



# Partnership News

Putnoe Heights & St Mark's Church  
16 August 2015  
Ordinary 20



## 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

## 16 August Ordinary 20

### 9.30am St Mark's – Holy Communion

Preacher - Rev. Dr. Sam Cappleman  
Leadership - Mrs. Wendy Waters  
Intercessions - Mrs. Wendy Waters  
Organist - Mr Clive Simmonds

### 11.00 am Putnoe - Holy Communion

Preacher - Rev. Dr. Sam Cappleman  
Leadership - Mrs. Sue Allen  
Intercessions - Mr. Alan Bayliss  
Organist - Mr Clive Simmonds

## 23 August Ordinary 21

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

Preacher - Rev. Canon Charles Royden  
Leadership - Mrs. Margaret Appleton  
Intercessions - Mr. Ian Farthing  
Organist - Mr. Clive Simmonds

### 11.00 am Putnoe - Morning Worship

Preacher - Rev. Canon Charles Royden  
Leadership - Mr. Barry Southam  
Intercessions - Mrs. Sue Allen  
Organist - Mr. Clive Simmonds

**Readings** 1. Joshua 24:1-2a, 14-18  
2. Ephesians 6:10.20 3. John 6:56-59  
Mid Week Holy Communion at 10.00am at St Mark's  
Chapel every Wednesday and at Sir William Harpur  
House on first Monday of every month.

## Thank You

The flowers at Putnoe Heights Church this week are given by Christina Halsey in memory of her granddaughter Davina Stuart.



The flowers at St Mark's Church have been given by Janet and Brian Ibberson to celebrate their wedding anniversary and to give thanks for a loving family.

*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 Sunday

To you, O God most high, we lift our hearts and to you we give our praise. To you we confess our sins and to you we come for pardon. To you we pray for one another and to you we come for grace. To you we render our thanks and to you we ascribe all honour and glory, now and for ever. Amen.

*Isaac Watts (1674-1748)*

### The Reverend Dr. Sam Cappleman

Assistant Rural Dean of Bedford  
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  
itsjanemills@gmail.com

### The Reverend Canon Charles Royden

The Vicarage, Calder Rise. MK41 7UY  
309175 Mobile 07973 113861 vicar@thisischurch.com

**Partnership News** is sent out by email every Saturday in a colour edition. If you would like to receive a copy please send an email entitled 'Partnership News' to vicar@thisischurch.com. Please note that any items submitted for inclusion in Partnership News will automatically be posted on our website and may appear in other local media sources.

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

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### Partnership Pastoral Support Team Co-Ordinator

Mrs Wendy Waters 342613 office@thisischurch.com  
*Please inform us if you know of anyone who is ill, bereaved, housebound, requires a visit, home communion or counselling services. Please also ask us if you would like a home visit for any reason.*

### Churchyards Administrator

Mrs Avril Williams 01234 342613

### Putnoe Heights Church Centre

**Open Mon-Thur 9-5.30pm, Friday 9-1pm**  
**Tel/fax & Answering Service** 365630 putnoe@thisischurch.com  
**Centre Manager** Geoff Gypps 365630  
**Leadership Team** Mr Barry Southam 219714  
barrysoutham@aol.com  
**Treasurer** Mr John Hitt 404186 treasurerph@thisischurch.com  
**Gift Aid Administrator** Mr Lawrence Wyatt 350188  
**Youth Team Leader** Carolyn Morris youth@thisischurch.com

