

# **Aylesbury Methodist Church & Centre**

## **‘LINK’**

**September - October  
2017**

**Aylesbury Methodist  
Church & Centre**

**Buckingham Street**

**Aylesbury, Bucks. HP20 2NQ**

Registered Charity No. 1129749

**Church Office: 01296 426526**

e-mail: [office@aylesburymethodists.org.uk](mailto:office@aylesburymethodists.org.uk)

**Aylesbury Methodist Church & Centre Website**

[www.aylesburymethodists.org.uk](http://www.aylesburymethodists.org.uk)

(AMC Weekly Notice Sheet and LINK magazine can now be  
found on the website)

**Minister**

**Rev Helen Kirk**

01296 488963

revhelenkirk@sky.com





The little church on top of the hill was packed with pilgrims, who overflowed down the steps and into the village square as the Mass was broadcast via loudspeaker to the whole of the community.

People were everywhere: Christians trying to get into the church; tourists from all over the world, who had heard, like us, about the pageantry of this annual saint's day; stalls selling food & drink, trinkets and relics; musicians setting up to serenade the people and make a buck.

In the midst of this vibrant festival Andrew and I waited, with hundreds of others, for the Mass to end so we could see the procession. As we listened to the words of the Lord's Supper coming over the loud speaker in Portuguese we tried to guess where the service was up to; 'are they saying the creed?'; 'that must be the Lord's prayer!', but as we laughed and joked with strangers in the crowd we became aware of a man standing quietly among us. With eyes closed and head bowed he spoke every word of the Mass, oblivious to the throng and the noise that surrounded him. It was a strangely beautiful moment, for as his lips moved with prayers so well-known they were a part of his being, we were drawn in as eavesdroppers of something sacred and holy. We felt for a moment that, despite all of the human commotion around us, we were on holy ground; God was present in our midst; incarnate in a pilgrim's prayers.

Back home, our holiday seems a long time ago. September is in full flow as groups and activities begin again and the diary fills up with meetings. However the memory of that 'God moment' experienced amidst the hustle and bussle of life is very precious, because it reminds me that in the midst of all my business, despite all the hectic activity, God can still be realised. The sacred and the secular are one, for God is present in both; we just need to realise him.

So in all that life holds for you this autumn - whether it is new beginnings or frenetic schedules; whether it is uncertainty or anxious waiting; or perhaps it is just 'life as normal' - always remember that the sacred is not just found within a church but that God promises to be with us at each moment of our life, if only we will open our eyes to see him and our hearts to know him.

Helen

## Aylesbury Bible Study 2017-18

Wednesday 2.00 - 3.30pm  
(No evening sessions)



|           |                  |  |
|-----------|------------------|--|
| September | 20 <sup>th</sup> | 'You who have ears' – receiving the Word |
| October   | 18 <sup>th</sup> | Cost and value                           |
| November  | 15 <sup>th</sup> | Prayer & Persistence                     |
| January   | 10 <sup>th</sup> | Grace & Forgiveness                      |
| February  | 21 <sup>st</sup> | Judgement                                |
| March     | 14 <sup>th</sup> | Faithfulness                             |
| April     | 18 <sup>th</sup> | Who's included?                          |
| May       | 23 <sup>rd</sup> | All the bits we've missed!               |

If you are looking for some challenging discussion, some help to understand the nitty gritty of the Bible, or you just want the opportunity to ask all the questions you've never dared to ask, please come along.

**You don't have to commit to all the sessions;  
just come to what you can.**

**All are welcome**



## Essence of God

Peace came down like a pure, sacred bird,  
On that wonderful day when God's Beloved Son  
Walked this earth as a man.  
Those who could not see Him, or even touch Him,  
Knew that He was there, by the rivers of perfume  
That flowed as He passed by.

The scent was of beauty; it emanated feelings of pure joy.  
The essence of healing was just awesome.  
No-one needed to see Him -  
The sweet aroma of God was all around.  
This was enough to believe in the miracle of forgiveness,  
Through Jesus Christ, His Son.

The sweetness of His Love was tangible,  
As Jesus dispensed God's Mercy and Grace.  
People followed gladly in His fragrant footsteps.  
Gods true Love is so potent.  
It is almost overpowering, like a Heavenly essential oil.  
Only our Father can give this  
To our thirsty, waiting spirit.

Thank You, Dear Father, for your wonderful,  
Life-fulfilling fragrance.  
This Awesome Aroma encompasses our very being.  
The Holy Spirit bestows God's true Blessings  
With perfect scented harmony.  
Let us all be ready to accept  
The true Essence of God.  
Amen.

