

WELCOME TO

**AYLESBURY METHODIST CHURCH**

Minister: Rev Richard Atkinson

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**This Church is God's house.**  
God loves and welcomes you  
whoever you are, whatever  
your age, gender, mental  
health, physical ability, race,  
sexuality or financial situation.  
You are welcome here,  
whatever your circumstances;  
however much or little you  
wish to engage; whatever you  
feel about faith.

**Sunday 24<sup>th</sup> March 2024**

**10.30am: Morning Worship  
led by Mr Steve Kemp.**



If you are visiting our Church for the first time, do introduce yourself to one of our stewards, who, today, are Elaine Hope and Frances Ayles.

**Please join us in the Hall after the service for tea, coffee, and a biscuit.**

The words of the hymns are projected at the front of the Church.

If you would like to have a hymnbook for the service, please ask.

<b>Hymns</b>	StF 264 263 677 277 265
<b>Readings</b>	Psalm 118: 1-2, 19-29 Matthew 21: 1-11
<b>Organist</b>	Derrick Matthews
<b>Streaming</b>	To safeguard children and any vulnerable adults, our live-streamed services will not show the congregation.



If your little ones (up to age 3) become restless during services, you are welcome to take them into the creche room in the Welcome Area to play. The service can be heard from there.

**All children MUST be accompanied by an ADULT.**

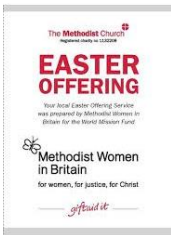
**The flowers this week are given by Ceita and Tom in loving memory of  
Ceita's Dad and Tom's Mum and Dad.**

## FAMILY NEWS

Some of you will remember Alan and Iris Rodell. Alan passed away peacefully at Barlett's Residential Home on 8 March 2024, aged 89 years. Now with his wife Iris. He will be missed by family and friends.

Graham Moore's funeral service will take place on Tuesday 26th March, 2.30pm at Watermead Crematorium.

Cliff Darlington's funeral service will be held at Watermead Crematorium on Thursday 28<sup>th</sup> March at 10.30am.



Today you will have received an Easter Offering envelope; this is a tradition introduced many years ago by the women's movement in the Methodist church. The money collected forms a large part of the World Church budget, which at this moment is suffering a large fall in giving, meaning that some of the overseas work has to be curtailed. It is sad to think that Mission Partners have to be recalled from this valuable work.

There is also an article in the latest edition of Connexion which should be in the display cabinet in the Welcome Space.

Please be as generous as you can. Thank you, Ruth.

**Our Maundy Thursday service, on the evening of March 28<sup>th</sup> at 6.30pm, will set our commemoration in the context of a meal. Leaflets were included in last week's notice sheet, but if you would like to join us, there are some in the display cabinet in the Welcome Space. **Please complete this and return it to one of the Church stewards by TODAY, March 24<sup>th</sup>.****

**Tuesday 2<sup>nd</sup> April, 2.30pm: TUESDAY FELLOWSHIP**

**Guest Speaker: David Wilderspin.**

Come along for a cup of tea or coffee, a biscuit and a chat!

**ALL ARE WELCOME.**

Please ring the bell for Room 4, to be met in the reception area.

For more information, contact Coral Soulsby: 01296 707298.

**A fantastic £129 was raised last week for Comic Relief. Well done to all at Virtus for taking part, and especially to Carol for the wonderful array of scones, cakes and biscuits in the coffee bar. Congratulations all.**

## Easter Sunday Breakfast

The full English Breakfast\* cooked by the SOS team is an established as part of our Easter tradition; it's a mixture of food and fellowship to start this day of celebration.

As before, we will be raising funds for the Whitechapel Mission. Tickets, £6 each, will be on sale during Lent at AMC or ring Lynn or Derek on 420817 to book your place. \* a vegetarian option is available.



**Wednesday 3rd April** sees our next **Lunch Club** meeting. If you are thinking of coming, please put your name on the list in the coffee bar. This month we will be serving up Lasagna - both a meat and vegetarian option - at 12.30pm, and all are welcome. Any questions please call Gill Marks 01296 748659

## **ELLESBOROUGH SILVER BAND SPRING CONCERT**

An afternoon of live music from stage and screen

Interval refreshments available

**Saturday 13th April**

**3:00 - 5:00 pm**

At Aylesbury Methodist Church

***No ticket required - donations at the door***

***Proceeds split between the band and the Church***



*We need volunteers to make and serve refreshments (tea/coffee/cakes) at the concert. Any donations of cakes (home-made or shop-bought) would also be greatly appreciated. Proceeds to be split between church and band.*

**Please let Shirley 426526 or Jennie 581414 know  
if you can offer help or cakes.**

**Prayer Requests.** If you have requests for people or situations to be included in the prayers, there is a Prayer Request folder in the display cabinet in the Welcome Space for you to write in, or you could let Richard know in advance.

