*

I do not make a show of words; I have left you the proof of my deeds. You can see that I am gentle and humble in heart from what I have become. Consider my nature, reflect upon my dignity, and marvel at the condescension I have shown you. Think of where I came from, and of where I am as I speak to you. Heaven is my throne, yet I talk to you standing on the earth! I am glorified on high, but because I am long-suffering I am not angry with you,

*for I am gentle and humble in heart.*

*(Homily on Saint Bassus: Bareille, t. 4, 509-510)*

## Meditation

Rabbis spoke of the yoke of the Law, with its many regulations, as something people took on themselves to steer and guide them down God's paths in life. And it seems to have been a common complaint, addressed above all to the Scribes and Pharisees as interpreters of God's Law, that their teachings had become complicated and difficult to follow, a burden rather than a guide to holy living, a set of rules which were turning people away from God rather than to Him. By contrast, Jesus' way is not a complex set of rules - He merely says love God and love each other. His invitation is beautiful in its simplicity. It is not a summons to idol worship of Jesus, but a call to learn a new way, especially a new way of interpreting and understanding God's will. It is not a call to heaviness, but a call to lightness of being. It contrasts with the serious calls of those who would interpret scripture as demand and stricture as the Rabbis did of old. Modern reformers and spiritual leaders could well take a lesson from Jesus' principal challengers. Spiritual elitism repels many more than it attracts. The best guides are those who practice what they preach.

## Things are not always what they seem!

In Jesus' time work animals (usually oxen) worked in pairs, yoked together by a hand-carved wooden frame to share the load. The design pressed against the windpipes of horses and choked them, so work horses weren't used in the field until the invention of the horse collar and harness much later in Northern Europe. In the Gospel passage Jesus is offering us the opportunity to share

our load with Him. He also identifies his mission with John the Baptist's; but explains that they are different. John's mission was to proclaim the imminent arrival of the Kingdom and urge people to be ready for it. In Jesus not only is the kingdom announced; it is coming to reality, both now and in the future.

The words from the Gospel reading, "Come to me, all you who are weary and burdened, and I will give you rest.", were known in the Book of Common Prayer as The Comfortable Words and were said by the Priest right after the Confession and Absolution in the service of Holy Communion. They were introduced with the words, "Hear what comfortable words our Saviour Christ saith unto all that truly turn to him...". They reminded us of the hope we have in God, of our renewed reconciliation and peace we have with Him through our new life in Christ.

God had given his people basic guidelines for holy life, but the Pharisees had ended up making God's Law inaccessible and impossible to follow. Jesus assures his disciples that by learning and interpreting God's Law in His way, they will not be intimidated by complexity or burdened, and condemned to failure, by the minutiae of details and esoteric interpretation. Jesus points out the original simplicity of God's Covenant and Law, and demonstrates that all they need to guide and steer them is a simple uncomplicated faith in Him, through which everyone can find true peace, rest, and refreshment.

By putting the Comfortable Words back into the context of Matthew's Gospel, they have a depth that sometimes is not immediately obvious from their Eucharistic setting. Absolution and forgiveness is not conditional upon our ability to follow complicated rules, but is a gift from God, given freely out of His incomparable and compassionate riches. And as we find peace, refreshment and rest for ourselves we are called to live the kind of lives through which others, too, can find God's peace, God's refreshing grace, and the joy of placing their lives in God's hands.

In taking Jesus' yoke upon us we not only share our burdens with Him, He asks us to share His burden too. Our mission, like John's, is to proclaim the imminent arrival of the Kingdom and urge people to be ready for it. It's also like Jesus', to demonstrate this kingdom is a reality, both now and in the future. God will not ask too much from us, nor should we offer too little. His yoke is there to guide us, not to choke us. And we have the assurance that being yoked together, walking in step with God, we are never far from each other. *Sam Cappleman.*

### **Post Communion Prayer**

God of our pilgrimage, you have led us to the living water: refresh and sustain us as we go forward on our journey, in the name of Jesus Christ our Lord. **Amen**

