



# Partnership News

## Putnoe Heights & St Mark's Church

### 6 July 2014

### Ordinary 14



#### 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

#### 6 July - Ordinary 14

#### 9.30 St Marks - Morning Family Worship

Preacher - Revd. Canon Charles Royden  
Leadership - Mrs. Wendy Waters  
Intercessions - Mr. Richard Ledger  
Organist - Ising

#### 11.00am Putnoe - Morning Family Worship & Baptism

Preacher - Revd. Canon Charles Royden  
Leadership Team - Mrs. Veta Hudson-Rae  
Intercessions - Young People  
Organist - Ising

#### 13 July - Ordinary 15

#### 9.30 St Marks - Morning Worship

Preacher - Mr. Richard Ledger  
Leadership - Mrs. Elizabeth Bean  
Intercessions - Mrs. Margaret Appleton  
Organist - Mr. John Mower

#### 11.00 am Putnoe - Morning Worship

Preacher - Mr. Richard Ledger  
Leadership Team - Mrs. Sue Allen  
Intercessions - Dr. Tim Wilkes  
Organist - Mr. John Mower

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

**Midweek Holy communion** at St. Mark's Chapel every  
Wednesday at 10am and at Sir William Harpur House on  
first Monday of every month at 10.00am.

#### Thank You

The flowers at St Mark's Church this week have been given by Geoff & Margaret Appleton to celebrate the baptism at Putnoe Heights Church today of their granddaughter, Ava Maisie Appleton.

#### Welcome

We welcome you all to our worship today. we especially welcome at Putnoe Heights Church the family of Ava Maie Appleton who has been brought for baptism

#### Prayer for Sunday

When we are going through dark times  
give us, O God, glimpses of light.  
May we never lose our hope  
and trust in you.  
Help us to remember that,  
however hard the path,  
however dark the tunnel, at the end of it  
is the light of your love  
beckoning us on. Amen.

*Anne Brown, Bedfordshire,  
Essex and Hertfordshire District Chair*

#### 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.ThisChurch.com](http://www.ThisChurch.com)**

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#### Partnership Pastoral Support Team Co-Ordinators

Mrs Wendy Waters 342613 office@thisischurch.com  
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.*

#### Churchyards Administrator

Mrs Avril Williams 01234 342613

#### Putnoe Heights Church Centre

**Open Monday to Friday 9am -12pm,**  
**Tel/fax & Answering Service** 365630 putnoe@thisischurch.com  
**Centre Managers** Barry & Jenny Snelson 344417  
**Leadership Team** Mrs Jenny Snelson 344417  
**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

**Open Monday - Friday 9am - 5.00pm**  
**Tel/fax & Answering Service** 342613 office@thisischurch.com  
**Centre Manager** Miss Wendy Rider 342613  
**Leadership Team** - Mrs Jean Bank 355698  
**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](http://www.hazeldeneheights.com)

**8.30-12.30pm St Mark's Pre-School Nursery**

Headteacher Mrs. Helen Harpin 312634

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

**9.00-3.45pm Top Marks** Mon-Fri St Mark's

Headteacher Mrs. Helen Harpin 312634

(See website for more details)

**9.45am - Body Control Pilates** –Putnoe Heights

Stephanie Smith 357787 or 07973174430

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

**10.30am U3A Play reading** Putnoe Heights Contact

Janet King 313946

**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

**12.00 noon Story box** 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](mailto:youth@thisischurch.com) 365630

**2pm 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 Emily Taverner 01234

792013

**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

**6.15pm-8.15pm Fit for Life Yoga** - Putnoe Heights

Contact Jane Butcher 07891879571

**6.30pm Boot Camp** Putnoe Heights – Laura Amor

341152 / 07976259081

**7.00pm Sugarcraft Guild** St Mark's (1st week in month)

Pat Nicholson 353518

**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— 21 July 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 –1pm Bedford Stop Smoking** at Putnoe Heights. For

more details please contact Olivia Tornyie 01234 276826

**9.30am Candlewicking** (Needlework). Putnoe Heights.

Pat McCart 365507

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

Helen Skinner 07989080389

**10am Autism Beds Adult Support Group.** St Mark's.

Sally Cripsley 350704

**11.15am 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

**2pm 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.

**4.00pm-6.15pm Stars School of Dance** at Putnoe

Heights. Esther Richardson 295862 or 07917582468

**7.30-8.30pm Pilates** St Mark's Church Jane Butcher

0789187957

**7pm - 8.30pm Daisy Birthing** Putnoe Heights Susie

07980447390

**7.00pm Keep Fit.** St. Mark's Jan Gregory 328455

(Unfortunately Jan has had to cancel her sessions at the moment, but hopes to re-start in September.

