



**Kempston East  
Methodist  
Church  
e-Newsletter  
Issue 21  
August 9,  
2020**

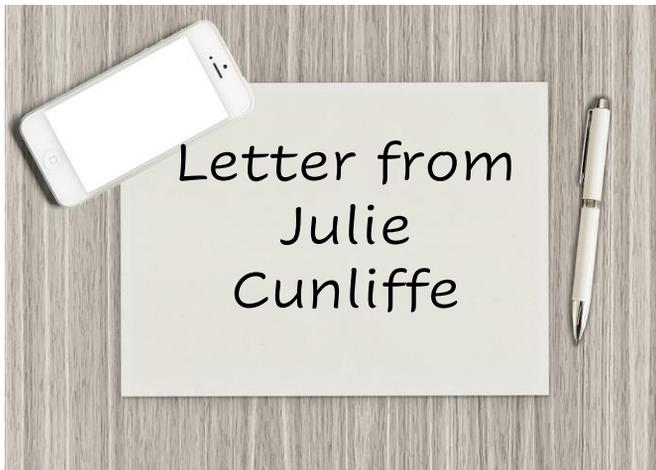
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Rev Prof. Peter Byass  
(07711 077808)

[www.kempstoneastmethodist.org](http://www.kempstoneastmethodist.org)



**Jesus Walks on the Water**



I was sitting reading the e-newsletter for 2<sup>nd</sup> August when suddenly I remembered “crumbs, it’s my turn next”.

I have so enjoyed all the letters, by turn educational, inspirational and uplifting. How am I going to follow that. It’s been really good to have the newsletter on a Saturday so that we are better prepared to enjoy all that is offered for worship on a Sunday.

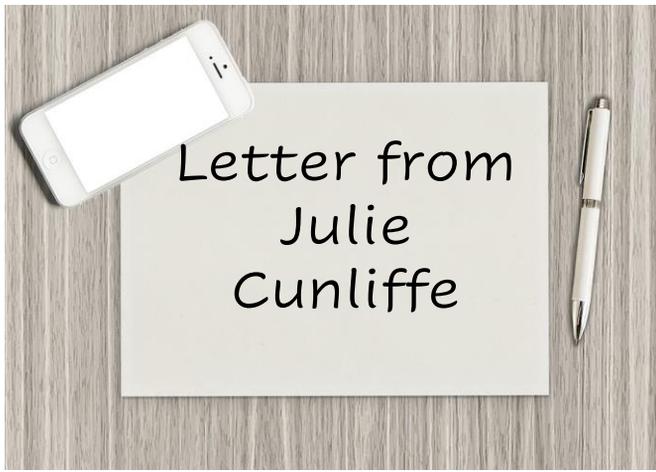
In desperation I turned to my “mum’s documents” on my computer. Guess who set the computer up for me? I came across the following story.

The only survivor of a shipwreck was washed up on a small, uninhabited island. He thanked God that he had survived but prayed that he would soon be rescued. Every day he scanned the horizon for help, but none seemed forthcoming. Exhausted, he eventually managed to build a little hut out of driftwood to protect him from the elements and to store his few possessions. Next day, after scavenging for food he arrived back to find his little hut in flames with smoke rolling up to the sky.

Everything was lost. He was stunned with disbelief and anger. “God, how could you do this to me?” he cried out. Early next morning, he was awakened by the sound of a ship approaching the island. It had come to rescue him. “How did you know I was here?” asked the man. “We saw your smoke signal” the captain replied.

The date of that newsletter was July 6<sup>th</sup> 2008 back in the days when Graham Miles was our minister. By coincidence, four weeks ago, on July 6<sup>th</sup>, my husband passed away here at home and just for a while I felt that my little hut had been burned to the ground, but God knew best and I trusted Him.

It’s so easy to be discouraged when things seem bad, so many people are feeling that the world is not a happy place. We must not lose heart, because God is at work in our lives, even amidst the sorrow and the worry that besets us all these days. When next you feel that your little hut is burning down it may be a smoke signal that summons the grace of God.



To finish I would like to say how much I have appreciated all your kind thoughts and prayers these last few months. I heard a quote today from a man who had been overwhelmed by much needed help from volunteers in his community.

“2020 will be remembered as a vintage year for kindness”

“My grace is all you need, for my power is strongest when you are weak”. 2<sup>nd</sup> letter to Corinthians 12.

May my love and the grace of God go with you all

Julie Cunliffe.

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If you're a member of the Wesley Guild, you'll have received this information from Roger, but, it's worth a wider circulation so I'm including it here.

