

Methodist  
Church

# Partnership News

## 3 July 2011 – Ordinary 14



Church of  
England

### Partnership Church Services Today

#### 8.30am Holy Communion every Sunday

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

#### 3rd July - Ordinary 14

#### 9.30 am St. Mark's - Family Worship

Preacher – Revd Charles Royden  
Leadership – Mrs Jean Bank  
Intercessions – Ministers

#### 11.00 am Putnoe - Family Worship

Preacher – Revd Charles Royden  
Leadership – Mrs Linda Hoar  
Intercessions – YPF

#### 10th July- Ordinary 15

#### 9.30 am St. Mark's - Morning Worship

Preacher - Revd Dr Sam Cappleman  
Leadership – Mrs Morag Stewart  
Intercessions – Mrs Delia Stewart

#### 11.00 am Putnoe - Morning Worship

Preacher– Revd Dr Sam Cappleman  
Leadership Mrs Sam Ware  
Intercessions – Ministers

**Bible Readings** 1.Genesis 25: 19-34 2.Romans 8: 1-11 3. Matthew 13: 1-9, 18-23

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

### Thank You

The flowers at Putnoe Heights Church this week have been given by Mrs Jenny Emsley to celebrate the 67th wedding anniversary of Trevor and Mima Noble.

The flowers at St Marks have been given by Tessa Francis, who is currently visiting from Australia, in memory of her husband Keith, who died on 5th July 2010.

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

### Prayer for the Week

We give you thanks, O God of compassion, for the salvation you have revealed to the little ones through Christ Jesus, our wisdom and strength.

Teach us to take up his gentle yoke and find rest from our burdens and cares. Amen.

#### The Reverend Dr. Sam Cappleman

107 Dover Crescent, Bedford MK41 8QR  
266952 Fax- 402624 nsm@thisischurch.com  
(Sam also works full time as a General Manager for Hewlett Packard)

#### Deacon Jane Mason

12 Hartop Close, Bedford MK41 8HE  
348091 Mobile 07807 146535  
jane@thisischurch.com

#### The Reverend Charles Royden

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#### For Data Protection Purposes

Please note that any items submitted for inclusion in Partnership News will automatically be posted on our website and may appear in other local media sources.

Partnership News is also archived on our church website [www.ThisisChurch.com](http://www.ThisisChurch.com)

#### Partnership Pastoral Support Team Co-Ordinator & Churchyards Administrator

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

#### Putnoe Heights Church Centre

**Open Monday to Thursday 9am - 5pm, Friday 9am - 1pm**  
**Tel/fax & Answering Service** 365630 putnoe@thisischurch.com  
**Centre Manager** Mr Geoff Gypps 365630 mob 07947 902846  
**Leadership Team** Mrs. Linda Hoar 782717  
**Treasurer** Mr Ian Morse 216428 treasurerph@thisischurch.com  
**Gift Aid Administrator** John Hitt 404186  
**Youth Worker** Emma Gordon email - 07593266091 youth@thisischurch.com

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

**Tel/fax & Answering Service** 342613 office@thisischurch.com  
**Centre Manager** - Miss Wendy Rider 342613  
**Leadership Team** - Laura Farthing 210892

# Regular Weekly Activities - A Guide To Our Churches

## Monday

**9.15 –3.45 pm Mon-Fri Putnoe Heights Pre-school.** See website for more details [www.ThisChurch.com](http://www.ThisChurch.com)  
Head teacher Mrs Janet Smith ☎326685

**8.30-5.30pm Pre-school** Mon-Fri St Mark's

**9.30-3.15pm Top Marks** Mon-Fri St Mark's  
Headteacher Mrs. Helen Harpin ☎312634  
(See website for more details)

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

**9.45am - Body Control Pilates** –Putnoe Heights  
Stephanie Smith ☎ 357787 or 07973174430

**10.00am Bakers Barn Art Group.** St Mark's Mrs Berry ☎211955

**10.30am U3A Play reading** St Mark's J Birks ☎219607

**12.15pm Story box** Putnoe Heights We welcome the under 5's and their carers to join them between 12.15 and 1.15 for a sandwich lunch followed by a Bible based story and singing. Contact Emma Gordon ☎07593266091

**2pm U3A Music Appreciation** - Putnoe Heights fortnightly. Next meeting Contact Linda Reed ☎ 216623

**3.30pm Storybox Plus** Putnoe Heights for 4-9 year olds. Meet at 3.30 for refreshments & games. Then until 5pm stories, drama, singing & craft activities.