# J TEAM



Welcome to the J Team pages

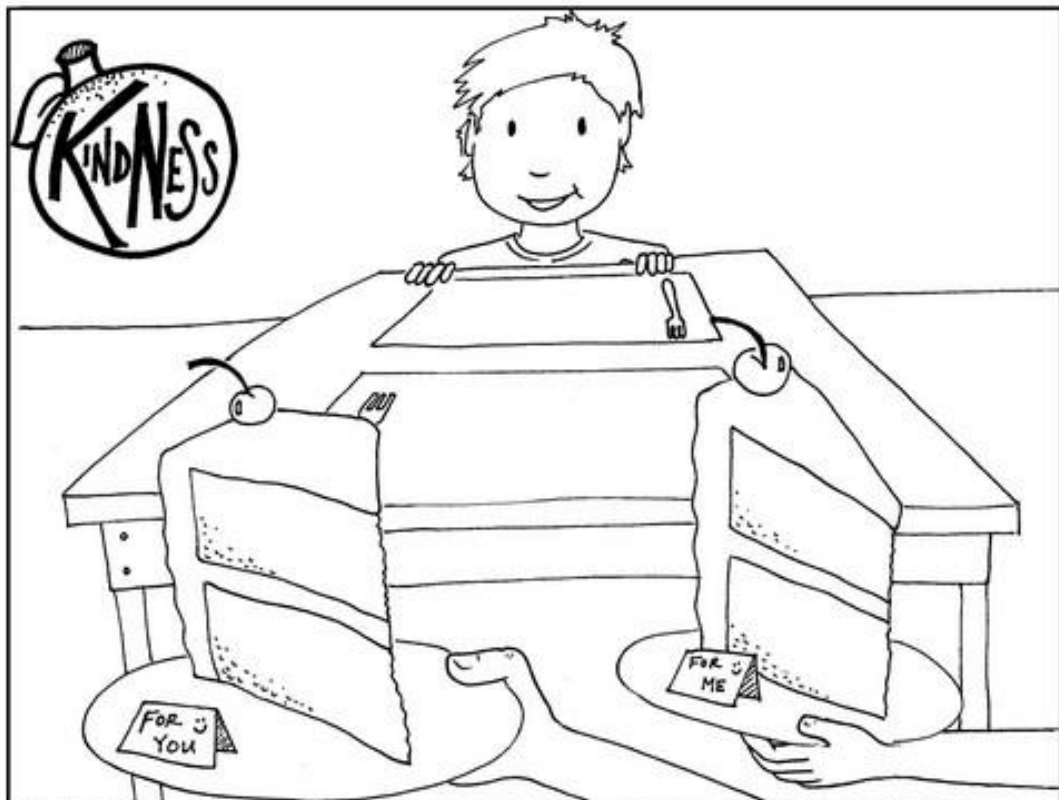
Welcome — what does the word "welcome" mean?

It means to receive someone in a warm and friendly way. At this time of year when there are often new beginnings at school, new year groups, new friends, it is a good time to think about being kind to others.

Jesus said, "He who receives you receives me." If we turn that around, we will understand that if we do not welcome others into our schools, homes and into our churches, it is the same as if we are refusing to welcome Jesus.

*"He who receives you receives me, and he who receives me receives the one who sent me. Anyone who receives a prophet because he is a prophet will receive a prophet's reward, and anyone who receives a righteous man because he is a righteous man will receive a righteous man's reward. And if anyone gives even a cup of cold water to one of these little ones because he is my disciple, I tell you the truth, he will certainly not lose his reward." Matthew 10:40-42*

## Colouring In

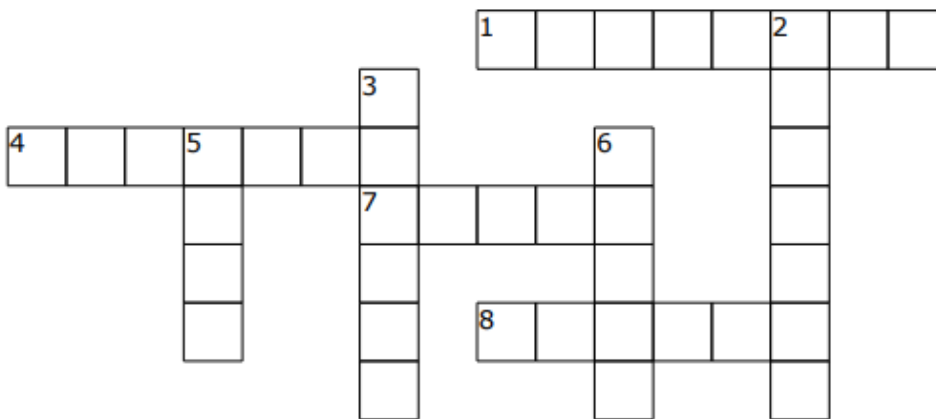


Crossword

# "Welcome!"

"He who receives you receives me, and he who receives me receives the one who sent me." Matthew 10:40 (NIV)

Based on Matthew 10:40-42



ACROSS

- 1. A follower of Jesus
- 4. To gladly receive someone into your own house
- 7. An odorless, colorless, tasteless liquid; H2O
- 8. Small; not large

DOWN

- 2. A person who speaks for God
- 3. Recognition of someone's good behavior
- 5. The opposite of hot; having a very low temperature
- 6. A fact that has been proven

|         |         |          |       |
|---------|---------|----------|-------|
| PROPHET | TRUTH   | DISCIPLE | COLD  |
| LITTLE  | WELCOME | REWARD   | WATER |



## BEGINS WITH ME

Dear God, help us to remember that when we refuse to welcome others to our school, homes and to our church, it is the same as refusing to welcome you. In Jesus's name we pray. Amen.



## 'THE GERMAN EXCHANGE' (in a nutshell)



Rings a bell? Of course it does - everyone knows about that!

It's all about a youth group in (then) West Germany, forming a friendship with a youth group in Great Britain. Is that it? In a nutshell - Yes!

'But', I hear you say 'There has to be more to it than that! Such as, Why, How and When'.

The story goes something like this:

In the aftermath of the Second World War, the British Council (set up to promote and support links with other countries), sought to set up and foster links between youth groups in Britain and West Germany.

The initial local link was between Bucks County Council and Trier District, with each selecting a representative group of young people to 'twin'.

Aylesbury Methodist Youth Club was involved at this early stage.

