

# **Aylesbury Methodist Church & Centre**

## **‘LINK’**



**March - April  
2015**

**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)**

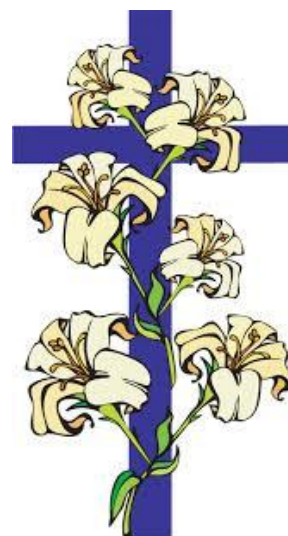
(AMC Weekly Notice Sheet and LINK magazine can  
now be found on the website)

**Minister**

**Rev Helen Kirk**

01296 488963

[revhelenkirk@sky.com](mailto:revhelenkirk@sky.com)





The late comedian Robin Williams was once asked which was his favourite season. He responded: 'Spring! Its nature's way of saying let's party!'

And he is right. There is something lovely, vibrant & energetic about this

time of year as the first sun tempts young shoots to emerge; as lambs appear in the fields and we begin to plant seeds for a summer harvest. My ever-practical Gran used to say that you know it's spring when you can hang out washing in the morning and it will be dry on the line by the evening!

Spring is a time of new beginnings; of new life; a hopeful season that is reflected in the Easter story. But new life often comes from difficulty & struggle; creation comes out of chaos; light emerges from darkness.

As Jesus said, 'unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies it bears much fruit.'

We often struggle with this; we want the Easter experience without the Good Friday pain; we want the new beginning without having to let go of the old.

Ancient peoples never had a problem; they marked death & darkness with defiant ritual; mourned loss and endings with significant ceremony, which punctuated human life and the changing seasons. This all meant that they were ready to celebrate new beginnings, not with fear and trepidation, but enthusiastic rejoicing.

In the season of Lent & Easter we recognise that it is only when we journey with Jesus through his betrayal, suffering & death that we can know resurrection hope. In the same way we cannot have spring without first living through winter.

So in our lives where are the possibilities of new beginning or hope?  
Are there things we need to let go of to allow them to thrive?

In our church what new shoots of growth might be beginning to appear, that in the right environment will flourish if only they were given the space & time?

Such questions are never easy but it's only through facing them that the possibilities of Easter can be realised.

Every blessing for a joyous & hopeful Easter

Helen



### **Labyrinth:**

During Holy week we will be setting up a labyrinth in the church.

A labyrinth is a simple circular pathway that allows you to reflect & pray as you walk it; our labyrinth will have stations that will help us to focus on the Good Friday/Easter story and to think about what that story means in our lives today. It is open to anyone & everyone to walk at their own pace.

**It will be open in the church on:**

- **Monday 30<sup>th</sup> March: 10am-12noon; 2-4pm; 6-8pm**
- **Tuesday 31<sup>st</sup> March: 10am-12noon; 2-4pm; 6-8pm**
- **Wednesday 1<sup>st</sup> April: 10am-12noon; 2-4pm**

For more information, speak to Helen Kirk

## **Your regular giving to AMC**

**Have you increased your giving to AMC in the last 5 years?**

**If you miss a Sunday do you make up the amount when you next attend?**

**Do you pay income tax and donate by way of loose cash in the collection plate?**

If you answered No to either of the first two questions or Yes to the third, then AMC is suffering financially.

By not increasing your giving at least every 5 years, its spending power is reduced.

By not making up for missed attendances, the church is losing out.

If you pay income tax the Church can reclaim tax which has been deducted from your gross pay/income. It's called '**Gift Aid**'. This is a useful source of income to the Church, which is fully encouraged by the Government and costs you nothing.

To be able to reclaim tax, however, there must be a record of your giving, and this can be achieved by using either the envelope system or bank standing order, rather than putting cash in the collection plate.

**If you wish to switch to one of these systems and Gift Aid your giving please contact me.**

I was pleased with the 30% of members who increased their giving two years ago and those few who regularly increase their giving every two or three years, but I would like the remainder to give some thought to their level of giving and, if possible, make an increase.

