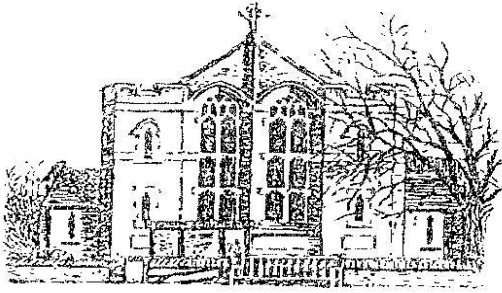


UPMINSTER METHODIST CHURCH



Church Notices
7th June 2020
www.upminstermethodistchurch.org

PLEASE NOTE: THIS IS THE SUNDAY SERVICE SHEET AND THE WEEKLY NOTICES

Please note: the links for the services can be found on the email for:

- Revd. Joseph Riberio's 11.00am zoom service
- Revd. Jason Vinyard 7.00pm zoom service

(if you wish to dial into Revd. Jason Vinyard's service using your telephone, please use one of the numbers below and then you will be asked to enter the meeting ID number, including hash tag)

Dial by your location

0203 051 2874 United Kingdom

0203 481 5237 United Kingdom

0203 481 5240 United Kingdom

0131 460 1196 United Kingdom

Meeting ID: 816 4329 4747#

Also you can find the link for the Rainham Foodbank which includes a monetary donation section.

'Spreading the Word, not the virus.' Trinity Sunday – 7th June 2020

We are embodied in a 'Connexion'. We ARE ALL part of 'The Body of Christ'. In Christ, in God, in mind, body and spirit.

- You may wish to light a candle, and take a few minutes to gather your feelings and thoughts.
- You may like to play some music or sing a hymn.

I invite you, wherever you are; whatever you are 'feeling'; whatever time of the day it is: to join together in Spirit – held in Love and Unity. Physically, emotionally, soulfully, we inhabit 'many dwelling-places'. I am inviting 'you' to find 'sacred space', within your 'feelings' – your body – wherever you are today.

By day and by night around the throne they sing:
Holy, holy, holy is the Lord God almighty:
who was, and is, and is to come.

Psalm 8

- 1 O Lord, our Sovereign,
how majestic is your name in all the earth!
You have set your glory above the heavens.
- 2 Out of the mouths of babes and infants
you have founded a bulwark because of your foes,
to silence the enemy and the avenger.
- 3 When I look at your heavens, the work of your fingers,
the moon and the stars that you have established;
- 4 **what are human beings that you are mindful of them,
mortals that you care for them?**
- 5 Yet you have made them a little lower than God,
and crowned them with glory and honour.
- 6 **You have given them dominion over the works of your hands;
you have put all things under their feet,**
- 7 all sheep and oxen,
and also the beasts of the field,
- 8 **the birds of the air, and the fish of the sea,
whatever passes along the paths of the seas.**
- 9 O Lord, our Sovereign,
how majestic is your name in all the earth!

We take a moments silence

From this week's lectionary, we read Genesis 1: 1 – 2: 4a

Reflection and Contemplation:

- *How many times does the word 'Good' feature?*
- *Have you noticed 'God' was 'creating' in 'relationship'? Who are these 'us'?*
- *Do you practise Sabbath?*

From this week's lectionary read Matthew 28: 16-20

The Commissioning of the Disciples 16 Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. ¹⁷When they saw him, they worshipped him; but some doubted. ¹⁸And Jesus came and said to them, 'All authority in heaven and on earth has been given to me. ¹⁹Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.'

The Lord's Prayer

We are baptised into the creative work of God. Into relationship. Equal with all people, co-workers with all creation.

Take some time to reflect on the events of the past few weeks.

What questions arise for you?

Take some time to pray these through.

Offering:

We remember the financial offerings given by standing order, or in other ways, and we pray that these are used wisely in God's Kingdom. **Amen.**

This week's intercessions based on the hymn (StF No. 5) by Charles Wesley (1707-1788) and are from:



*Father, in whom we live,
In whom we are, and move,
Glory and power and praise receive
Of thy creating love.*

We pray for your church throughout the world, continually exploring new ways to be in fellowship and to offer worship. Unite us by your creative power across earthly boundaries of time and space to bring you our united voices of praise and glory.

