



# Partnership News

## Putnoe Heights & St Mark's Church

### 20 July 2014

### Ordinary 16



#### 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

#### 20 July - Ordinary 16

##### 9.30 St Marks - Holy Communion

Preacher - Deacon Jane Mills  
Leadership - Mrs. Elizabeth Bean  
Intercessions - Mr Warwick Holden  
Organist - Mr Clive Simmonds

##### 11.00 am Putnoe - Holy Communion

Preacher - Deacon Jane Mills  
Leadership Team - Mr Barry Southam  
Intercessions - Mrs Sylvia Cohen  
Organist - Mr Clive Simmonds

#### 27 July - Ordinary 17

##### 9.30 St Marks - Morning Worship

Leadership - Mr. Edward Parry  
Preacher - Revd. Canon Charles Royden  
Intercessions - Deacon Jane Mills  
Organist - Mr Clive Simmonds

##### 11.00 am Putnoe - Morning Worship

Preacher - Revd. Canon Charles Royden  
Leadership Team - Mr Martin Fannon  
Intercessions - Mr. Alan Bayliss  
Organist - Mr Clive Simmonds

**Readings** 1. Genesis 28:15-28 2. Romans 8: 26-39  
3. Matthew 13: 31-33, 44-52.

**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 Putnoe Heights this week have been given by Jenny and Barry Snelson to celebrate their wedding anniversary and remembering their parents

*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

Grant to me, O Lord,  
the penitence of the Publican  
who dared not raise his eyes to heaven,  
the longing of the Prodigal  
who wanted to return home  
and the wisdom of the Merchant  
who surrendered all  
to possess the kingdom. Amen.

*Rabbula of Edessa (d.435)*

#### The Reverend Dr. Sam Cappleman

107 Dover Crescent, Bedford MK41 8QR  
Tel: 266952 nsm@thisischurch.com

#### Deacon Jane Mills

c/o Putnoe Heights Church Centre  
Tel. 348091 Mobile 07807 146535  
jane@thisischurch.com

#### The Reverend Canon Charles Royden

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

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

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

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#### Partnership Pastoral Support Team Co-Ordinators

Mrs Wendy Waters 342613 office@thisischurch.com  
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

**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 Restarts 8 September

**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 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

**1.3pm 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 January 2015.

**7.30pm Ladies Tuesday Club** at Putnoe Heights (Meets fortnightl 22 July Members evening. 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 10 September 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 30 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. Will not meet on July 31 and August 7

**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 Restarts September 11

**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 Restarts 4 September

**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

## 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 16

## Sentence of Scripture Psalm 86:11

Teach me your way, O Lord, and I will walk in your truth; knit my heart to you, that I may fear your name.

## Collect Prayer for the Day

*Before we read we pray*

Lord God your Son left the riches of heaven and became poor for our sake: when we prosper save us from pride, when we are needy save us from despair, that we may trust in you alone; through Jesus Christ our Lord. Amen.

## First Bible Reading Genesis 28: 10-19a

Jacob left Beersheba and set out for Harran. When he reached a certain place, he stopped for the night because the sun had set. Taking one of the stones there, he put it under his head and lay down to sleep. He had a dream in which he saw a stairway resting on the earth, with its top reaching to heaven, and the angels of God were ascending and descending on it. There above it stood the LORD, and he said: 'I am the LORD, the God of your father Abraham and the God of Isaac. I will give you and your descendants the land on which you are lying. Your descendants will be like the dust of the earth, and you will spread out to the west and to the east, to the north and to the south. All peoples on earth will be blessed through you and your offspring. I am with you and will watch over you wherever you go, and I will bring you back to this land. I will not leave you until I have done what I have promised you.' When Jacob awoke from his sleep, he thought, 'Surely the LORD is in this place, and I was not aware of it.' He was afraid and said, 'How awesome is this place! This is none other than the house of God; this is the gate of heaven.' Early the next morning Jacob took the stone he had placed under his head and set it up as a pillar and poured oil on top of it. He called that place Bethel, though the city used to be called Luz.  
(This is the word of the Lord -- **Thanks be to God**)



