



WELCOME TO  
**AYLESBURY METHODIST CHURCH**

Minister: Rev Richard Atkinson

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Sunday 10<sup>th</sup> July 2022

**Action for Children Sunday**

**10.30am: Family Communion service  
led by Rev Richard Atkinson.**

A very warm welcome to Aylesbury Methodist Church.  
We hope that you will be blessed and challenged  
by today's message.

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

Please join us in the Hall after the service  
for coffee or tea 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.

Hymns	StF 530 36 15 249 161 570 615
Readings	Luke 10: 25-37 Matt 5: 3-11
Music	AMC Music Group
Streaming	To safeguard children and any vulnerable adults, our live-streamed services will not show the congregation.

If your little ones (age 3 and under) 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.**



The flowers today are given by Jackie and Kaz  
to celebrate their 5<sup>th</sup> Wedding Anniversary.



Today is **Action for Children Sunday**, and we shall be having a retirement collection for their work after the service. You should find a collection envelope in your notice sheet, and, if you are able to do so, please complete the details, *including the amount donated*, so that Gift Aid can be claimed back on your donation. Envelopes can be returned over the next couple of weeks, and further envelopes are available from the display cabinet in the Welcome Space. Many thanks!

If any individuals or churches would like to contribute to a leaving gift for the Rev Romilly Micklem, I have details for bank transfers or to where cheques can be sent. His last service is on July 17<sup>th</sup> so any monies in advance of then would be welcome. Blessings, Richard Atkinson.

**CHANGE OF DATE!!**

We plan to hold a **CAKE, HOME PRODUCE & PLANT SALE** in the Hall after the service on **Sunday 30<sup>th</sup> July**, (not 17<sup>th</sup>) and would be very grateful for offers of cakes/home produce/plants to sell.

*We can collect them, if needed!*

Jennie Torpey 251414, Pauline Noble 484940



I have some seats available on a trip to the **Christmas Lights at Blenheim on Friday 25th November**. The coach will leave Whitehill at 11.30am and on to Bedgrove for 11.40am, returning to Aylesbury around 8.30pm. The cost is £27.50 to go round the house and £22.50 for the light trail. Total cost £50 but you don't need to do both. If you are interested, please speak to Gill Marks 01296 748659 for final details.

**Front Doors:** There have been a couple of reports that the automatic outer sliding doors have opened when triggered by the sensors, even though they are in 'locked' mode. If anyone experiences such a problem, please could you make a note of the date and time of the specific action/fault and let Paul Ingram or Kevin Hardern know:

[paulmingram@tiscali.co.uk](mailto:paulmingram@tiscali.co.uk) or [kevin@elmgables.com](mailto:kevin@elmgables.com).

Thank you, Paul.

Over the next couple of weeks, our Church members will be taking part in their charity sponsored events, so here are the details for the final time:



Edith and Solo are doing a **5-mile Farewell Midnight Walk 2022** to raise money for **Florence Nightingale Hospice** on the **16th July**. Please support us by visiting [www.justgiving.com/fundraising/Edith-Awadzi1](http://www.justgiving.com/fundraising/Edith-Awadzi1)

to donate, or ask Edith or Solo for a sponsorship form. Thanks in advance.

I am doing the **Yorkshire 3 Peaks Challenge on the 17th July**, covering the 3 highest peaks in Yorkshire, and walking around 25 miles in 12 hours. I am doing this in memory of a work colleague who died suddenly of a heart attack. We are doing this to support one of his favourite charities,



**Talkback UK**, who support people with autism.

If anyone would like to make a donation via Just Giving, all money pledged goes straight to the charity. I can be emailed

at [philrichards40@gmail.com](mailto:philrichards40@gmail.com) for more information, or people can donate at [www.justgiving.com/phil-richards6](http://www.justgiving.com/phil-richards6)

Hello all.

Once again my daughter Erica is doing her annual **Race for Life**, raising much-needed funds for **Cancer Research UK**, on 24 July at Northampton.

Our first Race was back in 2007!

If you wish to donate again the on-line link is

[https://fundraise.cancerresearchuk.org/page/ericas-race-for-life-](https://fundraise.cancerresearchuk.org/page/ericas-race-for-life-382?urn)

[382?urn](https://fundraise.cancerresearchuk.org/page/ericas-race-for-life-382?urn). Cheques made payable to Cancer Research UK and cash are obviously still welcome. Thanking you, Maureen Tucker.

01296 486619 07790 581197.