A member of our church was a Drama Adviser to Bucks County Council, and was involved in setting up this arrangement; he discovered that the town of Daun in Trier was eager to find a youth group to link with locally in Britain.

So, in 1963 began the TuS Daun sports club 'twinning' with Aylesbury Methodist Youth Club.

The first group from Daun at Easter 1963, consisted of 40 youngsters plus leaders, with perhaps no more than 5 having a smattering of our language at a very basic level, to meet with an equal number of British folk with no German whatsoever - pioneering days indeed compared with 2017! During those years, 58 visits have been undertaken, with long family friendships having developed.

This year's Exchange has completed 54 years today - the longest in existence.

Chris and I are frequently reminded of the first day of their first visit - every year in fact.

54 years - who'd have thought!!

Brian Taylor





## German Exchange 2017

Hannah Wright



The 2017 German Exchange was a huge success, with 17 German and 18 English young people, ranging from just 9 years old to 23, enjoying 10 days of fun filled activities which brought laughter, happiness and a few tears when it came to be saying good bye.

The programme this year was jam packed, from going to the seaside; to rock climbing; and even scavenging around Aylesbury to try and complete the challenging list of photos needed, including slow dancing with a stranger, a dramatic scene in a public place and dressing in the opposite gender's clothing. This also led to one of the German boys getting 4 girls' phone numbers in McDonalds and he was even invited to a party, however politely declined as he had an exchange house party to attend instead.

Every day brought a new adventure and a lot more laughs, even at Caldecotte when two of the canoes capsized and we got completely drenched. I then realised that I had forgotten a towel, but luckily someone kindly offered me theirs since they were completely dry – I wasn't jealous at all!

The coach journeys were also a highlight, as we learnt that in Germany they have exactly 3 songs which are constantly played on repeat at full volume, and even the English knew all the words to 'Schatzi schenk mir ein Foto' by the end of the exchange, which only got slightly annoying!

We ended on a high with the farewell concert, where we saw a lot more of some of the boys than we wanted to in their Barbie girl dance and wrestling sketch, as well as having a good laugh at the sketches prepared.

A special thank you goes out to our incredible leaders, Dawn and Viv, who arranged such a great exchange and joined in with all the activities with a smile on their face. We were all very sad to see it come to an end and can't wait to head out to Germany next year and have just as much fun.

## APRIL 'GIVING' APPEAL

Back in April I made an appeal for members to review their giving to the Church, so that it keeps pace with expenditure.

My target was increased giving of £10,000, or 12%.

### Thank you

I would like to thank everyone for the thought that they have put into this. I know some people, due to circumstances, felt they could not increase their contribution. On the other hand a few people have felt able to increase their giving by as much as 40%, 50% and even 60%.

### Leavers and Starters

I am also pleased that since April, three people have started using the envelope system and one a monthly standing order, an increase in recorded annual giving of £1450.

During the same period, two people have ceased giving, resulting in a reduction of £780 per annum.

A net increase of £770 pa.

### Increases in existing giving between April and July 2017

Envelope system (weekly): 12 out of 54 people. £832 pa. 21% increase.

Standing orders (monthly): 21 out of 52 people. £2262 pa. 14% increase.

In summary, about one third of people have increased their giving, resulting in an annual increase of £3,400, plus Gift Aid of about £700 - a total of £4,100.

I am still hopeful that more people may yet increase their standing order or feel they can put more in their envelopes. As Kevin would say, "If everyone did a little ....."

If you would like more information about envelopes, standing orders or Gift Aiding your donations, please see me.

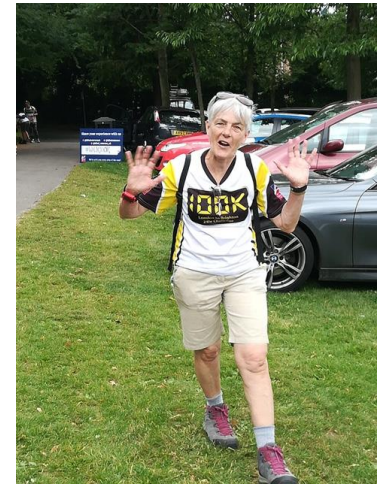
Roger Kirk

Tel: 01296 415312 Email: kirk\_roger@yahoo.co.uk



## London to Brighton 100k fundraising event on 1<sup>st</sup> July for the charity Blind Veterans UK

Team Donnan survived the day-of-the-100k and made pretty good times. We were the first relay team home in a time of 17.33hrs. That put us 5th overall, but it seems unfair to compare with those doing the full distance who didn't have a fresh pair of legs stepping in every 25k.



A bumper entry of 230 participants brought lots of interesting stories and truly amazing determination to complete the course. Beautiful stretches of countryside and perfect walking conditions made the whole experience a great adventure, alongside good support from the organisers. Our finishing point was the BVUK headquarters in Brighton, and there we met many of the recipients who benefit from the services provided, and indeed mingled with a few of the veterans who had, with guides, taken part in the 100k challenge.



The tough times were during darkness: Emma getting lost in a field full of sheep and no sign of a comforting direction glow stick; and Adam and Laura running their section and taking on the steepest hill of the whole trip.

The biggest disappointment was the 2 older members of the team sleeping through the final finish of our team, but maybe next year they can do better.....!

A huge thank you to all the wonderful people who sponsored us - we were really spurred on by your messages of encouragement.





It's that time of the year again when our church starts the Link to Hope Family & Elderly Shoebox Appeal.