## Second Bible Reading - Romans Chapter 8 :12-25

Therefore, brothers, we have an obligation--but it is not to the sinful nature, to live according to it. For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live, because those who are led by the Spirit of God are sons of God. For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father." The Spirit himself testifies with our spirit that we are God's children. Now if we are children, then we are heirs--heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory. I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. The creation waits in eager expectation for the sons of God to be revealed. For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope that the creation itself will be liberated from its bondage to decay and brought into the glorious freedom of the children of God. We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. Not only so, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait eagerly for our adoption as sons, the redemption of our bodies. For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what he already has? But if we hope for what we do not yet have, we wait for it patiently.  
(This is the word of the Lord-- **Thanks be to God**)

## Gospel Reading - Matthew Chapter 13: 24 - 30, 36 - 43

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

Jesus told them another parable: "The kingdom of heaven is like a man who sowed good seed in his field. But while everyone was sleeping, his enemy came and sowed weeds among the wheat, and went away. When the wheat sprouted and formed heads, then the weeds also appeared. "The owner's servants came to him and said, 'Sir, didn't you sow good seed in your field? Where then

did the weeds come from?' "An enemy did this,' he replied. "The servants asked him, 'Do you want us to go and pull them up?' "No,' he answered, 'because while you are pulling the weeds, you may root up the wheat with them. Let both grow together until the harvest. At that time I will tell the harvesters: First collect the weeds and tie them in bundles to be burned; then gather the wheat and bring it into my barn. "Then he left the crowd and went into the house. His disciples came to him and said, "Explain to us the parable of the weeds in the field." He answered, "The one who sowed the good seed is the Son of Man. The field is the world, and the good seed stands for the sons of the kingdom. The weeds are the sons of the evil one, and the enemy who sows them is the devil. The harvest is the end of the age, and the harvesters are angels. "As the weeds are pulled up and burned in the fire, so it will be at the end of the age. The Son of Man will send out his angels, and they will weed out of his kingdom everything that causes sin and all who do evil. They will throw them into the fiery furnace, where there will be weeping and gnashing of teeth. Then the righteous will shine like the sun in the kingdom of their Father. He who has ears, let him hear. (This is the Gospel of Christ — **Praise to Christ our Lord**)

### **Post Communion Prayer**

Strengthen for service, Lord, the hands that have taken holy things; may the ears which have heard your word be deaf to clamour and dispute; may the tongues which have sung your praise be free from deceit; may the eyes which have seen the tokens of your love shine with the light of hope; and may the bodies which have been fed with your body be refreshed with the fullness of your life; glory to you for ever. Amen

### **Hymns** (*Please distribute Holy Communion Booklet and Hymns & Psalm* )

1. All people that on Earth do dwell 1
2. This is the day 578
3. Father Hear the prayer we offer 436
4. Love Divine 267

### **Commentary Hope, frustration and groaning; some reflections on my own experience.**

Have you ever got the feeling that God is trying to tell you something? It seems to me that every time this passage of Romans 8 is on the lectionary I am leading worship.

It is a passage that has followed me for years, indeed, there have been several 'moments' in my life when I have been struggling, frustrated by situations, people or by attitudes in such a way that it has caused me to question my calling. On each occasion this passage has been set before me in some way, at each stage offering clear (if not always welcome) guidance.

Over the years I have come to appreciate that Paul is suggesting that it is often the very 'frustrations' we face that inspire us to do something to change a situation – '*who hopes for what he already has?*' Even as a child I learnt to be thankful for the times I was unwell, as it taught me to appreciate the good times more, yet I would not wish illness, frustrations or dark times on anybody.

The Kingdom, I believe, is something we each have an active role in bringing about - '*co-creators with Christ*' – each act of kindness, justice, helpfulness we each enact brings it closer. Whenever we are faced with frustrations, rather than 'curling up in a ball' or following the urge to 'run away' God wants us to act to make the situation better. It is the very things we are dissatisfied with that cause us to push for change, my only question to Paul would be the final passage and the suggestion that we '*wait patiently!*'

Today Romans 8 is presented alongside the Parable of the weeds in Matthew 13.