### St. Mark's Church Centre Charity No 1160981.

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

# Regular Weekly Activities - A Guide To Our Churches

## Monday

**Hazeldene Heights Pre-school.** Sessional and Full Day care available—open Mon.—Fri. Full Day Care 8.30am to 5pm Sessional times 9am—12noon and 12.45pm -  
**3.45pm** For more info please contact Laura Leggett 01234 326685 or www.hazeldeneheights.com  
**8.00am-5.30pm Pre-school** Mon-Fri St Mark's  
**8.00am-5.30pm Top Marks** Mon-Fri St Mark's Manager Mrs. Helen Harpin 312634  
(See website for more details)  
**9.00am-12noon St Mark's Pre-School Nursery** Manager Mrs. Helen Harpin 312634  
**9.30-10.30am - Body Control Pilates** –Putnoe Heights Stephanie Smith 357787 or 07973174430  
**10.00am Bakers Barn Art Group.** St Mark's Mrs M. Berry 211955  
**10.00am-12 U3A Play reading** Putnoe Heights Contact Janet King 313946  
**11.00am-12noon Pilates** St. Mark's Liz Mason 07816522200  
**12.00 noon Storybox** Putnoe Heights We welcome the under 5's and their carers to join them between 12noon and 1pm for a sandwich lunch followed by a Bible based story and singing. Contact Carolyn Morris youth@thisischurch.com 365630  
**1.30pm Chat & Make.** Term time for babies and toddlers 0-5. Crafts, toys, songs, story and refreshments £1. More details contact St Mark's Church Office on 01234 342613 or Janine 01234 297481 Restarts on 14 September  
**2.00pm U3A Music Appreciation** Putnoe Heights Contact Janet King 313946  
**2.00pm U3A Italian** Putnoe Heights– fortnightly  
**4.15pm Kumon Maths** Putnoe Heights. Mrs Raksha Mistry 01908 392698  
**5.30 - 8.30 NHS Eat Smart Think Active** at Putnoe Heights. For more details contact Zoe Wilcox 07767311424  
**6.00pm Brownies** St Mark's. Mrs C Mathew 826190  
**6.15 pm Brownies** Putnoe. Sharon Tanner 07928483418 email firstputnoebrownies@hotmail.co.uk  
**6.15 Pilates** at Putnoe Heights Jane Butcher 300859  
**6.15pm-8.15pm Fit for Life Yoga** - Putnoe Heights Contact Jane Butcher 07891879571  
**6.30pm-8pm Cubs** at Putnoe Ages 8 –10.5 Email:phxg.enquiries@gmail.com Tel Tom 07974566509  
**6.30pm Fit For All** Putnoe Heights – Laura Amor 341152 / 07976259081  
**7.30pm Sugarcraft Guild** St Mark's (1st week in month) Mary Daly 217127  
**7.00pm Cancer Care Society.** St Mark's. (1st week in month) Mr J Dewhurst 01908 377020.  
**7.00-8.00pm Laughter Club** at St. Mark's 2nd week each month) Cheryl Green 07729187399  
**7.15pm Guides.** St Mark's. Mrs Gill Lake 218091  
**7.30pm Whist Drive.** St Mark's ( Weeks 3 & 5 in the month).. Next meeting—17 August Judith Stanton. 823313  
**7.30pm No Fear Bridge Club** St. Mark's Mrs. Susan Ford 300218.  
**7.30pm House group** 30 The Ridgeway. The home of Eddy & Margaret Peck 267567  
**7.45-9.15 Get Fit Keep Fit** at Putnoe Heights Diane Field 01234 404976

## Tuesday

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

**11-12.15am U3A Keep Fit Putnoe Heights** Contact Janet King 313946  
**1.15pm U3A Cinema Group.** St Mark's Contact Janet King 313946  
**1.30pm U3A Choir.** St Mark's Contact Janet King 313946  
**2.00pm U3A Book Group 1** St Mark's (3rd Week in month) Contact Janet King 313946  
**2.00pm U3A Book Group 2** St Mark's (2nd Week in month) Contact Janet King 313946  
**2.00pm Library Walk W.I.** Putnoe Heights, meets monthly. Morag Tomkins 356895  
**2.00pm U3A Photography Group 3** St. Mark's (1st Week in month) Contact Janet King 313946  
**2.30pm Mother Teresa Support Group.** St Mark's (Alternate Tuesdays) Wool and knitting needles provided. Mrs Maureen Watling 262225  
**2.15pm Tuesday Afternoon Housegroup.** St Mark's Alternate Tuesdays. Mrs Jean Bank 355698  
**3.30-6.30pm Stars School of Dance** at Putnoe Heights. Esther Richardson 295862 or 07917582468  
**6-7pm Supple Strength Yoga** St Mark's Amanda Alcock 07769747393  
**7.15-8.15pm Pilates** St Mark's Church Jane Butcher 07891879571  
**7.00pm - 8.30pm Daisy Birthing** Putnoe Heights Susie 07980447390  
**7.30pm Ladies Tuesday Club** at Putnoe Heights (Meets monthly Next meeting September Tea Details Diane Bayliss 268101  
**8.00pm Hearts in Beds Committee** St Mark's ( week 4 in month) Mrs N Aspey 309816