**Our Prayer Group** also meets on alternate Tuesdays, 10.45-12noon, and are very happy to receive prayer requests. They would also welcome anyone who would like to join them. Please email Ruby:  
[rubydarku@hotmail.co.uk](mailto:rbydarku@hotmail.co.uk)

### **CHURCH READINGS March – May 2024:**

*There are still 3 dates empty on the sheet on the noticeboard, (21 & 28 April, and 26 May),* so if you are willing to join our rota for reading the lesson in Church, **please sign up** for the week you would like to read, with just your name (no contact details) and a steward will contact you during that week with the reading. If you have any questions, please speak to one of the stewards or Richard.

### **HOLY WEEK SERVICES**

28<sup>th</sup> March - MAUNDY THURSDAY: 6.30pm Holy Communion & Meal  
(details on flyers in display cabinet)

29<sup>th</sup> March - GOOD FRIDAY: 10.00am Service

31<sup>st</sup> March - **EASTER DAY:** 9.00am Easter Breakfast (pre-book)  
10.30am Easter Communion service

**Don't forget to bring your spring flowers to decorate the cross!**





## 'GOOD NEWS' FROM AROUND THE CIRCUIT

### STONE



Dear All, This Sunday, 24 March, it is the turn of Stone to be the focus of our Circuit Prayers. We share in Sue's story as she grew in faith and love for Jesus, and, as a result of the example set by family members, gained a lifelong desire to offer that love wherever it was needed. We have a wonderfully rich heritage that provides such solid foundations for life and reaches across age gaps seamlessly. Thank God this Sunday that He shares our faith in ways unknown to us that reach into every part of both our lives and those we love, and those we meet every day. Pete.

*I think I'm what you might call a 'cradle Christian': the record of my baptism 80 years ago is in Stone Methodist Chapel, to which I was taken for every Sunday Service from the age of three. In those far-off days the regular Services were held in the Schoolroom Hall – only in the Chapel with pews on special occasions.*

*I would be seated at the back, with my picture book and urged not to utter – though I do remember la-la-ing along to the hymns, the full words of many I remember to this day – old Methodist Hymn book versions of course.*

*I remember some of the early preachers, too: ordinary working men sometimes [no women in those days] not trained in theology or public speaking, but whose faith was luminous in its simplicity.*

*My Mum's family were Methodists, my Dad's Anglican, but he came along to Chapel for special Services; Harvest was a particular favourite – he was a gardener. In both parents I saw the Christian way of living every day: kindness to everyone, quiet help given where seen to be needed, a hunger to see justice and fair play. Dare I say Mum stood as a Labour candidate for the Local Council, so I was recruited as a door-to-door deliverer of her manifesto at age 10! Mum was shy, but she and Dad stood up to be counted when it mattered. And I knew in my bones that all this was because they were Christian.*

*I can't claim to have ever had a blinding spiritual experience, but that faith which I saw in my parents became mine and is the sure ground on which I stand. I wish that we used the Creed more regularly in our Services – it clarifies our core beliefs and Christian hope: read and claim it for yourselves!*

*Sue.*

## DEREK TREKS BRITAIN (continued)

### Leg 6, Day 13.



Backtrack to Aberystwyth today, followed by a trek to Borth, on to Machynlleth and bus back to base in Porthmadog.

Have a look at the pics... do I need to explain why he spent less time than usual within waves-length of the sea? Didn't think so 😊



Longer update promised for tomorrow, and he visited two lifeboat stations today.

View of Snowdon from Porthmadoc

### Leg 6, day 14.

Derek set off early this morning with a bus to Barmouth - his starting point today- and enjoyed his breakfast overlooking the Mawddach Estuary. He was a little early for anyone to meet him at the RNLI station there, but that's another one ticked off.

Two main highlights from today's walk (almost 14 miles covered today!).

Firstly, Harlech Castle. It was built by Edward I during his invasion of Wales between 1282 and 1289. Over the next few centuries, the castle played an important part in several wars, withstanding the siege of Madog ap Llywelyn between 1294 and 1295, but falling to Prince Owain Glyndŵr in 1404.

It then became Glyndŵr's residence and military headquarters for the remainder of the uprising until being recaptured by English forces in 1409. During the 15th century Wars of the Roses, Harlech was held by the Lancastrians for seven years, before Yorkist troops forced its surrender in 1468, a siege memorialised in the song 'Men of Harlech'.