Placed, as it is, after the more familiar parable of the sower it could be seen to lead on from that, describing as it does the portion of the crop that fell among the weeds. Whilst the parable of the sower suggests that these seeds grow quickly, but are overwhelmed by the weeds, here we are told that to save the crop it is best to let them grow to maturity alongside each other. I imagine that some may still be lost, but it is a risk worth taking if more of the harvest would be lost if the weeds are pulled out while the roots of the crop is still shallow, whilst, if left to grow to maturity, they will be strong enough to withstand this. It is at the very point of harvest that the weeds will be destroyed, leaving the wholesome crop strong.

Many of you will know that for 15 hours a week I am employed by MHA to be a chaplain at Ladyslaude Court and Anjulita Court. So marking this Sunday is important to me, as it is possibly the most rewarding ministry I have been part of to date. In a society where everyone seems to be rushing it is so valuable to spend time amongst people who have the time to stop, talk, share and often explore some of the deeper dimensions of life, faith and suffering that we seldom engage with in our churches.

This year's theme, as Keith mentioned, is about 'Living in the moment', so it sits comfortably alongside today's readings.

There is a gulf between the societal values of who has worth and the biblical understanding of the wisdom of age. It is a privilege to get to know people who have done so much in their lifetime, there is so much we could learn from the wisdom they can cast on current situations, a wisdom that has come from decades of observation, trial and error and experience.

Many of our elderly are frustrated by the barriers people put in their way, sometimes out of good intention, yet diminishing them all the same. A weakening body, failing eyesight or hearing are not reasons to 'set someone aside', indeed experience has shown that as one sense fails others are often heightened, such as the detailed testimony a blind witness can often give, noting things a person with 20-20 vision is unlikely to notice.

The precious moments we have in our lives are often the things we hold on to, the things that keep us going through the dark times, a memory and knowledge that things can, and should, be better. For those in the advanced stages of Dementia these can be fleeting, 'Snowflakes' that are beautiful to look at but melt the moment you try to capture them. When a memory is evoked, by a song, a picture or perhaps even a smell, it is all the more important to 'run with it' to explore the memory whilst it is there – we may not understand its importance, but through it they can communicate, we just need to learn to listen, both to the individual and to God. If we get caught up with only valuing those 'contributors' or society seems to value we risk uprooting more than the hateful situation we face. It can be incredibly difficult to accept the situation life puts us or those we love in, we are simply asked to be 'counter cultural', to look for the 'silver lining' in each situation and to be the best we can be, along side each other, as the Kingdom of God draws closer every day. *Deacon Jane Mills*

## **Meditation**

### **MHA Sunday 2014 ...'in the moment.'**

Older people are the most prevalent group in society and, in many places, they represent the majority of those who form our church congregations. It is important that the Church continues to value the gifts and ministry of and to older people and remembers that there is also a small but significant number of people who find it increasingly difficult to adapt to the challenges that come with living with some of the effects of ageing.

Methodist Homes (MHA) has sought to witness to God's gift of age for over 70 years, both to older people themselves and, through them, to the wider Church and community. We are one of the largest not-for-profit providers of housing and care for older people in the United Kingdom, and our mission remains what it has always been - to improve the lives of older people, inspired by Christian concern. Our services have always been open to people of all faiths and none.

The theme of our worship this year focuses on those 'magic moments' when something or someone 'touches' us. Such moments are relevant at any time in life, but as we get older and our horizons get shorter, understanding the value of the 'now' increases. It is particularly important for someone living with dementia and the individual who meets them. At MHA, we have the privilege of supporting and caring for large numbers of older people living with dementia. They have a lot to teach us in paying attention to where we are, moment by moment, and we have found the joys and challenges of this teaching are well worth sharing.

Every blessing,

Keith Albans – Director of Chaplaincy & Spirituality, MHA

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

Lord, make me an instrument of your peace. Where there is hatred, let me sow love.

Where there is injury, pardon. Where there is doubt, faith.

Where there is despair, hope. Where there is darkness, light.

Where there is sadness, joy. O Divine Master,

grant that I may not so much seek to be consoled, as to console;

to be understood, as to understand; to be loved, as to love.

For it is in giving that we receive.

It is in pardoning that we are pardoned,

and it is in dying that we are born to Eternal Life.

