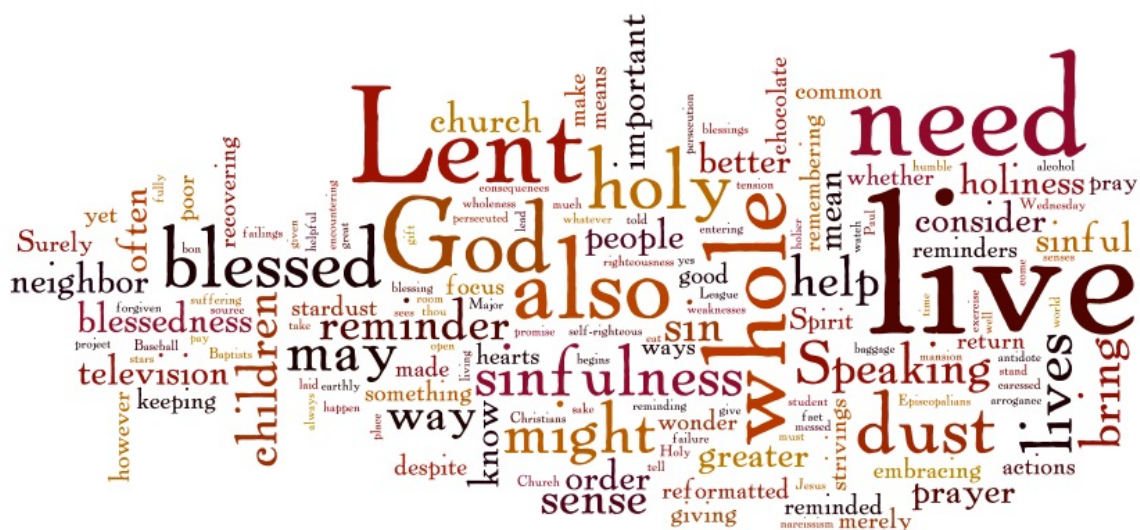


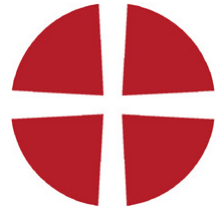
Methodist Church



Newsletter

March 2017

About the Methodist Church



The Methodist Church is one of the largest Christian churches serving Great Britain, with nearly 209,000 members and regular contact with 800,000 people.

It has 4,812 churches in Great Britain, and also maintains links with other Methodist churches with a worldwide total membership of over 800 million.

Its activities, both alone and with ecumenical and secular partners, are based on four aims known as ***Our Calling:***

To increase awareness of God's presence and to celebrate God's love

To help people to grow and learn as Christians through mutual support and care

To be a good neighbour to people in need and to challenge injustice

To make more followers of Jesus Christ

Six short prayers for the Lenten period

Lord, as we enter Lent help us to draw near to you in praise, stripping away all that distracts us from worship. **Amen**

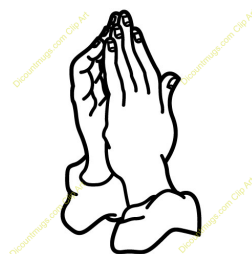
As Jesus resisted temptation by the devil in the wilderness, help us reflect on his faithfulness to God, his rejection of worldly values and hold these thoughts in our hearts throughout Lent and beyond. **Amen**

Jesus, you prayed and fasted. As your disciple teach me about spiritual discipline in my relationship with you. **Amen**

Lord may Lent be a time of inward searching that makes me more able to look with compassion at the needs of the world. **Amen**

Thank you Lord for desert experiences, when being confronted with myself makes me realise my need of you. **Amen**

Lord, you've guided us through the difficult days of Lent, encouraging us along the way. We pray as we move towards the darkest day, that you'll not forsake us but remind us of our Saviour's ultimate gift and promise of new, abundant, eternal life for all who believe and trust in him, your precious son, Jesus. **Amen**



Contemplative Worship

Upminster Methodist Church

Are you seeking to explore your spirituality and an alternative way to worship?