*Incarnate deity,
Let all the ransomed race
Render in thanks their lives to thee,
For thy redeeming grace.*

We pray for all those who have revealed Christ to us in past months. For key workers, carers, intercessors and strangers – we give you our thanks, and pray that we in our turn might reveal Christ to our neighbour too.

*Spirit of holiness,
Let all thy saints adore
Thy sacred energy, and bless
Thy heart-renewing power.*

We pray for all those who need the comfort of your Holy Spirit today. The lonely, the anxious, the bereaved; the sick, the distressed, the dying; those facing

difficult decisions and those forced to make new beginnings – bring your peace to them.

*Eternal, triune Lord!
Let all the hosts above,
Let all the sons of men, record
And dwell upon thy love.*

We bring all our prayers to you, O God our Father, in the name of Jesus and in the power of the Holy Spirit. Amen.

**In God, we offer our prayers. In God, as source and life. In God, revealed through the life, death, resurrection and ascension of Jesus Christ. In God, the Holy Spirit that dwells in all creation; within all people; throughout all time. Holy Trinity.
In Jesus' name. Amen.**

...Pumpkins, Gem Squash, Sweetcorn, Peas, Carrots, Garlic, Potatoes, Beans, Tomatoes, Courgettes, Onion, Cauliflower, Lettuce, Cucumber - all swinging with the breeze. The new arrivals of Long-Tailed Tits join with other birds feasting and singing while beautiful fire red grey moths warm their wings. The Stag Beetles are taking a beating – again - by the Magpies! Limpy the Fox is eating the hedgehog food while the hedgehogs are eating the fox food! A glorious mix. The Spirit of God moves through all creation.

God the Holy Trinity make us strong in faith and love, defend us on every side, and guide us in truth and peace.

My thoughts, Love and Prayers are with you all. Wherever your 'Sacred Dwelling-place' – and that YOU are and will always remain.

Revd J C Vinyard 7th May 2020 – Trinity **Sunday**

FAMILY NEWS

- Best Wishes to Anne Ling who will be celebrating her Birthday
- Congratulations to David and Jenny Smy who will be celebrating their Diamond Anniversary on Thursday 11th June.



As is now the custom, we shall be singing Happy Birthday and Happy Anniversary on Sunday at 12 noon.



-
- Following Doreen Ramsden's passing, her funeral will take place this week.

If you know of anyone who is celebrating something special, please let us know on upminster.newsletter@gmail.com

WEEKLY BIBLE STUDY - 10am on Wednesdays

We have established a weekly gathering for a bible study with morning prayer, finding support both from learning and praying together and having contact with each other. Please join us either on Zoom or through your landline on Wednesday mornings at 10 a.m.

If you are interested in this, email ricky.bull@fmail.co.uk and he will put you on the circulation list, sending reminders on Tuesday afternoon, with all the login details, and also the study passage. Currently we are looking through some of the key verses in Paul's letter to the Romans, enjoying looking at the hidden metaphors in the letter.

Thanks.... Ricky, 07736 184234

OFFERTORY

It is with much regret that we have had to temporarily suspend all meetings on our premises which most unfortunately includes Sunday worship.

A number of you already give your offertory via standing order and at this time I would ask those of you who don't to consider pursuing this option should you wish to continue your regular giving, please contact Peter Hobbs for further details or set it up yourself from your bank as a monthly standing order quoting your envelope number as the payer reference.

The bank account details are; sort code 20-72-89 account number 73858618 in the name of Upminster Methodist Church Council.

SHOUT

Shout, the group for young people of secondary school age, is having virtual meetings during the crisis. If you would like details please contact Gordon on gordonmreed@gmail.com

PRAYERS, HYMNS AND SERVICES

The Archbishop of Canterbury and the Church of England have set up a freephone telephone number called 'Daily Hope'.

When you ring the number they have a very good easy press button system for the caller to listen to hymns, prayers, services etc. Some of the items are updated daily and people can call the line at any time of the day, how often they want, completely free. It is very easy to use for anyone who may not have any

technology devices or are fearful of technology.

