



# Newsletter

## 13th September 2020



Birthday wishes are sent to Johan, Alan, Margaret P. and Doll who all celebrate their birthday this week! We hope you enjoy your special day.

### Daily Bible Readings

- Mon 14th:** Psalm 77; Joshua 3:1-17; Hebrews 11:23-29
- Tues 15th:** Psalm 77; Nehemiah 9:9-15; Romans 14:13-15:2
- Weds 16th:** Psalm 77; 2 Kings 2:1-18; Mark 11:20-25
- Thurs 17th:** Psalm 105:1-6, 37-45; Exodus 15:22-27; 2 Corinthians 13:1-4
- Fri 18th:** Psalm 105:1-6, 37-45; Exodus 16:1-21; 2 Corinthians 13:5-10
- Sat 19th:** Psalm 105:1-6, 37-45; Exodus 16:22-30; Matthew 19:23-30

*As you probably know, last week saw the beginning of the Methodist New Year but what may have gone unnoticed was the birthday of UMC, so belated birthday wishes to us all. Under normal circumstances we would have had an Anniversary service so perhaps next year.*

*We have a few birthdays this week and wish you all a very happy day - Johan 15th September, Alan 17th, Margaret Poulter 18th and Doll 19th.*

*Jacquie*

This month's 'Meet the Minister' with Revd. Dr. Calvin Samuel is taking place on Wednesday 23rd September 2020 at 7.30pm on Zoom.

<https://us02web.zoom.us/j/86752805480?pwd=RnRwS2xqZ09rZG9uUWt0aGhHd01QZz09>

Meeting ID: 867 5280 5480

Passcode: 932375

# Homemade Rice Crispy Treats

Unlike traditional rice crispy treats, this homemade version is healthier, full of healthy fats and made without butter and without marshmallows.



## Ingredients

256g rice crispy cereal  
64g peanut butter/almond or cashew butter  
64g maple syrup

## How To Make Rice Crispy Bars

- Step 1:** Line an 8 x 8-inch pan with parchment paper and set aside.
- Step 2:** In a large mixing bowl, add your crispy rice cereal and set aside.
- Step 3:** In a microwave-safe bowl or in a small saucepan, melt your peanut butter with maple syrup together.
- Step 4:** Pour the syrup/peanut butter mixture into the large mixing bowl and combine with the dry cereal. Mix very well, until fully incorporated.
- Step 5:** Transfer the rice crispy treat mixture into the lined pan and press firmly into place. Refrigerate until firm, before slicing into bars or squares.

## How To Store Rice Crispy Treats

Rice Crispy Treats can be kept at room temperature, in a sealed container, for up to 1 week.

They are best kept refrigerated though, as they will maintain a firm texture, and last even longer, up to 4 weeks.

Homemade rice crispy treats are freezer friendly and will keep well frozen for up to 2 months.

# Word Puzzle

This wacky word puzzle challenges players to name the famous phrases in this image.

Each square features a word/words accompanied by a font or shape that gives a cryptic clue to the catchphrase.

Sometimes even the position of the word will be a giveaway to what the answer is, but only a true wordsmith will guess all 24!

1 SAND	2 MAN BOARD	3 STAND I	4  R E A D I N G
5 WEAR LONG	6 R ROAD A D	7 T O W N	8 CYCLE CYCLE CYCLE
9 LE VEL	10 O M.D. Ph.D. B.S.	11 KNEE LIGHTS	12 I I O O O O O
13 CHAIR	14 DICE DICE	15 T O U C H	16 GROUND FEET FEET FEET FEET FEET
17 MIND MATTER	18 HE'S/HIMSELF	19 ECNALG	20 DEATH/LIFE
21 GI C C C C C C	22 PROGRAM	23 R E S C O L E	24 J U S T M E

## **Just when you thought it was safe!**

Hello from the Manse!

Back in the 80s when I was young, there was a franchise of films that use the marketing strap line "*just when you thought it was safe to go back into the water*". Of course, I'm talking about the Jaws films, you know the ones with the obvious fake shark, bad special effects and awful plot lines. Back then we were still scared. To me this seems to be where we are at the moment. Everyone wondering if there's going to be a second peak after the school children go back and holiday makers return from their trips. The Governments announcement late Tuesday night hasn't helped.

There are many times in the Bible when the disciples weren't sure about what was going on and they turned to Jesus to seek reassurance. The one that springs readily to mind of course, is when Jesus calms the storm in Mark's Gospel chapter 4 verses 35-41. Jesus was sleeping in the back of the boat after a heavy day ministering. As they moved to another town, a storm hits and Jesus sleeps through it. After recently being in a tent through a storm, I can see why the disciples turned to Jesus. He gets up and says to the storm "quiet, be still". The storm dies down. The moral of the story is that Jesus is building up the disciples' faith by challenging them to remember who they are with.