At Upminster Methodist church Revd. Jason Vinyard will be leading Christian Contemplative Worship on the third Sunday evening of each month from 6.30pm

This is a forty five minute Contemplative Service, with tea, coffee or hot chocolate served afterwards, for those wanting to stay and reflect



If you are interested and would like to find out more please have a look at the website www.upminstermethodistchurch.org or contact Revd. Jason Vinyard by phone 01708 223568 or by email revjcvinyard@gmail.com



In last month's letter I brought my thoughts together, referring to the Holy Trinity. That in the Father, the Son and the Holy Spirit there is a dynamic loving free –flowing relationship, and that we are within this relationship – whether we realise it or not. Actually, that all things exist, and co-exist, in this relationship.

When imagining this, I picture that all we really need do, each day consciously, is choose to step into this relationship; this belief that it is within all creation and actually is *the reality*.

I think we all know those rare moments - or not so rare depending on who you are - when we suddenly feel by intuition that we are living in this reality — when everything just feels like it's in-sync, feels as it should be; when we feel we've stepped into a different time-flow and rhythm and there's absolutely no stress but absolute peace of mind, enabling us to do all we need to do and seemingly with time to spare.

When we experience such moments, it's very easy to try to replicate them: what was going on; where were we; who were we with, and so on. I think the bigger wisdom is to try to continually and consciously be in this flow, this relationship, at all times, with all people and in all places, with our present suffering and healing, sorrows and joys and in all our transformations.

This year, we begin the season of Lent on 1st March, and, as a Circuit, with an Ash Wednesday Service at Harold Wood Methodist Church. We use Liturgy, Sacrament – The Lord's Supper and Ash to affirm together that we seek to live within this greater reality through which all things have existence, co-exist and in which all things are eternally alive.

The service is abundant with expressions of this reality which we give our lives to during Lent – and at all times –to living within this deeper, richer, vibrant reality at the heart centre of all things and found within all things. A reality that will bring forgiveness, reconciliation, justice, peace and life for All.

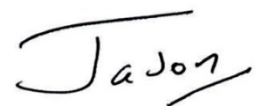
In the liturgy of this service we can clearly see that we invoke this relationship to all areas of life. Here's a few words from it:

Repentance, cleanse, renew, invite, faith, devotion, mercy, known, heart, soul, mind, neighbours, love, receive, forgiven, tempted, weakness, grieved, unfaithfulness, pride, hypocrisy, impatience, self-indulgence, exploitation, worldly goods, envy, need, suffering, indifference, cruelty, misuse, pollution, creation, negligence, death, resurrection, saviour, strengthen, reconcile - I'll stop there. In all this, we are not left on our own.

From the Methodist Worship Book, Holy Communion for Lent and Passiontide p 155

In union with Christ's offering for us, we offer ourselves as a holy and living sacrifice. Unite us in love and peace with all your people until, with the whole company of heaven, we are brought into the presence of your eternal glory, through Jesus Christ our Lord.

Through him, with him, and in him, in the unity of the Holy Spirit, all honour and glory are yours, almighty Father, now and for ever. Amen.

A handwritten signature in black ink that reads "Jason". The signature is written in a cursive, slightly stylized font with a horizontal line underneath the name.

FAMILY NEWS

It is with sadness to announce the passing of Trevor Marsh, who died on Saturday 11th February. Trevor brought so much joy to our hearts, not only with his friendly manner, but with his passion for playing the organ, and he will be missed greatly by many of the church members, friends and family.

Our prayers and thoughts are with his family at this time.

The funeral will take place on Friday 10th March 12.00noon at the Crematorium followed by a service at 1.00 pm at the Church. All members and friends and are invited to attend both or either Service.



Congratulation to Elsie Powell who has just celebrated her 80th birthday



"A sincere thank you for all the kindness and thoughtfulness given to me since my fall last September. I fractured my left shoulder which needed replacement followed by a long healing process.

The cards, flowers, prayers and particularly the visitors were very welcome and much appreciated. With the support of my family, friends and the church, I am now able to go out and enjoy the things I could before and I am very grateful to everyone for their help.

Betty" (Barnes)

NEW 5-session COURSE LENT 2017

RECEIVING CHRIST in five different ways

an ecumenical course in five sessions for discussion groups &
individuals

comprising course booklet, CD and transcript booklet

Course Synopsis : ‘To all who received him ... he gave power to become children of God.’ (John 1.12.) This raises big questions. Aren’t we all children of God anyway? Just how can we receive Christ? And what does it mean to have ‘a relationship with God’? In a course crammed with discussable questions, John Young teases out from the New Testament at least three different ways in which we receive Christ. John’s course booklet is supplemented by four leading Christians, from a variety of backgrounds, on the course CD. Together they demonstrate that St John’s theology in his magisterial Gospel has very practical implications for our day-to-day lives.