As an area collector, I am pleased to say that last year 149 boxes were collected from our area, with 26 coming from A.M.C.

### **How can you help this year?**

3 simple ways:

1. Pick up a leaflet from the church vestibule and fill a shoebox for either a family or elderly couple, following the leaflet instructions.
2. Give a donation towards filling a shoebox or to help with transportation (each box requires £2 towards transportation).
3. Contribute items from the list to help fill a shoebox.

***Whatever you decide to do will be greatly appreciated.***

**All shoeboxes need to be with me before 10<sup>th</sup> November** to ensure collection by Link to Hope distributions vans. I have plenty of empty shoeboxes should you need one.

Thank you for your continuous support.

Margaret Miskin

*If you have any other questions, or would like more information about the appeal, look at their website:*

*<https://linktohope.co.uk/shoebox-appeal-2017>*





# JOHN RUTTER'S 'CHRISTMAS CELEBRATION'



WEDNESDAY DECEMBER 6th 2017 - 7.30 p.m.

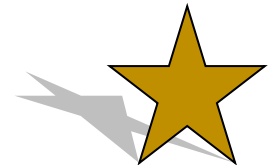


ROYAL ALBERT HALL, LONDON

Don't miss this pre-Christmas favourite, brimming with sparkle, festive works and rousing fanfares. Conducted and compered by JOHN RUTTER with the ROYAL PHILHARMONIC ORCHESTRA, THE KING'S SINGERS, and ANDREW LUCAS at the organ.

Excellent seats in the stalls with a 35% reduction means the full cost, including concert seat, booking fee, driver's tip and coach from Wendover or Aylesbury (Jansel Square) is just

£51.50



Take a booking form from the table in the Church Welcome Area, complete and return with your cheque as soon as possible as this offer is only open UNTIL September 24th. Any queries, or for a form, phone Pauline Noble (01296 484940).

**Don't delay – we have to book early to guarantee reduced priced seats.**

**ALL WELCOME at this AMC & Friends theatre outing, come and enjoy a superb concert in the setting of this magnificent building.**





A new campaign aims to trace hundreds of thousands of poppies from a famed art project at the Tower of London, which marked the centenary of the First World War.

The 'Where Are The Poppies' Now project invites members of the public who bought one of the ceramic flowers to 'pin' its location and describe what it represents to them.

A total of 888,246 poppies - one for every British military fatality during the conflict - were created by artist Paul Cummins for the 'Blood Swept Lands And Seas Of Red' art installation in 2014.

They were planted around the central London landmark in a vast installation that brought huge crowds and helped many to understand the extent of the sacrifice and loss of life during the war.



The flowers were then sold to members of the public for £25 each, with profits going to military charities.

The end of the art installation saw the ceramic flowers scattered to well-wishers across the world.

Now, digitally at least, they can be reunited through the interactive project, which has been launch by the WWI centenary arts initiative 14-18 Now.



Dozens of poppies have already been 'pinned' on the website's map, appearing across Britain as well as in the Netherlands and USA.

Many of those who shared their stories said they had bought the flowers as a tribute to servicemen and women in

their own family, including many who died in the First World War.

Presenter Philip Schofield, who is launching the global search, has his own poppy from the exhibition. He said of the campaign: "It's being a part of something very special; sharing that collective awareness of why it was there, what it was there for and what we were remembering. Fundamentally, none of us who own one of these poppies can forget why it was done and what it was for - and what we owe people who fell for us."

Poppy-owners can take part by visiting [www.wherearethepoppiesnow.org.uk](http://www.wherearethepoppiesnow.org.uk).



# NEWCOMERS' CREAM TEA

**Saturday, November 4<sup>th</sup> 2017 - Rooms 4/5  
Aylesbury Methodist Church 4.00 – 6.00 p.m.**

Have you joined us in the last year and not yet attended one of our welcome teas? If so, we hope you and your family will join us at this informal tea, gathering with time to chat to other newcomers and members of the Church family.

Please see, or contact, one of the following, who will be pleased to give you a Newcomers' Booklet, with further information about the Church and an invitation to the Welcome tea.



Pauline Noble  
01296 484940

Julianne Wilderspin  
01296 626065

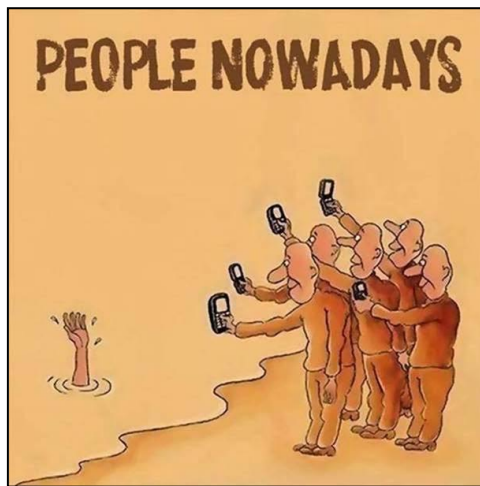
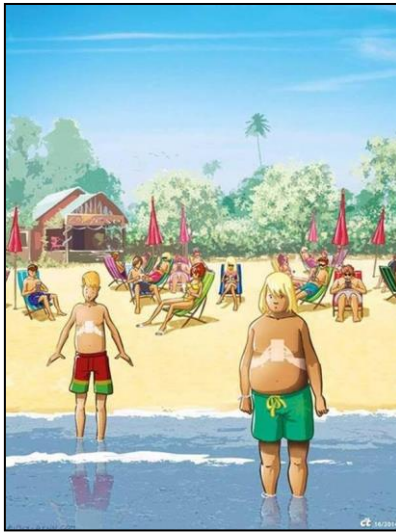
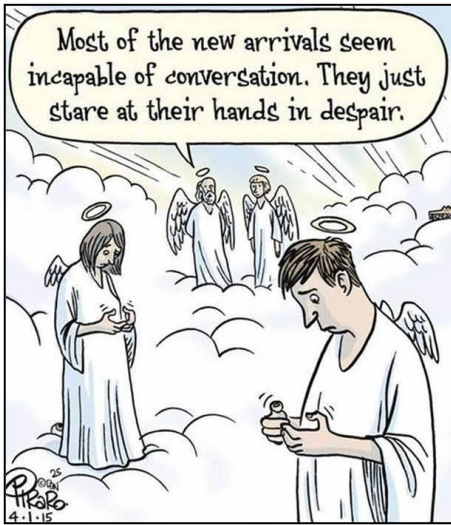