Well we are going through challenging times and maybe it's the right time to remember who we are with. We may not see Jesus face to face but the moral of the story still remains. We are with Jesus in the good times and the bad times. Jesus offers us the same reassurance but because of the cross, it lasts for all Eternity. We also have the added blessing that now returned to Heaven, Jesus hears our prayers all the time and will never be caught napping in the back of a boat.

At the moment, notice the disciples turned to Jesus and so can we. If we were to have a three part catch phase it would be Stay Alert/Save Lives/Pray. Stay alert to God's protection, blessings that have been with us from the beginning of time through creation, given back to us through salvation and open to us now in these strange times. Save lives by telling them the good news of Jesus' love. That by believing in Jesus we have been justified by Jesus' actions on the cross and our sins forgiven. Finally, always pray, helping us focus on the bigger picture and give thanks, protection, love.

Apologies for the weird sentence at the end of last week's letter I'm not sure how it got there.

My prayer this week is that we all Stay Alert/Safe Lives/Pray.

God Bless

*Pete*

**Sunday 13<sup>th</sup> September 2020**

This short act of worship has been prepared for you to use whilst we are unable to use Methodist Church premises. 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 Affirmation**

Disciples and doubters,  
foolish and fearless,  
we are all God's people,  
and He welcomes us all  
We draw near Him and worship.

**Hymn: StF 59**

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

<https://www.youtube.com/watch?v=rce9UHYZwl4>

Lord, the light of your love is shining,  
In the midst of the darkness, shining;  
Jesus, light of the world, shine upon us;  
Set us free by the truth you now bring us,  
Shine on me, shine on me.

*Chorus:- Shine, Jesus, shine,  
Fill this land with the Father's glory;  
Blaze, Spirit, blaze,  
Set our hearts on fire.  
Flow, river, flow,  
Flood the nations with grace and mercy;  
Send forth your word,  
Lord, and let there be light!*

Lord, I come to your awesome presence,  
From the shadows into your radiance;  
By the blood I may enter your brightness,  
Search me, try me, consume all my darkness.  
Shine on me, shine on me.

*Chorus*

As we gaze on your kingly brightness  
So our faces display your likeness.  
Ever changing from glory to glory,

Mirrored here may our lives tell your story.  
Shine on me, shine on me.

*Chorus*

**Let us pray together**

Lord you have created a world full of people  
A universe full of planets and stars  
You sent us your Son Jesus  
To show us how to live in our world  
May we have the grace to follow Him. **Amen**

Loving God, we are sorry  
when we have wandered far from you.  
when we have not listened to your voice  
and listened instead to other voices –  
the voices of greed, and selfishness,  
you have offered us abundance of life,  
but we have settled for so much less.  
Forgive us

**Assurance of pardon**

In Jesus we have been forgiven  
So let us live as one who is forgiven,  
in the name of Christ. **Amen.**

**Today's Reading from the Old Testament  
Genesis 50:15-21**

**Today's Gospel Reading: - Matt 18:21-35**

**Time to Reflect – think about**

***Unlimited forgiveness, - how easy is it to  
forgive, - can we move on from the hurt we  
feel***

In our gospel reading Peter wanted to know  
what he must do about forgiveness. We may  
find the word 'sorry', is easily said, often used  
and sometimes it is not really meant.  
Peter thought he was being very generous by  
saying that a person should forgive 7 times.

The number seven was thought to be the perfect number. Jesus answers Peter that this is not enough, and even seventy times seven would not be enough. Seventy times seven at that time was thought to be an infinite number.

What Jesus is guiding Peter and us to understand is about forgiveness that it is not a worldly thing, but something that is at the heart of His teaching. Jesus told Peter the parable of the King and his unmerciful servants to illustrate that his followers should be willing to forgive and the consequences if they do not. In parts of the world they find it is difficult for people to forgive because their honour is at stake. When someone is hurt, they want to hurt back. They want revenge for what has happened, but that is an endless route.

Revenge or retaliation is the way of the world and Jesus shows us that forgiveness starts from God. By accepting His forgiveness, we are transformed in His likeness so that we too should offer forgiveness to others in the same way.

To forgive someone when you have been hurt, or had your life affected is not easy. During this time of lock down, people will have been hurt, disappointed, and maybe angered by neighbours or people taking more food than they need. We need to let go of those feelings and embrace God's love. It is said that when a victim forgives, it stops the bitterness hardening their heart and ruining their life, that by forgiving, a person is changed from being the victim into a survivor. The generosity of what the victim has done may touch the life of the offender, to the extent that in some cases; the act of forgiveness, has changed their ways and in some cases made them friends. Some people have been surprised by their neighbour's help during the lock down, neighbours they have never spoken to.