**4.15pm Rosemary Conley Diet & Fitness.** Putnoe Heights. Margo Needham ☎843747 or 07881730747

**4.15pm Kumon Maths** Putnoe Heights. Mrs Raksha Mistry ☎01908 392698

**6.00pm Brownies** St Mark's. Mrs C Mathew ☎826190

**6.15 pm Brownies** Putnoe. Sharon Tanner ☎01767699399 or 07720713738.

**6.15 Pilates** at Putnoe Heights Jane Butcher 300859

**7.15pm Fit for Life Yoga** - Putnoe Heights Contact Jane Butcher ☎07891879571

**7.30pm Sugarcraft Guild** St Mark's 1st week Pat Nicholson ☎353518

**7.30pm Cancer Care Society.** St Mark's. 1st Week. Mr J Dewhurst ☎01908 377020

**7.15pm Guides.** St Mark's. Mrs Gill Lake ☎218091

**7.30pm Whist Drive.** St Mark's 3rd & 5th week . Next meeting—18 July Judith Stanton. ☎823313

**7.30pm House group** 30 The Ridgeway. The home of Eddy & Margaret Peck ☎267567.

**8pm 'Get Fit, Stay Fit'** Putnoe Heights. Mrs Diane Field ☎404976

## Tuesday

**9.30am Jo Jingles.** St. Mark's. Music & movement for pre-school children. Renu Elston ☎07790296016

**9.30am Candlewicking** (Needlework). Putnoe Heights. Pat McCart ☎365507

**9.30am -12.30 & 4-9pm Slimming World** St. Mark's. Helen Folbigg ☎351223

**10am Autism Beds Adult Support Group.** St Mark's. Sally Cripsley ☎350704

**11.15am U3A Keep Fit Putnoe Heights** for the less mobile. Sally Banks ☎ 870357

**1.15pm Toddlers Playtime/Sing & Stomp** - Putnoe Heights for toddlers and their carers. Run by Putnoe Childre's Centre Trudy Hamilton ☎340552

**1.30pm U3A Cinema Group.** St Mark's 4th Week in month . Mrs Beaumont ☎261461

**2.00pm U3A Book Group.** St Mark's 3rd Week Mrs

Forrest ☎344043

**2.00pm Library Walk W.I.** Putnoe Heights, meets monthly. Morag Tomkins ☎356895

**2.00pm U3A Music Appreciation** fortnightly. Contact Mrs Reed ☎216623

**2pm U3A Photography** (Group 3) St Mark's 1st Week. Contact John Farish ☎ 824984

**2.15pm Putnoe Heights Women's Fellowship. Next meeting July 5 Dr. Jane Preston 'Environmental Issues'**  
For more details contact Betty Wyatt ☎350188.

**2.30pm Mother Teresa Support Group.** St Mark's Fortnightly . Wool and knitting needles provided. Mrs Maureen Watling ☎262225