### **Prayers for Sunday and the Week Ahead**

Praise to you, God, for all your work among us. Yours is the vigour in creation, yours is the impulse in our new discoveries. Make us adventurous, yet reverent and hopeful in all we do. **Amen.**

Lord, quieten us down, as we place into your hands those for whom we want to pray. We know that you love them with a greater love than we could ever imagine. In the stillness we are here, with you, for them. **Amen**

Lord God, we thank you for calling us into the company of those who trust in Christ and seek to obey His will. May your Spirit guide and strengthen us in mission and service to your world; for we are strangers no longer but pilgrims together on the way to your Kingdom. **Amen**

Prayer of the Inter Church Process (The Swanwick Declaration)

God the Sender, send you; God the Sent, go with us; God the Strengtheners of those who go, empower you, that you may go to do His will; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen**

# News, Views and Information

**Allotments.** Brickhill Parish Council has some vacant allotments at its site on Manton Lane. Full plots are available now for an annual charge of £30. Having an allotments is great fun, you get fit, you can eat the great food which you grow yourself, and it is much cheaper than they gym. Call the parish clerk Delia Shephard on 328365  
clerk@brickhillparishcouncil.gov.uk

## **Change of Date ! Putnoe Heights Junior Church and Storybox Plus Summer Outing will now take place on either 14 or 21st August**

We hope to go to Thurleigh Farm Centre, leaving from Putnoe Heights Church at 12 noon, taking a picnic for "Wacky Woods". Kids £3.75 Adults £3.25 Family £13.50 (2 adults and 2 kids). Please let Liz Spavins know a.s.a.p. which date you would prefer or for more details call Liz on 302349.

**Open Garden** –Today Sunday July 3rd with Cream Teas £2. Raffle—3pm till 6pm in aid of Mission Funds. At the home of Pam and Bob Burn, 62, Church Lane. All Welcome

**Volunteers wanted** to host a Mission coffee morning on a Saturday from 10 –12, anytime from August onwards. Help from Mission Group on the day. Sylvia Cohen 343424

**Volunteers wanted** There will be a skip at Bridge Cottage Great Barford on Thursday 29 July from 9—12 pm. If anyone can come and help fill it, please contact Alan Cooper 365302

**Footprints** 10 July at 2.30pm (please note one week earlier than on programme) Meet at Cranfield Church for a circular walk based on "The Clay Way". Please bring a picnic tea if you would like. Further details from Ruth & Alan Bunker 213951

**Local Preaching** I would like to thank everybody for their good wishes and congratulations, the letters I have received and the generous gift which marked my completion of fifty years as a Local Preacher. I have been quite overwhelmed, John Stubbs.

**How can you help ?** There is an Auction of Promises September 17 at St Mark's Church. Please consider what you could promise. It might be baby – sitting, gardening, bake a cake. All proceeds are in aid of the Building Development to replace the Portakabin and provide accommodation for Autism Bedfordshire. Please contact Chris Izzard who is organising this event. Telephone 212164.

**Lesley Rochford's diary** of her experiences nursing after the Tsunami is in the Office at St Mark's and can be borrowed. Entitled "To Hell and Back" is a

frank and sometimes harrowing account of her work. This has now been copied onto our website for you to read online.

**Junior Church Activity Day "Fishing For Souls"** on Wednesday 10 August at Putnoe Heights Church 9.30am - 3.30pm. Drama, singing, games and costume making in preparation to perform a Bible based story on the 4 September at our fun filled Family Service. For further details call the church office 365630 or Liz Spavins 302349

**Hard Men** Members of the Men's Fellowship will recall an excellent lecture given recently by Professor Clive Emsley (a member at Putnoe Heights) under the title 'Plucky Chaps and Hard Men'. His book "Hard Men and Violence in England since 1950" is now available from Putnoe library. Trevor Noble

**Rotas.** Please ensure that you have your copy of the rota for the next three months. Copies are available at both churches.