Session 1: 8th March Receiving Christ: as children of God

Session 2: 15th March Receiving Christ: in the stranger and the needy

Session 3: 22nd March Receiving Christ: in Holy Communion

Session 4: 29th March Receiving Christ: through prayer and fellowship

Session 5: 5th April ‘Christ in you, the hope of glory’ (Colossians 1.27)

All sessions start at 7.30pm. All welcome.

PARTICIPANTS on the course CD:

- Bishop Nick Baines
- Margaret Sentamu
- Revd Dr Ken Howcroft
- Theodora Hawksley (Closing Reflections)

BISHOP NICK BAINES worked as a Russian linguist at GCHQ before ordination. He chairs the Sandford St Martin Trust promoting excellence in religious broadcasting and is a member of the House of Lords.

MARGARET SENTAMU is an independent diversity and leadership development consultant and a Non-executive director of the Leeds & York Mental Health Trust, and Traidcraft Plc. She is also a trustee and patron of several education, health and poverty charities.

REVD DR KEN HOWCROFT is a former President of the Methodist Conference. He served the English-language Methodist congregation in Rome; establishing an ecumenical office there on behalf of the worldwide family of Methodist churches.

THEODORA HAWKSLEY trained as a theologian before leaving her academic career to become a nun. She is currently a novice at the Bar Convent, York.

The course booklet is written and by Canon John Young who worked for two Archbishops of York, and was for many years a member of the General Synod of the Church of England. A Canon Emeritus of York Minster and Co-Founder of York Courses, he's written over 30 books/booklets. John's work has been translated into several languages, including Chinese and Russian.

The course CD is produced by Canon Simon Stanley who is a Co-founder of York Courses and interviews the participants. He is a Canon Emeritus of York Minster, and a former BBC producer/presenter. He has also written a booklet on the sacraments.

Current prices (valid until 1 June 2017):

- CD Taster Pack (comprising 1 CD, 1 booklet, 1 transcript) @ £17.65 each
(a saving of £2.23 over buying these 3 items separately) or £15.50 each if bought online
- Booklet @ £3.99 or £3.59 each for 5 or more (or if bought online)
- CD @ £10.99 or £8.99 each for 2 or more (or if bought online)
- Transcript @ £4.99 or £3.10 each for 2 or more (or if bought online)

Free packing and 2nd class postage within UK.

Please order at www.yorkcourses.co.uk or by phone or post from:
York Courses, PO Box 343, York, YO19 5YB, UK

Tel: 01904 466516

www.yorkcourses.co.uk
info@yorkcourses.co.uk

WOMEN'S WORLD DAY OF PRAYER 2017

FRIDAY 3RD MARCH

To be held this year at

ST. LAURENCE PARISH CHURCH UPMINSTER

FROM 2.00pm - 3.00pm

FOLLOWED BY REFRESHMENTS.

On Friday 3rd March over 5,000 services will be held in the British Isles on the theme of 'AM I BEING UNFAIR TO YOU'.

The Christian women of the Philippines wrote the service and it will be used throughout the world.

Starting at sunrise over the island of Samoa and continuing like a HUGE MEXICAN WAVE of prayer until sunset off the coast of American Samoa.

Please come and join us at St. Laurence Church to find out more about the theme, the Philippines, the service and be a part of this wave of prayer.

Three of our Lady Clergy from Churches Together will be taking part this year.

EVERYONE IS WELCOME MALE & FEMALE YOUNG & OLD.

GIFT DAY

Our annual Gift Day will take place on Saturday 4th March, between 10 a.m. and 12 midday.

In addition to coffee and cakes, there will be the opportunity to find out more about the second stage of the church development plans.

We will also be asking for your views on why this is a valuable development – we need to collect evidence for both our planning and funding applications.

A workshop will be looking at what we need to do next and there will be an opportunity to ask questions about our responsibilities under charitable status.