**7.30pm Ladies Tuesday Club** at Putnoe Heights (Meets fortnightly 8 July Bring and Share + Raffle ( For

Foodbank )

Details Janet King 313946

**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.

**10am-2pm Open House** at St Mark's for those with learning disabilities., their friends, family , carers and supporters 342613.

**10am 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

**10am U3A Diet and Nutrition-** Putnoe Contact Janet King 313946

**11.15am U3A Keep Fit** at Putnoe Heights

**12.30pm –4pm St Mark's Nursery**

Headteacher Mrs. Helen Harpin 312634

**12.30pm Luncheon Club.** Putnoe fortnightly. Next

meeting 2 July Putnoe Heights Office 365630

**1.15pm Bridge Club for the Retired.** St. Mark's.

Mr Barnes 261811

**2.00-4.00pm U3A Craft** at St Marks.Contact Janet King 313946

**2pm U3A Gilbert and Sullivan** Putnoe Heights Contact Janet King 313946

**2.15pm - Fifty plus Keep Fit.** Putnoe Heights

Mrs Webster 856966

**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 Sept 2014 Wendy Waters 401834 Jean Bank 355698

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

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

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

**6-7pm ATSK Karate at Putnoe Height Kevin Stark Tel. 01234 353865**

**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

**7.00pm Putnoe Guild** Putnoe 3rd Wednesday in every month except August Mrs Jo Street 344600

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

**8.00pm 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 2 July 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) Greta Cansfield 215016

### Thursday

**8.30am—12.30pm St. Mark's Pre School Nursery** Headteacher Mrs. Helen Harpin 312634

**9.30am Thursday Prayer Group.** Putnoe Heights. Valerie Capon 356306. Request for prayer can be written in the prayer diary on the information table.

**9.15am Spanish for beginners Plus.** at Putnoe Heights

**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

**1.30 - 3.00pm 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 07805408811.

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

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

**7pm U3A Folk & Poetry** St Marks (2nd and 4th week in month)Contact Janet King 313946

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

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

**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

**8.00pm Magpies Women's Group** St Mark's (2nd & 4th week in month) Mrs Marie Cotchin 402089

**8.00pm Brickhill Ladies Group** St Mark's (1st and 3rd week in month) Susan Perugi 300219

### Friday

**8.30am—12.30pm St. Mark's Nursery** Headteacher Mrs. Helen Harpin 312634

**8.30am Diabetic Centre** St Mark's (1st week in month) Deborah Hennessey 792013

**9am -1pm Machine Knitting** group at Putnoe Heights, fortnightly . 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-8.15pm Stars School of Dance** Esther Richardson 295862 or 07917582468

**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.** 1st Sunday Feb/Apr/ Jun/Aug /Oct/Dec. Contact P Harris 01623 621143

**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.

**7-9pm Tae Kwon Do** St Mark's Adrian Felice www.bedfordtkd.com 07964356355

**Messy Church Dates** 17 Sept, 15 Oct, 19 Nov, 10 Dec.

## Diary Dates

**St Mark's Church Council** – 14 October

**St Mark's Leadership Team** - 9 September

**Annual Congregational Meetings—**

**Putnoe Heights Leadership Team** - 1 October

**Putnoe Heights Management Meeting** -25 September

**Putnoe Church Council** - 16 October

**Pastoral Group Meeting** -

**Churchyard Committee** -

**Commemoration Service** - 2nd November

**Circuit meeting** – 15 September

**Deanery meeting** -

**Woodland Burial Trustees—**

**Putnoe Heights Children**

**& Youth Meeting** - 29 September at 2.00pm

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

# Ordinary 14

## Sentence of Scripture Galatians Chapter 5 Verse 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 for the Day** *Before we read we pray*  
Lord, you have taught us that all our doings without love are nothing worth: send your Holy Spirit and pour into our hearts that most excellent gift of love, the true bond of peace and of all virtues, without which whoever lives is counted dead before you. Grant this for your only Son Jesus Christ's sake, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Common Worship*