**The 8.30 Holy Communion** - will alternate between Putnoe Heights and St Mark's church during July and August. Starting this Sunday at Putnoe Heights.

**Holidays.** There will be no Junior Church or Storybox Plus during August. Junior Church will meet again on Sept 11th, Storybox on 8th September. Storybox at Putnoe heights will continue on Mondays as usual, older children and those families from St. Mark's are most welcome to join us but please bring a picnic lunch, drinks will be provided. Can you also let me know about the Thurleigh trip (14th or 21st August) as soon as possible. Thanks Liz Spavins.

**The Church's ministry among Young Jewish People** wish to appoint an Administrator for Shoreside tours to Israel. Full time role includes planning, and organising group tours. Details and application form can be obtained from:- Nigel Guard 30c Clarence Road, St Albans, AL1 4JJ. Tel: 01727 833114 E-mail: nigelg@cmj.org.uk

**See Round** Please take copies this morning of the free Diocesan magazine See Round. And don't forget to enter the competition on page 8.

**Leadership Team Meetings.** Both Leadership teams will be meeting next week. If you have any items for discussion please give them to the Ministers of any member of the Leadership Teams.



Ian and Laura Farthing are pleased to advertise their beautiful bungalow near the coast on the south Costa Blanca, to rent for your holiday. With over 320 days of sunshine a year, you are guaranteed sun on your holiday in this beautiful part of Spain.

You will discover the perfect ambience which you would expect from a Spanish home, and all just five minutes from the beautiful warm sea and sandy beaches of Guardamar on the Mediterranean Sea. This is an extremely well planned and exclusive residential development, not a holiday complex. However it does provide some facilities on site including a communal pool. Rental costs are £250 - £350 per week .

The bungalow has two separate bedrooms with additional sleeping provision in the lounge. There is a fully fitted kitchen, television and washing machine. You will also be living close to the charming villages of Benijofar and Rojales where you can obtain a glimpse of local life with its cheerful atmosphere and quaint shops. With the value of the strong pound making everything so much more affordable, Spain now offers the opportunity for exceptional value for money holidays. Low cost airlines provide travel from the UK, with ticket prices starting as low as £9.99! There has never been a better time to discover this part of Spain, so book now to make your Spanish Discovery! Telephone Ian on 01234 210892

***Bookings being taken now for next year***

## House Upon the Rock

The Wise man built his house upon the rock  
The Wise man built his house upon the rock  
The Wise man built his house upon the rock  
And the rain came tumbling down.

The rain came down and the floods came up  
The rain came down and the floods came up  
The rain came down and the floods came up  
And the house on the rock stood firm.

The Foolish man built his house upon the sand  
The Foolish man built his house upon the sand  
The Foolish man built his house upon the sand  
And the rain came tumbling down.

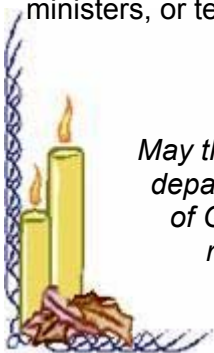
The rain came down and the floods came up  
The rain came down and the floods came up  
The rain came down and the floods came up  
And the house on the sand fell flat

### 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.

### Cecil Banks

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



### Forthcoming Funerals`

to be conducted by our ministers

**The funeral of Bill Woolmer** will take place at Putnoe Heights Church on Friday 8 July at 1.00pm

**The funeral of Derek Cecil Hill** will take place at St Mark's Church on Friday 8 July at 3.30pm.

**The funeral of Doris Freemantle** takes place at Bedford Crematorium on Tuesday 12 July at 12.15pm.

**The interment of ashes of Mr John William Ames** will take place at St. Mark's Garden of Remembrance on Thursday 7 July at 12 noon.

**The funeral of David William Flint** will take place at Bedford Crematorium on Monday 4 July NBC

**The funeral of Vida Stallan** will take place at Luton Crematorium on Thursday 7 July NBC