Roger Kirk

Church Treasurer

Tel 01296 415312

Email [kirk\\_roger@yahoo.co.uk](mailto:kirk_roger@yahoo.co.uk)



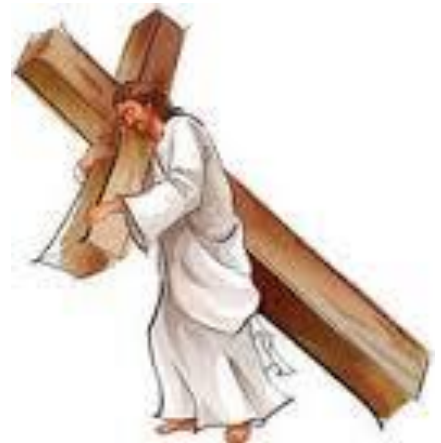
## Wonder



I cannot even wonder, the joy that Mary felt  
As God the Father, blest her womb  
With Jesus Christ His Son.  
Asked her to teach Him earthly things  
So He could become a man,  
And do His Fathers bidding  
With disciples, through the land.

I cannot even wonder, the love that Jesus felt  
As He healed the sick, cured the lame,  
And let a blind man see.  
Then Jesus went from town to town  
Giving comfort to the poor.  
What wonder and what joy was there -  
Then came that fateful day.

I cannot even wonder, the hurt that Jesus felt  
As Peter did deny Him thrice,  
Then ran into the night.  
The Soldiers waited for the kiss  
From Judas, lightly given,  
And Jesus' future then became  
A cross for crucifixion.



I cannot even wonder, the pain that Jesus felt  
As He obeyed His Father,  
And bled and died for us.  
The nails, each cruelly driven  
Into hands that Peace imparted.  
Jesus healed the sick, loved the poor.  
Now He took away our sin.

I cannot even wonder, the Peace that Jesus felt.  
For as He died, His Father held Him  
Close, twixt Heaven and earth.  
God held Him there for three days  
Until that most Glorious day,  
When He arose, rolled back the stone  
And then came back to us.

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The next LINK magazine will be the  
May-June 2015 issue.

Please send in all contributions by  
Friday 1<sup>st</sup> May 2015.



To make sure we 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

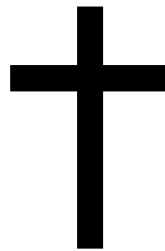




## ***Vale of Aylesbury Methodist Circuit***

# **FROM CALVARY TO GLORY**

**An Eastertide act of worship for Choir and Congregation depicting the story of Christ from his death upon the cross to his ascension into heaven. Told in Bible readings supported with well known Hymns and Anthems**



**Presented by the Circuit Choir together with friends from the choirs of Sts Peter & Paul Tring, St Mary's Aylesbury and other local choirs.**

**Worship leader: David Neville  
Director of Music: Chris Beattie**

**Aylesbury Methodist Church Sunday  
12<sup>th</sup> April 2015 @ 6.00 pm**

**(Repeated at Sts Peter & Paul, Tring on  
Sunday 19<sup>th</sup> April 2015 @ 6.30 pm)**

# **EVERYONE WELCOME**



# Easter Offering



## EASTER OFFERING 2015

It is that time of year again when you will be asked to contribute towards the work of the World Church through the Easter Offering. The envelopes will appear on Palm Sunday and will be collected over the following 3 weeks.

The World Mission Fund supports God's mission in 65 Partner Churches outside Britain and Ireland through:

Mission partners

Nationals in mission appointments

Scholarship and leadership training

and other grant giving.

Without your generosity the work cannot continue, so prayerfully consider what you might contribute.

This year's theme is 'The leaves on the tree are for the healing of the nation'.

In a divided world, we pray for reconciliation; in a hurting world, we pray for healing; in a broken world, we pray for wholeness.

May the breath of the Spirit stir our hearts to pray, as the wind stirs the leaves of the tree.

Amen



# **Traffick Free Chocolate – Do You Support Child Labour?**

By Marye Audet

Unwrapping a Hershey Bar and taking that first bite is one of life's little pleasures for me, always has been. I have had a passion for chocolate since I was small, inherited from my father and his compete addiction to all things chocolate. As I grew up I tried various sorts and kinds of chocolate and loved them all, in all of their many facets and forms from cocoa to the Godiva Chocolate my husband sometimes brings home for me.

So can you imagine my horror the first time that I heard rumours of child slavery in Cote D'Ivoire where a majority, nearly 43%, of the world's cocoa farms are located. And my horror grew as I learned that there were literally thousands of children working long 12-15 hour days, most of them under the age of 12. The back of a child labourer on a cocoa farm, where beatings are often a daily part of life.