## DATES FOR YOUR DIARY

|               |                                      |  |
|---------------|--------------------------------------|--|
| Sun 17 Sept   | 8.45am<br>10.30am<br>3.00-5.00pm     | Service of Holy Communion led by Rev Helen Kirk<br>Morning Worship led by Mr Peter Honeyball<br>Traditional Afternoon Tea at The Marks' home |
| Tues 19 Sept  | 2.30pm                               | Tuesday Fellowship: Rev Helen Kirk   |
| Wed 20 Sept   | 2.00-3.30pm                          | Bible Study  |
| Thurs 21 Sept | 7.45pm                               | Circuit Meeting at Waddesdon   |
| Sat 23 Sept   | 2.00 - 4.00pm                        | Good Faith Book Club   |
| Sun 24 Sept   | 10.30am                              | Church Anniversary Service led by Mr David Neville<br>Followed by BB Soup Lunch  |
| Sun 1 Oct     | 10.30am                              | Service of Holy Communion led by Rev Helen Kirk  |
| Tues 3 Oct    | 2.30pm                               | Tuesday Fellowship: CD Afternoon - Dave Rogers   |
| Sat 7 Oct     | 4.00-6.00pm<br>7.30pm                | Messy Church<br>SOS: 60s Evening at the Marks' home  |
| Sun 8 Oct     | 10.30am                              | Harvest Festival Service led by Rev Helen Kirk   |
| Wed 11 Oct    | 7.30pm                               | Church Council Meeting   |
| Sat 14 Oct    | 7.00pm                               | Action for Children Quiz   |
| Sun 15 Oct    | 8.45am<br>10.30am                    | Service of Holy Communion led by Rev Keith Edwards<br>Morning Worship led by Mr Steve Kemp   |
| Tues 17 Oct   | 2.30pm                               | Tuesday Fellowship: Mr David Wilderspin talking about his prison work  |
| Wed 18 Oct    | 2.00-3.30pm                          | Bible Study  |
| Sun 22 Oct    | 10.30am                              | Morning Worship led by Mr Arthur Sara  |
| Sun 29 Oct    | 10.30am                              | Morning Worship led by Mr Terry Stewart  |
| Tues 31 Oct   | 2.30pm                               | Tuesday Fellowship: Talk by Mrs Alison Watkins   |
| Frid 3 Nov    | <b>LINK MAGAZINE ARTICLES DUE IN</b> |  |
| Sat 4 Nov     | 4.00-6.00pm                          | Newcomers' Cream Tea   |
| Sun 5 Nov     | 10.30am                              | Service of Holy Communion led by Rev Helen Kirk  |
| Sat 11 Nov    | 4.00-6.00pm                          | Messy Church   |
| Sun 12 Nov    | 10.30am                              | Remembrance Sunday Service led by Mr Ken Harris  |
| Tues 14 Nov   | 12.30 for 1pm                        | Tuesday Fellowship Lunch – hot buffet  |
| Wed 15 Nov    | 2.00-3.30pm                          | Bible Study  |
| Sun 19 Nov    | 8.45am<br>10.30am                    | Service of Holy Communion led by Rev Helen Kirk<br>Morning Worship led by Aylesbury Creativity Group   |
| Sun 26 Nov    | 10.30am                              | Morning Worship led by Rev Helen Kirk  |



# THE DANGERS OF MOBILE PHONES!!!!



Vi and Paul were most impressed and quite moved to read this poem, written by Tom, aged just 12, the grandson of Vi's friend, when it befits an author of many more years experience and insights of life. They felt it was worth sharing with friends through LINK.

# Life

Life, it is a coin, you can spend it any way you like, but only once,  
Life, you want it without pain,  
But you can't have a Rainbow, without a little rain.  
Life is simple, but we insist in making it complicated,  
Life, we regret on the chances we didn't take.  
Life, the greatest gift is friendship,  
Life, if you love it, it will love you back.  
Life, it is 10% what happens to us,  
But 90% how we react to it.  
Life, it gives you a 100 reasons to cry,  
But a 1000 reasons to smile.  
Life, it is a difficult road but can lead to beautiful places,  
Life, they say it's from B to D,  
From Birth to Death  
But what is C?  
It is Choice.  
So live your life to its upper limit,  
And never turn down an opportunity.  
Because Life is like a rollercoaster,  
At the end of it all,  
You say,  
'What a great ride'.