The Chandkhuri Hospital in India provides essential services to people affected by leprosy every day, but it was under real threat. Thanks to the compassion of people like you, Chandkhuri Hospital will get a new Operating Department! Sadly, saving the hospital is not the end of the story. The team there still needs essential equipment to carry out their life-changing surgical work. We know many people affected by leprosy will flock to the hospital once the coronavirus pandemic is over so the need for vital equipment is now urgent.

The doctors and nurses at Chandkhuri Hospital are dedicated to the people they serve in its wards. Dr. Elkana, who runs the hospital, is passionate about providing the best care for patients. You have the power to provide vital equipment to Dr. Elkana and his medical team at Chandkhuri Hospital. You can help transform lives devastated by leprosy. A gift from you could help purchase a microscope, cataract surgery equipment, or a ventilator.

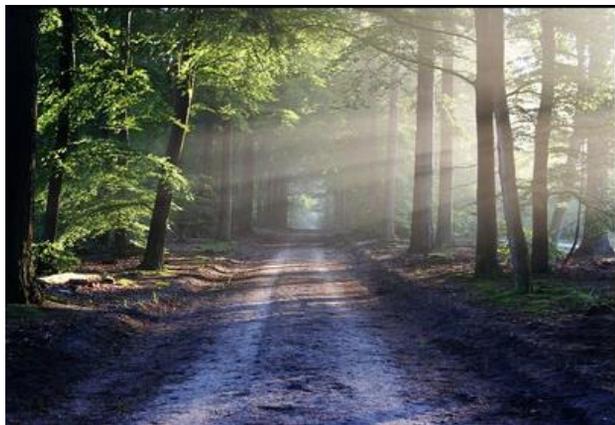
[Please, give what you can today.](#)



**The Leprosy  
Mission**  
England and Wales

## The health benefits of getting out

Last week I wrote about some of the health benefits of getting out. I do realise that not everyone who reads this is able to get out much beyond their own back garden – and, for some, even that's a step too far. But there are ways of bringing the outside into the house.



## Indoor plants

A good way of doing this is, of course, to have a good selection of house plants indoors. If you're worried about forgetting to water them then cacti make good ones. Or there are some incredibly realistic artificial flowers you can buy these days that will never need any watering.

Take a look at *Ideal Home's* suggestions on [www.idealhome.co.uk/living-room/living-room-advice/our-guide-to-the-most-realistic-fake-flowers-available-7137](http://www.idealhome.co.uk/living-room/living-room-advice/our-guide-to-the-most-realistic-fake-flowers-available-7137).

## Still life

If you're of an artistic bent and you have some pebbles and shells doing nothing then you could make up your own still life beach scene to take you back to days gone by and memories of seaside holidays. If you don't have any pebbles, you can easily get these from a garden centre.



## Photography

One of the things we've been doing during lockdown is to go through old photographs and throwing out those where we have no idea of where they were. [I never realised that we'd been in so many churches!] Sometimes, though, you come across a picture of somewhere that, even though you can't remember where it is, it's such a nice photo that you decide to keep it.

Why not have a board hung on the wall of some of your better pictures and cycle them around, changing them month by month? Or, buy a CD of nature sounds – waves on the shore, rain falling, bird song.



# National Days and Weeks



## National Allotments Week (begins August 10<sup>th</sup>)

Those of you who have an allotment probably already know about this. If not, then it's an opportunity to celebrate how important allotments and other open spaces are for you and your local community. Allotments have many benefits. They bring people together and unite them through their shared love of low-cost, healthy fresh fruit and vegetables, physical exercise and social interaction.

## Afternoon Tea Week (begins August 10<sup>th</sup>)

Even if you don't celebrate Allotment Week, how many of us can resist a typically English Afternoon Tea? And, I stress the 'English' because it's an English 'invention'. In fact, forget Cornish teas and Devon teas, we should be celebrating the Bedfordshire Afternoon Tea. This is because afternoon tea was introduced in England by Anna Russell, the seventh Duchess of Bedford, in the 1840s. In the 19th century, dinner was often served at 9 o'clock in the evening. Anna who became hungry requested "some tea, bread and butter and cake".