## **Harsh Living Conditions**

These children are literally slaves kept in the harshest of conditions. They are beaten, locked in small huts, and fed little, often existing on a diet of bananas and the cocoa beans they sometimes steal. This would be bad enough if the numbers were small, maybe in the hundreds but the truth is these children, these modern slaves number at least 12,000! Because of the nature of the issue the number of children held as slaves and working on cocoa farms could be much more than that, some groups estimate as many as 200,000. According to Stop The Traffik one person is trafficked across a border every minute.

Where do these children come from? Some are kidnapped and sold. Others are sold into slavery by desperately poor parents. In the long run it doesn't matter how they got here, they have almost no chance of ever seeing their parents again, and they will work 80 to 100 hour weeks. The packs that they carry are often bigger that they are and create raw, open wounds on the children's shoulders. Medical care is nearly non-existent.

One person can't change the world. There are so many needs that it is overwhelming. But we can change the things little by little by the choices we make everyday. Not buying chocolate from companies that buy from these farms will force them to rethink their policies as their profits drop. In the United States it is estimated that we pay over 13 billion dollars a year on our chocolate habit, and in the UK it is £3.5 billion.

Where we spend this money can have a powerful impact on child slavery and human trafficking in the chocolate industry.



So please don't buy a supermarket Easter Egg for your child or grandchild that does not have a Fairtrade mark.  
Spend a little more and save the life of a child.



# Health Notes - An Easter Story

IN THE BEGINNING...was the diocese of Durham. In the early 1990s, they noticed an average 16% fall in church attendance over a five year period. Yet of their 260 churches, 25 showed an increase of over 16% in the same five years. Why? How?

A meeting was called with representatives from these 25 trend-bending churches. What did they have in common? Were they all evangelical church growth enthusiasts? Were they all rural or urban, rich or poor? Were they all led by young dynamic vicars? 'No' was the answer to all these questions. What was remarkable was the great variety of church traditions, worship styles, situations and styles of leadership represented there.

What also stood out was that none of the churches had been focusing on numbers or growth. Rather they were all striving in their different ways to take their faith seriously and simply be better at what they did. Just as growth in nature is a sign of a healthy organism, their growth was seen as a sign of a healthy church. They came to define a healthy church as one which had a 'wholeness, balance and harmony with God and all creation'.

From this initial meeting they developed a series of seven characteristics or 'marks' shared by all 25 churches. Then they sought ways of using these marks to help other churches reflect on their own church life. A score sheet was developed that enabled individuals to 'score' their church. This method was later used in other churches in the Durham diocese, followed by other dioceses and other denominations, including Methodists.

So some 20 years later, the Healthy Churches approach has a proven track record that, as the book cover says, 'has helped to transform local churches throughout the UK and beyond.' The book's author Robert Warren warns against expecting a 'quick fix' and says, "Experience suggests that a church working with this approach is likely to take eighteen months to two years to identify its present strengths and weaknesses, decide where action is needed, take that action and review progress made."

Now that's all very well but do we need it at AMC you might ask? Well come with Marion and me to Blackpool – metaphorically at least! Last November, whilst travelling up there, we met up with three friends from three different

Methodist churches and circuits. Alas, there was a common theme of older congregations, too much burden on too few people and lack of new members. A visit to the Methodist Church website made equally gloomy reading. Whilst 19% of the UK population are pensioners, they make up 69% of Methodist Church membership. Nationally, in the last 10 years, we now have 60% fewer children and young people, 50% less on the community role and show a drop of a third in both church attendance and membership.

During the last ten years we at Buckingham Street have done much better than the average. Rather than a marked reduction, our membership numbers have been fairly static. However, whilst standing still is better than a steep decline, it is not as good as the increase shown by those 25 'healthy churches' in Durham.

Enter, last September, Helen Kirk. After discussions on how we had developed and reviewed our Mission Statement and how we might further improve what we do, she it was who lent me her copy of *The Healthy Churches Handbook*. From reading that and its sister book, *Developing Healthy Churches*, I have moved from sceptic to enthusiast. Happily, both the Leadership Team and Church Council now share the enthusiasm to test out the material for ourselves.

