Aylesbury Methodist Church & Centre

'LINK'



July - August 2017

Aylesbury Methodist Church & Centre

Buckingham Street

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Aylesbury Methodist Church & Centre Website

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



About 30 years ago I went with my Mum to a Good Friday service. As the story of Christ's great self-giving unfolded something (and to this day I still don't know what it was) caught my Mum's eye and made her giggle. She tried to stop, aware of the solemnity of the



occasion, but the more she tried the more her shoulders shook, and as she tried to explain her unstoppable laughter to me, I found that I couldn't help but laugh too.

We quivered together, tears rolling down our faces, stomachs aching with mirth, and the more we tried to stop the more we laughed. People around us were looking, one or two tutting (including my Dad!) but then something else happened: amidst the well repeated story of pain, horror and tragedy the people of God laughed as gradually, each member of the congregation was infected by this contagion of joy.

Occasionally, when I go back up to Hull, I will meet someone who attended that service and as they remind me of that evening, without exception, will comment that it was the best holy week service they have ever attended. I have often reflected upon why that might be, but quickly realise that this is not the only instance when I have experienced the opposing dimensions of our humanity in one place. How often is laughter present in a funeral service or joy realised in the hospice? Or perhaps that moment we have all known when our heart is broken by beauty: a child singing; an achievement recognised; friends getting married – something so lovely that it makes us weep. Sorrow and joy are never far apart; laughter and lament are close bedfellows.

Jill Baker, the vice president of the Methodist church, urged us all at Methodist conference to reclaim both laughter and lament as tools for our mission. To look at all that is happening in our world and nation, and grieve for people and events; to not gloss over the pain or sweep aside the horror, but to look it squarely in the eye and weep, mourn. But also to remember that in the midst of awfulness there can still be found beauty, love and joy, for even in the darkest of corners God is present. People do not need platitudes or easy answers but an incarnational

presence; as the hymn reminds us 'I will weep when you are weeping, when you laugh I'll laugh with you.'

So may we remember in all things the power of laughter and lamentation, for in their midst is truth, beauty and love, and, as we laugh and lament, Christ is truly present.

Helen

Circuit and District Farewell and Welcome Services & Meetings

Sunday 16th July, 6.00pm: Songs of Praise led by Rev Helen Kirk at Aylesbury Methodist church. This service includes our farewells to Rev Irena Byron, Rev Jim Gorringe and Rev Steve Watts and his wife Valerie.

Sunday 16th July, 6.00pm at Daventry Methodist church NN11 4FB - District Farewell service for Rev Peter Hancock

Sunday 30th July, 6.30pm at North Marston Parish Church - Farewell service for Rev Jim Gorringe, led by the Schorne Team.

Saturday 26th August, 2.00pm at Church of Christ the Cornerstone, Milton Keynes - District Welcome for the new Chair of District, Rev. Helen D. Cameron.

Tuesday 29th August 7.00pm at Stewkley - Welcome Meeting for Rev Donna Broadbent-Kelly, our Probationer Minister, and her family. Rev Helen Cameron will address the meeting.

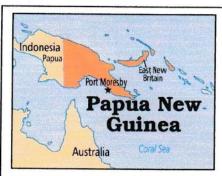
ALL ARE WELCOME



Easter Offering 2017

A big thankyou on behalf of the World Church to all those who gave to the recent Easter Offering collection. I regret to say that the collection this year was down by more than £100 for this church, and is generally down across the Circuit, but still a big thankyou.

Below is an article from a Mission partner you might like to read to see just how some of the money is spent.



Meet a Mission Partner

Our Woman in Papua New Guinea

Since 2013 Wande Ebofin has worked as an Education Officer in a high school, a teacher training college and a Theological college run by the United Church in the East New Britain province of Papua New Guinea.

Wande outlines a typical week:

Sunday – attend church service at Ligga. Afternoon and evening preparing lessons for the week.

Monday and Tuesday – drive to Manggai secondary school (35 minutes from Ligga) to teach Grade 12 and 11 Mathematics and IT respectively. Sometimes attend staff meetings.

Wednesday – teach English as a Second Language to First Year Pastors' College students (adult learning). One hour in the evening is a mini maths club teaching neighbours in primary school.

Thursday – same as Monday. In addition, meet with the newly formed editorial board (students) to assist in producing termly newsletter. Every other Thursday evening, meet with locals at my place to pray for issues around us.