## First Bible Reading

### Genesis 24: 34-38, 42-49, 58-67

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 worshipped 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.' 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 Bee 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**)

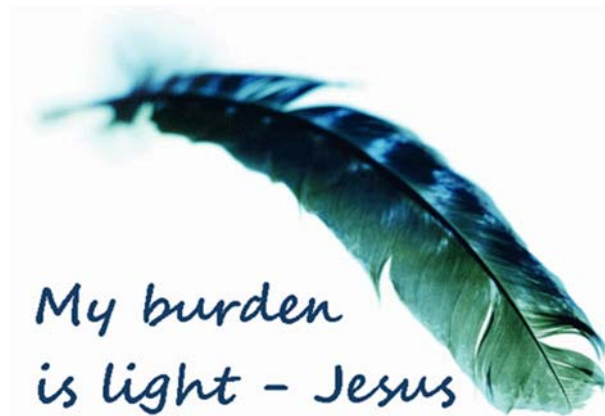
## Second Bible Reading - Romans Chapter 7 : 15-25a

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?

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



### **Gospel 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**)

### **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

**Hymns** *(Please distribute Morning Family Worship, Baptism booklet at Putnoe and Hymn Sheet)*

1. Be thou my vision
2. Be still for the presence
3. The Lord's my Shepherd
4. There is a Redeemer
5. All heaven declares

### **Commentary**

Jesus looked at the religious leaders in the synagogues and the temple in Jerusalem and he was not impressed. Instead of telling people of a God who wanted love and mercy, they spent their time making people feel guilty for breaking rules. They had hundreds of rules about things like

- What clothes you could wear and what clothes it was forbidden to wear
- What foods you could and what foods were considered unclean and you could not eat.
- There were lots of rules about special days and what could and could not be done on those days. Such as the Sabbath.

Later in this chapter we read about how the disciples of Jesus got into trouble with the religious leaders because they picked grain and ate it as they were going through the field. Jesus said that these rules were wrong. Instead of bringing people closer to God, they just made them feel guilty that they couldn't keep

them properly. Jesus said they were like burdens. Jesus believed that all of the rules and regulations could be summed up very simply and he gave a 'Golden Rule' to his disciples earlier in this Gospel

*So in everything, do to others what you would have them do to you, for this sums up the law and the prophets Matthew Chapter 7:12*

Jesus believed that the obsession with rules and their interpretation missed the point. What God wanted was for people to simply behave with love towards one another and God. Instead of bringing people closer to God, the laws had just weighed everybody down. It was in this context that Jesus said the words which we hear in our reading today, words which are some of the most famous in the whole Bible

*'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.'*

So the first statement which Jesus makes is an invitation to come to him. Who does he invite ? He invites those who are weary and burdened, those who are looking for rest.

- It might be a physical condition which is getting you down.
- It might be a worry for somebody else who is ill, a friend or member of the family who has cancer or a disease
- Perhaps it is a worry over debt, worry over your job, or something which you can't cope with
- It might be a guilty thing which you can't forgive yourself for, or perhaps you find it hard to forgive somebody else
- We are spiritual beings and we may have a spiritual kind of weariness.

Some of the burdens of life we just cannot carry by ourselves. All of us from time to time find living in this world a bit overwhelming. We are weighed down by worries, responsibilities, aches and pains. So why not turn to Jesus for help? Jesus tells us today that if we have a burden, something difficult in our lives, that there is no reason to struggle with these burdens which are too heavy for you. If you will turn to Jesus, he will help you carry your burdens. And there is no burden too heavy for Jesus.

There might be many reasons why we do not ask for God's help

- Perhaps we don't think we're actually deserving of it.
- Some people see themselves as too broken to be of any use or value.
- God never ever sees us this way. God knows where we are broken. God knows where we are hurting and aching and wants only to take that burden from us. God loves us and can use us, and the only qualification this morning is being weary and burdened and wanting rest.

The second statement which Jesus makes is an invitation to take his yoke upon us. A yoke might seem an unlikely way of finding rest ! When Jesus spoke these words the yoke was a familiar symbol of burden. Yokes were laid on the necks and shoulders of oxen and also on prisoners of war and slaves. Clearly when Jesus promises us rest, he is not calling us to a life of idleness. When Jesus says take my yoke upon you, he is offering to walk alongside us and share the load. This is the way which we are meant to live our lives, with God at our side, helping us, working with us, showing us the way. It is interesting to remember that Jesus was a carpenter, as such he would have made yokes. The yoke joined two animals together, they were partnered, and so a young animal could learn from a trained animal who shared the load.