**2.15pm Tuesday Afternoon Housegroup.** St Mark's Fortnightly. Mary Stubbs ☎406784.

**3.45pm-6.15pm Stars School of Dance.** Putnoe Heights. Esther Richardson ☎295862 or 07917582468.

**6.30pm Creative Card making.** Putnoe Heights Church. Carol Houghton ☎346718

**6.30pm Yoga** Putnoe Heights Veronica Lafferty ☎781466 or 07788750360

**6.15pm Pilates** St Mark's Church Jane Butcher ☎07891879571

**7pm Keep Fit.** St. Mark's Jan Gregory ☎328455

**7pm MT Karate** [all ages] Putnoe Heights. Karen King ☎07941 264885

**7.30pm Hearts in Beds. Cardiac Support Group** 1st Tuesday in the month at St Mark's. Brian Ibberson ☎403497

**7pm Tabernacle of Truth Church** Putnoe Heights Bible study & prayers. Sacha Ojo ☎07590597891 or [www.tabernacleoftruth.co.uk](http://www.tabernacleoftruth.co.uk)

**7.30pm Putnoe Heights Ladies Tuesday Club** - Meets fortnightly. Next meeting July 12 'Riding for the disabled' Elisabeth Curtis Centre. details call Janet King 313946

**8.15pm - 10.15pm Bedford Advanced Dancers** St. Mark's 1st Tuesday in month. Shirley Sadler ☎01767 651767

## Wednesday

**9.30am Body Control Pilates.** Putnoe Heights. Stephanie Smith ☎357787 or 07973174430.

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

**10.00am Holy Communion.** St. Mark's Chapel. A half hour service followed by coffee. All welcome.

**10am U3A Card Making.** St Mark's Church. 4th week in the month. Janet Fitch 838689

**12.30pm Luncheon Club.** Putnoe Heights fortnightly. Next - July 6 Putnoe Heights Office ☎365630

**1.00-3pm Police Surgery** at Putnoe Heights .

**1.15pm Bridge Club for the Retired.** St. Mark's. Mr Barnes ☎261811

**1.45 Scots Society Whist** Putnoe monthly .All welcome Nancy Barr ☎268147

**2-5pm Police Surgery.** St Mark's Foyer. ☎349179

**1.30-4.30pm U3A Craft St Mark's** 1st & 3rd week. Pat Holland ☎262823

**2.15pm - Fifty plus Keep Fit.** Putnoe Heights Mrs Webster ☎856966

**3.45.- 5.30pm Messy Church.** St Mark's for children of lower school age and their carers. Bible-based story, crafts, singing and a meal. 3rd Wednesday in the month.. Wendy Waters 401834

**4.15pm Kumon Maths.** Putnoe Heights Mrs Raksha Mistry ☎01908 392698

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

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

**6.15pm Yoga and Relaxation** Putnoe Heights Racheall Monton ☎01234 297138 or 07910835994.

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

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

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

**7.00pm Putnoe Guild** Putnoe Heights monthly Janice Loxley ☎347073

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

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

**8.00pm Tudor Reeds Folk Dance Club** meet at St Mark's 1st,3rd & 5th Wednesday in month. Next meeting will be July 6 2011 Everyone welcome. All dances called, only £1 including refreshments. Ring Graham 406359 ,Valmai 219555 or Rosemary 405594 for more details.

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

### Thursday

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

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

**9.45am Yoga** Putnoe Heights Denise Green ☎244970

**9.45am Chat and Play** St.Mark's. A group for Mums & toddlers. Jo Garner 400071 or 07719670624

**11am-12noon Citizens Advice Bureau** Putnoe Heights.

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

**1.30 - 3.00pm NHS Baby Clinic** St. Mark's ☎267444

**1.30pm Toddler Playtime.** Putnoe Majella Atkinson ☎325293

**1.45 Friendly Chicago Bridge at Putnoe Heights** £2 per session inc. refreshments. New members welcome. Contact Pat 01234 294220.

**2pm Putnoe Bridge Club.** Gerald Palmer ☎345991

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

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

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

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

**6.15pm Brownies.** Putnoe Heights Lou Watkins

**7.00pm Club 2000** Putnoe Heights Nina Ovenden ☎825059

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

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

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

**8 -10pm Bedford Folk dancers** (formerly Barn dancers) Meet weekly at Putnoe Heights . Different guest callers each week. All welcome, cost £2 Including refreshments.

More details Ron Law 825574.