So the plan is to drip-feed more information on the seven marks of a healthy church via a *Health Notes* insert in the weekly notices. Then at the General Church Meeting on Sunday 26<sup>th</sup> April, we will launch our Healthy Churches anonymous questionnaire. We would like everyone, especially YOU to fill this in. It will give us a more accurate picture of where we are right now as a church. From this and your comments, we can decide what we want to improve and our priorities for doing that. If you would like to be involved in a small team to pre-test the questionnaire, type up the comments or analyse the results, please let Helen or me know.

Just as whatever happened that first Easter transformed the disciples, will you pray that this Healthy Churches' process may transform this church into being an even more effective channel of God's love for all? Thank you for doing that.

Peter Green. Tel. 01296 424653 Email: [peterb.green@ntlworld.com](mailto:peterb.green@ntlworld.com)

## Introduction of Supplier's List Form for Clients and Congregation members



We are improving the way we operate the Community Centre kitchen in line with *Safer Food, Better Business* guidelines. Part of the process requires us to keep a record on file of where food is cooked, if not on our premises.

**If you are planning to serve food at an event**, please let the office know when you make the booking and the new Supplier's List form will be given to you with the booking form.

You will need to complete this form if you plan to use the kitchen to prepare food (but not drinks and biscuits) or when food is consumed on the premises, eg for a birthday party, wedding, funeral or soup lunch etc. Other necessary requirements will also be explained to you.

This new system came into effect on Monday 2<sup>nd</sup> March 2015.

**We are always aiming to improve our practice so that we can provide the best service to our users and we would welcome your feedback on how we are doing and where there is room for improvement.**

Carla Barnes  
Office Administrator



## YOU TOOK MY PARKING SPACE!

One day, a man went as a visitor to a church. He got there early, parked his car and got out. Another car pulled up near by and parked. The driver got out and said, "I always park there! You took my place!"

The visitor went inside for the service, found an empty seat and sat down. A young lady from the church approached him and stated, "That's my seat! You took my place!" The visitor was somewhat distressed by this rude welcome, but still said nothing.

After the service, the visitor went into the Sanctuary and sat down to pray. Another member came up to him and said, "That's where I always sit! You took my place!" The visitor was even more troubled by this treatment, but still said nothing.

Later as the congregation was praying for Christ to dwell among them, the visitor stood up, and his appearance began to change. His clothing became a simple robe. Horrible scars became visible on his hands and on his now sandalled feet.

Someone from the congregation noticed Him and called out, "What happened to you?"





The visitor replied, as His hat became a crown of thorns,  
and a tear fell from his eye, "I took your place!"

**Maybe, just maybe, we can get the world to start thinking  
of 'who took our place.'**



## *DATES FOR YOUR DIARY*

Tues 17 March	2.30pm	Tuesday Fellowship: Talk by Miss Angela Smith
Sat 21 March	8.00pm	SOS: $\pi$ - Pie Evening at the Kemp's home
Sun 22 March	10.30am 11.30am	Morning Worship led by Rev Brian Tebbutt Cake & Craft Stall in the Hall in aid of Alban
Sat 28 March	2.00pm	Good Faith Book Club
Sun 29 March	10.30am	Morning Worship led by Rev Helen Kirk
Tues 31 March	2.30pm	Tuesday Fellowship: Rosemarie & Robert Bucknell - talk on cruising
Thurs 2 April	7.30pm	Maundy Thursday Service of Holy Communion led by Rev Helen Kirk
Frid 3 April	10.00am	Good Friday Service led by Rev Helen Kirk
Sun 5 April <i>Easter Sunday</i>	8.30am	Service of Holy Communion led by Rev Helen Kirk
	9.00am	Easter Breakfast in the Hall
	10.30am	Family Communion service led by Rev Helen Kirk
Sat 11 April	7.30pm	'Hafren Round Britain' - an illustrated talk by Philip Kirk
Sun 12 April	10.30am	Morning Worship led by Aylesbury Creativity Group
	6.00pm	'From Calvary to Glory': Circuit Service led by Rev Helen Kirk
Sun 19 April	8.45am	Service of Holy Communion led by Rev Helen Kirk
	10.30am	Morning Worship led by Rev Michael Langley
Sat 25 April	7.30pm	'A Musical Evening' for the Karibuni Trust
	8.00pm	SOS: ANZAC Day Celebration with Marilyn & Nick Storer
Sun 26 April	10.30am	Morning Worship led by Rev Helen Kirk
Tues 28 April	2.30pm	MWiB Afternoon at Stoke Mandeville
Frid 1 May	<b>Articles due in for May - June LINK magazine</b>	
Sun 3 May	10.30am	Service of Holy Communion led by Rev Helen