Following the outbreak of the English Civil War in 1642, the castle was held by forces loyal to Charles I, holding out until 1647 when it became the last fortification to surrender to the Parliamentary armies. In the 21st century the



ruined castle is managed by Cadw, the Welsh Government's historic environment service, as a tourist attraction.

The second highlight of the day was 'the world's steepest street', Ffordd Pen Llech in Harlech. Now a quick Google will show you that there are a few that make this claim, most of which probably have a similar sign (see picture, although you can't see where the road drops off and gets really steep!). But this is quite possibly the steepest one where motor vehicles are permitted to travel.



Anyway, our intrepid explorer was pleased to have managed to conquer it on foot today!

### **Leg 6, day 15.**

The Old Fella was going to add his own update .... But then I got this by text, so I think he tried and couldn't work it out! So, here it is .....

Walking in local area today. Tremadoc to pay respects to T. E. Lawrence [of Arabia] around Railway Station, and Traeth Bach; variety of birds seen, including Osprey. Fantastic views across Cardigan Bay and Snowdonia. Recharged batteries with an early visit to Church; wonderful people, just a little confused as a Methodist service was Catholic and mostly in Welsh. Very enjoyable and uplifting, diolch yn fawr. Off to Lley Peninsula in the morning. Nos da.

### **Leg 6, day 16.**

Another long day today, in blustery conditions. Only a little rain, but our intrepid explorer has some sensible clothing; so much so, that somebody he met today said, "I wish I had your coat!" 😊

Starting off at Criccieth, Derek worked his way along the southern coast of the peninsula at the bottom of Cardigan Bay towards Aberdaron. He's visited three lifeboat stations today - Criccieth, Pwllheli and Abersoch; sadly none of them manned today!



Today's pictures are: one from the start of the day at Criccieth Castle and one from the end; a Norman arch door in St Hywyn Church in Aberdaron.

Construction of Criccieth Castle began in 1230; it was captured by Edward I of England in 1283 during his

conquest of Wales, and afterwards repaired and improved - work which included heightening the towers and inner gatehouse. The castle was besieged in 1294–1295 during an unsuccessful revolt against English rule by Madog ap Llywelyn, and further repairs took place under Edward II in the early fourteenth century. It was captured in 1404 during another unsuccessful revolt, led by Owain Glyndŵr. It may have been burnt after the latter attack and was certainly ruinous by the 1450s. Until it was destroyed, the castle was frequently used as a prison, housing high-status prisoners of the princes of Gwynedd and Scottish prisoners of Edward I.

Just like Pembroke Castle - another part of King Edward's 'ring of steel' around Wales - the castle is now maintained by Cadw, the historic environment service of the Welsh Government, and is open to the public. It was designated a grade I listed building in 1949, and both the castle proper and its outer defences are scheduled monuments.

Derek thinks that Bear Grylls lives on an island just off of Aberdaron but he hasn't seen him yet!



### **Leg 6, day 17.**

Our wanderer has no signal, so no photos today, and just a very short update! He's been to Pwllheli today, ("I've been to Pwllheli and back" 🐱) and is heading to Caernarfon tomorrow. He has a new addition to his badge collection... and that's about it!

### **Leg 6, day 18.**

A brief update today; our intrepid explorer had done a bit of back-stitching today (see earlier posts for an explanation!) whilst moving his main pack to Caernarfon, his base for the next couple of days. Mixed weather: wet and windy this morning, but warm and sunny enough later to dry him out! We want to help Derek reach his target of fundraising £10,000 across his chosen three charities: RNLI (Royal National Lifeboat Institution), BHF (British Heart Foundation) and CRUK (Cancer Research UK).

Here's the link again if you'd like to support his fundraising Trek:

<https://justgiving.com/team/DEREKtreksBRITAIN>

Thank you.



## **This Palm Sunday, Ponder Donkeys, Not Branches**

**Article by Esau McCaulley taken from 'Christianity Today'.**

Christian churches throughout the world will begin our holiest week of the year on what is popularly known as Palm Sunday. It commemorates one of the few events in the life of Jesus recorded in all four gospel stories: his entry into Jerusalem, followed by a raucous and warm welcome and a lot of waving branches. (Only John 12:13 mentions they were palms.) In Israel today, churches still re-enact the journey from the Mount of Olives to Jerusalem—the route supposedly taken by Jesus all those centuries ago.

As a kid, even in the non-liturgical world of the Black Baptist tradition, I recall receiving my palm branch and dutifully marching into the sanctuary with a palm in one hand and my unintelligible King James Bible in the other. This year on Palm Sunday, I will be the adult trying to make sure my children don't use the palms as weapons to tickle and annoy their siblings.