## International Youth Day (August 12<sup>th</sup>)

In 1995, ten years after the International Year of the Youth, the United Nations inaugurated International Youth Day to focus on youth development and protection and particularly on education, employment, the environment, delinquency, girls and

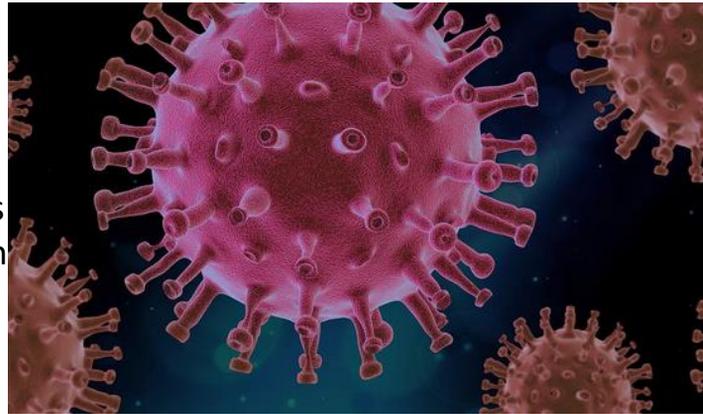
young women, HIV/AIDS and intergenerational relations.

And, finally, if you're left-handed, there's a day specially for you because **August 13<sup>th</sup> is International Left-Handers' Awareness Day.**

# ***Bedford News***

## **Bedford Borough COVID-19 Deep Dive Report Published**

I'm sure you will remember that a few weeks ago, when the high rate of Covid-19 infection in Bedford was highlighted, a 'deep dive' investigation into the causes of this was initiated. The results of this have now been



published. The Bedford Borough Covid-19 Deep Dive findings are available here [www.bedford.gov.uk/covid19](http://www.bedford.gov.uk/covid19). If, though, you just want the highlights, read on.....

The report confirms that the local COVID-19 infection rate has declined since mid-June and that there was no singular cause of the higher infection rate seen in Bedford Borough. The investigation found that most cases followed people being exposed within their households and household visitors, with exposures elsewhere remaining low. The most recent cases have been among people of working age, and within Bedford town. The investigation looked at coronavirus infections in healthcare settings, care homes and workplaces and concluded that there was no one cause of the higher local infection rate.

Following interim recommendations published three weeks ago, action has been taken to increase testing capacity at Bedford Hospital, and to increase engagement with communities where more cases were seen.

The report also noted the collaborative partnership working across local, regional and national organisations, and this is set to continue.

The final recommendations of the 'Deep Dive' report include continued work to communicate with and engage with local communities, continuing to support care homes, and ensuring all local outbreaks are reported to the Director of Public Health.

While the local infection rate has decreased since mid-June, there has been an increase in new infections in the last two weeks, so the situation will be monitored closely and the public are being urged to remain cautious.

People are being reminded to continue to observe the 2m social distancing policy, wear a face covering – especially on public transport, shops, and crowded places, and wash your hands regularly with soap and water, or hand sanitiser if that is unavailable.

# Bedford News

## The Mayor's comments on the Covid-19 Deep Dive Report

"We're grateful to Public Health England for undertaking this work and to local partners for their co-operation. Since the Deep Dive analysis was completed, the number of local cases has crept up and we continue to see a higher infection rate than the East of England average, so we cannot be complacent and must continue to follow social distancing and other advice. In terms of recent transmission and looking at how we can continue to control infection rates, what I take from this is the importance of good practices in all workplaces so employees can work safely, and the importance of every individual continuing to follow preventative measures in the home and while out and about. Most Bedford Borough residents have been great at following the guidance and I would urge residents to keep following the guidelines."

*Dave Hodgson, Mayor of Bedford Borough*

## Play parks now open

Almost all of the Council's play parks and areas are now open. The only one that isn't is the Kingfisher play area in Wixams which has a large piece of equipment that needs some repair.



## Get moving

Has the lockdown restricted the kinds of exercise you've been able to do? If so, the Council has set up a scheme to help you. On their [wellbeing webpage](#), they have gathered lots of different fitness plans,

apps and exercises for all ages and levels.

You can also find much more on this page including, advice to help protect your mental health, and top tips for healthy eating.

The Sports Development and its team of coaches are continuing to offer a programme of online physical activity and wellbeing sessions to enable you to stay home; keep active and stay fit.

Use the following link [bedfordsportslive](#) to view and access the sessions.

*This Bedford News is extracted from emailings from Bedford Borough Council and their partners*

# And the People Stayed Home.....

And people stayed at home  
And read books  
And listened  
And they rested  
And did exercises  
And made art and played  
And learned new ways of being  
And stopped and listened  
More deeply  
Someone meditated, someone prayed,  
Someone met their shadow,  
And people began to think differently  
And people healed  
And in the absence of people who  
Lived in ignorant ways  
Dangerous, meaningless and heartless  
The earth also began to heal  
And when the danger ended and  
People found themselves  
They grieved for the dead  
And made new choices  
And dreamed of new visions  
And created new ways of living  
And completely healed the earth  
Just as they were healed.