The number is: 0800 804 8044.

ANTS

There's pandemonium at Upminster Methodist Church. The ants have only gone and found out about the UMC Animal Rehoming Service. Disaster. After all their efforts looking after our abandoned premises they've discovered that we want them out. The ants are livid. Chaos beckons.

You should see what they've done:

Written the vestry door lock code on the wall. Now anyone might use the Minister's toilet.

Hidden all the number eights in the hymn numbers box. The congregation can't read any Psalms.

Tampered with the chair notice. Imagine the carnage if someone thinks it's Ok to stack them six high.

Adjusted the temperature setting on the kitchen boiler. Cups of tea will be lukewarm.

But worse than this, far worse, they have assembled an army.

Ants. Lots of lots of them. On my Saturday visits I have seen just a fraction of their true number. Like icebergs, ants keep 90% below the surface. But it's not just ants:

Silverfish. Not simply their guests as we thought but mercenaries, willing to fight for the insect cause.

There is talk of ant sacrifices to appease the aardvark and that on this basis he is willing to fight. His pointy snout could do someone a mischief.

Then there's the polar bear. Fierce at the best of times but this one is angry. A refugee thanks to human activity melting his icecap he will have no hesitation in changing his staple diet from seals to people.

The ants claim to have links with a termite colony. They might consume the church pews. Is that what we want?

And don't forget the aardvark is on loan from the zoo. He has mates. Can we cope if they send the elephants?

And they have tactics. Foolishly we have left them a copy of our Old Testament.

There is talk of circular marches around the church. We simply mustn't let them obtain a trumpet.

A slingshot is to be manufactured. Our tallest member will be the target.

A hammer and tent peg have been ordered from Amazon. The milkman is leaving a pint of semi-skimmed.

And should escape be necessary plans are well advanced for parting of the waters in the River Ingrebourne.

Without doubt a coup is being planned. The only question is will it be violent or bloodless.

It is fortunate that they have also found our New Testament and read some of its wise words:

Matthew 5:9 Blessed are the peacemakers, for they shall be called sons of God.

Hebrews 12:14 Strive for peace with everyone, and for the holiness without which no one will see the Lord.

Matthew 26:52 Then Jesus said to him, "Put your sword back into its place. For all who take the sword will perish by the sword.

Romans 12:18 If possible, so far as it depends on you, live peaceably with all.

Romans 14:19 So then we pursue the things which make for peace and the building up of one another.

As we know, ants are wise. They cannot understand why with such sensible words to guide our Christian country there is so much violence. They conclude that humans are far from wise.

So despite having assembled their formidable army the ants prefer to avoid war and wish to take over our church by peaceful means. They have asked me to pass on a message -

If within seven days no church member comes forward to fill the vacant post of Property Steward and soon to be vacant post of Treasurer, the ants will take

over these key positions and in doing so assume power.

We have been warned.

Peter 30/5/20

A special message from the church ants for tomorrow – and endorsed by Boris Johnson himself.



But please do not:

Go to work if your spouse has Covid symptoms.

Travel anywhere if you or any member of your household have Covid symptoms.

Travel to your second home.

Write an article suggesting that you remained at your usual home.

Drive 30 miles to a castle (even if it's your wife's birthday).

Drive anywhere if your eyesight is suspect.

Stop to play in the woods if your child needs the toilet.

Claim to have predicted the coronavirus pandemic by amending a blog you wrote last year.

Lie to the country.

Although Mr Johnson says (but not the ants who are far wiser) that you may do any or all of the above if you consider yourself so important that guidelines and rules do not apply to you.

The Ants

31/5/20

FOOD BANK DONATIONS - UPDATE FROM JOANNA MARIE SKILLETT

Hello everyone!

I return with fantastic news again and some wonderful donations for the Rainham Food Bank.

We donated a total of **45.92kg** of food this week, taking our total donation so far to:

497.53kg

- the same weight as a fully grown **Camel** !

This week, they would greatly appreciate:

Tinned Potatoes

Cordial

Kitchen Roll

Rice Pudding

- anything you can spare!

Thank you all again so much,

A very Happy Week to you all!