ST LAURENCE CONCERT PROGRAMME

Thursday Lunchtime Concerts start at 1.05pm and last approx. 45 minutes - free with a retiring collection

March

2nd - Riccardo Bonci (organ)

9th - Tiago Gomes (guitar)

16th - Richard Brasier (organ)

23rd - Paul Greally (organ)

30th - Cygnus Trio (violin, cello, piano)

For further details contact Robert Brabner – St Laurence Church
(home no. 01708 457578)



THESE BOOTS ARE MADE FOR WALKING!

My latest book “50 Walks on the Essex Coast”, a walking guide to the Essex coast, has now been published and is available priced £9.99 from Swan Books.

Peter Caton discovered the wonderful Essex coastline as he narrated his journey along its whole length, writing Essex Coast Walk. He now describes walks covering the entire publicly accessible coast, helping others to follow in his footsteps. Detailed route instructions are provided, along with high-quality maps, while background information and colour photos add context and interest.

Following rivers, creeks and open sea, on paths, tracks and promenades, often with circuits completed across countryside, the walking and views are varied. There is much history and wildlife to be seen as the walker discovers picturesque villages, smugglers’ haunts, nature reserves and little-known gems along the coast.

Walks range from 2 to 15 miles, with most having different length options, plus the possibility of linking adjoining routes. Produced in full colour, 50 Walks on the Essex Coast is an invitation for serious ramblers, or those looking for just an afternoon stroll, to discover the hidden magic of the Essex coast.

Thank you to those church members who have checked the routes for me and in particular to Brian Webb who has walked most of them.

Peter Caton
www.petercatonbooks.co.uk



A DIFFERENT KIND OF COFFEE MORNING!

Raise money for Children with Cancer UK and get fit at the same time !

When :On Saturday 18th March 10.30am -1.30pm at Upminster Methodist Church

Why not come along and have a taster class whilst helping to raise money for Children With Cancer?

We have three classes on offer - Body Boost, Self Defence Pads Circuit and Astanga Yoga.

Suggested donation: £10 a class or £15 for two.

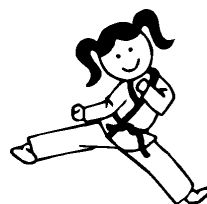
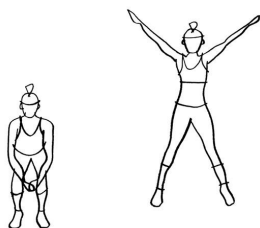
Tea, coffee and cakes will be available throughout the morning .

Body Boost 10.30am - 11.10am led by Emily Lever

Self Defence Pads Circuit 11.30am -12.10pm taken by Garry Lever

Astanga Yoga 12.30pm - 1.10pm led by Emily Lever

Please call to book a place contact Emily Lever -07903 346672 or emmill772@hotmail.com



FOR THE RECORD

- would parishioners please note that the dish at the rear of the Church marked "for the sick" is intended for monetary donations only. (A Church Notice)
- a bargain is something you can't use at a price you can't resist. (Franklin Jones)
- make crime pay become a lawyer. (Will Rogers)
- all I ask is the chance to prove that money can't make me happy. (Spike Milligan)
- the first rule of business is : do other men for they would do you. (Charles Dickens)

CHURCH CAR PARK

Thank you to all of those who have changed their parking habits, especially commuters, so that those attending activities during the week at the Church can park on the premises, especially those less able.

However, we still have some commuter parking, parking for the dentist, parking to go to football, etc..... which can cause problems.

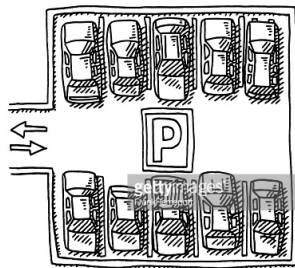
To try to ensure that only those entitled to park are able to, with effect from 1st January the gates will be locked at random times throughout the week. This will be consciously done to avoid causing inconvenience to those attending activities at the Church.

Any concerns regarding this should be sent to:

upminster.stewards@gmail.com

Thank you for your understanding.

The Stewards



COME FLY 3

Come Fly 3 – this circuit event is being held on Saturday March 18th at Trinity Methodist Church, from 9.30am – approximately 12.30pm, concluding with a Bring & Share ‘international’ lunch.