		Kirk
Sun 10 May	10.30am	Parade Service led by Rev Helen Kirk
Wed 13 May	7.30pm	Annual Organ Concert with Philip Scriven
Sat 16 May	8.00pm	SOS: Beer Fest with the Bernstones
Sun 17 May	8.45am	Service of Holy Communion led by Rev Stephen Watts
	10.30am	Morning Worship led by Mrs Idah Bennett
Sat 23 May	2.00pm	Good Faith Book Club
	7.00pm	200 <sup>th</sup> Anniversary Celebration Barn Dance at Stoke Mandeville
Sun 24 May	10.30am	Morning Worship led by Rev Helen Kirk
Sun 31 May	10.30am	Morning Worship led by Mr Ken Harris
Sat 13 June	8.00pm	SOS: Murder Mystery Evening with the Deans.



## Easter events:

**The Labyrinth** is a reflective and inter-active way of engaging with the Easter story. It will be set out in church and may be 'walked' at the following times:

**Monday 30<sup>th</sup> March:** 10am-12noon; 2-4pm; 6-8pm

**Tuesday 31<sup>st</sup> March:** 10am-12noon; 2-4pm; 6-8pm

**Wednesday 1<sup>st</sup> April:** 10am-12noon; 2-4pm

**Thursday 2nd April, 7.30pm** - Maundy Thursday communion service

**Friday 3rd April, 10.00am** - Good Friday service

**Sunday 5th April, 8.30am** - Easter early morning communion service

9.00am - Easter Breakfast (tickets in advance)

10.30am - Easter Sunday family communion service

**Sunday 12th April**, 6pm - 'From Calvary to Glory'; an Eastertide act of worship for congregation and augmented choir.

**"Mind-blowingly brilliant"**

**Come with the AMC & Friends Theatre Group to see**

**CAMERON MACKINTOSH'S acclaimed  
new production of the legendary musical**



# MISS SAIGON

This epic musical love tale of young bar girl who falls in love with Chris - but their lives fall of Saigon.



story tells the tragic Kim, orphaned by war, an American GI called are torn apart by the

We have been lucky enough to obtain 49 newly released tickets in the stalls at a discounted rate of £39.50 (usual price £69.50), but we have to pay for the tickets by the 20<sup>th</sup> March

***Tuesday September 1<sup>st</sup> (evening performance)***

***Prince Edward Theatre, London***

***Complete cost of trip £50.00***

*Includes ticket, transport from Wendover or Aylesbury (Bedgrove) and return + driver's tip*

***DON'T MISS THIS OPPORTUNITY -***

***TAKE A FORM FROM THE TABLE IN THE CHURCH ENTRANCE &  
RETURN WITH CHEQUE FOR TICKETS BY MARCH 18th***

## Interested in a challenge?

Are you the sort of person who likes a challenge, or maybe just hearing about other peoples adventures, such as climbing Mount Kilimanjaro, cycling across America or sailing round the world single handed?

If so you may be interested in coming to an illustrated talk by Philip Kirk about his adventure of sailing round Great Britain in a small sailing dinghy (Wayfarer) with a friend from his sailing club at Thornbury on the River Severn.

### **‘Hafren Round Britain’**

Many of you will know Philip as he was a member of AMC until he left home and moved to Gloucestershire after qualifying as a Naval Architect at Strathclyde University. He also attended the Boys Brigade at AMC, where he attained the Queens badge.

Among his sailing experiences are several Sydney to Hobart and Fastnet races.

Do come and share his experience of sailing round Britain,  
on

Saturday 11<sup>th</sup> April at 7.30pm  
in our own Church Hall.

There will be an interval with refreshments and entrance is free,  
but with a suggested donation of £5 to be shared between  
the RNLI and the Pappa Fund.

More information from Sue or Roger Kirk 01296 415312,



# J TEAM

Welcome to the J Team pages

# Happy Easter

## Why do we have bunnies and eggs as symbols of Easter?

Spring is a time of new life and this reminds us of our new life in Jesus.