*This poem was written in 1869 and then was reprinted in 1919 during the time of the Spanish flu pandemic.*

Even back in 1919, meeting rooms, schools, churches and moving picture halls were all closed - sounds familiar!!

What was different, though, was, as San Francisco in the USA was the only area 'flu free' because the elders had imposed strict mask wearing and lockdown, any one not wearing a mask could be shot!.

I suppose that is one way to enforce wearing a mask but I can't see it going down well in Sainsbury's!

*Taken from the Bedford U3A Self-isolation mailings and thanks to Jo Fordham for allowing me to reproduce it here.*

# Going Out-Staying In



## Going Out

The Government advice on theatres keeps changing all the time. First only outdoor theatres could open, then indoor ones could, and then they couldn't. It's like the Hokey Cokey – in-out-in-out! The Regents Park Open Air Theatre is still planning to hold 70 socially distanced performances of *Jesus Christ Superstar* beginning on August 14<sup>th</sup>.

In light of all this, I did have a look at what MK Theatre is doing and, at present, a lot of the shows planned for this year have been moved to next year starting with the Queen show, 'We Will Rock You' from 25<sup>th</sup> to 30<sup>th</sup> January 2021. You can see the full list at [www.atgtickets.com/help/rescheduled-and-postponed-shows/#20](http://www.atgtickets.com/help/rescheduled-and-postponed-shows/#20).

A few weeks ago, I said that National Trust and English Heritage sites were opening up – but only the gardens, not the houses. That's still the case, and you still have to pre-book. As for other 'stately homes' in our locality, Woburn Abbey and Gardens were always planned to be closed during 2020 for some large-scale refurbishment so the Covid-19 crisis has not affected them in the same way. As far as the Safari Park is concerned, this is open but you do have to pre-book. Tickets are currently available up to 23<sup>rd</sup> August and you can book on [www.woburnsafari.co.uk/tickets-and-offers/day-tickets/](http://www.woburnsafari.co.uk/tickets-and-offers/day-tickets/).

Blenheim Palace (at Woodstock, Oxfordshire) is fully open, meaning that you can visit the Palace (in socially distanced family groups of up to six) as well as the Park and Gardens. Various dining options are also available from alfresco dining in the Orangery to (until August 16<sup>th</sup>) Picnic at the Palace. Details at [www.blenheimpalace.com](http://www.blenheimpalace.com).

## Staying In

There will, of course, be times when you want to find something to do indoors – either the weather's not so good or the evenings are getting longer.

If you'd like to see *Jesus Christ Superstar* but missed the version on YouTube a few weeks ago and don't fancy going to the Regents Park Open-Air Theatre you can find another version of the show on Netflix (along with a wide variety of other musicals). You do, though, need a Netflix subscription.

If you would like to visit Blenheim Palace (see above) but are still wary of mixing with others you can get virtual tours and seminars with the Palace's historian as well as a digital 3D tour of the Palace – see [www.blenheimpalace.com/virtual-experiences/](http://www.blenheimpalace.com/virtual-experiences/).

Finally, take a look at the Hallelujah Chorus performed in a brilliantly visual way on [www.youtube.com/watch?v=Ag6CYY0cbFc&feature=youtu.be](http://www.youtube.com/watch?v=Ag6CYY0cbFc&feature=youtu.be). (Thanks to Cheryl)

# Stay Safe in the Sun

Following on from the ideas on the previous page for going out, it looks as though summer might carry on for a couple more weeks. If that's the case then you need to make sure you stay safe in the sun (as well as staying safe from Covid-19). Here are a few tips for this.



## Use Sunscreen

Make sure that any sunscreen you use –

- has the letters 'UVA' circled on the packaging
- is rated 4 star or 5 star
- has a Sun Protection Factor (SPF) of at least 30
- is water-resistant, and
- is still in date and has been open for less than a year
- and reapply at least every two hours



## Wear suitable clothing.....

...and not just hats. Wear loose clothing, ideally with a built-in SPF or UPF (to protect against UV rays). Lightweight clothing often, though, means a lighter weave that can allow the sun's rays through. Check this by holding clothes up to the light to see how much gets through.