### **SPONSORED WALK AROUND THE COAST OF BRITAIN.**

**Derek Adams has now completed the first 3 weeks of his walk** to raise funds for both the **RNLI and the NHS**. In that time, he has walked **250 miles and visited 27 Lifeboat stations!** Any sponsorship would be much appreciated, and can be arranged online via: [JustGiving.com/team/DEREKtreksBRITAIN](http://JustGiving.com/team/DEREKtreksBRITAIN)

Or you can give a cash donation to his wife, Sue.



**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:rubydarku@hotmail.co.uk)



**Do, please continue to donate to the Food Bank.**

*A Collection box is in the Welcome Space.*

### Next Week

<b>Tues</b>	12 July	10.45am	Prayer Group
<b>Thurs</b>	14 July	10.00am 1.15pm onward	Sunbeams Baby & Toddler Group Blood Donor sessions
<b>Frid</b>	15 July	2.00pm	Social Badminton Club

### Sunday 17<sup>th</sup> July 2022

**8.45am: Service of Holy Communion led by  
Rev Richard Atkinson**

**10.30am: Morning Worship led by Mr Richard Maguire**

**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 (Roger Kirk: 01296 415312. Mobile: 07969 373 212)**



## 'GOOD NEWS' FROM AROUND THE CIRCUIT

### CUDDINGTON

Dear All

This Sunday, 10 July, it is the turn of Cuddington to be the focus of our Circuit Prayers. As Margaret says below, we are approaching the time for change in the Methodist Church, when some of our ministers will move on to pastures new. But this is a regular feature of the itinerant ministry we enjoy and it is always a time of saying Goodbye to old friends and welcoming new friends. We are used to change, and as part of God's continuing act of creation, we look forward to the future, secure in the knowledge that God will provide. Please remember the lovely chapel, and the lovely people of Cuddington in your prayers this Sunday. Pete



*As the Circuit changes and both Romilly and Keith are moving on - Romilly this year and Keith in 2023, we will see changes at Cuddington as Romilly was our Minister. His last service with us was on 12th June and the service closed with us sharing Communion. This was followed with coffee and cake - a special cake made by Jane Knight (much photographed). Both Romilly and Bridget were given a gift to show an appreciation of their time with us. We wish them well in their future Ministry.*

*We are making it a matter of much prayer as we pray for our future Minister. We are aware that Richard and the Circuit Leadership Team put forward a profile for Ministerial staff that they will be God's choice.*

*We have proved God to provide for our needs in answer to prayer, especially during the Covid Crisis. He is so faithful when we can't see the way ahead.*

*Below are the words of a song by Don Moen, and may you be blessed by them, in these uncertain days in which we live. Margaret Watts*

God will make a way,  
Where there seems to be no way,  
He works in ways we cannot see,  
He will make a way for me.  
He will be my guide.  
Hold me closely to His side.  
With love and strength for each new day,  
He will make a way.  
By a roadway in the wilderness

He'll lead me  
And rivers in the desert I will see  
Heaven and earth will fade  
But His word will still remain  
He will do something new today.  
*Don Moen*

## SLOW DOWN

### TRY TO SLOW DOWN

*'Whoever believes will not act hastily.'*

*Isaiah 28:16 NKJV*

Every time you get in a hurry mode, you send a 'state of emergency' signal to your body. And it responds by releasing the stress hormones adrenaline and cortisol that prepare you to deal with danger. The body cannot distinguish between physical danger, or the danger of losing your job, or any other form of stress and pressure. It only knows that action has to be taken and that it must energise you to deal with it.

Now, this is a good thing if you're indeed physically threatened. But to live with your body constantly on high alert is like fighting a fifteen-round nonstop boxing match. Sooner or later, you pay the price in the form of heart disease, ulcers, forgetfulness, and a multitude of other conditions.

What's the cure? A-B-C: Awareness, Belief, Change.

Become **Aware** of your continual high-gear mode and what part you play each time you hurry. Ask yourself, 'How could I have prevented this?'

**Believe** that the Holy Spirit will give you victory if you ask Him and begin to change your behaviour.

**Change** – consciously slow down. Talk slower, move slower.

'Haste makes waste.' Haste causes duplication of work, accidents, and other things that result in wasted time.

Question: are you speed-reading today's devotion? If so, this is the word for you today: try taking twice as long to read and meditate on what you're reading, and ask God, 'What are you saying to me? What changes do you want to bring about in my life? In what ways do you want me to improve?'

God is not in a hurry, so slow down and get in sync with Him.

*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.*