Best wishes, Joanna



THIS IS AN ARTICLE FROM THE TRUSSELL TRUST – apologies for the poor quality, we had difficulty embedding onto this page. Please look at their website for further information www.trusselltrust.org

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View this email in your browser

Food banks report a continued surge in need as the coronavirus pandemic continues.

Dear Friend,

Last month, we wrote to tell you about the huge increase in food bank use at the beginning of the coronavirus pandemic, and it seems that the devastation caused by this storm isn't subsiding.

Join our calls for action



During April 2020, food banks in our network saw an **89% increase in need** compared to the same period last year, with a staggering 107% increase in emergency food parcels for children.

You have helped the food banks in our network achieve a great deal in the last few weeks as they face this increased need and adjust to new ways of working. We're proud to have you standing in solidarity with us, food banks, and people in crisis.

But no one should be struggling to keep their heads above water.

We have been seeing rises in food bank use for the past five years but this 89% increase - with the number of families coming to food banks doubling - is completely unprecedented and not right. People need to be able to put food on their table.

Although recent measures brought in by our government have helped some people stay afloat, it's clear that more support needs to put in place.

With a coalition of other anti-poverty charities ([link to webpage](#)), we're calling on the government to do more to protect people from being swept into destitution.

And you can help too by emailing the government and letting them know what needs to change. We're calling for funding that will make sure money gets into people's pockets quickly when they need it most. You can find more detail [on our website](#).

Poverty isn't inevitable. Needing to use a food bank isn't inevitable. In the last few weeks, we've seen how quickly the government can act to take emergency measures to ensure people can access support during this crisis. We know change is possible. Together, we have the power to come together and make a difference.

Use your voice

Thank you again for your continued support – it really does make a difference.

Best wishes,

The Trussell Trust

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ONLINE QUIZ UPDATE

Thank you to everyone who took part in my second online quiz for Richard House and/or made donations.

The amount raised as at 2nd June was £365.00 plus Gift Aid.

I am doing another quiz on **13th June at 3pm** for Rainham Foodbank. If you are interested please email me at familyhobbs4@btopenworld.com. I will send you a new link to take part with how to donate to Rainham Foodbank, nearer the time.

If you have any original suggestions for subjects to do rounds on, please can you let me know?

Thank you.

Peter Hobbs

PS Below are some screen shots from the quiz



A personal message from the President of the Methodist Conference, the Revd Dr Barbara Glasson

It is with outrage and deep sorrow that we have witnessed the recent brutal killing of George Floyd in the United States.

But outrage and sorrow are not a sufficient response to racism and inequality in society. How to begin a process of change? It starts with self-examination and listening to the people whose lives are affected by discrimination and hate.

This week I received these words from a Methodist living in south London:

“The young people whom I have worked with for over the last 15 years have felt the impact of racism in every institution they have been part of from schools, to university, to various work places, and other than local support and informal church networks they have not found the Methodist Church as a place that speaks up for them.”

As your President, I start by saying I am sorry. Sorry for being silent when we should have spoken out against the everyday injustices that affect BAME communities. I am sorry that, despite our efforts, we have not done enough for those who feel excluded and we need to do better. We know this includes people of all ages from the Windrush generation to the very young. I am sorry when we have not listened carefully enough and not challenged the assumptions of white privilege and bias.

Repentance can lead us to change, to embody a gracious, loving spirit of inclusion and understanding. There is no excuse for racism. All people are made in God’s image. We are one body in Christ Jesus.

I hope we can listen more carefully to the voices of BAME members, especially younger people, who face racism, discrimination and violence on a daily basis. Then our Church must be brave, speak out, speak up and challenge racism wherever we find it, especially when we find it in ourselves.

I have been in contact with the Vice-President who joins me in supporting this statement.

The Revd Dr Barbara Glasson, President of the Methodist Conference

The Methodist Church 'believes that racism is a denial of the Gospel' - standing orders, SO 013B. The Methodist Council is undertaking a substantial piece of work to shape the Methodist Church to be an inclusive church. More details of the background and measurable proposals to bring about attitudinal, cultural and systemic change are available [here](#).