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

**8.00pm Magpies Women's Group** St Mark's 2nd & 4th week Jean Birks ☎219607

**8.00pm Brickhill Ladies Group** St Mark's 1st and 3rd week in month. Pauline Hooper ☎350079

### Friday

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

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

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

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

**2.00pm U3A Gardening Group** Putnoe Heights Eve Whitehead ☎356875

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

**5.50-7.05pm Zumba at St Mark's.** Contact Laura Harrow ☎07834529833

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

**7.45 - 10.45pm Bedford Astrology Club.** St. Mark's. Carol Brown ☎01438 233385

### Saturday

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

**Young Embroiderers** bi monthly Putnoe Heights Terry Fletcher ☎357198

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

**7.00pm Duplicate Bridge.** St Mark's Mrs Pillinger ☎212066

### Sunday

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

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

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



## Diary Dates



**St Mark's Church Council –**

**St Mark's Leadership Team**

**Putnoe Heights Leadership Team - 5th October**

**Putnoe Heights Management Meeting - .3rd**

**October St Mark's Forum Meeting - 13 July**

**Putnoe Church Council - 17th October**

**Pastoral Group Meeting -**

**Churchyard Committee -**

**Brickhill Parish Council Meetings -**

**Circuit meeting - 15 September**

**Deanery Meeting - .**

**Woodland Burial Trustees –**

**Putnoe Heights Children & Youth – 4th July**

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

## Ordinary 14

**Introduction** John Bunyan wrote *Pilgrim's Progress* here in Bedford. His story is told the world over of how Pilgrim journeyed and found his burden lifted. In our reading today from Matthew we read the passage of scripture from Matthew in which Jesus spoke of lifting our burdens.

We often think of religion as being something which makes us feel guilty. Jesus speaks in a way which shows that is not God's intention. Jesus came that we might have freedom from guilt and a release from those things which bring fear. Jesus came to bring peace to all the souls who put their trust in him.

### Opening Verse of Scripture Galatians 5 : 1

Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.

### 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 Bible Reading – Genesis 24:34-38, 42-49, 52-end

So he said, "I am Abraham's servant. The LORD has blessed my master abundantly, and he has become wealthy. He has given him sheep and cattle, silver and gold, male and female servants, and camels and donkeys. My master's wife Sarah has borne him a son in her old age, and he has given him everything he owns. And my master made me swear an oath, and said, 'You must not get a wife for my son from the daughters of the Canaanites, in whose land I live, but go to my father's family and to my own clan, and get a wife for my son.' "When I came to the spring today, I said, 'LORD, God of my master Abraham, if you will, please grant success to the journey on which I have come. See, I am standing beside this spring. If a young woman comes out to draw water and I say to her, "Please let me drink a little water from your jar," and if she says to me, "Drink, and I'll draw water for your camels too," let her be the one the LORD has chosen for my master's son.' "Before I finished praying in my heart, Rebekah came out, with her jar on her shoulder. She went down to the spring and drew water, and I said to her, 'Please give me a drink.' "She quickly lowered her jar from her shoulder and said, 'Drink, and I'll water your camels too.' So I drank, and she watered the camels also. "I asked her, 'Whose daughter are you?' "She said, 'The daughter of Bethuel son of Nahor, whom Milkah bore to him.' "Then I put the ring in her nose and the bracelets on her arms, and I bowed down and worshiped the LORD. I praised the LORD, the God of my master Abraham, who had led me on the right road to get the granddaughter of my master's brother for his son. Now if you will show kindness and faithfulness to my master, tell me; and if not, tell me, so I may know which way to turn." When Abraham's servant heard what they said, he bowed down to the ground before the LORD. Then the servant brought out gold and silver jewellery and articles of clothing and gave them to Rebekah; he also gave costly gifts to her brother and to her mother. Then he and the men who were with him ate and drank and spent the night there. When they got up the next morning, he said, "Send me on my way to my master." But her brother and her mother replied, "Let the young woman remain with us ten days or so; then you may go." But he said to them, "Do not detain me, now that the LORD has granted success to my journey. Send me on my way so I may go to my master." Then they said, "Let's call the young woman and ask her about it." So they called Rebekah and asked her, "Will you go with this man?" "I will go," she said. So they sent their sister Rebekah on her way, along with her nurse and Abraham's servant and his men.