# Death

Death, it is not the opposite of life, but a part of it,  
Death, the solution of man. No man, no problems.  
Death, not a beautiful lie but a painful truth,  
The day of your birth Death began its walk.  
It is walking towards you, without hurrying.  
Death, the only people who fear it are those with regrets,  
Death, so sure of victory, it gives us an entire life of advantage.  
Death, every soul will taste it,  
Death, the time of its arrival is always chosen by you.  
Death, it does not exist. It is only a change of worlds,  
Death, the greatest of all human blessings.  
Death, in every shadow, there is light,  
In every tear a smile.  
In Death, I know there is life,  
That lingers for a while.  
Death, he who fears it has not enjoyed life,  
Death, no one can confidently say he will be alive tomorrow.  
Dream as if you`ll live forever and live as if you`ll die tomorrow  
because,  
Death, the last, longest and best voyage.





## WVS OK!

When a friend of my Mother's heard that I was going to Hull University, she immediately wrote to her husband's elderly Aunt, who lived there. During Freshers' Week, I was surprised to find a letter in my pigeon hole in the entrance hall, from that dear lady. She was inviting me to Sunday tea.

Coming from a small Norfolk village, I was finding the big city rather overwhelming, but I managed to discover the way to her home, on my bicycle, at the weekend. I had lived in a council house and was a bit hesitant about ringing the doorbell on her large Victorian terraced house in Marlborough Avenue. I need not have worried though, for she made me very welcome, fed me on ham and beetroot, followed by cake, and then asked me if I would like to go to church with her in the evening. Although I had been brought up in the Church of England, I was pleased to go with her to the nearby Methodist Church. On the way, we called for Miss Watson, who reminded me of Minnie Cauldwell, from the Coronation Street cast.

"There's one thing about our Church," said Mrs Marsland, "they do sing." And sing they did - much more heartily than the Anglican congregations I had been used to.

It was lovely to leave my lonely college room to spend the afternoon with my new friend, and she continued to invite me to tea, about once a month, during all of my degree course. I used to leave my coat in the morning room, (we always ate in the breakfast room next to the kitchen), where there was always a jigsaw on the go. They were wonderful wooden jig-saws, made for adults in a bygone age, with some pieces shaped like dogs, cats, sailing boats etc.

"I borrow them from the Darby and Joan Club, where I work," she said. "It's run by the WVS." She went on to tell me how she had joined the Women's Voluntary Service during the Second World War. Kingston-upon-Hull was one of the most heavily bombed cities and she said, when called upon, she would leave everything and help to sort out the problems of the poor people who had been made homeless. She must have seen some harrowing sights, but she had taken it all in her stride. In later years, after being widowed, she had taken in a young man who was a student, as a lodger, and one day he came to call with his wife.

When I received the tickets for my graduation ceremony, I was sad to have to explain to her that I had only two tickets, and, of course, they were for my Mum and Dad. She said she quite understood that I could not invite her. However, when the great day came and I was leaving the City Hall, in my cap and gown, with my scroll in my hand, there she was, at the back of the Hall, wearing her green WVS uniform.



“I knew they’d let me in,” she said. “Everyone was so grateful for what the WVS did during the War.”

Angela M. Smith



**The next LINK magazine** will be the November - December 2017 issue.

**Please send in all contributions by Friday 3<sup>rd</sup> November 2017.**

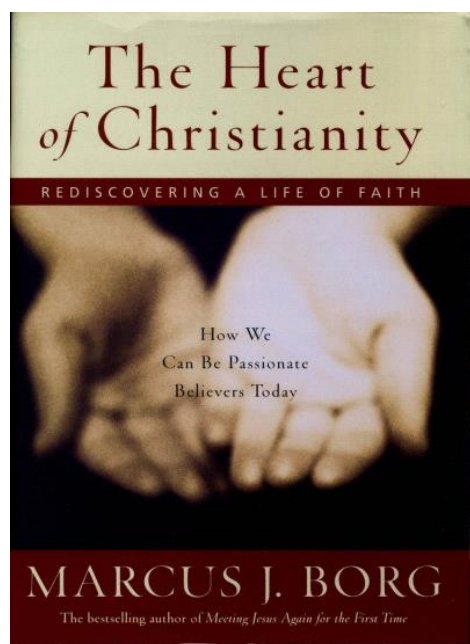
To make sure I receive them, please send them to both addresses below:

Jennie Torpey: [jennietorpey@ntlworld.com](mailto:jennietorpey@ntlworld.com)

AMC Office: [office@aylesburymethodists.org.uk](mailto:office@aylesburymethodists.org.uk)

**or I can type them up for you if you let me have them in time.**

## The Good Faith Book Club



### ‘The Heart of Christianity’

There is not often such unanimity as there was at our best-attended meeting so far, in our response to this book of theology that covers most of the key aspects of Christianity.

Some quotes from members:

"It was refreshing to read something I almost totally agreed with"; " ..beautifully-written and easy-to-understand"; "..it brought Christian traditions home to me and parts were very relevant"; "..key bits were eye-opening".

Borg sets out the two paradigms he sees as equally-weighted expressions of Christian thought. The first he calls the earlier paradigm, which expresses the traditional interpretations of such themes as: faith, the Bible, and the nature of God and Jesus. The second paradigm, which he sees as his own, looks at all the same themes, but interprets them in a more metaphorical way. Borg does not claim that one interpretation is superior to the other; indeed he preaches acceptance of differing views in the cooperation of all Christians in following in the way of Jesus.