The theme, which we are all asked to consider amongst our fellowships, is:

***‘As a congregation, what do you believe
are God’s dreams for your Church?’***

After coffee, worship and a time of sharing responses to this question, there is a choice of four workshops for participants to select from:

Dummies Guide for Technology and how to enhance worship

Singing the Faith – learning some new hymns & songs

Spiritual Renewal – Dreaming with God

Engaging & Encouraging the Elderly (from within both the church & the community)

It is hoped that at least five people will attend from each Church.

Further details can be found on leaflets at the back of the church and on the corridor notice boards, in the Circuit newsletter or speak to a steward. Suzanne Pearson, who is coordinating the morning, would like to know numbers by March 11th.

CORE SKILLS TRAINING FOR CHILDREN'S WORK

Brian Smith, the District Youth and Children's Coordinator, will be leading three sessions to provide volunteers with 'core/foundational skills needed by all those involved in church based ministry with children'.

The sessions will be on:

Saturdays 22nd April, 17th June, 1st July.

Details of these sessions can be found in the Circuit newsletter. Suzanne Pearson needs to know names of those wishing to take part by Weds 1st March.

FIRST AID TRAINING

A one day First Aid training course has been organised for Monday 1 May, from 9.15am – 4.30pm, at Hornchurch Methodist Church costing £30.

Further details can be found in the Circuit newsletter. If you are interested in this course, please book as soon as possible as places are limited.



Privilegium Visiting Soon! 24 – 28 March 2017



As you will have read in last month's newsletter Privilegium are a Norwegian youth gospel choir who have visited Upminster a number of times since 1989. In December I was contacted by Lise their conductor and asked if they could bring their current choir to visit for a few days in March.

A group of 38 will be arriving late on Friday 24 March and staying on the church premises until Tuesday 28 March.

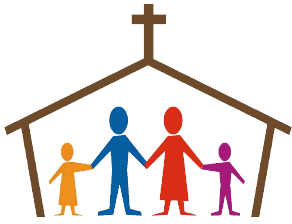
We really hope that as many of you as possible will get to meet this lovely group of young people and become involved in their stay.

On Saturday morning there will be a church breakfast at 8.30am, kindly cooked by the Scouts. This will be a fantastic social occasion to start to get to know our visitors – please speak to Keith Nichols if you would like to attend.



If any youngsters would like to join them to sing on Sunday morning, there will be a short rehearsal after the breakfast.

After setting up their equipment and completing a sound check they then intend to spend the day in London, and would always welcome local tour guides!

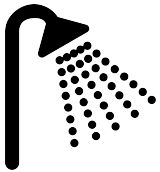


On Sunday 26 March – Mothering Sunday – the choir will participate in morning worship led by Jason, this will be followed by a church lunch.



Their main Concert will be on Sunday 26 March at 7.00pm and it would be great to see as many of you attend and for you to bring many friends and family with you, you will not be disappointed! Why not treat your Mum to a ticket for the concert? The tickets cost £10 for adults and £5 for children are selling quickly.

If you attend Upminster Infants or Branfil Primary schools you will also have the bonus of seeing and hearing them on Monday morning in your school!



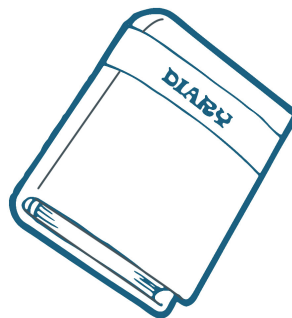
If anyone lives within walking distance of the church and is happy for our visitors to come and use your shower facilities please speak to Caroline – Church amenities are very basic!

We are so looking forward to their visit and hope everyone will come together to share in this exciting time.

Caroline Kinder 01708 223793/07941431091

DATES FOR YOUR DIARY

- Saturday March 4th, 10.00am – 12 noon
Gift Day & Coffee morning.
- Sunday March 12th Church Anniversary
- Saturday March 18th - Come Fly 3
- Lent Course – March 8,15,22,29, April 5th
- Sunday April 23th Church AGM
- Saturday May 13th – Brass Band concert.



OPPORTUNITIES TO HELP!