## Sit in the Shade

During British Summer Time the sun is at its highest at 1pm, so it's best to avoid sitting in direct sunlight for two hours either side of this (between 11am and 3pm).

Don't forget also that the sun reflects off lighter surfaces such as sand, concrete and, if you're heading into high mountains, off snow as well. You'll also notice that, if your garden umbrella is anything like ours, you can see the outline of the sun through the weave meaning that a certain amount of rays are getting through to you.



## Stay hydrated

Make sure you drink a lot (6-8 glasses a day) of water, tea, coffee and low-fat milk. Don't go overboard on fruit juice because of the sugar content and alcoholic drinks can make you dehydrated.



# Your photos on the theme of 'Blue'



Continuing with 'Blue', the photo theme for August, we have plumbago and agapanthus from Roger S, the Cornish coastline from Cheryl, a blue orchid from Cilla and a blue Icelandic church from me.



*from Cilla*



*from Cheryl*



*from Roger S*



*from Geoff*



**Sponsored Bike 'n Hike**  
BEDS AND HERTS HISTORIC CHURCHES TRUST

A Very Different **Bike 'n Hike**

**Saturday 12 September 2020**  
**9am to 5 pm**



For more information please contact:  
[www.b-n-h.co.uk](http://www.b-n-h.co.uk)  
or  
[bikenhike@bedshertshct.org.uk](mailto:bikenhike@bedshertshct.org.uk)

- ▶ **Have fun visiting over 600 churches and chapels**
- ▶ **Raise funds for your local church or chapel**
- ▶ **Help save other churches in Beds and Herts**
- ▶ **Stay Safe: follow Government Covid-19 Guidelines**

Bike 'n Hike in association with the national Ride + Stride  
and with acknowledgements to THE WIXAMTREE TRUST  
[www.b-n-h.co.uk](http://www.b-n-h.co.uk) BHHCT Registered Charity No. 1005697



**BEDS & HERTS**  
Historic Churches Trust

BH4 2020

This year's Sponsored Bike 'n' Hike will take place on Saturday 12<sup>th</sup> September but, because of Covid-19, it will be different. As a cyclist or walker, you will still seek sponsorship for each church you visit however the churches you visit may not be open and there will be no welcome to sign your sponsorship form, you will therefore need to self-certify. A fun way to show sponsors you've visited the church is to take a selfie of the church in the background. If you wish you can upload the best selfies onto the Bike 'n Hike Facebook page. (Click onto the Facebook logo on the [www.b-n-h.co.uk](http://www.b-n-h.co.uk) web page). This year we need your support more than ever. With our church being closed our <sup>12</sup> income is very much reduced.



# Our Church Family



Please remember in your prayers:

- All our friends in care homes, especially in Anjulita Court, Manton Heights, Parkside and Dame Alice Court, and at Ladyslaude Court



## Could you be a Creating Safer Space Trainer?

Or, do you know anyone who would be interested in volunteering as a Creating Safer Space Trainer. We currently only have 5 trainers in the North Bedfordshire Circuit. It would be wonderful to have a few more.

The District are currently rolling out 'Creating Safer Space, Training the Trainers' training via a series of videos and some Zoom Training. So now would be an ideal time to sign up.

If you are interested or want more details contact Stephanie Field in the Circuit office ([northbedscircuitoffice@gmail.com](mailto:northbedscircuitoffice@gmail.com))

## Sunday Club by Zoom...

Sunday Club via Zoom is continuing each week, beginning at 11am. If you (or your children or grandchildren) would like to join the others in this then you need a login code and password from Rosemary or Stuart ([stuart.simms@ntlworld.com](mailto:stuart.simms@ntlworld.com))



# WORSHIP

During this time when all of our churches are closed for worship you have a number of options for alternative worship. Most of these involve accessing the internet, particularly YouTube.

On BBC1 in 'Sunday Morning Live', at 10.00am, Sean Fletcher and Sally Phillips take a look at the week's talking points and explore the ethical and religious issues of the day.

Then, at 1.15pm, on 'Songs of Praise', the Reverend Kate Bottley discovers how Christian reformers founded the National Trust 125 years ago, and reflects with Bristol Mayor and Christian Marvin Rees on the city's links to slavery.

In Sunday Worship at 8.10am on Radio 4 Chine McDonald, Rosemarie Mallet, Augustine Tanner-Ihm and David Shosanya explore the cross through the lens of black experience, as a symbol of oppression but also one of hope. Radio 3 has Choral Evensong at 3pm today (Sunday) live from St Martin-in-the-Fields, London, with the choir of St Bartholomew the Great, London, and at 3.30pm on Wednesday, again, from St Martin-in-the-Fields, London, with the BBC Singers.

