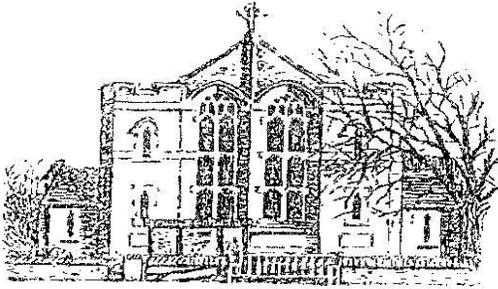


# UPMINSTER METHODIST CHURCH



Church Notices  
13<sup>th</sup> September 2020  
[www.upminstermethodistchurch.org](http://www.upminstermethodistchurch.org)

## WEEKLY NOTICES

- Revd. Joseph Riberio's 11.00am zoom service can be found on the email page.
- Revd. Jason Vinyard 7.00pm zoom service can be found on the email page.

*(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.

**From Matthew 11 The Unforced Rhythms of Grace: Jesus said** <sup>28-30</sup> “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” (The Message – the Bible in contemporary language)

**From WATCHING for the KINGFISHER, poems and prayers, Ann Lewin**

### **In tune**

Done your practice? Said your prayers?  
Echoes from childhood, as though  
Practice must be perfect, prayer complete.  
Experience tells us neither satisfies  
Till techniques spring to life.

Prayer is musicianship, a  
Growing alertness to God’s beat,  
Drawn to the rhythm of his will,  
Watching his cues for  
Rest or entry; listening,  
Aware of others’ harmony, or  
Seeking in discord sounds of  
Resolution; accepting occasional  
Transposition to enable others  
To join in; through many modulations  
Learning the beauty of the minor key  
Offsetting major’s splendour.  
Then, secure, daring to improvise  
Above the steady groundbass of God’s love.

**From Luke 11 Ask for What You Need** One day Jesus was praying in a certain place.

When he finished, one of his disciples said, “Master, teach us to pray just as John taught his disciples.”

<sup>2-4</sup> So he said, “When you pray, say,  
Father,  
Reveal who you are.  
Set the world right.  
Keep us alive with three square meals.  
Keep us forgiven with you and forgiving others.  
Keep us safe from ourselves...”

Revd J C Vinyard 13<sup>th</sup> September 2020



## **RE-OPENING OF UPMINSTER METHODIST CHURCH**

Following the Church Council meeting of Wednesday 9th September 2020, the Risk Assessment Plan was agreed by Church Council and has been sent to the Romford Circuit for ratification (thanks to Turplin Dixon and his team for producing this document).

The Council also agreed that the Church could re-open for morning service from the 11th October 2020.

This will be a very reduced congregation and numbers attending will be limited due to current guidelines. More information to follow.

The service will also be transmitted live on You Tube, allowing more people to share the service.

There are still a number of hurdles to overcome before we can start and we will need volunteers to undertake the following roles:

- Door Stewards - checking people in and showing them to the designated pews
- Booking Secretary - To answer calls and list names of the intended attendees
- Cleaning volunteers - to ensure the Church is cleaned after the service to a strict regime
- Track and Trace Co-ordinator - to keep a list of all (including volunteers) attendees of the service

If you feel that you are able to volunteer for one of the above, please contact us on [upminster.newsletter@gmail.com](mailto:upminster.newsletter@gmail.com) and someone will contact you with more details.

## FAMILY NEWS

- Congratulations to Keith and Hazel Nichols who celebrate their Golden 50<sup>th</sup> Wedding anniversary.



- Congratulations to Chris and Mike Hughes on the arrival of their grandson Elliott William Hughes, son of Tom and Alex and little brother to three year old Elijah. We wish them all every happiness.



- Happy Birthday to Paul Nichols who celebrates his 60<sup>th</sup> Birthday on the 18<sup>th</sup> September.



Don't forget, if you have any news of any kind that you wish to share with the congregations, please send an email to: [upminster.newsletter@gmail.com](mailto:upminster.newsletter@gmail.com)

## **CHURCH FLOWERS**

Every year many of us sign up to contribute towards flowers for the Church arrangement each week, others arrange the flowers and then flowers are distributed to members of our Church family on a Monday. Obviously over the last few months there have been no flowers, however, now seems a good time to start distributing flowers to our Church friends again.

Some people are able to be out and about a little more, others are still having to shield, and although we are still trying to find a way to re-open our Church in a safe way we would like our Church family and friends to know we are still thinking of them.

If you would like to contribute to this new Flower Fund please put some cash into an envelope marked 'Flower Fund' and pop it through my door - 1 Oak Avenue. Margaret Wilkins has kindly offered to purchase some bunches of flowers and distribute them (as she would normally have done) Margaret will deliver during the week.

Caroline Kinder

## **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, meets by zoom on Sunday mornings at 11am. If you would like to know more please email [gordonmreed@gmail.com](mailto: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.

## **FOODBANK UPDATE**

Thank you all for your very generous donations, please continue to donate as it helps families enormously.

The address to deliver the donations to is:

8 Hurst Park Avenue, Hornchurch, Essex RM12 6DJ