## Wednesday

**9.30am Body Control Pilates.** Putnoe Heights. Stephanie Smith 357787 or 07973174430.  
**10.00-2pm Open House** at St Mark's for those with learning disabilities., their friends, family , carers and supporters 342613.  
**10.00am U3A Gardening Group 3** St Marks. Contact Janet King 313946  
**10.00am Holy Communion.** St. Mark's Chapel. A half hour service followed by coffee. All welcome.  
**10am U3A Card Making,** St Marks Contact Janet King 313946  
**11.15am U3A Keep Fit** at Putnoe Heights  
**12.30pm Luncheon Club.** Putnoe fortnightly. Next meeting 9 September Contact Putnoe Office 365630  
**1.15pm Social Bridge Club** St. Mark's. Mr Barnes 261811  
**2.00-4.00pm U3A Craft** at St Marks.Contact 1st week of the month. Janet King 313946  
**2.00pm U3A Gilbert and Sullivan** Putnoe Heights Contact Janet King 313946  
**2.00pm - Fifty plus Keep Fit.** Putnoe Heights Mrs Webster 856966  
**3.30-4.30pm Vita Fit** St Mark's starting 29 April for 6 weeks Liz Roe 07901684538  
**3.45.- 5.30pm Messy Church.** St Mark's (3rd Week in month). for children of lower school age and their carers. Bible-based story, crafts, singing and a meal. Next meeting 16 September 2015 Wendy Waters 401834 Jean Bank 355698  
**4.15pm Kumon Maths.** Putnoe Heights Mrs Raksha Mistry 01908 392698  
**5.00–6.00pm Rainbows** at Putnoe Heights Mrs Gill Lake 218091  
**6.00pm Brownies.** St Mark's. Mrs C Warden 219731  
**6.15pm Yoga and Relaxation** Putnoe Heights Racheall

Monton 01234 297138 or 07910835994

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

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

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

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

**7.15pm Putnoe Guild** Putnoe 3rd Wednesday in every  
month except August Mrs Jo Street 3446008.

**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 September Everyone welcome. All dances called, only  
£1 including refreshments. Rosemary 405594 or Graham  
406359 for more details.

**8.00pm Bedford Wine and Social Club** St Mark's ( Week  
1 in the month) Jill Cooper 357960

### Thursday

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

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

**9.45am Chat and Play** St.Mark's. A term time group for  
Mums & toddlers.0-5 Restarts b17 September 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.Restarts 10 September Contact Jaana  
Swaby 342613

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

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

**1pm-2.30pm Drop in** (small hall) Next Steps 9-24months  
Putnoe Children's Centre.Please call Trudy Hamilton  
(centre assistant) for more information 340552. 2pm -  
**Friendly Chicago Bridge** at Putnoe Heights £2 per  
session inc. refreshments. New members welcome.  
Contact Pat 01234 294220.

**2pm U3A Current Affairs** - Putnoe Heights Contact  
Janet King 313946

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

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

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

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

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

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

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

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

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

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

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

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

**8.00pm Bedford Folk Dancers** (formerly Barn dancers)  
Meet weekly at Putnoe Heights Different guest callers  
each week.Except August. All welcome, cost £2.50  
Including refreshments. More details Ron 825574 or  
Shirley 01767 651767

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

### Friday

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

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

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

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

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

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

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

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

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

### Saturday

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

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

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

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

### Sunday

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

**10 - 5.30pm Bedford Stamp Fayre at St. Mark's.** 1st  
Sunday Jun/Aug /Oct/Dec. Contact P Harris 01623 621143

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

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



## Diary Dates

**St Mark's Church Council** -  
**St Mark's Leadership Team** -  
**Annual Congregational Meetings** -  
**Putnoe Heights Leadership Team - 6 October 2015**  
**Putnoe Heights Management Meeting** -  
**Putnoe Church Council** - 23 August, 15 October 2015  
**Putnoe Centre Manger Meeting** - 29 September  
**Pastoral Group Meeting**- 15 September 2015 4.00pm  
**Churchyard Committee** - TBA  
**Circuit meeting** -  
**Deanery meeting** -  
**Woodland Burial Trustees** -  
**Putnoe Heights Children & Youth Meeting** -  
28 September 2015 2.00pm  
**St Mark's Car Boot Sales 2015**, 31 August.  
**Harvest Festival** service will be on Sunday 27  
September.  
*Please advise St Mark's Church Office of the dates of  
your meetings.*

# Ordinary 20

## Sentence of Scripture Psalm 34 v 9

Fear the Lord, you His saints, for those who fear Him lack nothing.