On Youtube you have the choice of a number of live streamed services.

**Wesley's Chapel, London** [www.youtube.com/channel/UCUAUqhmhevz5sqhh72LIMxA](http://www.youtube.com/channel/UCUAUqhmhevz5sqhh72LIMxA) morning worship at 11am. **Methodist Central Hall, London** is also live streaming morning worship at 11am on [www.youtube.com/mchwevents](http://www.youtube.com/mchwevents) and **Swan Bank Methodist Church in Burslem** (at [www.youtube.com/user/SwanBank](http://www.youtube.com/user/SwanBank)) are live streaming morning worship at 10.30am.

And, of course, most importantly, don't forget that, on our own church website ([www.kempstoneastmethodist.org](http://www.kempstoneastmethodist.org)) each Sunday, there is a message appropriate to that week. This Sunday Rev Peter Byass will be delivering the message.

For those of you who don't have internet access, the next few pages contain a short form of worship for you to follow at home.

The lectionary Gospel passage this week is about Jesus stilling the storm and walking to the disciples on the water. As an anthem for the week, the song 'You'll Never Walk Alone' seems particularly appropriate (even though I suggested the Captain Tom Moore and Michael Ball version a few weeks ago). The version that can be accessed in this week's service features 300 singers and musicians from 15 countries.

The Church of England continues their free Daily Hope prayer line which will allow people to hear hymns, prayers and words that offer comfort and hope, particularly if you have no access to the internet. Simply call 0800 804 8044.



# WORSHIP AT HOME SUNDAY AUGUST 9, 2020

This short act of worship has been prepared for you to use if you are unable to attend church. If you are well enough, why not spend a few moments with God, knowing that other people are sharing this act of worship with you.

## Opening Prayer

I come this day to worship You, Father, Son and Holy Spirit. Open my heart, to receive Your love, my soul to receive Your Spirit and my mind to know to Your truth. For Your glory. Amen.

**Hymn:** Great is thy faithfulness (Singing the Faith 51)

Sing/ Read /pray /proclaim the words or listen to it here

<https://www.youtube.com/watch?v=dTKlqmdfHSk>

Great is thy faithfulness, O God my  
Father,  
there is no shadow of turning with thee;  
thou changest not, thy compassions,  
they fail not;  
as thou hast been thou for ever wilt be:

*Great is thy faithfulness! Great is thy  
faithfulness!*

*Morning by morning new mercies I see;  
all I have needed thy hand hath  
provided.*

*Great is thy faithfulness, Lord, unto me.*

Summer and winter, and springtime and  
harvest,  
sun, moon and stars in their courses  
above,  
join with all nature in manifold witness  
to thy great faithfulness, mercy and  
love:

Pardon for sin and a peace that  
endureth,  
thine own dear presence to cheer and  
to guide;  
strength for today and bright hope for  
tomorrow,  
blessings all mine, with ten thousand  
beside!

*Thomas O. Chisholm (1866-1960)*

## Let us pray together

God of grace, I praise You. I praise You for who You are: creator, faithful, rescuer, and holy.

I praise You that, even though I cannot be with others to worship You, I can feel that You are here in my heart.

I praise You, for all the blessings You have given me. For family, for friends, for a relationship with You. Help me not to take You for granted.

God of grace, as I worship You this morning, help me to be transformed by Your love, and in the power of Your Holy Spirit. Amen.

**Today's Gospel Reading:** Matthew 14:22-33

**Anthem:** 'You'll Never Walk Alone' (performed by 300 people from 15 countries)  
[www.youtube.com/watch?v=6gpoJNv5dlQ](http://www.youtube.com/watch?v=6gpoJNv5dlQ)

**Time to Reflect** (by Michael Ramsden, Local Preacher in the Bolton Methodist Circuit)

I am sure we can all relate to Peter. Throughout the gospels we get a picture of someone who does not always think before he speaks, if we take Peter's confession in Matthew 16:13-20 and think – did he rush his confession of faith or not? Only a few verses later Jesus rebukes him.

And it is the same in this reading. Peter is singled out while the others stay in the boat.

Jesus says to his disciples 'Take heart, it is I; do not be afraid' when he walks on the water to the disciples in the boat. Should this have been enough for Peter as it was for the others? No, Peter being Peter, wants to try and walk on the water.

Perhaps, the message today, for us, is one of trust as we journey as disciples through these difficult times? Jesus says to us, as he said to Peter, "Take heart, it is I: do not be afraid".

