



**Kempston East  
Methodist  
Church  
Newsletter  
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**Hosanna!**  
**Crucify him!**  
**Finished!**  
**He is risen!**  
**Alleluia!**

A stylized illustration of an open tomb. The tomb is a brown, rounded structure with a large opening. It is set on a green, rolling hill. The text 'Alleluia!' is written in a large, colorful font above the tomb.

**Happy Easter**

# The Cross of Jesus



*The cross is a picture of violence, yet the key to peace;  
a picture of suffering, yet the key to healing;  
a picture of death, yet the key to life;  
a picture of utter weakness, yet the key to power;  
a picture of capital punishment, yet the key to mercy and forgiveness;  
a picture of vicious hatred, yet the key to love;  
a picture of supreme shame, yet the Christian's supreme boast.*

The cross really is the key to everything! Although a horrifying instrument of torture and death, it is also a symbol of God's love and peace. On the cross Jesus died to deal with the problem of our sin and defeat the powers of death and evil. He identified with our sufferings and set us an example of self-sacrificial love.

As Peter writes, *'He himself bore our sins in His body on the tree, so that we might die to sins and live for righteousness; by His wounds you have been healed'* (1Peter 2:24). Jesus died in our place on the cross and took away our guilt, to pay the full penalty for our sin. Access to God's presence is now open to all, symbolised by the Temple curtain being torn in two from top to bottom. The barrier between us and God was torn down in order *'to bring us to God'* (1 Peter 3:18).

The idea of substitution lies at the heart of understanding what Jesus did on the cross: *'For the essence of sin is man substituting himself for God, while the essence of salvation is God substituting Himself for man. Man asserts himself against God and puts himself where only God deserves to be; God sacrifices Himself for man and puts Himself where only man deserves to be.'* (John Stott).

## Easter Offering

There will be a Circuit service for the dedication of the Easter Offering gifts this year on Sunday 31<sup>st</sup> May at 3.00pm at Kempston East Methodist Church using the worship material given by Methodist Women in Britain, so we will be as one as we share the Dedication of gifts in worship on that day.

Easter Offering envelopes will be available at Church this Sunday.

# Resurrection life

Did you have 'a good Lent'? Were you able to make the journey with Jesus through the turmoil of those last days of His earthly ministry as He set His face to go to Jerusalem, knowing He would be killed there? I find the Lenten journey, particularly Holy Week (the week leading up to the crucifixion) harrowing, and by 3 o'clock on Good Friday - the hour at which Jesus traditionally died - I am wrung out.

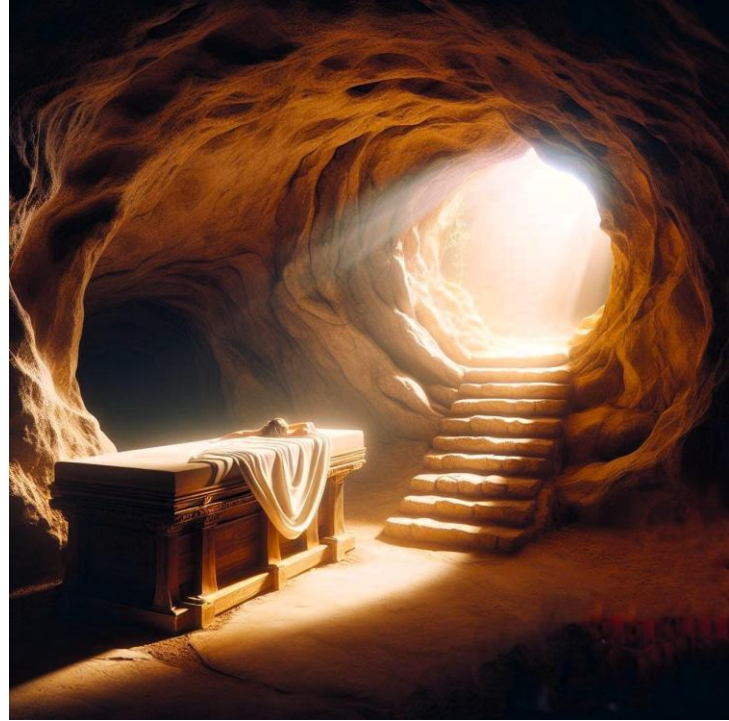
All of which makes Easter Day and the weeks that follow, with the joy and reality of new life, so much the sweeter. No wonder Christians make this the most important day of the year - much more so than Christmas. God, in the resurrection of Jesus, has vindicated the way of love, truth, sacrifice and service, kindness and hope over the self-serving and grubby ways that seek power, self-advancement, privilege, hatred and division. Hallelujah!

It's all summed up in the poem 'Easter Wings' by the 17<sup>th</sup> century poet and priest George Herbert. For me, it's not the words of the poem so much as its shape - it's written in the shape of a butterfly's wings. Now that's clever; - to let both shape and words express something lovely, like the freedom and beauty of a butterfly on the wing. That sums up Resurrection life.