Wande at Rarongo graduation - Nov 2016



Students enjoying maths activities at Manggai Secondary School

Fridays – working with the United Church regional office planning in-service training, and use the day to catch up on admin work, writing assessments and marking. Some evenings, meet up with other expat volunteers for social.

Saturdays – go to the very early morning market for vegetables and seafood, then to the supermarket for groceries. Laundry and cleaning house day.

God is good. He enables and grants me favour to do the work in building His kingdom. Pray for the PNG general elections taking place this July 2017, that the right people to move the country forward will be selected. Pray for the young people that there will be strong role models to guide them to be useful.

Thanks for your prayer support. You can read details on my work here on my blogsite at: pngtips2.wordpress.com

The River

Softly falls the rain,
Quenching nature's thirst.
Helping to fill streams and rivers.
Creating pools of water
For small animals and
Tiny songbirds to use.



Where there is water
There is life in abundance.
Silver fish make it a home.
Blue-grey mallards with young,
Glide up and down,
Bobbing heads to feed below.



Otters are spotted on the banks,
Oblivious to all that is around.
While the elders forage,
The young pups play.
Too soon, like their parents,
They will be looking for food.

In and out of the reed bank,
Mindful of predators.
Some are on the ground,
But others, like the eagle
Soar high above them.

White swans, majestically
Swim up and down.
They look like ancient galleons,
On the high seas.
Sometimes they have cygnets
Trailing, like bunting, behind them.



As soon as the caterpillar
Transforms into that amazing
Cocoon of life - we wait
For one of God's miracles of creation:
The emergence of a butterfly.
We are never disappointed.



The butterfly waits for the sun
To dry out the damp wings.
And only then do we see
The awesome Power of God.
The wings unfurl and we are
Dazzled by the amazing colours.

The sun has now risen
In a clear blue sky.
Roe deer are just content
To graze by the water's edge.
The cool water is close enough
For them to drink at their leisure.

Damsel flies and water hoppers
Skate freely across the water,
Where the river is still.
Frogs, toads and newts
Send out their call of love,
To whoever may be listening.



God is a great artist.

He uses all the colours
In His creative paint box
To showcase this great earth.
As the river continues to flow.
The circle of life continues.

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The London Underground Challenge



A ray of bright morning sunlight shone through the crystalclear windows of the 9:17 Chiltern Railways service from Aylesbury to Marylebone. The warm beam of fresh light settled upon three brave and ambitious explorers, raring to begin their expedition through the complex network of the London Underground.

The train came to a halt. Sam 'Columbus' Wright, Robert 'Bear Grylls' Sheppard, and Tom 'Dora the Explorer' Howells disembarked from the train for the first time of many that fateful day. Our three heroes waved goodbye to Commanders Mr and Mrs Miskin, and ventured towards the mystifying street of Baker. Their Journey began here.

They set off on a somewhat murky Bakerloo line train, in the frightful depths of the London earth. Many puzzled heads were turned as 3 boys repeatedly, hurryingly, disembarked the train, took a photo with a tube sign and dived back on as the doors closed, like they were the new James Bond. Sam's station checklist slowly and steadily became filled with ticks until the three voyagers decided a rest was due.

They ascended back to the surface of the buzzing city, and surveyed for somewhere they could scavenge some food, like all the great explorers before them. After concluding that the natural wildlife was not fit to hunt, they settled for a Pizza Express on Tesco vouchers donated by the kind Commanders Mr and Mrs Miskin.

The journey then continued and brilliant progress was made. Despite a guard on the mysterious driverless trains threatening to throw the three pioneers off if they kept jumping on and off the deck, the trio prevailed. For this reason, two of the planned stations were not photographed, however the travellers settled for 53 stations.

Their journey ended with a victorious surge northbound on the Bakerloo line back into Marylebone. The three boys had become men. They had gone to more tube stations in 5 hours than any Boy's Brigade member had ever been before.

We would like to thank everyone who sponsored us and help us raise £294.60.

Sam Wright, Tom Howells and Robert Sheppard



J TEAM

Welcome to the J Team pages



A popular story from the old testament is about Jonah, a man who wanted to hide from God:

God told Jonah to go to Nineveh and preach but Jonah didn't want to go and he ran away from God. Jonah decided to get on a ship to go the farthest city he could find.

Soon Jonah realised that he couldn't hide from God. A huge storm came upon the ocean, frightening all aboard the ship. The sailors started throwing things overboard and Jonah knew the storm was because of him so he told them to throw him overboard and as soon as he did, the sea was calm. But God didn't want Jonah to drown so he sent a large fish to swallow him.