In the second part of the book, Borg examines the Christian life, giving his own understanding of the need to be daily born again. He stresses the vital importance of the passion for justice, seeing the Bible as political as well as personal vision. Members of the group particularly mentioned his chapter on "thin places", a concept from the Celtic church which sees God as "the encompassing spirit, in which everything is." Thin places, then, are places where we behold God all around us and within us, experiences that enable us to open our hearts to him. Borg's discussion and definition of sin also attracted and interested people.

This proved to be a very successful and stimulating book choice, which led us all into a wider discussion of differing views in the Church and our relationship with other faiths.

Frankie Fisher - March 2014



**Saturdays**

4.00 - 6.00pm at  
**Aylesbury Methodist Church**

*9th September - Lost & Found parables*  
*7th October - Parable of the great feast*  
*11th November - Parable of the talents*

An event for the whole family to enjoy.  
Crafts, story, songs and food.

**All are welcome.**

No charge - just a donation.

Contact the Church office to let us know  
you're coming!

01296 426526 or [office@aylesburymethodists.org.uk](mailto:office@aylesburymethodists.org.uk)

**With Winter approaching, bringing many common ailments and illnesses, you might like to try some of John Wesley's prescriptions while waiting a week or two for an appointment with your GP!**

**Rheumatism** Wear the skin of an eel round the waste.

**The Asthma** Live for a fortnight on boiled carrots only.

**Whooping Cough** Swallow four wood lice alive, in a spoonful of jam or treacle, and the 'whoop' will vanish.



**Consumption** Every morning cut up a little turf of fresh earth, and, lying down, breathe into the hole for a quarter of an hour.

**Deafness** Be electrified through the ear.

**A Sore Throat** Fasten a rasher of bacon round the neck.



**Pearl in the Eye** Go out at sunrise and find a small dew snail; prick it with a hawthorn spine and let a drop of moisture from the snail fall into the eye.

**Fever** Place a toad in an earthen pot and gradually dry in a moderate oven till it is fit to reduce to powder then apply in the arm pit.

**Pain in the Joints** Collect earth worms, thoroughly dry them before powdering and eating them.

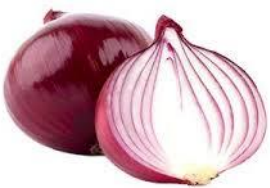
**The Apoplexy** Rub the head, feet and hands strongly and let two strong men carry the patient, upright, backward and forward round the room or drink quantities of pigeon's blood.

**To Prevent Bleeding of the Nose** Steep a linen rag in sharp vinegar, burn it and blow it up the nose with a quill.



**Hoarseness** Rub the soles of the feet before the fire with lard and garlic well beaten together.

**To Stop Vomitting** Apply a large onion slit, to the pit of the stomach.



**Inability to Sleep** Apply to the head leaves of water lilies.

[From John Wesley's Book of Cures and Remedies, 1755]



## London to Paris bike ride

On a grey and damp Thursday in July, I made my way to Crystal Palace Park at 6.30am to meet up for the first time with 29 other riders and our tour organisers, to embark on a 3 day ride from London to Paris. I didn't really know what to expect, but as we got underway I quickly matched up with another lone rider of about the same fitness. Despite the early start we had a bit of time pressure on day 1 as we had to get to Newhaven in time for the ferry! The ride was challenging, having to cross the South Downs, and, despite the sun coming out for the afternoon, fight some fairly significant cross and head winds, but we rolled down to the check-in with about half an hour or so to spare. With the 4-hour ferry journey and the change in time arriving in France, it was gone midnight before we were tucked up in our beds.



The second day was the shortest ride, and with no time constraints, we had the luxury of a 10 o'clock start. It remained sunny all day and the route took us through some really beautiful French countryside. The wind, however, kept up and, especially in the afternoon, the terrain was definitely undulating!

The final day was another early start as we had over 70 miles to cover. The morning was once again a bit grey and dismal; at times we all just put our heads down and pedalled; at others we came together in small groups to chat and cycle together, which really helped on some of the harder sections. We had covered 46 miles by lunchtime, over half the day's distance, as the second section would be significantly slower, winding through Paris suburbs and on to the city centre. The rain petered out and it became pleasantly bright for the rest of our journey. Negotiating the Paris traffic was 'interesting', especially towards the end when we were trying to stay together, but finally the Eiffel Tower came

into full view. This was an amazing feeling although it was difficult to take it in and concentrate. We ended our ride at the furthest end of the Champs de Mars park from the Tower, where we were greeted by friends and family who had come for support.

This was certainly a challenging event, but it was also an amazing experience. It was so well organised that we really had nothing to worry about except the riding; all the others taking part were great company and it's something I would really recommend to anyone that might be considering it.

*Gillian Nord*



## Harvest Festival - Whitechapel Mission

Harvest Festival will take place on Sunday 8<sup>th</sup> October and we will again be supporting the work of Whitechapel Mission in London, where they seek to support those living rough on the streets of London. Nearer the time I will give a list of the most-needed items - you might like to start looking out clothing in smaller sizes like jeans, jumpers, socks or trainers. Towels with some life in them are also useful. If you would like to add an item or two to your weekly shopping, baked beans, tinned whole tomatoes, coffee and biscuits are always needed. **Remember: quantity over quality is a good guide.**

If you have the internet and want to learn more about the Mission here is the website: [whitechapel.org.uk](http://whitechapel.org.uk)

Thank you, Peter Watkins



# The Three Ts

*'Do good to each other.'*

*1Thessalonians 5:15*

Somebody said, 'When the only tool you have is a hammer, you tend to see every problem as a nail.'

Let's face it, because of our strong personalities some of us are inclined to use a hammer when a gentler approach would do the job better.