And they blessed Rebekah and said to her,  
“Our sister, may you increase to thousands upon thousands;  
may your offspring possess the cities of their enemies.”

Then Rebekah and her attendants got ready and mounted the camels and went back with the man. So the servant took Rebekah and left. Now Isaac had come from Beer Lahai Roi, for he was living in the Negev. He went out to the field one evening to meditate, and as he looked up, he saw camels approaching. Rebekah also looked up and saw Isaac. She got down from her camel and asked the servant, “Who is that man in the field coming to meet us?” “He is my master,” the servant answered. So she took her veil and covered herself. Then the servant told Isaac all he had done. Isaac brought her into the tent of his mother Sarah, and he married Rebekah. So she became his wife, and he loved her; and Isaac was comforted after his mother’s death. (This is the Word of the Lord — **Thanks be to God**)

### **Second Reading - Romans 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**)

### **Gospel Reading - Matthew 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**)

### **Post Communion Prayer**

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** (Please distribute Family Worship Booklets and Hymns and Psalms)

1. Crown him with many crowns 255 *Tune Diademata*
2. Jesus the name high over all 264 *Tune Lydia*
3. Praise my soul the King of heaven 13 *Tune Praise my soul*
4. I heard the voice of Jesus say 136 *Tune Kingsfold*
5. Lift up your hearts! We lift them to the Lord 405 *Tune Woodlands*

## Commentary

In today's gospel Jesus encourages us with the comfortable words with which we started our service, **'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.'**

Perhaps we should start by thinking about what Jesus meant by 'carrying his yoke.' Jewish people at the time spoke of carrying the 'yoke' of God's law and the 'yoke' of his kingdom. This was done by acknowledging that God was one and by keeping his commandments. So when Jesus spoke about his yoke being 'easy' and his burden 'light,' he was effectively contrasting the easy life which would be enjoyed by those who followed him, with the burdensome life for those under the old Jewish law. Now that is all well and done but was Jesus being sincere? You may think that life for his followers was anything but easy, remember this is the Jesus who told his disciples that they had to take up a cross, an instrument of death, if they really wanted to be his disciples. Consider, is it easy to follow the teachings of Jesus? To follow Jesus means a life of seeing the best in people, going the extra mile, forgiving endlessly, sharing all that we have with those in need. So in what way is following Jesus easy?

The answer must take into consideration the contrast between the life of those Jews who tried to be obedient to God by keeping a whole load of rules and regulations as they obeyed the law of Moses. This yoke was a hard one to bear and led to a life of rule keeping under the old covenant. This is made explicit in the verses which follow in Chapter 12. Here the disciples of Jesus are attacked by the Pharisees, who were strict adherents of the Mosaic law, for plucking and eating grain on the Sabbath. Jesus defends his disciples for breaking the Sabbath by declaring that he as 'Son of Man' was 'Lord of the Sabbath.' Jesus is replacing the old law which never removed the guilt of sin, with nothing less than faith in himself which brought complete forgiveness. Jesus is the New Covenant and he offers the opportunity to escape from the old religion which piles guilt and misery and demands sacrifice. The followers will no longer have to worry about a God who condemns and demands the blood of innocent animals to be spilled to make peace. They will no longer require priests to offer sacrifices on their behalf. Jesus was promising a new lifestyle in which his followers would discover peace from seeking to live out his teachings. The way of following Jesus would demand hardship and suffering, but the grace and salvation discovered in the heart of those who trusted in Jesus would mean that their burden of sin would be lifted and guilt would be no more. *Charles Royden*