We are always looking for people to help out with the various activities happening in the Church, and from Easter all the way through to August Sarah is looking for volunteers. Please find listed below the dates:

Easter activity morning- held in the halls

Details: activity morning with craft, songs and games

Help needed: craft activities, kitchen- snack preparation and drinks for adults and children

Date: Wednesday 12th April

Lifepath- Schools event based at the Church

Details: schools arrive around 9.15-9.30am and leave around 2pm

Help needed: in the kitchen to provide drinks for the schools and also drinks for the helpers during the morning workshops and lunchtime break.

Dates: Thursday 15th June and Friday 16th June

Holiday Club

Week 1

Details from 9am- 9.45am setting up, 10am till 12noon for the children

Sunday 30th July setting up

Monday 31st July to Friday 4th August

For children aged between 4 and 11 years old

Week 2

Details: 9.15-9.45am setting up, 10 am till 11am for children

Monday 14th to Friday 18th August

For preschool aged children and under

Both weeks help needed: kitchen help for snacks and drinks, group helpers, craft helpers

If you are able to give up some of your time please speak to Sarah Harris,
Children and Family Worker, Upminster Methodist Church

01708 222278

07511377351

BRENTWOOD HALF MARATHON

On 19th March Bob Avis, Peter Hobbs and Linda Dick will be running the Brentwood Half Marathon.

Bob is running to raise funds for Methodist Homes, Peter and Linda for the Church's Building and General Funds.

Sponsorship forms for all three are at the back of the Church and they would appreciate your supporting one or more of them.

Thank you.





Newsletter – *The next newsletter will be the April issue. Please forward material to Allyson Hill by the 15th March.*

The newsletter email address is
upminster.newsletter@gmail.com

If you would like to receive the monthly Newsletter by email please place your request via the email address above.

The views expressed in articles in this magazine are those of the authors and do not necessarily represent the views of the editor, minister or officers of the church.

Weekly Notices - Items for the weekly Notices sheet should be sent to upmethodistchurch@btinternet.com or pass to Allyson Hill

METHODIST BLOG

If you wish to read the President and Vice President's blog on a regular basis, please go to the Methodist Church website at www.methodist.org.uk and there you will be able to follow the links on a regular basis.

You may find other articles of interest too on a weekly/monthly basis.





FLOWER ROTA



Very many thanks, as always, to both providers and arrangers for March:

	<u>Provider</u>	<u>Arranged by</u>
March 5th	Chris Hughes	Chris Hughes
12th	-	Sheila Toon
19th	Eileen Larrington	Judith Hall
26th	Joyce Harris	June Dutton

Thank you to the folk who provided flowers in January:

8th – Carole & David Jenkins
15th – June & Colin Weaver
22nd – Sheila Toon
29th – Jean Nicholls

Upminster Methodist Church Weekly Activities

If you have a date or activity you wish to add, please let the editor know at upminster.newsletter@gmail.com



Holy Communion

Wednesday 10.00am – 11.00am



Gateway Tea, coffee and chat

Monday and Wednesday 10.00am – 12 noon



Choir and Band Practice

Fridays and Saturdays as announced
7.30pm

Adult Badminton

Thursdays 8pm – 9.30pm

All abilities welcome



Wesley Players

Mondays 8.00pm



Patchwork Group

Mondays 1pm



Children's Praise

We meet on the first Sunday of every month.

9.15am – 9.45am

Suitable for ages 2 – 10 years
split into two age groups

Games, story, craft and singing,
followed by drink and biscuit



Tots and Co

Tuesdays in term time
9.30am – 11.30am

Uniformed Groups

Mondays	6.15pm 7.15pm	Brownies Guides and Rangers
Wednesdays	6.30pm	Cub Scouts
Thursdays	6.00pm	Beaver Scouts
Fridays	7.30pm	Scouts



Sunday Worship

March Dates

5th

9.15am	Tots Praise
10.00am	Mr G Wallace
6.30pm	Revd. Jason Vinyard – Holy Communion

12th

10.00am	Revd. Jason Vinyard – All Age and Parade and Church Anniversary
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19th

10.00am	Revd. E Mustapha
6.30pm	Revd. Jason Vinyard – Contemplative Worship

26th

Mothering Sunday

10.00am	Revd. Jason Vinyard – Holy Communion
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"'Fasting' doesn't mean
eating fast food!"