Find the spring time words in the puzzle



A	S	T	E	G	G
F	L	O	W	E	R
T	R	E	E	R	A
B	U	N	N	Y	S
C	H	I	C	K	S



## Why did God send Jesus to die for our sins? Because he loves us.

Complete the verses about God's love for us.



love



Son



world

God \_\_\_\_\_s the \_\_\_\_\_ so much that he gave his only \_\_\_\_\_, so that everyone who believes in him may not die but have eternal life. *John 3:16*

God showed his \_\_\_\_\_ for us by sending his only

\_\_\_\_\_ into the \_\_\_\_\_ so that we may have life

through him. *1 John 4:9*



Find the differences between the 2 pictures then colour them in



Find The Differences!



Copyright © www.ActivityVillage.co.uk - Keeping Kids Busy



Jesus, you have overcome death  
And conquered every fear I could imagine  
Help me to live each day remembering that You are alive  
That You are bigger than anything or any situation  
And that Your power is real  
Jesus, you're my hero and I'm walking with you.  
Amen.





## Cake and Craft Stall



Hosted by the J-Team after church  
on

**Sunday 22<sup>nd</sup> March 2015**

Please come along, buy delicious cakes and  
beautiful crafts made by the J-Team  
after the morning service, and support  
Alfan Foundation.

**Thank you**

[alfanfoundation.org.uk](http://alfanfoundation.org.uk)

Look at Alfan's new website  
for updates on their activities.  
An exciting UK based project is currently being explored.



**Alfa Foundation**

A teenage boy had just passed his driving test and inquired of his father as to when they could discuss his use of the car.

His father said he'd make a deal with his son, *"You bring your grades up from a C to a B average, study your Bible a little, and get your hair cut."*

*Then we'll talk about the car."*

The boy thought about that for a moment, decided he'd settle for the offer, and they agreed on it.

After about six weeks his father said, *"Son, you've brought your grades up and I've observed that you have been studying your Bible, but I'm disappointed you haven't had your hair cut."*

The boy said, "You know, Dad, I've been thinking about that, and I've noticed in my studies of the Bible that Samson had long hair, John the Baptist had long hair, Moses had long hair, and there's even strong evidence that Jesus had long hair."

(You're going to love the Dad's reply!) .....

*"Did you also notice they all walked everywhere they went?"*



## Never Argue With Children

A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal its throat was very small. The little girl stated that Jonah was swallowed by a whale. Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible. The little girl said, "When I get to heaven I will ask Jonah." The teacher asked, "What if Jonah went to hell?" The little girl replied, "Then you ask him."



*as long as it takes .....*

The **CARIBBEAN EVENING** on 7<sup>th</sup> March was a lovely evening with great entertainment and superb food. Many, many thanks to everyone who cooked, baked, performed, donated raffle prizes and helped in any way.

We are so grateful to you all, and to Beatie Francis who masterminded the evening and who chose Action for Children as the charity this year!!

The final total raised for Action for Children was  
£512.20 - brilliant!



Date for your Diary!

**Saturday 17<sup>th</sup> October, 7.00pm.**

**ACTION FOR CHILDREN QUIZ**

We shall be serving a delicious tea with sandwiches and cakes in the interval. Make a note of the date; tickets will be available nearer the time.

We still collect out-of-date foreign and UK coins and notes and any odd bits of currency you won't use.

We also always need 'unwanted gifts' for our stalls during the year and small items for the Children's Lucky Dip. McDonalds toys are ideal - also any of your Christmas cracker gifts are great for adding to made-up gift sets for the stalls. Please give any of the above to:

Jennie Torpey (581414),  
Pauline Noble (484940) or  
Sandie Steeden (331278)



## Book Club Discussion – 6: Ann Henman



### ***Consumer Detox: Less Stuff, More Life – Mark Powley***

Several commented on the book's relevance to Epiphany and baptism and the need for each of us to be the people we are called to be in Christ, rather than become caught up in the desire for things, status, and multiple experiences that the world would have us seek and choose.

The author, an Anglican clergyman, describes himself as a consumer, desiring to wean himself from the thralls of consumerism. Writing simply and in short sentences and brief paragraphs, he leads his reader through the process of awareness and partial (but not complete) withdrawal.

Comments from those at the meeting included that although many of us have heard it all before (the author is of a younger generation than most of the members of the Book Club), it never hurts to hear it again, and to be given a guideline to check how we are doing.

***Next meeting:*** Saturday 28th March, 2.00-4.00pm to discuss

*'I am Malala - The girl who stood up for education and was shot by the Taliban'.*

New members to the book club are always welcome.