## Collect Prayer for the Day *Before we read we pray*

God of the nations, to whose table all are invited and in whose kingdom no one is a stranger: hear the cries of the hungry and mercifully extend to all the peoples on earth the joy of your salvation; through Jesus Christ our Lord. Amen. Methodist Worship

## First Bible Reading Proverbs 9 v 1 – 6

Wisdom has built her house; she has hewn out its seven pillars. She has prepared her meat and mixed her wine; she has also set her table. She has sent out her maids, and she calls from the highest point of the city. Let all who are simple come in here! she says to those who lack judgment. Come, eat my food and drink the wine I have mixed. Leave your simple ways and you will live; walk in the way of understanding. (This is the word of the Lord —**Thanks be to God**)

## Second Bible Reading Ephesians 5:15-20

Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is. Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

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

## Gospel Reading - John 6:51- 58

*Please stand when the reading is announced*—**Glory to Christ our Saviour**

I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world." Then the Jews began to argue sharply among themselves, "How can this man give us his flesh to eat?" Jesus said to them, "I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. For my flesh is real food and my blood is real drink. Whoever eats my flesh and drinks my blood remains in me, and I in him. Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me. This is the bread that came down from heaven. Your forefathers ate manna and died, but he who feeds on this bread will live forever." (This is the Gospel of Christ - **Praise to Christ our Lord**)

## Post Communion Prayer

God of our pilgrimage, you have willed that the gate of mercy should stand open for those who trust in you: look upon us with your favour that we who follow the path of your will may never wander from the way of life; through Jesus Christ our Lord.

## Hymns for Sunday *(Please distribute Holy Communion booklet and hymns sheet where requested)*

Thanks to God whose word has spoken, 483;  
Father, who in Jesus found us, 607;  
Good Christians all, rejoice and sing, 191;  
Now let us from this table rise, 619



## Commentary

God's desire is that we all are wise, earnestly seeking after Him and His truths, continually opening our lives to have Christ at the centre of our very beings, that we can have life in all its freedom and abundance. Through the bread the Israelites ate in the desert they caught a glimpse of that freedom and life. Through the living bread which Christ continually offers to each one of us we have the invitation to the real thing.

The book of John is alone in the gospels in that it does not contain a lengthy exposition of the last supper. Instead of which we have John Chapter 6 where Jesus, after feeding the 5000, explains that He is the bread of life which has come down from heaven and that His followers must eat of this bread, His flesh, and drink of His blood if they were to have life themselves. Jesus had already shown He was indiscriminate in who He ate with, and He was clearly not out of the ascetic mould of John the Baptist, but this seemed to be going a step too far! What he said was truly shocking and outrageous and understandably caused outrage and disgust. For the Jews, it was one of their best known dietary laws that the drinking of blood, or even eating meat still with the blood in it, was expressly forbidden. What was Jesus talking about? Why did he use such shocking language? It appears Jesus did indeed want to shock people, to shake them up in their approach to life and their thinking.

Up to now in the chapter we've seen people who have been interested in His miracles and intrigued by His teaching but wishing to retain the choice themselves as to whether He was the real thing, choosing themselves which 'bread' to eat. Choosing themselves whether He was the religious teacher they wanted to follow and choosing when and where it suited them to do so. They could take the bits of His teaching they liked, and ignore what they found distasteful or disagreeable. They could plug Jesus into their lives as a bit of a diversion when it suited them, see Him as one of the many options open to them, and then perhaps move onto something else when it suited them too. It is this thinking and culture which Jesus seeks to break through by being as radical as He was in what He said. In using the language He did Jesus is making it as clear as He can that, just like flesh and blood, He is life itself. There is no other choice for those seeking real life. Pick and mix just does not work. Its life or death.