O God, the father of the forsaken, the help of the weak, the supplier of the needy; you teach us that love towards the human race is the bond of perfectness, and the imitation of your blessed self. Open and touch our hearts that we may see and do, both for this world and that which is to come, the things that belong to our peace. Strengthen us in the work which we have undertaken; give us wisdom, perseverance, faith, and zeal, and in your own time and according to your pleasure, prosper the issue for the love of your Son Jesus Christ. *(Lord Shaftesbury 1801-85)*

**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 Open house. The last amount raised was £68, thanks to all who contributed.

**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 Raffle in aid of church funds, raffle prize donations welcome.

**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

**St Mark's Chat and Make / Play** Holiday meetings will be August 7 and August 21 from 9.30 to 11.30am. Chat and Make/Play start again on Monday 8 September at 1.30pm and Thursday 11 at 9.30am Please contact Janine 01234 297481 for more details. **Story Box** starts again on 4 September at 12 noon.

**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.

**Bedford Hospital at Risk.** Are you concerned about the possible loss of services at Bedford Hospital ? Especially A & E. Are you horrified at the thought of going to Luton and Dunstable or

Milton Keynes to access these vital services which are needed here in our own town. If you go to [www.savebedfordhospital.org.uk](http://www.savebedfordhospital.org.uk) and sign the on line petition or download it and get neighbours, friends and family to sign, or sign the petitions at Putnoe Heights or St. Mark's. Don't lose the services without a fight. Margaret Massey.

*Note Options for the future of Bedford Hospital have now been narrowed to a short list of five variations, all involving a major downgrading for either Milton Keynes or Bedford hospital, including the option of 'no beds on site'.*

**The President of the Methodist Conference** has welcomed the news that the Church of England's General Synod has today voted in favour of allowing women to become bishops.

The Revd Ken Howcroft said: "We rejoice in the decision of the Church of England to admit women to the episcopacy. We recognise that this has been a long and difficult process and that, for some, it is a painful decision. We will continue to keep everyone in the Church of England in our prayers. The Methodist Church has long benefitted from the equality of ministry between men and women. We are confident that our Church of England brothers and sisters will be similarly blessed as a result of today's courageous decision."

### 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

amazon.com  
and you're done.



### When you do your shopping please shop at [www.ThisChurch.com](http://www.ThisChurch.com)

Thank you for shopping using the link on 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, 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)

## It's Your Funeral -

Please remember that copies of our booklet 'It's Your Funeral' are available for church members to help make funeral arrangements. If you wish a copy can then be kept confidentially by the ministers. Malcolm Jones, a member of St Mark's Church, is the local funeral director at Molyneux Jones in St Cuthberts Street and he encourages planning in advance.

*'Making your funeral wishes known in advance can make the process of funeral arranging less distressing and daunting for family and friends. Many people have a favourite song, or have very definite ideas about whether they want burial or cremation, but don't let their wishes be known'*

Malcolm managed large corporate funeral businesses for 15 years before returning to Bedford in 2011 to open his own business in St Cuthberts Street. Opening Molyneux Jones Funeral Directors has allowed him the freedom to give talks on funeral choices and funeral directing to local organisations such as WI's and the British Legion. These talks aim to inform whilst allowing attendees the opportunity to ask questions – dispelling myths and discussing funeral options available. So if you have any questions you would like answered, need advice or would like to discuss available options, you can contact Malcolm on 01234 363191 or e-mail him on [malcolm@molyneuxjones.co.uk](mailto:malcolm@molyneuxjones.co.uk)



On August 25 there will be a fabulous festival of fun, worship and praise at the College Equestrian Centre in Keysoe, to celebrate 100 years of the St Albans Diocese. We hope that you will all join us for this day from 10am onwards. There will be so much to do and it's all free. Expect to see the best international dog display team, flying birds of prey, a fairground, classic car display and a central outdoor stage with music and a special celebration service. (Plus - Lots More !)



One of the things which we are hoping to do is organise a team from each church to take part in 'It's a knockout.' If you would like

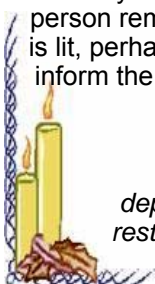
to take part in a team and you are over 16 then please speak to Ian Farthing at St Mark's or Sam Ware at Putnoe.

## 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



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