## Meditation

The scriptures today seem to have a strong "counter-cultural" message. The scriptures challenge us to look at our world and its values in a critical way. The scriptures invite us to move beyond greed and selfishness and to learn from and connect with others. Our culture seems to value power and control, whilst Jesus is saviour who comes with humility, "meek and riding on an ass." In a society overwhelmed with many examples of greed and large scale corporate abuse, the scriptures reminded of the virtues inherent in simplicity of life and a gentleness of spirit. Wealth, control, and domination are not the central values of Jesus Christ. In a world that is choking on greenhouse gases, killing the life of the oceans, and over consuming all kinds of resources, we are invited to respect our planet and cherish the gifts we have been given by living simply and responsibly. In a world filled with the weapons of war and spending on the ways of violence, the scriptures speak of a saviour who banishes the horse, the chariot and the warrior's bow. The scriptures certainly challenge our world which invests so many resources into fighting wars and procuring weapons for war. In a world where the international trade system and the world economy seem to disadvantage those who have little, we are reminded that "if you live according to the flesh, you will die, but if by the Spirit you put to death the deeds of the body, you will live." A focus on wealth and money will certainly "kill" the spirit and freedom of God. The gospel reminds us that this counter-cultural message is a message of liberation. As we let go of all the craziness of our culture, we will find "rest" and finally really be alive. Then, justice and peace can truly take over.

## Prayer

Forbid it, Lord, that our roots become too firmly attached to this earth, that we should fall in love with things. ...Then shall we see all of life in its true perspective. Then shall we not fall in love with the things of time, but come to love the things that endure. Then shall we be saved from the tyranny of possessions which we have no leisure to enjoy, of property whose care becomes a burden. Give us, we pray, the courage to simplify our lives. So may we be mature in our faith, childlike but never childish, humble but never cringing, understanding but never conceited. So help us, O God, to live and not merely to exist, that we may have joy in our work. In your name, who alone can give us moderation and balance and zest for living, we pray. Amen.

**Storybox and Storybox Plus** Putnoe Heights is having it's last session on 25 July 2011 and to end, we have invited a Magician along to come and entertain! It's for all ages – under 1's are free - and would love to see many there. Lunch will be provided and there will be a raffle with brilliant prizes. You are welcome from 12 – 2, with the Magic Show starting soon after 12 and lunch after. Tickets are £2 child, £1 adult and lunch is included. Tickets are available from Putnoe Heights Church Office (Tel: 01234 365630) or from Storybox, Storybox Plus and Junior Church at Putnoe Heights. Any queries, contact Putnoe Heights Children's and Youth Worker Emma Gordon 07593266091 or email youth@thisischurch.com.

**Summer activity days** at Putnoe Heights Church Running on Monday 1- Tuesday 2 August 2011 are 'Jonah and the Whale' activity days. Two weeks later there will be 'Feeding the 5,000' activity days on Monday 15 – Tuesday 16 August 2011. These days will include crafts, games, puppets, singing, drama and lots of fun! All ages are welcome, under 5's must be accompanied by an adult. Packed lunches will be required, drink and snacks will be provided.

Times are – Monday 1 – 12pm-3pm  
Tuesday 2 – 1pm-3.30pm  
Monday 15 – 12pm-3pm  
Tuesday 16 - 1pm-3pm

Any queries, contact Putnoe Heights Children's and Youth Worker Emma Gordon 07593266091 or email youth@thisischurch.com.

**There will be a Putnoe Children and Youth** meeting on Monday 4 July

**Circuit 'Celebration of Ministry' for Martin Hounsfeld** 3pm Service and tea Sunday 17 July at Priory Methodist Church. **Circuit Service** - celebration of Bedford North circuit 6.30pm Sunday 7 August at Priory Methodist Church.