As we read on in the chapter and the rest of the gospel, it is clear that John is not just talking about the physical and the here and now, the relief of hunger in the immediate future, he has an eternal perspective to his writing. John is painting the words of Jesus in this discourse (in a synagogue in Capernaum) in the context of the spiritual dimension to life. In so doing he foreshadows the Eucharist, the sacrament in which Jesus' body and blood are offered to all believers to be eaten and drunk. The Israelites who had eaten manna from heaven whilst they were in the wilderness survived to tell the tale, but eventually all had died. On the other hand, those who in faith partake in the mystery of the Eucharist and eat and drink of the body and blood of Jesus do not die, but have everlasting life. Jesus is the bread that came down from heaven so that we could be raised up on the last day.

As John so often does, he helps us understand that what Jesus is describing is a transformation from the old world to the new, together with an invitation to be part of this transformation ourselves. To the hearers this was not just shocking, it was deeply radical talk. And as we read, many people heard the message and decided it was not for them and turned away. We too have choices to make. Do we choose to 'eat of His flesh and drink of His blood', and if so what does that mean in our daily lives? Do we really believe that feeding on Jesus is our only hope? Jesus is the life that continues to sustain and transform us, hour by hour, day by day, week by week and offer the hope for which we yearn. No longer need we be limited by the laws of the Old Testament or the physical restrictions of our human body. Through the Christ's sacrifice which we remember in the Eucharist, and all that it symbolises for each one of us, perhaps in very different ways, we are raised up with Christ and share in His eternal glory both now and in the world to come. For we celebrate and share the Eucharist as a memorial to Jesus, not to remember what he said 'Do this in remembrance of me' but because of what it signifies, His coming into the world to transform the old into the new, in all creation and in our lives. As we share in the Eucharist, the body and blood of Christ, we share in that transformation, a transformation of ourselves and through us the world in which we live.

*Sam Cappleman*

## Meditation

The book of Proverbs is often viewed as a stream of pithy sayings, truisms or proverbs written to make living easier. But the Book of Proverbs is far more than just a compendium of useful sayings and anecdotes to help us in our daily lives, however it may seem to some. At its very core it outlines basic values which assist everyone to make the best choices for themselves and for the benefit of others in their lives. In fact, its focus is not on the individual but on God and how we can apply His truth to our everyday experiences. How to make wise choices in the decisions we make. The wisdom the bible teaches is about being wise to God and His ways... ..being open to Him and understanding more about what His will is for each one of us in our own lives. Indeed, the book of Proverbs helps us make God oriented choices in our lives through the God oriented values it teaches, and throughout the book there is a clear differentiation between wisdom and folly. If we make wise choices it's a virtuous circle. Through the choices we make, we can become more oriented towards God, and as we become more oriented to God, so His will informs more and more of the choices we make. In his letter to the Ephesians Paul too wants the readers and hearers of his letter to be wise, steeped and immersed in God and His teaching themselves so that they can understand what the Lord's will is for their lives through the power of the Holy Spirit. Wisdom is nothing to do with being clever or having a high IQ, it's about an orientation and openness to God and making God inspired choices in our everyday lives. Wisdom is about practical living, not about theoretical choices.

## Prayers for Sunday and the Week Ahead

God our Father, may we love you in all things and above all things and reach the joy you have prepared for us beyond all our imagining. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

You brought me up, O Lord, from the dead. Lord, you hide your face when we trust in ourselves; strip us of false security and re-clothe us in your praise, that we may know you as the one who raises us from death, as you raised your Son, our Saviour Jesus Christ. Amen *Daily Prayer, Refrain from Psalm 30*