If that's your problem, remember the three Ts:

- 1) Temper. When you're upset you're more likely to make a big deal out of a little one. So, when it comes to your response and decibel level, use this rule of thumb: when the reaction is worse than the action, the problem generally increases. But when the reaction is less than the action, the problem usually decreases.
- 2) Timing. If you don't get an injured person to the hospital quickly enough, their life can be lost. And if you don't apologise when you've wronged someone, the relationship can be lost. Knowing when to act - and when not to - is every bit as important as taking the right action. Lady Dorothy Nevill said, 'The real art of conversation is not only to say the right thing at the right place, but to leave unsaid the wrong thing at the tempting moment.'
- 3) Total picture. A man walked into a restaurant and asked the waiter, 'Do you have anything to cure hiccups?' The waiter slapped him across the face. 'Hey! What's going on?' the man exclaimed. The waiter smiled: 'Well, you don't have hiccups anymore, do you?' The man said, 'I never did. I wanted something to cure my wife. She's out in the car!' Are you inclined to jump to conclusions? Slow yourself down and you'll be more likely to respond appropriately.

Source: The Word for Today, a daily devotional, produced free of charge by United Christian Broadcasters. For your regular quarterly copy write to UCB at FREEPOST RLTX-ABUL-GRAR, United Christian Broadcasters, Westport Road, Stoke-on-Trent, ST6 4JF, or telephone 0845 60 40 401.

As a charity, UCB relies on donations, so a gift of at least 50p per copy, which just covers the cost of printing the booklet, would be appreciated from time to time. A few copies (donation 50p) are usually available in the front vestibule. Please give the money to Jennie Torpey or leave it at the coffee bar for her.



We are **piecing** together plans  
for another

## **JIGSAW FESTIVAL**

at

**Chinnor Methodist Church**

**on**

**Friday 27th October, 2.00 - 5.00pm**

**Saturday 28th October, 11.00am - 5.00pm**

**Sunday 29th October, 2.00 - 5.00pm**

**All profits towards the Church Building fund.**

We would be very grateful for donations of jigsaw puzzles and clip frames or picture frames in which to display them. Ideally the frames would be between 80 x 50cm and 50 x 35cm in size and the jigsaws would have no missing pieces!

Or maybe you enjoy doing puzzles and would like to make one up and frame it for us to use?

In the lead-up to the festival, we are proposing to have a puzzle making group meeting at the church weekly to make puzzles to display.

Are you interested in joining in with this?

Needs to be in daylight to see well enough to match colours!

The early notice about this festival is vital due to the time it takes to make up and collect puzzles for display.

The previous festival raised over £800. Please help us to make this one as successful.

Contact Liz at 9 Van Diemens Close, Chinnor, OX39 4QE

Tel: 01844 351565 email: [rodandlizthorpe@gmail.com](mailto:rodandlizthorpe@gmail.com).



## Harvest 2017

(Somewhere in Syria)

What is Harvest to you?  
Is it a time of Blackberries,  
Sweet in the hedgerows?  
Or a field of golden yellow corn  
Awaiting the Harvester?  
Or apples and pears,  
Full and ripe, ready for picking?

The sound of birdsong, so sweet  
Like a heavenly choir.  
Starts your day.

What if you lived with war  
All around you.  
Where blackberries didn't grow,  
And the only fields  
Were the killing ones,  
That ran red with blood  
Every day, not just at Harvestime!

Apples and pears were just words  
That Aid Workers used,  
To teach the children  
In 'pop up' schools for refugees,  
As their own had been destroyed  
By the soldiers who decided  
That Education was evil.

No yellow corn here.  
Only fields of rubble, death,  
And broken bodies.  
Created by bombs dropped from above  
By unmanned drones,  
Who just bomb areas  
Without seeing the **real** people.

No birdsong to wake you  
As the sun gently rises.  
Instead, the whistle of bullets  
As they punctuate the early mist.  
Bombs thud the earth daily,  
And the children can only dream  
Of a true Harvest.

Playtime becomes a game  
Of Russian Roulette,  
As latent mines lay buried,  
Hidden beneath the innocent soil.  
A game of football can result in  
Not only the loss of a game,  
But the loss of a limb or a life.

This war will never end  
Because no-one will compromise.  
And the innocent and vulnerable  
Will always become a shield  
Against weapons of war -  
The real ones, that maim and kill,  
And make fields run red with blood.

Pity those in war-torn countries  
When you gather in your Harvest -  
Even if it is from your garden.  
Because whatever you gather,  
It will be 100 times more  
Than what they have.  
And you can hear birds singing!

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**Saturday OCTOBER 14<sup>th</sup> 2017**

**7.00 pm**

**AYLESBURY METHODIST COMMUNITY CENTRE,  
BUCKINGHAM STREET, HP20 2NQ**

**Quiz**



**Quiz**

In aid of **ACTION FOR CHILDREN**  
Tickets - £7.00 each



**Including PLOUGHMANS,  
& SOFT DRINKS in the interval**

**(BRING YOUR OWN NIBBLES AND SOFT DRINKS TO HAVE AT YOUR TABLE)**



**Evening includes a Raffle**

**!!! MAKE A NOTE OF THE DATE!!!**

**Come and join in the fun – Tables of 6 (max 8)  
Make up a table or just buy 1 or 2 tickets  
(Tickets now selling - phone Pauline Noble on 01296 484940)**

**ALL ARE WELCOME**

**Come and help us support ACTION FOR CHILDREN**