**Bedford Community Chamber Orchestra** performing at Putnoe Heights on Saturday, 9 July from 7.30pm. Featuring a diverse programme including the overture from Romeo and Juliet by Tchaikovski, this is the second of three concerts that the BCCO will be performing this year. The final concert of the year will be in early December and will be focussed on children. The BCCO continues to be extremely grateful for the support received from the Putnoe Heights and surrounding community and look forward to seeing you on the 9. Tickets £7 (£5 conc) available on the door. or contact : www.boco.org.uk or 07895266389

**Putnoe Heights 'Spring Clean'** will be on Saturday 23 July from 10am to 12 noon. Offers of help needed, please let Linda Hoar or Jean Kirk know if you are able to help.

**Coffee Rota -St. Mark's** Many thanks to Pat Gregory who has stepped down from the coffee rota after many years service. New volunteers always welcome - see Milly for more information. Please see amended rota on notice board as some dates were incorrect on the copies distributed. Sorry for any inconvenience Milly.

**Friday Prayer Group** The next meeting will take place on Friday 8 July at 1.45pm Eileen Brown

**Flowers at Putnoe Heights** anyone wishing to contribute towards the cost of flowers at Putnoe on any Sunday during the next six months, is invited to enter their name on the rota on the notice board in the welcome area.

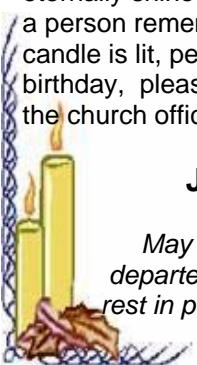
**'Run the Race'** the Methodist annual prayer handbook will be available for August. The cost will be £3.50 plus p.p. (maximum). If you would like a copy please contact Vera Pearson (270737) who will be ordering these during July.

## 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.

**John Johnson**

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



## Forthcoming Funerals

**The funeral of Mr Albert William Robert Denton** will take place at Bedford Crematorium on Friday 15 July at 1.45pm

**The funeral of Mr Derek Robin Henderson** will take place at St Mark's Church on Friday 15 July at 10.00am followed by committal at Bedford Crematorium

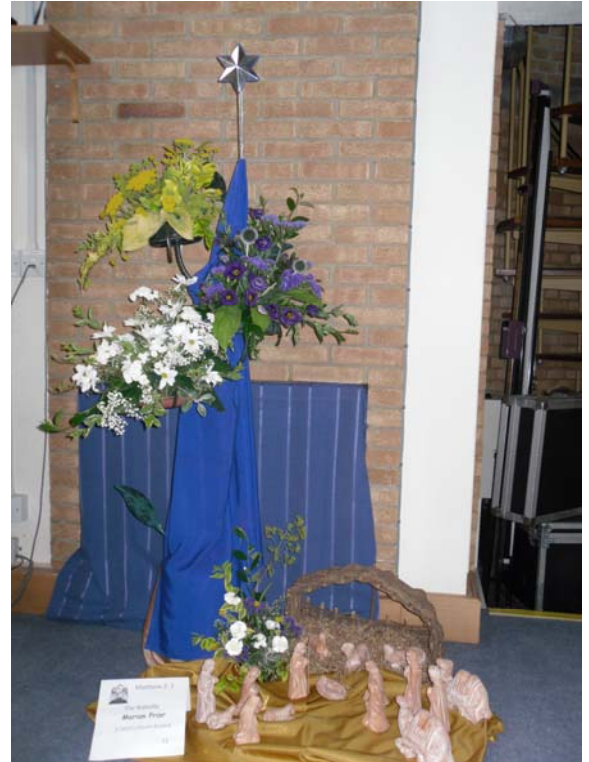


# Flower Power

Members of the flower arranging teams from both of the Partnership churches took part in the flower festival at Priory Methodist Church this weekend, celebrating the Year of the Bible. These pictures can be seen in full colour by reading Partnership News on [www.ThisIsChurch.com](http://www.ThisIsChurch.com)



**Pearl James**  
The Crucifixion



**Marion Prior**  
The Nativity



**Penny Puttock**  
The Book of Ruth: Naomi and Ruth



**Sue Allen and Ann Hitt**  
Exodus 13: 30 " ...a pillar of cloud by day ...and a pillar of fire by night ..."