## The Fence

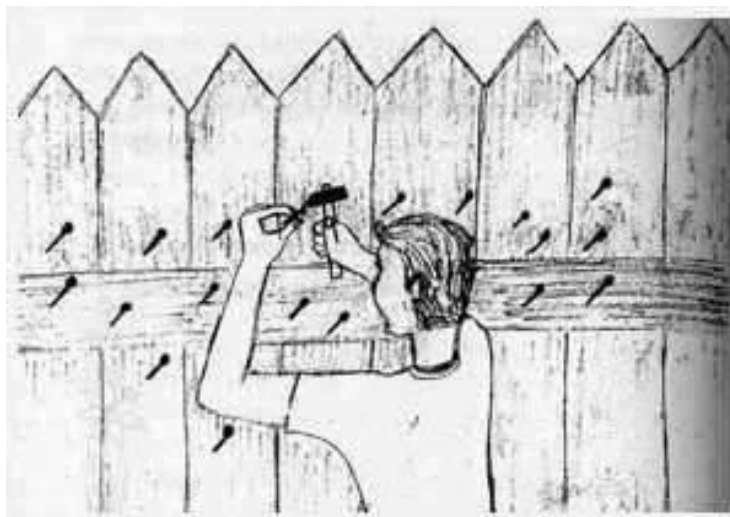
There once was a little boy who had a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the fence. The first day the boy had driven 37 nails into the fence. Over the next few weeks as he learned to control his anger, the number of nails hammered daily gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone.

The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one."

You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there. Make sure you control your temper the next time you are tempted to say something you will regret later.

Author Unknown



## Thoughts for when you have had a 'bad day'

What a job Jesus had; He knew from the outset  
That He was born to die;  
That He was coming to earth only for a short while,  
Just really to learn the ways of the world,  
And of course to learn a trade.  
To become a carpenter.

Irony isn't it, that He was nailed to a cross  
Made of the same material that He worked with.

Knowing that each drop of blood  
That fell from His pierced body,  
Was washing away our sins.  
How awesome. To have such foresight  
And still willingly do the job.

I wonder how many times He wanted  
For it all to go away, wanted someone else  
To have it all, to have His 'bad day'?  
But He only once asked for the cup to be taken  
From Him, to be excused from death.

So when we think that times are hard,  
Maybe the work is just a little bit difficult,  
Just remember, Jesus had it harder.  
And the amazing thing is,  
He did it all for us.

"You started as a carpenter  
A worker with wood.  
But ended a Sacrifice for the greater good."  
Amen.





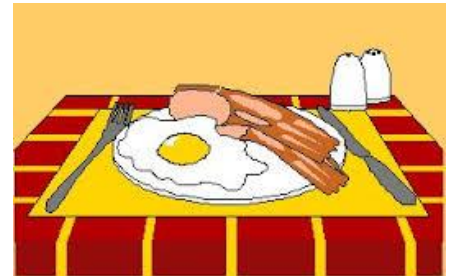
***From the Home Page of the  
Aylesbury Methodist Circuit Magazine, March 1910***

**Bother Breakfast!**

“I think breakfast is the most bothering meal of any,” I heard a young wife say recently. “I do try to think of fresh dishes, but they generally end up becoming bacon and eggs individually or collectively”.

Do you find the same difficulty? If so, spend an hour or two one morning in hunting up recipes suitable for breakfast dishes, and arrange a month's menu in advance. There is no reason why breakfast should be the hurriedly prepared and uncomfortable meal which very often is the case. At its best it cannot be considered a sociable repast, while at its worst it is enough to put people in a bad temper for the day.

***HOW TIMES HAVE CHANGED!!!!***



**Methodist Women in Britain  
An afternoon for all women**

On April 28th 2015 there will be an afternoon of fellowship for all women of the church. It will be held at Stoke Mandeville Methodist church, Eskdale Road, from 2.30pm.

It is a chance to meet other women from the Circuit and from the Amersham and High Wycombe Circuits.

The speaker will be the Revd Helen Kirk.