Colour Jonah being swallowed by the large fish

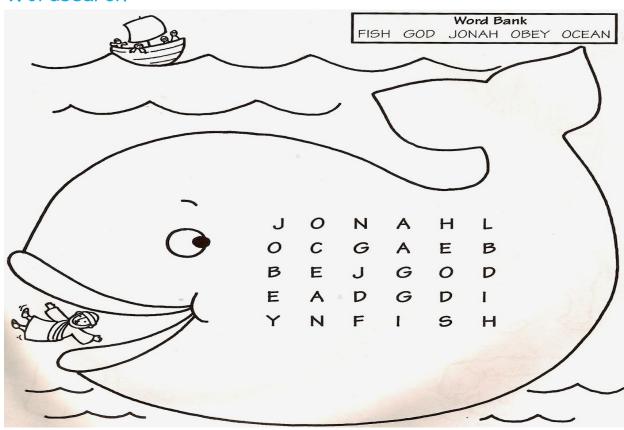


Jonah was inside the fish for three days! He prayed to God, praising God for saving him.

At the end of the three days and nights, God ordered the fish to spew him out and it did. Jonah then obeyed God and went to Nineveh. Jonah learned that it was best to listen to God.

If we get scared and want to run away from something, we should ask God for strength to face up to our fears. He will help us.

Wordsearch



TRUE OR FALSE?

T	F	The Lord told Jonah to go to Nineveh	
T	F	Jonah obeyed the Lord straight away	
T	F	Jonah got on an airplane	
Т	F	Jonah told the sailors to throw him overboard	
Т	F	God sent a huge storm	
Т	F	The sailors threw Jonah overboard.	
Т	F	God sent a big fish to swallow Jonah up	
T	F	Jonah spent two days and two nights in the belly of a fish	

[&]quot;Pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus." 1 Thessalonians 5:17-18



The Cake and Plant Stall on Sunday 9th July raised a wonderful £163.90.

Thanks to those who made cakes and home produce and to all who bought them!!

Our next fundraising event is on SATURDAY 22nd July 2017

CHARITY STALL IN MARKET SQUARE Tombola and Children's Lucky Dip

If you have any suitable gifts for the Tombola or Lucky Dip, please give them to Pauline Noble 484940,

Jennie Torpey 581414, or Sandie Steeden 331278

before Wednesday 19th July,

when they will be sorted and labelled.

Coming up:

Saturday 14th October at 7pm ACTION FOR CHILDREN QUIZ

with a Ploughman's Lunch, tea, cakes and soft drinks.

Tickets £7 each, available nearer the time.

Make a note of the date!!

Would you like to have one of our little home collecting boxes at

home for you to add your loose change? We raise a lot of money for Action for Children in this way and they are emptied once a year. Please speak to Pauline Noble if you are willing to have one.





DATES FOR YOUR DIARY

Cat 22 luly	Action for Children Charity Stall in Market Square		
Sat 22 July	2.00 - 4.00pm	Good Faith Book Club	
Sun 23 July	8.45am	Service of Holy Communion led by Rev Helen Kirk	
	10.30am	Morning Worship led by Rev Dr Romilly Micklem	
Sun 30 July	10.30am	Morning Worship led by Rev Helen Kirk	
	6.30pm	Farewell Service for Rev Jim Gorringe at North Marston	
		Parish Church	
Tues 1 August	6.00pm	German Exchange Leaving Dinner, followed by	
	7.00pm	Concert	
Sat 5 August	7.30pm	SOS: Jamaican Evening at the Bernstone's home	
Sun 6 August	10.30am	Service of Holy Communion led by Rev Helen Kirk	
Sun 13 August	10.30am	All Age Worship led by Rev Helen Kirk	
Sun 20 August	8.45am	Service of Holy Communion led by Mr Arthur Sara	
	10.30am	No service at AMC. Visits to Circuit Churches.	
Sat 26 August	10.00am	'Summer Deep Clean' of AMC	
Sun 27 August	10.30am	Morning Worship led by Rev Brian Tebbutt	
Tues 29 August	7.00pm	Welcome meeting for Rev Donna Broadbent-Kelly and	
		family at Stewkley	
Sun 3 Sept	10.30am	Service of Holy Communion led by Rev Helen Kirk	
Tues 5 Sept	2.30pm	Tuesday Fellowship: Members' Afternoon	
Frid 8 Sept	Articles for September - October LINK magazine due in		
Sun 10 Sept	10.30am	Family & Parade Service led by Rev Helen Kirk	
Sun 17 Sept	8.45am	Service of Holy Communion led by Rev Helen Kirk	
	10.30am	Morning Worship led by Mr Peter Honeyball	
Tues 19 Sept	2.30pm	Tuesday Fellowship: Rev Helen Kirk	
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	
Sat 30 Sept	7.30pm	SOS: 60s Evening at the Marks' home	
Tues 3 Oct	2.30pm	Tuesday Fellowship: CD Afternoon - Dave Rogers	