As I study this story in Scripture, I'm struck by the fact that the primary symbol for this day - a palm - was not chosen by Jesus.

John writes, "They took palm branches and went out to meet him" (John 12:13). Why did the crowd choose palm branches? It could simply have been that palms were nearby. But history tells us there might have been a deeper reason: Those plants were symbolically linked to military victories and Messiahship.

A generation before Jesus, when Simon Maccabee drove Israel's enemies out Jerusalem, people celebrated by waving palm branches:

On the twenty-third day of the second month, in the one hundred seventy-first year, the Jews entered it with praise and palm branches, and with harps and cymbals and stringed instruments, and with hymns and songs, because a great enemy had been crushed and removed from Israel.

So, when Jesus entered Jerusalem, people used them to interpret his identity. He was another Simon Maccabee—a long-hoped-for king who would drive out the Gentiles.

All the Gospels are clear that Jesus chose a symbol, a way for his people to make sense of his kingship. But it was the young donkey, not the palm branch (John 12:14). John rightly sees the donkey as Jesus intended. It was the fulfillment of Zechariah 9:9, which says, "Rejoice greatly, Daughter Zion! Shout, Daughter Jerusalem! See, your king comes to you, righteous and victorious, lowly and riding on a donkey, on a colt, the foal of a donkey."



## THE RIGHT ATTITUDE

*'For as he thinks in his heart, so is he.'*

Proverbs 23:7 NKJV

What separates the best from the rest? Have you ever given that some thought? What separates a gold medallist from a silver medallist in the Olympics? What separates a successful entrepreneur from someone who doesn't make it? What makes it possible for one person to learn and flourish after making a mistake while someone else just gives up?

### **It's attitude!**

The Bible says, 'For as he thinks in his heart, so is he.' Your attitude can be your greatest asset or your greatest liability. It makes you or breaks you. It lifts you up or drags you down.

The right attitude may not let you do *everything*, but it will help you to do *anything* better than you would when your attitude is wrong.

The happiest people in life don't undoubtedly *have* the best of everything; they simply try to *make* the best of everything.

They're like a person in a remote village who daily goes to the well for water and says, 'Every time I come to this well, I come away with my bucket full,' instead of saying, 'I can't believe I have to keep coming back to this well every day to fill up my bucket!'

Your attitude has a profound influence on your approach to life.

Ask a doctor if a patient's attitude can affect recovery time when he or she is healing after an illness. Ask a teacher if a student's attitude has an impact before they take a test.

Jesus said, 'According to your faith be it unto you' (Matthew 9:29 KJV).

Like a magnet, faith draws on the strength which God offers.

*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.*

## 24hrs with God

Father, upon my waking,  
I Thank You  
For keeping me safe through  
The night.

Father, upon my walking,  
I think of You.  
I see Your beauty all  
Around me.

Father, upon my working,  
I do it for You.  
I feel You in my heart  
Each moment.

Father, at my mealtimes,  
I Thank You  
For my food, as others  
Go without.

Father, at Break times,  
I pray to You  
For the pure water that I  
Can drink.

Father, at my Home time,  
I Thank You  
For the shelter and warmth  
Others lack.

Father, at my Bedtime,  
I Praise You  
For being with me every second  
Of my day.

**Don't forget your donations for the Aylesbury Foodbank**

**Currently, the need is for donations of:** *UHT milk, tinned meat, fish & fruit. Sponge/rice puddings, small jars coffee, long life juices, pasta sauce, tinned meals (eg chilli, curries). Tinned soups, jam & spreads, as well as toiletries, together with washing up liquid & laundry detergent pods.*

**Next Week**

<b>Mon</b>	25 March	6.15pm 6.30 - 8.00pm	Girls' Brigade Food Hub
<b>Tues</b>	26 March	9.30am 10.45am 2.00pm 6.00pm	Chair Yoga Prayer Group Banner Group Boys' Brigade
<b>Thurs</b>	28 March	10.00am 6.30pm	Sunbeams Baby & Toddler Group Maudy Thursday Supper
<b>Frid</b>	29 March	10.00am 2.30pm	Good Friday service Friday Feathers - Badminton Club

**Sunday 31<sup>st</sup> March 2024**

**EASTER SUNDAY**

**10.30am: Service of Holy Communion  
led by Rev Richard Atkinson.**



**The designated fire officers are the Duty Stewards**

**First Aid boxes are located in each of the kitchens**

**Fire doors are not to be wedged open, except those fitted with Dorgard  
(Please ensure other doors close behind you after passing through)**

**Duty Manager - (Kevin Hardern: 01296 481285 Mobile: 07785 950 702)**