More details later.  
Ruth Watkins



**Aylesbury Methodist Church  
& Community Centre  
Buckingham Street, Aylesbury**

# **ANNUAL ORGAN CONCERT 30<sup>th</sup> Anniversary**

***Presenting the distinguished  
Concert Organist***

# **Philip Scriven**

***Former Organist & Master of the  
Choristers, Lichfield Cathedral.***

***WEDNESDAY 13th MAY 2015 @ 7.30 pm***

***ENTRANCE: £12.00 OR £10.00 IF BOOKED IN  
ADVANCE (Students half price)***

***Tickets on sale from 1<sup>st</sup> April, available from the  
Church Office on weekday mornings and from the  
Aylesbury Tourist Information Centre. Also direct from  
Derrick & Janice Matthews (01296 488076)***

***Profit in aid of Church Property Maintenance***



## Release Yourself from Bitterness

*'Get rid of all bitterness, rage and anger'  
Ephesians 4:31*



Anger is often the product of frustrated expectations. We expect something, and when we don't get it we end up disappointed and angry. And our anger leads to a dysfunctional personal, spiritual and relational lifestyle. Frustrated expectations are often rooted in early experiences with our parents, siblings and authority figures. Perhaps our needs for love, acceptance, security and significance were never met; then later we experienced broken commitments in marriage, business and friendships. Ultimately, smouldering anger becomes a weapon in our arsenal, threatening to hurt everything and everybody we care about. We become bitter people - avoided, excluded and lonely. God instructs us to 'get rid of all bitterness', so that 'no bitter root grows up to cause trouble and defile many' (Hebrews 12:15).

How do we obey His command?

1. By accepting and acting on His Word. Without a Scriptural foundation, old emotions will repeatedly undermine your efforts to overcome them. 'Get rid of all bitterness' is an order that implies the promise of success when you obey it.
2. By choosing to be released from bitterness. Choice isn't an emotion, and it doesn't require an emotional response. God won't control your emotions, but neither will He let them influence Him. Believing God's Word and making the choice to obey it always results in success. So start strengthening your will and your faith. How? By choosing to obey God in spite of your feelings! Practise this every day until it becomes a lifestyle. Then instead of being mastered by your moods, you'll find yourself 'reigning in life' (Romans 5:17), no longer controlled by your negative emotions.

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

## Sing! Sing! Sing!

Ella Fitzgerald said, “**The only thing better than singing is more singing!**”



A lot has been said and written recently about the benefits of singing, in particular group singing. Singing as part of a choir gives you more than just a feel good factor.

The research available on singing identifies some key physical benefits. It exercises major muscle groups in the upper body. It is an aerobic activity that improves the efficiency of your cardiovascular system and encourages you to take more oxygen into your body, leading to increased alertness.

It is not just the physical benefits; there are the psychological benefits of group singing from the increased sense of community, of belonging and shared endeavour.

We are so lucky being at church on a Sunday morning. Think of the benefits of all the hymn singing! As we sing we are exercising our bodies and our minds. Just don't tell Helen on your way out that you enjoyed the hymns, unless you have something else to add!

A couple of years ago I got together with a few singing friends, including Roger Kirk and Liz Hoodless, to form a group of 8 – 10 voices singing in harmony, mostly without musical accompaniment. Although all of us already sing in other choirs we enjoy it so much – and appreciate the benefits it brings! We also wanted to sing something different from hymns and large choral works. We call ourselves **High Octane**. You may have heard us sing at Peter and Pamela's garden party in August last year. We have performed at a few different venues, including Halton Village Fete. We also enjoy visiting care homes, where we perform a few songs and then get our audience singing along with some more familiar tunes.

We would like to invite you to join us for a **Musical Evening** in the church hall on **Saturday 25 April**. We will be presenting songs from the 1920s and 1930s during an informal concert raising funds for the **Karibuni Trust**. And the plan is to get some audience involvement! Raise your pulse and improve your well-being while you sing 'You are my sunshine'!

**You can get your tickets from Roger or from me.  
Enjoy listening and singing, and support the Karibuni Trust  
at the same time.**

Pat Starr



# **Celebrating 20 years of the Karibuni Trust**

**A Musical Evening  
With  
High Octane and Guests**

*Songs from 1920s and 1930s  
(Cole Porter, George Gershwin and more)*

**7.30pm, Saturday 25<sup>th</sup> April 2015  
at**

**Aylesbury Methodist Church**

**Tickets £10 each from**

**office@karibuni.org.uk**

**AMC office 01296 426526**

**Pat Starr 01296 613430**

**[www.karibuni.org.uk](http://www.karibuni.org.uk)**



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