

Vol: 42 - No 40

Sunday 31st May – Sunday 7th June 2020

Pentecost Sunday



Members and Friends of TaB,

This Sunday 31st May is “Pentecost Sunday”. On this beautiful Sunday when our Church doors are physically shut, we welcome you to share with us the “Good News” of the outpouring of the Holy Spirit.

We have so far endured nine weeks of “lock down” and it has been difficult for many of us to do the things we really love to do: meeting with our Church family, going to the shops, visiting the theatre, taking a leisurely stroll in the park and giving our friends and family a loving welcome hug. Mostly these are the everyday things of life which we take for granted day by day.

On that Pentecost Sunday People from the immediate countries surrounding of The Mediterranean Sea and beyond including North Africa had gathered in Jerusalem for this Festival of The First Fruits occurring fifty days after The Passover. Today on this Pentecost Sunday we will all like to gather in one place like TaB and pray for the pouring out of God’s spirit just as Joel had written: The days are surly coming says the Lord when *“I will pour out my spirit on all people”* (Joel 2:28)

These are unprecedented times, where measures have been implemented to help and protect us, yet we are not exempted from the struggles of life. A few members of TaB have had symptoms of this covid-19 virus, however, by the grace of God all have so far recovered. We give thanks to all who offer prayers for our Church Family members and for God’s healing powers. For *“Surely He will save us from the fowler’s snare and from the deadly pestilence.”* Psalm 91: 3

As Christians we think of the Sunday when the Holy Spirit was given to men on earth for the very first time on Pentecost Sunday. *“For as yet there was no spirit”* John 7: 39. The very beginning of His Church. We may say to ourselves; how can we have that Pentecostal experience. We can rejoice even under these very difficult circumstances in the sure belief that the Spirit will direct, help and guide us to act and speak with the best interest of God’s Kingdom, our family and friends at heart.

Sisters, Brothers and Friends on this Pentecost Sunday I pray that we can once again experience the events of that first Pentecost when they were all in one accord. God poured out his Spirit on to all who were gathered. This pandemic has changed the way we gather but we know the Holy Spirit is with us to equip us and to unite us in praying and caring for each other as the Family of His Church.

Blessings to All,

Theo Hercules

LECTIONARY REFLECTION

by Charles Dadey, *Senior Steward*



Acts 2: 1 - 21 The Coming of the Holy Spirit

This is where we are told about how the Holy Spirit descended on the believers as they were gathered together for the Jewish spring harvest festival. Some people concentrate on the 'speaking in tongues' but I prefer to focus on the 'understanding in their own languages' aspect. After all what is the point of hearing something that you do not understand? Peter got up and addressed the crowd, explaining further that the believers were not drunk but fulfilling the words of the prophet Joel.

1 Corinthians 12: 3b – 13 Gifts from the Holy Spirit

We are all given different gifts by the Holy Spirit but they are all for the common good. Each gift is activated by one and the same Spirit, and thus we are compared to being one body with many members that have to work together.

John 20: 19 – 23 Jesus appears to His disciples

Here we hear about how Jesus appeared in the midst of the disciples while they were meeting behind locked doors, for fear of the Jews. This is part of the account of the Resurrection, in which 2 disciples found the empty tomb and went back home but Mary Magdalene stood there weeping, only to discover that the person she mistook for a gardener was actually her Lord and Master. This was early in the day. In the evening of the same day He appeared to the disciples in the locked house. We are not told how He got into the house but we know that He showed them His hands and the wound in His side as proof the He was Jesus, the exhorted them to forgive the sins of others rather than retain them.

I feel some of the themes running through these scriptures are doubt, forgiveness and belief.

Contact:

admin@trinityatbowes.co.uk - 020 8888 2797 - 07484 309301 - www.trinityatbowes.co.uk - Facebook: TaBChurch

PASTORAL

Tony Addo & Pastoral Link Leaders

Lord, this week we pray that you would send down your Holy Spirit of encouragement to all our pastoral leaders, so that they might walk in a manner worthy of the calling with which they have been called; lead them to walk with all humility and gentleness, with patience, showing tolerance for those around them in love, and that they would be diligent to preserve the unity of the Spirit in the bond of peace. Their words and prayers open the doors for your power of healing to be channelled into those who are under their care.