We are not asked to explain how the Resurrection took place. That is known to God alone, and we would trip ourselves up in all sorts of ways as we seek to find a rational explanation as to how it happened. But we are invited to live it - yes, live the Resurrection in ourselves - as we ask the Risen Lord to lead us through each day. In time, this constant invitation to live out the Resurrection changes our whole being, as we try, in the words of Mother Teresa to 'do little things with great love.'

The more I try and live out Resurrection life (more properly, the more I allow Jesus to live the Resurrection life through me) the more boundless I find it to be. Which I guess is why God gives us a season - seven weeks up till Pentecost - to allow this stupendous fact of the Resurrection to sink into us, call out a response from us.

Enjoy your Easter eggs, your Easter bonnets, your egg-pacing; in fact, have a great Easter. But don't let the Resurrection pass you by. It's the gateway to what Jesus calls 'life in all its fulness'.



# A history of our Easter chocolate

Chocolate. Just a mention of the word can trigger off all kinds of emotions: craving, greed, passion. Few foods have the ability to get such a hold on people. As you buy your Easter eggs and bunnies and whatever else this month, here are some of the facts of chocolate:

***Where does chocolate come from?*** Chocolate is made from the seeds of the tropical cacao tree, *theobroma cacao*. The Greek word 'theobroma' means literally 'food of the gods'. The Cacao Tree is found in Latin America.

***Who first discovered it?*** The Aztecs. The cacao beans were used to prepare a hot, frothy beverage with stimulant and restorative properties, something like hot chocolate.

***Who was (probably) the first chocoholic?*** The Emperor Montezuma. He drank 50 goblets a day of the frothy drink.

***Who used chocolate as currency?*** The Aztecs. 100 cacao beans would buy a slave; 12 cacao beans bought the services of a courtesan, etc.

***When did chocolate as we know it today begin?*** Not until 1847 when Joseph Fry of Bristol found a way of mixing cocoa butter, cocoa powder and sugar and pressing it into a mould. It took until 1876 before Daniel Peters in Switzerland made the first milk chocolate bar. The cocoa butter in chocolate contains saturated fat, but a normal level of consumption doesn't have any bad effects.

***At what point does a chocolate lover become a chocoholic?*** It is generally considered to be when a person feels impelled to consume 12 or more 60 gram bars of chocolate per week. Chocolate contains its own cannabinoid (a chemical that prolongs pleasurable sensations) and when you eat chocolate, there is an increased blood flow in areas of the brain which are also activated by addictive drugs such as cocaine. But scientists agree that occasional over-indulging will cause no long-term problems... except perhaps around your waistline!

## ***How to get the best from your chocolate:***

Keep your chocolate cool (16 – 18 degrees Centigrade) and in a dry, airtight place. Never put your chocolate in the fridge (if you already have, let it warm to room temperature for a couple of hours before you eat it).

Bring out the full flavour of chocolate by drinking water with it.

If you are drinking tea or coffee, don't bother with expensive chocolates – you won't be able to appreciate them properly!

Ecumenical  
Good Friday Morning Service  
10am Friday 3<sup>rd</sup> April  
Church of the Transfiguration  
Kempston



Followed by Walk of Witness  
to Saxon Court  
and refreshments at Bunyan Road  
Church

## Lunch Club Menu - 09.04.26

Roast Pork, apple sauce  
Roast potatoes  
Seasonal vegetables

Strawberry gateau

Coffee and mints

Tickets  
Sue Ward  
07793112048

## Prayer Time – Thursday evenings at 7.00pm

1. Church Easter Garden – give thanks for our Easter Garden at the front of the church and the people who set it up. Pray that it will capture people's attention and they will ponder the meaning of the cross. Also pray that families will notice and engage with the Easter trail and will learn more about the story and meaning of Easter and what Jesus our saviour has done for us.

2. Church Growth - our next church growth meeting is on Tuesday April 14th. Please pray for the spiritual growth of our church, that we would collectively all deepen our faith in Jesus. Pray that God would speak to us clearly about the direction the church should be moving in, what things we should be picking up and what things we should be letting go. If you feel God has revealed something to you, a word, a picture an impression please speak to Becci or someone on the church growth team.

Oakley Methodist Church  
Testimony Service for

# REV PAULETTE TEDD

Preacher

Rev Chris Sandy  
Wednesday 20<sup>th</sup> May 7PM

High Street,  
(corner of Chapel Pound)

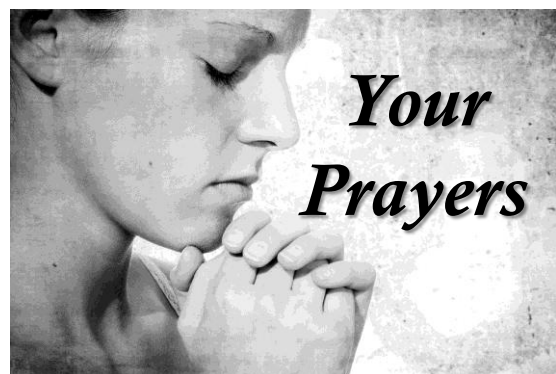
Oakley

Bedford MK43 7RQ

Limited parking at the Church,  
on street parking is available



# Our Church Family



Please remember in your prayers the following people:

- Ann S and Michael as he cares for her.
- Graham (Danny) P who is now in palliative care
- Florence and Seth
- Nadine and Fran
- Samuel and family
- Emmanuel and family
- Jonathan on passing his doctor's exam

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## This Week at Kempston East

Friday April 3 <sup>rd</sup>	7.30pm	Good Friday Reflection in the Church led by the Worship Leaders
Tuesday April 7 <sup>th</sup>	10.30am	Tuesday Bible Study Group meets in the Lounge
	2.00pm	Tibbs Dementia meets in the New School Hall
Wednesday April 8 <sup>th</sup>	11.30am-1.30pm	Open House in the Beginners Room

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## ***General Church Meeting***

***Sunday April 19th***

The morning service on April 19<sup>th</sup> will be followed by a 'bring a picnic lunch' where you are asked to bring your own picnic and we will eat together in Faith. This is different from a Faith Lunch where all the food is shared among us!

Lunch will be followed by the General Church Meeting at which we will elect new stewards and church representatives and receive updates from the stewards and the treasurer.

Everyone is welcome to both the Lunch and the Meeting.

# WORSHIP AT EAST

Our Easter Sunday worship begins at 8.00am with Holy Communion led by our own minister, Rev Sydney Sichilima. After Easter Breakfast at 9.00am, Rev Sydney will lead our Easter Celebration service at 10.30am Usual live-streaming will be in action this week. Audio recordings of the service are available on request – Please speak to Keith M before the service.

## Future Services at Kempston East

Sunday April 12 <sup>th</sup>	10.30am	Mel and Ross Purves – Easter Jazz Praise
Sunday April 19 <sup>th</sup>	10.30am	Roz Addington (followed by 'Bring a picnic lunch' and the Church General Meeting)
Sunday April 26 <sup>th</sup>	10.30am	Sunday Club Anniversary led by Geoff Talbot

**Many thanks** for all your kind and incredibly generous donations towards my London Marathon fundraiser. They are very much appreciated! 3 weeks to go!

Jenny Loughlin

## Kempston West Coffee Morning

will be held on **11th April 2026** from 10.00am to 11.30am. This month it is in aid of Mercy Ships. Let's show that we care by helping those who are most vulnerable and who urgently need specialist medical care

## Rev Silas's Talking Point

Hello

Today's Talking Point is a 2 week one - so no new question next week (I'm on leave!)

As we enter Holy Week and travel towards Good Friday and Easter Sunday,

**what does the death and resurrection of Jesus mean to you?**

Holy week blessings  
Silas



Please take the time to follow the Easter Trail in the church garden. The trail is suitable for all ages.

There are activity sheets for the children to use, and they can collect letters which make a message as they follow the trail. You can hear the Easter story using the QR codes on each board.

## Easter Eggs (fresh, not chocolate!)

Once again you are asked to bring fresh eggs to Church this Sunday morning (Easter Day).

A table will be set up at the front of the Church on which you can place your gift. The eggs will then be donated.

# Book of the Week

Faith, Hope and Autism – learning to love neurodiversity

By John Allister, Canterbury Press, £16.99

What does church feel like if you're autistic? And how can churches become places where autistic people truly belong?

John Allister - a Church of England vicar who is also autistic - shares honest stories, practical insights, and heartfelt letters to his younger self. He opens up a window into the joys and challenges of growing up autistic, discovering faith, and finding a place in the church.

Blending personal experience with down-to-earth guidance, John helps readers understand how autistic people experience the world, why inclusion matters, and what real welcome can look like. This book is for anyone who wants their church to be more open, kind, and full of belonging - whether you're a church leader, have an autistic friend or family member, or are autistic yourself. Warm, witty, and deeply human, *Faith, Hope and Autism* is a powerful invitation to see the church - and each other - differently.



Join us this  
**EASTER**  
Sunday 29th March @10:30am  
**Palm Sunday Celebration**  
Rev Silas Wood

Thursday 2nd April @7:30pm  
**Maundy Thursday Communion**  
Rev Sydney Sichilima

Friday 3rd April @7:30pm  
**Good Friday reflection**  
Led by the Worship Leaders

Easter Sunday - 5th April @ 10:30am  
**EASTER WORSHIP**  
ALL AGE WORSHIP  
(Communion @ 8am)

Throughout Easter the Garden at Kempston East will be open  
COME AND EXPLORE - PAUSE - REFLECT - & WORSHIP

**KEMPSTON EAST METHODIST CHURCH**

## Easter Cross

As we have done over the past few years, we would like to decorate the outside Cross for Easter day so invite those who are able to, to put a fresh flower(s) in the wire provided on the Cross, on Saturday or Sunday ready for our Easter day celebrations.



If you have any prayer requests, thanks and, indeed, any other items and news that you would like to go into the weekly newsletter then please email these to Geoff Talbot ([geofftal1@outlook.com](mailto:geofftal1@outlook.com)) as soon as possible and ideally by the previous Wednesday. 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 also let Richard Ward know.