In the reading from Genesis we heard how Joseph's brothers were afraid. They were afraid of what Joseph would do to them. When they saw Joseph, they fell on their knees and said they were his slaves. Joseph is disturbed by their sadness and says the most amazing thing; "God intended it for good to accomplish what is now being done, the saving of many lives". By this statement Joseph showed that he had not allowed his hurt to corrupt him, he had taken his suffering and seen that through it God had led him to help others. Had he stayed with his brothers, Joseph would not have become such an important person, and would not have been able to help thousands of people from starving. God asks us to let go, and to lay all our burdens at His feet, this includes the hurt and suffering that we have received. By forgiving we are showing others God's love.

#### **Take a time to sit quietly**

##### **A time of prayer**

Loving and forgiving God  
We pray for our world today  
As we bring the virus under control  
Help and guide Prime ministers, Presidents,  
Kings and Queens, all types of workers around  
the world  
Parents and children  
And all who have lost loved ones  
may they feel your love this week as they go  
about their work. **Amen**

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

*Our Father .....*

##### ***Hymn: Listen to 'Lord I come to you'***

<https://www.youtube.com/watch?v=CL1POv2eY04>

Lord I come to You,  
Let my heart be changed, renewed  
Flowing from the grace  
That I've found in You  
Lord I've come to know  
The weaknesses I see in me  
Will be stripped away  
By the power of Your love

*Chorus - Hold me close  
Let Your love surround me  
Bring me near  
Draw me to Your side  
And as I wait  
I'll rise up like the eagle  
And I will soar with You  
Your Spirit leads me on  
In the power of Your love*

Lord unveil my eyes  
Let me see You face to face  
The knowledge of Your love  
As You live in me  
Lord renew my mind  
As Your will unfolds in my life  
In living every day  
By the power of Your love

*Chorus*

### **A prayer of blessing**

StF771

May the love of the Lord rest upon your soul  
May his love dwell in you throughout every day  
May his Countenance shine upon you and be gracious to you  
May His Spirit be upon you as you leave this place. Amen

Original Materials by [Linda Ashworth](#)  
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Local Churches please insert CCLI No here

**Genesis 50:15-21**

### **Joseph Forgives His Brothers**

Realizing that their father was dead, Joseph's brothers said, 'What if Joseph still bears a grudge against us and pays us back in full for all the wrong that we did to him?' So they approached Joseph, saying, 'Your father gave this instruction before he died, "Say to Joseph: I beg you, forgive the crime of your brothers and the wrong they did in harming you." Now therefore please forgive the crime of the servants of the God of your father.' Joseph wept when they spoke to him. Then his brothers also wept, fell down before him, and said, 'We are here as your slaves.' But

Joseph said to them, 'Do not be afraid! Am I in the place of God? Even though you intended to do harm to me, God intended it for good, in order to preserve a numerous people, as he is doing today. So have no fear; I myself will provide for you and your little ones.' In this way he reassured them, speaking kindly to them.

### **Matthew 18:21-35**

#### **Forgiveness**

Then Peter came and said to him, 'Lord, if another member of the church sins against me, how often should I forgive? As many as seven times?' Jesus said to him, 'Not seven times, but, I tell you, seventy-seven times.'

#### **The Parable of the Unforgiving Servant**

'For this reason the kingdom of heaven may be compared to a king who wished to settle accounts with his slaves. When he began the reckoning, one who owed him ten thousand talents was brought to him; and, as he could not pay, his lord ordered him to be sold, together with his wife and children and all his possessions, and payment to be made. So the slave fell on his knees before him, saying, "Have patience with me, and I will pay you everything." And out of pity for him, the lord of that slave released him and forgave him the debt. But that same slave, as he went out, came upon one of his fellow-slaves who owed him a hundred denarii; and seizing him by the throat, he said, "Pay what you owe." Then his fellow-slave fell down and pleaded with him, "Have patience with me, and I will pay you." But he refused; then he went and threw him into prison until he should pay the debt. When his fellow-slaves saw what had happened, they were greatly distressed, and they went and reported to their lord all that had taken place. Then his lord summoned him and said to him, "You wicked slave! I forgave you all that debt because you pleaded with me. Should you not have had mercy on your fellow-slave, as I had mercy on you?" And in anger his lord handed him over to be tortured until he should pay his entire debt. So my heavenly Father will also do to every one of

you, if you do not forgive your brother or sister from your heart.'