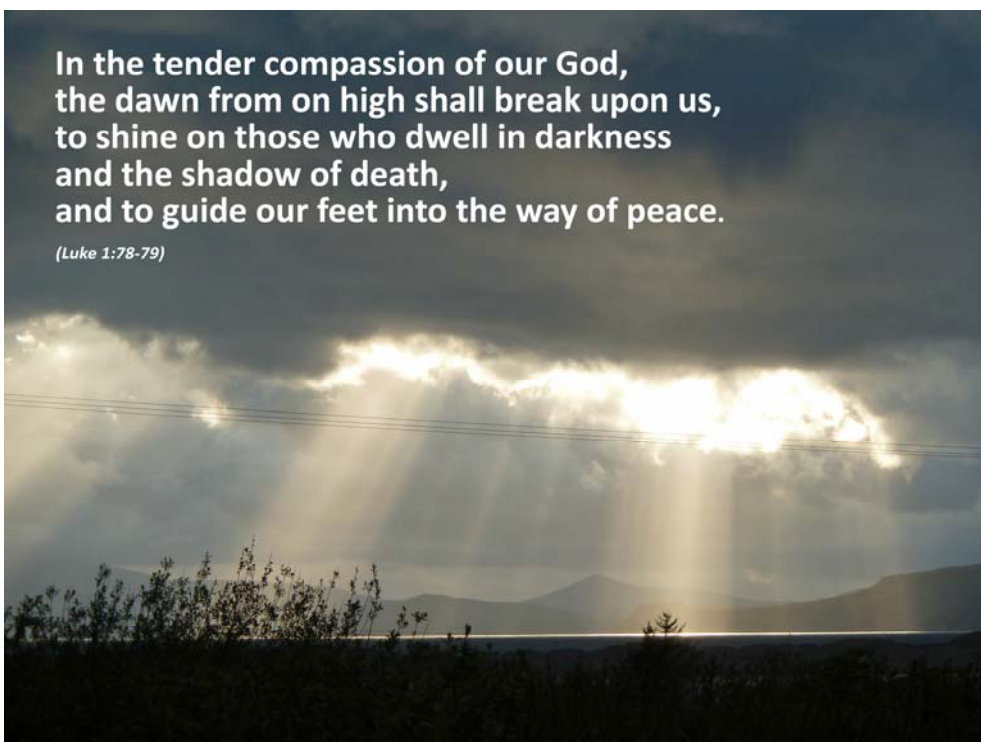
Loving God, who chose to send your Son into our world, be with us today as we make our daily choices. Help us keep our eyes fixed on you, that in your eyes we may be wise, that we may grow in wisdom and reflect the glory of your incarnation, Jesus Christ who is with us always in the power of your Spirit. Amen

**In the tender compassion of our God,  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness  
and the shadow of death,  
and to guide our feet into the way of peace.**

*(Luke 1:78-79)*

Risen Christ, whose absence leaves us paralysed, but whose presence is overwhelming, breathe on us with your abundant life; that where we cannot see we may have courage to believe that we may be raised with you. Amen

The God of all grace who called you to His eternal glory in Christ Jesus, establish, strengthen and settle you in the faith; and the blessing of God Almighty, the Father, the Son and the Holy Spirit be among you and remain with you always.



**St Mark's Church Car Boot Sale** This will take place on Monday 31 August. Please take time over summer to clear out your cupboards so that we can have lots of items to sell on the church stall.

As we finish off another year there is a barbeque in the Vicarage garden in the afternoon to which all of our car boot helpers are invited. Our sincere thanks to all of those who have given up their bank holiday Mondays to help raise money for church funds.

**Partnership Prayer Group** meets every Thursday from 9.30 - 10am at Putnoe. We are always pleased to welcome new members. Prayer cards are now available at both churches and we include all prayer requests in our meeting.

**St Mark's Junior Church** will begin again on 13 September when we will look forward to welcoming the children back

**Story Box** restarts 10 September. A big thank you to all our volunteers.

**Chat and Make** will meet on Monday 17 August from 1.30-3pm

**Chat and Play** will meet on Thursday 20 August from 9.30 - 11.30am during the holidays. Details Janine 297481

**Storybox at Putnoe Heights Church** will start again on Monday 14 September at 12 noon. Thank you to all our wonderful volunteers who help with this children's group without whom it could not take place. We are looking for new volunteers to help with this group in September.

**Junior Church at Putnoe Heights Church** will take a break from 9 August. We will meet again for our first Sunday service on Sunday 6 September. Thank you to all our wonderful volunteers who help with this children's group without whom it could not take place. We are looking for new volunteers to help with this group in September.

**Footprints:** - On Saturday 29 August 2015 there will be an all day walk 2-3 hrs actual walking. We meet outside the waiting room Long Stanton Park and Ride bus stop Cambridgeshire 11.00am. The first part of the day will be a trip on the Cambridge Busway to St Ives where we will have lunch. Where you go for lunch is up to you. You could have a packed lunch by the River Ouse or use one of the local cafes. Meet back at the bus stop at two PM for the trip back. On the way back we stop at Fen Drayton Lakes for the walk which is flat and easy. Then on the Busway back to Long Stanton and home. Any problems contact Margaret or Alan Tel 327219

**Extraordinary Church Council Meeting**, at Putnoe Heights, open to all, will be held after morning service on Sunday 23 August. The one agenda item is to discuss the recent development of The Ecumenical Partnership and the way forward for Putnoe Heights Church.