**Further Reflection** (by Jane Chevous, a writer, educator and activist who lives on a sailing yacht and often jumps in at the deep end, trying to stand up and speak out for truth and justice)

I am writing this sitting in a yacht in Horta harbour, in the Azores, having just spent 51 days at sea sailing from Mexico. So, this week's Gospel story from Matthew 14.22-33 has many resonances with our life over the last few weeks. Like Peter, we had to take a leap of faith to sail a small boat across the deep blue ocean, and like him we could not achieve it on our own!

Remember that this incident happens just after Jesus hears the awful news of John the Baptist's murder (Matthew 14.1-12). We are told that Jesus withdrew by boat to

a private and solitary place (Matthew 14.13) – a reaction we may be familiar with when something terrible happens. We just need time alone to get our heads around it. Or perhaps we reach out to others for comfort and reassurance, a shoulder to cry on, someone else to help us make sense of it all. Maybe Jesus was seeking time alone with his Father, to check in with him. Which of these reactions – reaching out, and turning in – do you normally have when life is stormy? Are both important to help us weather the storm?

As the disciples are trying to sail their boat through rough waters, Jesus is again up the mountain, trying to have some quiet time alone – something many of us will have struggled to find in these last few months. How do you make space for reflection and prayer at the moment? Can you protect some quiet ‘me time’ each day?

I really feel for the disciples, who are experiencing the worst kind of sea, with the wind against them and the short, choppy waves this often produces. Sailing like this is noisy and uncomfortable, as the boat bashes against the waves; and it can be scary if the waves are steep or the boat is small. It can make it very hard to reach your destination; at times on our long passage we wondered if we would ever arrive! I drew on my trust in our strong boat and the encouragement of our family and friends to have faith that all will be well – as well as my faith in God. What helps you to hold on to hope when it seems that the wind is too much against you?

Out in the vast deep blue, miles from land, we are faced with the reality that life is beyond our control. How do we find the courage to continue after a world pandemic like Covid, or a man-made disaster like the terrible explosion in Beirut this week?

Sometimes all we can do is take a leap of faith. But then maybe, like Peter, we panic when we find ourselves in at the deep end! As sailors, we can call on the RNLI to come to our aid; as Christians we can call on God, and each other. Who do you turn to when you need rescuing? How can you encourage each other to hold on to hope and keep faith, when you find yourselves in at the deep end?

Take a time to sit quietly

### **A time of prayer**

Almighty God, I come now to pray for Your world. Your world which is full of brokenness, injustice, and inequality. I bring before You the rulers of the world, local or national, and pray that they would remember that all power comes from You.

Almighty God, I pray for your church. I pray that during these times we would unite in worship and service. I pray for my local church, and its ministers/pastors, that they would be strengthened by Your Spirit.

Almighty God, I pray for those known to me and name them before You. And, I pray for myself, that I would be transformed by Your Spirit, and live in the love which You have given me through Jesus.

In the name of Jesus, I pray. Amen.

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

*Our Father .....*

**Hymn: Listen to Jesus, Draw Me Ever Nearer by Keith & Kristyn Getty**

[https://www.youtube.com/watch?v=aLr5Y\\_vW3wA](https://www.youtube.com/watch?v=aLr5Y_vW3wA)

### **or sing along to:**

Calm me, Lord, as you calmed the storm (Singing the Faith 624)

[www.youtube.com/watch?v=Fu6Z-P2y2WU](http://www.youtube.com/watch?v=Fu6Z-P2y2WU)

### **A prayer of blessing**

As this time of worship ends,  
and I enter into the storms of life,  
and the uncertainties which may come,  
may I take heart that Jesus is present,  
and ever live for His holy name.  
And may the blessing of God,  
Father, Son and Holy Spirit,  
be with me, and those whom I cherish in my heart, now and always.  
Amen.

Original Materials by Matthew Ramsden, Local Preacher from Bolton Methodist Circuit and Jane Chevous, a writer, educator and activist

Hymns reproduced under CCLi 1144191 and CCLi 5467.

If you would like to see and read more of Jane Chevous' writings you can share her writing at [www.barefoot-tales.uk](http://www.barefoot-tales.uk) and her activism at [www.survivorsvoices.org](http://www.survivorsvoices.org)



## Interactive prayer (based on the Gospel Reading)

- Fill a large bowl with water. Perhaps you have a toy boat to float on it, or can make a paper one.
- Use your hand to stir up the water – pray for those facing terrible times, for everyone tossed in stormy waters. Ask for any courage you need to weather the storms in your own life.