A Methodist minister was constantly putting up inspiring messages around the church. One day he placed a sign on the mirror above the sink in the kitchen. It had a single word on it: 'THINK!'

The next day he went back there, and found, right below his sign and immediately above the soap dispenser, someone had added another sign, which read, 'THOAP!'

Life in Full

When I read from John 10 verse 10, in Church in May this year, "I have come that they may have life and have it to the full," I was reminded of something that happened during a Children's Holiday Club, that I helped with some years ago. Amanda wanted help with a question on the Activities Sheet. It was, "Jesus liked parties – True/False".

"I don't think Jesus liked parties," she said.

"Oh dear," I said. "I'm sorry you say that." I thought of all the accounts of feasts, picnics, barbecues and festivities Jesus attended. If he did not get party invitations he, it was not unknown for him to invite himself and one of his last acts was to organise one. I tried to say some of this to Amanda but she was not convinced.

"But he didn't have any music," she protested. I told her about all the instruments mentioned in Psalm 150 but she was not impressed.

Later in the week, I assembled a small group of children to rehearse a play based on the story of the Prodigal Son.

"Can I help?" asked Amanda, even though she did not want an acting part.

"Yes," I said. "You are just the person we need to be, in charge of the properties." She smiled happily as she handed down the papier mache pigs and arranged a seat for the lost son beside the pig sty.

Acting as narrator I explained how the lost son had wasted all the money his father had given him and how he had ended up looking after the pigs, while the children mimed the story.



"He was very miserable," I said, "until he came to his senses and decided to go home and ask to work for his father." The actor playing his part walked across the stage, as I said, "His father was so pleased to see him that he - " I hesitated for a moment. "That he threw a party."

It was then that Amanda's glance fell upon the keyboard, plugged in and switched on, at the corner of the stage beside her. With a crafty look at me, she tapped her finger on just the right button. Oh, the wonder of technology.

Suddenly a party atmosphere enveloped us. All the members of the cast were dancing.

"That's it," I said. "That's it. You must do exactly that, when the audience is here."

I guessed that Amanda was surprised that I did not tell her to leave the precious piece of equipment alone. Perhaps I should have stopped her but it is not every day that one is unexpectedly presented with the right sound effect precisely on cue.

I don't know what lessons Amanda learnt that day but I think her perception of Jesus might have been changed. I know it affected me, for suddenly I felt that Jesus was there with us in that Hall and he was smiling.

"You mentioned parties, Amanda," he chuckled. "I love 'em."

Angela M. Smith

CHURCH SIGNS!!









5. Tales from a College Manager The Court Case

Plagiarism has always been with us - long before the Internet was born. Moderators of student course work can quickly find examples in the work submitted to them. Although every examination syllabus clearly states that the course work must be the individual student's own work, this rule could never be strictly applied. It is human nature for school friends to collaborate on projects set for home work and for teachers to make suggestions as to how the work might be improved - they want their students to pass. This plagiarism is easy to detect by change in vocabulary and/or change in sentence structure. It then becomes a decision by the moderator on how much should be allowed; to what extent it had altered the thinking of the student and actually allowed him/her to learn something. No moderator expects to come across an exact copy of another student's work, but, it happened to a friend of mine.

This colleague was an AAT Course Leader in my college and an AAT Moderator for a number of neighbouring colleges. AAT courses are usually Day Release for aspiring accountants. In 1997, they contained a student project to describe the accounting system used in their firm. Being a conscientious teacher, she had collected her students' work from her class and was reading through their projects prior to our AAT Moderator's visit. Colleges are not allowed to moderate their own students. She was surprised to find one that she thought she had seen before in one of her visits to a neighbouring college.

As a Senior Moderator in Key Skills, she sought my advice on how to proceed. Fortunately, she had taken and kept notes on every project seen at our neighbouring college. These notes were the evidence upon which her final report was based and could be used if a college queried her decisions. A quick look at these notes and a read of the suspected work convinced me that there was a case to answer.