In using these words Jesus offers himself as a partner to you and me, helping to pull the load. There is a load to be pulled, there is no getting away from that. Jesus never offers his followers an easy life, he offers a full and rewarding life. The truth is that whatever we decide about whether to accept the invitation of Jesus to walk beside, we will nevertheless be pulling a load, everyone one of us is like the animal ploughing through the field. The question is whether we seek God's help or try to do it alone.

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

Show us, O Lord, the transience of the world in the light of heaven, the shortness of time in the light of eternity and the meaning of death in the light of resurrection; through the merits of Christ the Lord. Amen.  
*Richard Challoner (1691-1781)*

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.

**Opus 18 Community Choir.** Come & join us for "A Summer Celebration" at St. Andrew's Church, Bedford on Saturday 12 July at 7.30. Tickets £6 (children £3) to include refreshments, from St. Andrew's Church Office. Proceeds to St. John's Hospice, Moggerhanger & Swaziland Schools.

**Cash for Currency - Open House** is offering a unique opportunity for people with learning disabilities to access a free service. Cheryl Green is the group organiser and she has seen the group expand dramatically with many more people joining. The group is entirely voluntary organised and receives no funding. In order to raise some funds to help provide this service we are asking you to search out any coins which you may have and give them to us. The coins may be British or foreign coins, we have somebody who will ensure that we receive the best value for them.

It may be old foreign currency left over from that holiday years ago, or a few old British coins lying around. They may be no use to you but they are to us. We can turn every coin and note, no matter how old or how small, into cash to help fund our Openhouse project to help people with learning difficulties. So search out those old pesetas or shillings or whatever and bring them along to the Church Office anytime so we can sort them out and get the best possible value for everything you donate. Remember, everything can be used to generate funds for Openhouse. The last amount raised was £68, thanks to all who contributed.

**Diocesan Office** is looking to appoint an Estates & Trusts Officer within the Estates Department at Holywell Lodge. Details available from the website at <http://stalbands.anglican.org/diocese/other-vacancies/> with a closing date of Friday 11 July.

**MWIB**—North Bedfordshire Circuit invite everyone to a Summer Garden Party on Wednesday 16 July from 2pm to 5pm at the home of Roger and Anna Skipper "Treize" Cranfield Road, Wootton Green, MK43 9EA. Proceeds to Zimbabwe Victims' Support Fund.

**Putnoe Heights Church** will be welcoming the **Great Gappo** entertainer to visit on Monday 28 July at 12 noon to 1pm, followed by a sandwich lunch in the small hall from 1pm to 2pm. Tickets £2, available from the church office or Carolyn Morris, email [Youth@thisischurch.com](mailto:Youth@thisischurch.com) Raffle in aid of church funds, raffle prize donations welcome.

### **Farewell to Autism Bedfordshire**

Autism Bedfordshire are leaving St Mark's. They have grown to such an extent that new bigger accommodation has been necessary. Autism Bedfordshire started at St Mark's in a Portakabin in 1994. Emma Reade Senior Manger writes -

*'The flexibility of St Mark's over the years has allowed us to grow. The rent has been exceptionally reasonable, you have looked after our needs and created opportunities for us to grow from the portable cabin to the main office and then the upstairs office. Wendy and Charlie and your amazing team have made us feel welcome and part of St Mark's family from the start and we will always be grateful for your support and treasure the time we have spent here.'*

### **Supporting Putnoe Heights and St Mark's Church**

How can you show your support for the work and mission of our churches?

1. Set up a regular donation
2. Make a one-off donation or gift for the work of the church
3. Leave a gift in your will
4. Offer some time as a volunteer

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Thank you for shopping using the link on [ThisChurch.com](http://ThisChurch.com) to shop through Amazon. Please be careful to make sure that you never access Amazon direct but always use the link on [ThisChurch.com](http://ThisChurch.com), this ensures we get a donation every time you make a purchase.

Please also remember the Easyfundraising link. This is really a very good way to shop as it has lots of voucher codes which can save you a fortune on purchases and we receive a commission. You can shop at John Lewis, M&S etc - please always shop through [www.thisischurch.com](http://www.thisischurch.com)

**iSing  
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Despite our best efforts all of our organists were away this Sunday and no cover could be found. This has however afforded an opportunity for us to use in our main services a new computer projection programme to display the hymn words and play the music for our worship. You may like it, you may not, but it is a trial and we would welcome your views.