- Blow on the water to make waves – pray for those feeling they are making no headway at the moment. Ask for any help you need to hold on to hope when the wind seems against you.
- Walk your fingers across the water and think of Peter's leap of faith – pray for anyone jumping in at the deep end at the moment, perhaps facing a challenge, or a change in daily life. Ask for any faith you need to take the plunge when you are called to do so, or reach out for help when you need it.

## More activities based on the Gospel reading



### What does this picture say to you?

- Does it speak more of faith or of doubt?
- What leap of faith have you taken recently?
- Are we too risk-averse in living the gospel?

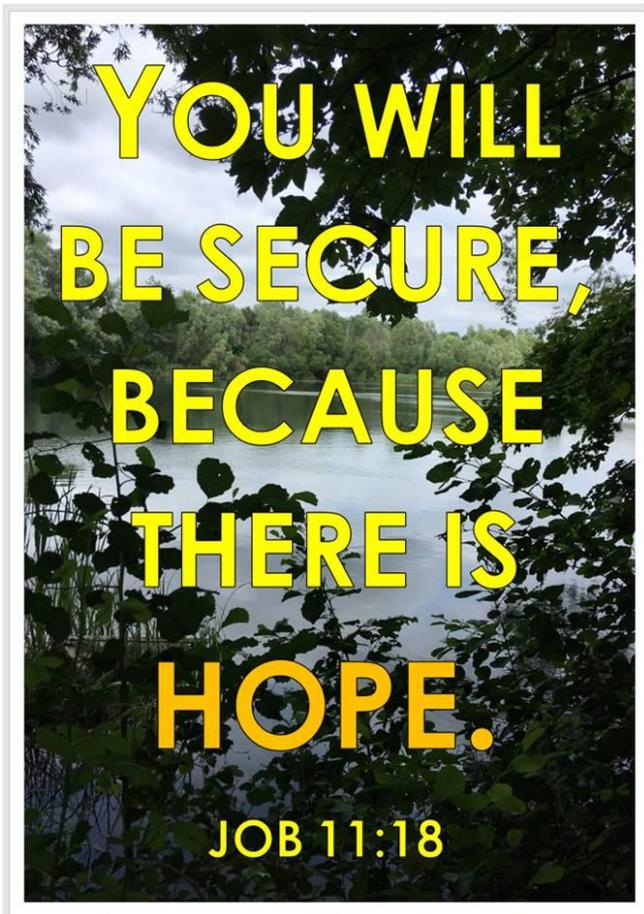
### What are you doing here?

Make a postcard (you could use a template, or any unused postcards you have around, or simply fold a piece of paper to the right size). Imagine that you are Peter, and you have just experienced the events described in the Gospel reading. Write a postcard to someone about what has happened and what you think it could mean for you.

### A simple worship activity

Using any creative media you wish – e.g. art and craft materials; streamers for dancing; musical/percussion instruments – choose a way to respond to the 'Mars' movement from Holst's *The Planets* (or use a different piece of music if it would be more helpful to you). Express yourself in any way that you wish. When the music ends, be quiet and still. You could sing gently, or listen to, 'Be still for the presence of the Lord'.

Next Week's Poster from Richard



In next week's eNewsletter we will be bringing you news about the arrangements for re-opening Kempston East for worship, midweek activities and third-party groups.

**WATCH THIS SPACE!!!**

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**You've got this far so – are you complete, finished, or completely finished?**

Apparently, no English dictionary has been able to adequately explain the difference between 'complete' and 'finished'. In a linguistic competition the final question was "How do you explain the difference between COMPLETE and FINISHED in a way that is easy to understand?" The winner was Samdar Balgobin from Guyana whose answer was:

"When you marry the right woman, you are COMPLETE. When you marry the wrong woman you are FINISHED. And when the right one catches you with the wrong one, you are COMPLETELY FINISHED!"

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If you have any prayer requests, thanks, how you're passing the time, feelgood items and, indeed, any other items and news that you would like to go into this newsletter then please email these to [geofftal@btinternet.com](mailto:geofftal@btinternet.com), ideally by Thursday each week. As you can see, unlike the printed newsletter, there's no restriction on space and we can even slot last minute things in up till Friday evening.

If you know of someone who would like to receive this emailed newsletter could you please send their email address to [richard.ward4@btinternet.com](mailto:richard.ward4@btinternet.com). Equally, if you would like to be removed from the distribution list, please let Richard Ward know.