The next stage was to obtain, if possible, a copy of the other student's project. Our neighbouring college was very helpful throughout the case. As their student had not yet collected their project, it was simply a matter of photocopying it. They also put us in touch with the firm whose system it described. Our student was neither a member nor a client of that firm. She was a mature woman who was attempting to establish her own book-keeping business and, therefore, she should have described the system she intended to

use as required in the AAT criteria. As this had not been done, the college confiscated her project and my colleague told her that she would not be receiving the AAT Award.

The woman was furious with this decision particularly as she claimed that she had intended to become a client of the firm once she had obtained her qualification. Consequentially, she had met the AAT criteria. My colleague and the AAT rejected this claim outright on the grounds that this had not been clearly stated in the project. She, therefore, tried to sue my colleague in Court on two counts - the theft of personal intellectual property by (a) photocopying her friend's project without permission and (b) refusal to return her own work.

The incident happened in my last summer term so I was retired by the time the case came to court. I could only keep in touch from Aylesbury by giving long distance support to my friend whenever she needed it.

The defence was able to show that my colleague had broken no universally accepted moderation regulations; that the woman had never used my college's computer system for word processing; that she did not possess a word processor nor a computer at home; that her project was printed on the neighbouring college's computer system by comparing the type face in the project to the type face on their printers and, most important of all, that, although her friend was employed by the firm, she had no connection to the system described. Instead she had been taught the SAGE accounting system — the most popular computer package for small businesses at that time. The acquisition of a computer and the SAGE program would cost her much less in the long term than becoming a client of the firm. The Judge, therefore, ruled in favour of the defence! If only she had summarised what she had been taught then she would have passed with flying colours.

Dave Rogers

The next LINK magazine will be the September - October 2017 issue.

Please send in all contributions by Friday 8th September 2017.

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

Jennie Torpey: jennietorpey@ntlworld.com

AMC Office: office@aylesburymethodists.org.uk

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



That Is Too Funny with Dawn Yearian.

On the first day, God created the dog and said, "Sit all day by the door of your house and bark at anyone who comes in or walks past. For this, I will give you a life span of twenty years."

The dog said, "That's a long time to be barking.

How about only ten years and I'll give you back the other ten?"

And God saw it was good.





On the second day, God created the monkey and said, "Entertain people, do tricks, and make them laugh. For this, I'll give you a twenty-year life span."
The monkey said, "Monkey tricks for twenty years? That's a pretty long time to perform.
How about I give you back ten like the dog did?"
And God, again saw it was good.

On the third day, God created the cow and said,

"You must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer's family.

For this, I will give you a life span of sixty years."

The cow said, "That's kind of a tough life you want me to live for sixty years. How about twenty and I'll give back the other forty?" And God agreed it was good.

On the fourth day, God created humans and said,

"Eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty years." But the human said, "Only twenty years? Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back; that makes eighty, okay?"

"Okay," said God, "You asked for it."

So that is why for our first twenty years, we eat, sleep, play and enjoy ourselves.

For the next forty years, we slave in the sun to support our family.

For the next ten years, we do monkey tricks to entertain the grandchildren. And for the last ten years, we sit on the front porch and bark at everyone.

Life has now been explained to you.

There is no need to thank me for this valuable information.

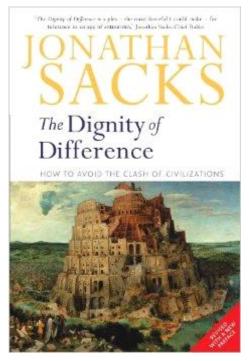
I'm doing it as a public service.

If you are looking for me I will be on the front porch!



The Good Faith Book Club

Discussion summary by Sue Chilton



The Dignity of Difference written by Jonathan Sacks, the Chief Rabbi, is a plea for tolerance in an age of extremism. It was written in 2002 in the wake of the 9.11 terrorism attack on the World Trade Centre, and prophetically written before the current global economic crisis.

The book is about globalisation, the challenges it raises, the good it brings, the suffering it causes, the resistances and resentments it generates. Global capitalism and the power of technology should lead to vast improvements in the human conditions but it has increased the wealth, health and education of some at the expense of the majority through the inability or

unwillingness to equitably distribute the products of capitalism. Global communication brings news instantly, and emphasises the vast differences in living conditions throughout the world leading to envy, anger, protest, violence and terrorism.