Amen

Rev Sam

Our TaB Pastoral Team are as follows:

Pastoral Link -Leaders

1. Rev Sam
2. Tony Addo (*Secretary*)
3. Janet Antwi (*Coordinator*)
4. Maureen Haydon (*Flower Distributor*)
5. Christina Allen
6. Josephine Browne
7. Lilla Hercules
8. Iris Gosling
9. Catherine Frimpong
10. Janet Campbell
11. Vinisya Abraham
12. Gladys Chingoka
13. Mina Badoe
14. Juliet Debrah
15. Elizabeth Takaedza
16. Kojo Hagan
17. Charles Dadey



Prayers for TaB Members & Friends

God, our heavenly Father, teach us to pray with faith in your willingness to supply our needs, that we might receive the generosity of your love and your power of healing: *We pray for all who are unwell, those who are homebound or in residential care and for all those who have recently been bereaved.*

Remembering especially:

Liz Arnold, Catrina Bassey, Joyce Beaumont, Barbara Biggs, Robert Barker,
Iris Branch, Christine Cabrera, Dorothy Campbell, Paul Flavell, Chrissie Godfrey,
Suzy Godfrey, Yvonne Jordine, Rhona Knight, Yvonne Obeng, Margaret Prater,
Hope Siwela, Elizabeth Takaedza, Beverly Watkins-Kowa & Ken Kowa.

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Children, Youth & Young Families

Michele Huntley & TaB Sunday School Team

Resources for Sunday school families can be found on our TaB home website using the following link <https://www.trinityatbowes.co.uk/sunday-school>

Peter Godfrey- TaB Sunday School Leader is the contact for Sunday School Resources



Pentecost drawings by Jessica & Franklin



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Get Creative!

A brand-new creative arts competition.

We are looking for you to write, draw, paint, or get busy with your camera! The idea is that you write a poem, make a picture or take a photograph in response to the theme of 'What is God saying?'

[The Well | 'What is God saying?' Creative Arts Competition](#)

What do children and young people think God is saying to them, the Church or the World? 'What is God saying' is the theme of a creative arts competition launched by The Well.

Entrants must be aged 4 to 18 and are invited to submit a poem, picture, photograph/photo collage in response to the theme.

For further information and competition details visit <https://www.methodist.org.uk/our-work/children-youth-family-ministry/get-creative/> All entries must be received by 31 July 2020.

Parents: Please send in your child's work via Michelle Huntley on next Week's Theme: TRINITY SUNDAY. A few selected pieces will be displayed on these pages.

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Church Family Greetings & Celebrations

Carlet White-Griffiths & Janet Antwi

Pentecost by Artyjules



The rushing of a violent wind
Creates a roaring boom,
With tongues of fire from heaven
As Christ's spirit fills the room.

As men begin to speak in tongues,
Filled with the spirit's might,
A blessing laid upon them
As they gather on this night.

The promise now had been fulfilled
As Jesus had foretold,
And many men were startled,
Though the Saviour made them bold.

The boundless love of Jesus
A perfect sacrifice,
His blood he gave on Calvary's tree
For sin to pay the price.

Source: <https://allpoetry.com/artyjules>



Good News & Celebrations!



Please get in touch and share your good news and celebrations!

Birthdays

Happy Birthday to **Elizabeth Takaedza**
ALL those having Birthdays during this week.
May you have a special and enjoyable day.
May the good Lord Bless your year ahead.



Anniversaries

Happy Anniversary to **ALL** who are
Celebrating an anniversary this week.
May God continue to Bless your marriage.



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Church News and Centre Plus

Theo Hercules

1. Host: New River Methodist Circuit – Online Church.

Use Facebook to reach Circuit YouTube presentation of the Worship and Meditation under “New River Methodist Circuit”. See timetable below. Streamed online Services are saved so you can access them as required.