**Commemorative Book** - A Book has been produced by the Diocese to commemorate 100 years. Copies are available this week for the special price of £4. They will be available after the service and from the church office during the week

**Strawberry Afternoon Tea Sunday 20 July**

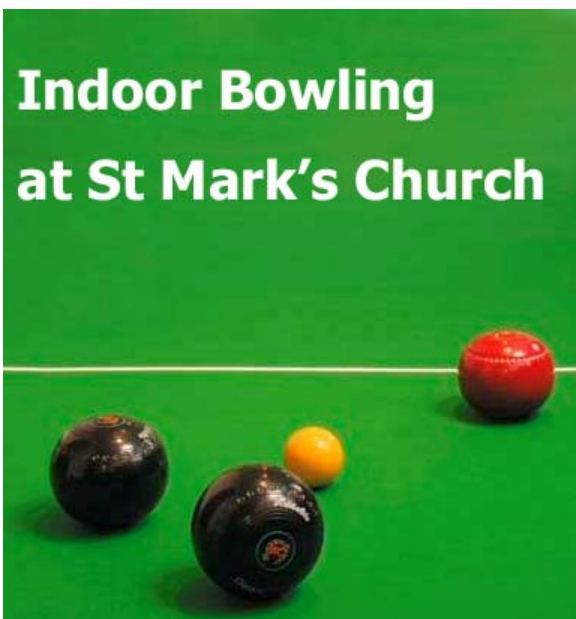
Join us from 3.00 - 5.00pm for an elegant afternoon tea (i.e. china crockery, finger sandwiches, home made cakes and scones ) with strawberries and cream in the beautiful garden of Margaret and Eddy Peck, 30 The Ridgeway or at the Church if bad weather. Admission including afternoon tea £5.00. An estimate of numbers will be useful so please sign the lists at either church..

**Footprints Walk.** Sunday 13 July. Meet at Great Barford Village Hall at the edge of the village towards Wilden ( Green End Rd, street parking nearby) at 2.30pm. Easy three mile walk led by Eddy Peck and Sue Allen

**Partners in Sacrifice** The new prayer handbook of the Methodist Church will soon be available. It is regarded as a source of

inspiration and support in prayer and a spiritual gem for use throughout the year. If interested please contact Vera Pearson on Bedford 270737 for more information.

**Methodists give cautious endorsement to bishops.** Methodist Conference has endorsed the proposals in the report of the Anglican-Methodist Covenant Joint Implementation Commission (JIC) when they met in Birmingham this week. The Methodist co-chair of the JIC, Professor Peter Howdle, said that there had been "a shift in the ecumenical tone . . . both nationally and internationally" over the past 12 months. It was "a very decisive moment and a very auspicious time," he said. At the recent meeting between the Archbishops of Canterbury and York and both the President and Vice-President of the Conference, "there was a very strong sense of needing to move forward for the sake of mission in our islands", Professor Howdle said. They were "very strongly in favour of action to move things forward. Addressing the Conference, the Bishop of Peterborough, the Rt Revd Donald Allister, said that it was "time for a fresh approach....We believe in John 17, and we want to be Christians together.



**Indoor Short Mat Bowls**

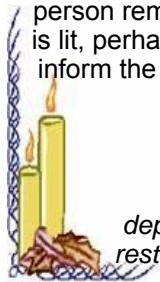
For some time we have been collecting together the resources which we need to start an indoor bowling facility at St Mark's Church. We would like to provide an opportunity on Sunday afternoons for people to enjoy getting together and being able to meet all year round whilst perhaps also enjoying some light physical activity. It is also perfectly acceptable just to watch ! We are grateful to Ray Seymour who has kindly agreed to get things going with a bowls taster session on Sunday 17 August 2 - 4.30pm. Now is a great time to think about a new activity, if you would like to come to watch or play, then please let St Mark's office know so that we can ensure we have enough refreshments and equipment on the day.

**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

**Ronald Harbinson  
Gwendoline Ott**

*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 Ken Wigginton** will take place at Putnoe Heights Church at 1.00pm on Tuesday 8 July

**The funeral of Mary Dickie** , late of Puttenhoe care home, will take place at Bedford Crematorium at 3.15 pm on Monday July 21st