### **Concerts at St. Andrew's 10th Anniversary Weekend**

Friday 9 October 7.30pm Urban Folk Quartet  
Saturday 10 October Bring & Sing Handel's Messiah 2.30pm—5pm rehearsal 7.30pm performance.

Sunday 11 October Recital 2.30pm, Tenth Anniversary Tea 4.30pm Thanksgiving Service for the Gift of Music 6pm. Details from [www.standrewsbedford.org](http://www.standrewsbedford.org) or Church office 01234 216881.

**Putnoe Heights Church Harvest Lunch.** Sunday 27 September 12.45pm. All welcome. Menu - Steak, Chicken or Veggy Pie, harvest desserts. Tickets £7.00 adults £3.50 under 10s. Available from Putnoe Heights Office on weekdays or after Sunday Service.



### **Afternoon Tea at St Mark's 3 - 5pm Saturday 19 September**

We invite you to enjoy a traditional sandwiches, cakes and scones tea. We hope those who can't usually get to our evening social events will join us on this occasion. Lifts will be available for those

who live locally but don't have transport. Tickets will be £5 and soon available from St Mark's church office. Any proceeds will be divided between Christian Aid and Action for Children. If anyone has china tea sets or cake stands that they are willing to loan, would like to offer other help, or would like a lift, please contact: Janet Day 295592; Jean Bank 355698; Linda Parry 216724; Wendy Waters 401834.

**Please shop at [ThisisChurch.com](http://ThisisChurch.com)**



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## Hymns for Sunday 16 August

Thanks to God whose Word was spoken  
in the deed that made the earth.  
His the voice that called a nation,  
his the fires that tried her worth.  
God has spoken: God has spoken:  
Praise him for his open Word.

Thanks to God whose Word incarnate  
human flesh has glorified.  
Who by life and death and rising  
Grace abundant has supplied.  
God has spoken: God has spoken:  
Praise him for his open Word.

Thanks to God whose Word was written  
in the Bible's sacred page,  
Record of the revelation  
showing God to every age.  
God has spoken: God has spoken:  
Praise him for his open Word.

Thanks to God whose Word is published  
in the tongues of every race.  
See its glory undiminished  
by the change of time or place.  
God has spoken: God has spoken:  
Praise him for his open Word.

Thanks to God whose Word is answered  
by the Spirit's voice within.  
Here we drink of joy unmeasured,  
life redeemed from death and sin.  
God is speaking: God is speaking:  
Praise him for his open Word.

**Father, who in Jesus found us,**  
God, whose love is all around us,  
who to freedom new unbound us,  
keep our hearts with joy aflame.

For the sacramental breaking,  
for the honour of partaking,  
for your life, our lives re-making,  
young and old, we praise your name.

From the service of this table  
lead us to a life more stable,  
for our witness make us able;  
blessings on our work we claim.

Through our calling closely knitted,  
daily to your praise committed,  
for a life of service fitted,  
let us now your love proclaim.

**Good Christians all, rejoice and sing!**  
Now is the triumph of our King!  
To the whole world glad news we bring:  
Alleluia!

The Lord of life is risen today;  
bring flowers of song to strew his way;  
let everyone rejoice and say:  
Alleluia!

Praise we in songs of victory  
that love, that life which cannot die,  
and sing with hearts uplifted high:  
Alleluia!

Your name we bless, O risen Lord,  
and sing today with one accord  
the life laid down, the life restored:  
Alleluia!

**Now let us from this table rise**  
renewed in body, mind and soul;  
with Christ we die and rise again,  
his selfless love has made us whole.

With minds alert, upheld by grace,  
to spread the Word in speech and deed,  
we follow in the steps of Christ,  
at one with all in hope and need.

To fill each human house with love,  
it is the sacrament of care;  
the work that Christ began to do  
we humbly pledge ourselves to share.

Then give us courage, Father God,  
to choose again the pilgrim way  
and help us to accept with joy  
the challenge of tomorrow's 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

**Molly 'Tim' Morton, Geoffrey Scorer**

*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  
Laura Patricia  
Heath will take**

place at Woodland Burial  
ground at 2.00p.m. on  
Monday 17 August.