Sacks argues that great responsibility now lies with the world's religious communities which against all expectations have emerged in the 21st century as key forces in the global age. Religion can be a source of discord, or a form of conflict resolution. The great faiths must now become active forces for peace, justice and compassion on which peace in the world ultimately depend. He expresses recognition that the good life does not come from one faith.

The group had mixed views of the book, there was so much meat in each chapter, and it was not a quick read. The author had good use of language with ideas succinctly expressed, a good grasp of the bigger picture and notes some stark statistics. Several of the underpinning issues related to religious fundamentalism which linked to previous books read by the group, and it was interestingly contrasted to 'Consumer Detox'

Murmurations

They start to gather as
The day ends.
Pure, visible joy,
As the starlings begin the
Evening homage,
To the Creator of all things.

At first it is just like
An ancient feathered quill,
Writing upon parchment Black squiggles on the skyline Until it unites
To become truly spectacular.

The birds fly together
Across the dusky sky,
Like ballerinas on a giant stage,
Their wings almost touching,
As they move seemingly as one.
The only light is a setting sun.

The aerial choreography is breathtakingly beautiful, as they change direction in a heartbeat. Thousands of Your creations, Father.

Each one individual, and yet Part of the whole.

No dance is ever the same,
Each time the movement differs.
We watch in awe, as
The winged acrobats continue.
Until it seems they have finished,
And the spectacle is over.

Suddenly, Majestically, Like an encore,

They soar again, to the heavens.

Then, they are gone.

And as night descends,

We thank God

For His daily gift to us.

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SOME INTERESTING FACTS or Small Talk for Parties!

Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!

Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.

Your tongue is the only muscle in your body that is attached at only one end.

If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.

Zero is the only number that cannot be represented by Roman numerals

Kites were used in the American Civil War to deliver letters and newspapers.



Having the Right Attitude

'You must have the same attitude that Christ Jesus had.' Philippians 2:5

How many jobs do people lose every day because of poor attitudes? How many are passed over for promotion because of the way they approach their work and the people around them? How many

marriages fall apart? It would be impossible to calculate.

No one should ever lose a job, miss a promotion, or destroy a marriage because of a poor attitude. Why? Because a person's attitude isn't set; it's a choice. Chuck Swindoll writes: 'Attitude, to me, is more important than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It's more important than appearance, giftedness, or skill. It will make or break a company ... a church ... a home.

The remarkable thing is we have a choice every day regarding the attitude we embrace for that day. We cannot change our past ... we cannot change the fact that people act in a certain way. We cannot change the inevitable.

The only thing we can do is play on the one string we have, and that is our attitude ... I'm convinced that life is 10 per cent what happens to me and 90 per cent how I react to it.

And so it is with you ... We are in charge of our attitudes.' Paul writes, 'You must have the same attitude that Christ Jesus had.' He always approached people with love, grace, acceptance, and a heart to serve rather than be served.

So if your attitude hasn't been as good as it could be, make this your starting point. Pray: 'Father, give me a Christ-like attitude towards everyone I meet.'

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.

WORDS OF 'WISDOM'!!!!!



1. My goal for 2016 was to lose just 10 pounds. Only 15 to go!

2. Ate salad for dinner! Mostly croutons & tomatoes. Really just one big, round crouton covered with tomato sauce. And cheese. FINE, it was a pizza. I ate a pizza.

3. How to prepare Tofu: A- Throw it in the trash. B-

Grill some Meat.

4. I just did a week's worth of cardio after walking into a spider web.

5. I don't mean to brag but... I finished my 14-day diet

in 3 hours and 20 minutes.

6. A recent study has found that women who carry a little extra weight live longer than men who mention it.

7. Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.

8 I may not be that funny or athletic or good looking or smart or talented I forgot where I was going with

this.

9. I love being over 50. I learn something new every day.....and forget 5 others.

10. I think I'll just put an "Out of Order" sticker on

my forehead and call it a day.

Senility has been a smooth transition for me.



Vale of Aylesbury Methodist Circuit

Songs of Praise 2017

CALLED BY CHRIST TO BE DISCIPLES

A celebration of service & ministry

Congregational hymn singing presented by the Circuit Choir together with friends from other local choirs.

Great Hymns

With Great Tunes

Come along for a Great Sing

Led by Rev Helen Kirk

Aylesbury Methodist Church Sunday 16th July @ 6.00 pm

EVERYONE WELCOME