There is a link to the New River Methodist Circuit Services on our TaB website

<https://www.trinityatbowes.co.uk>. Also, on our TaB website you can find the current worship at home Methodist UK worship from home files. Our TaB website is frequently being updated. Please review regularly.

Online Church:

Monday - Saturday, 8am – ‘Thought for the Day’ led by ministers
(Fridays are for TaB to lead ‘Thought for the day’)

Monday - Saturday, 9am - Morning Prayers. Facebook Live.

Monday's 2pm - Lounging with the Lunn's, an informal chat. Facebook Live.

Saturday 10:30am -Saturday virtual coffee morning.

2. Wednesday 5pm “TaB Together” Zoom Meetings

Every Wednesday at 5pm via Zoom conferencing software, Rev Sam is hosting a “TaB Together” virtual meeting. All members are invited to participate. The login details for this scheduled meeting are as follows and are the same each week.

<https://us04web.zoom.us/j/9928297354?pwd=a0RYWHlvTG1vWUYyV3pwbDdFcmYxdz09>

Meeting ID: 992 829 7354 Password: 849433

Nb: All matters raised or discussed at Zoom Conference will not be published in written form, rather all agreed ideas will be implemented.

3. TaB Website & TaB Church Face Book

We are looking for inspirational and uplifting items to post on our TaB website

<https://www.trinityatbowes.co.uk>. and TaB Facebook: **TaBChurch. Please contact Peter Godfrey with your ideas and offers of help.**

4. TaB Weekly NewsNotes

Theo Hercules and Carlet White-Griffiths are working together in continuing the production of NewsNotes – electronic copies only. You can printout copies to pass on to other TaB members or friends who have such facility to do so. **TaB will reimburse the cost.**

5. Enfield Stands Together

<https://new.enfield.gov.uk/services/your-council/enfield-stands-together/> Is a community response to the coronavirus where you can:

5.1) Obtain help if you are over 70 years old or vulnerable to coronavirus with food packages, collecting medical prescriptions and other services. There is an online form on the Enfield Council website

<https://new.enfield.gov.uk/forms/covid-19-community-support-request-form/> . You can call the following telephone number 0203 821 1966 for help in completing the form.

5.2) Register as a Volunteer in the local community

5.3) Register for a Community Pantry Food - For three days a week this will allow groups and charities, who support their communities with cooked meals, to pick up essential food supplies and ingredients.

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6. Virtual Book of Remembrance

St Paul's cathedral has launched an online book of condolences for those who have lost their lives to coronavirus. The project, called 'Remember Me' is open to people of all faiths and has received the support of HRH The Prince of Wales, who has recorded a video message in support of the project.

The family, friends and carers of those who have died of COVID-19 and were living in the UK can submit, free of charge, the name, photograph and a short message in honour of the deceased. Web address:

<https://www.rememberme2020.uk/>

7. Telephone Contact with TaB Members & Friends

Our thoughts and continued prayers are with our TaB Family and Friends during this current pandemic and the isolation, loneliness and other difficulties this has created.

Some of you have already received telephone call/(s) from a TaB member or TaB friend to see how you are. In the coming weeks many more of you will receive a friendly telephone call from a TaB leader or member.

8. Good News & Celebrations

Please do notify us of any upcoming GOOD NEWS & CELEBRATIONS so that we can acknowledge, pray for and rejoice with you.

9. Upcoming TaB Church Zoom Meetings

9.1) TaB Church Stewards Meeting Saturday 6th June 2020 at 1pm

9.2) TaB Trustee's Meeting Saturday 13th June 2020 at 1pm

10. TaB Church & Centre Plus Freezer Clearance

This week food stored in the Freezers at TaB are being cleared. If you would like to receive any frozen food, please contact Rev Sam ASAP as the frozen food will be distributed on a first come basis.

Stay Safe

Blessing



Amen

If you would like news items, prayer requests and or celebrations to be included in the NewsNotes
Please send an email to newnotes@trinityatbowes.co.uk before 10.00am every Thursday.

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