

WELCOME TO

AYLESBURY METHODIST CHURCH

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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 10th March 2024



**10.30am: A Special Mothering Sunday Service of Thanksgiving, and Celebration of Ghana's Independence Day,
Led by Rev Dr Hayford Ofori-Attah**



If you are visiting our Church for the first time, do introduce yourself to one of our stewards, who, today, are Gill Nord and Gill Marks,

Hymns	StF 364 322 645 94
Readings	2 Cor 5: 16-21
Streaming	To safeguard children and any vulnerable adults, our live-streamed services will not show the congregation.

Please join us in the Hall after the service for light refreshments.

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.



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.

There will be a special collection during this morning's service for the Spinal Unit at Stoke Mandeville Hospital.

Light refreshment will be provided in the hall after the service.



THE WORLD DAY OF PRAYER SERVICE

held on 1st March was very well attended this year. 75 people took part, celebrating together from churches across Aylesbury, raising a total of £490. Both the attendance numbers and offering were more than double last year's figures.



The theme of the service this year was from ***Ephesians 4: 1 – 6. "I beg you, bear with one another in love."*** The service was written by a group of Palestinian Christian women before the current conflict, and dealt with their own personal experiences. Their hope was to encourage and inspire other women around the world to bear with one another in troubled times. As has often happened before, this year's service was overtaken by a tragic set of events. We took part in this service, believing that we are called to support the Christian women who created it and invited all those taking part to listen prayerfully to their voices. We pray with world leaders, relief workers, medical teams and all those praying about the situation, for an end to the killing, and for the wisdom to build a lasting peace.



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.

Stewkley Church are holding a concert on Good Friday evening and are looking for people, especially youngsters, to come and recite, play instruments, whatever. If anyone is interested and would like to know more, please ask Richard.



Next Friday 15th March there will be a special coffee morning in the Welcome Space to raise money for **Comic Relief**. Lovely Red Nose Day cakes will be available. Please come along and support this event, which is being run by Virtus (formerly Sees the Day).

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.



The Anchor and Junior sections of the Boys' Brigade took part in the Battalion 10 Pin Bowling competition last Saturday 2nd March.

The Anchors came 2nd in their competition, with Raphael being the 2nd highest scorer in their age group.

The Juniors came 1st in theirs, with Titobi achieving the top score in that group. They had a wonderful time bowling and of course thoroughly enjoyed their McDonalds at the end. Well done boys. You were amazing. Elaine and Margaret.

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



'GOOD NEWS' FROM AROUND THE CIRCUIT

PRINCES RISBOROUGH



Dear All,

This Sunday, 10 March, Princes Risborough is the focus of our Circuit Prayers, and we join Barbara as she shares her journey with us. Barbara shows us how our lives are influenced by so many different events and how they all add up to complete the picture. 'Church' is about so much more than just 'church'. There are so many different ingredients thrown into the mix, that even if we do not realise they are there, they still have an amazing impact on our journey's outcome. As you read Barbara's story, imagine how it relates to your own experiences and give thanks to God for the rich variety that we share together. Pete.

In my view, life is a roller coaster – with the crossbar on the passenger seat our belief and trust in God!!

When we moved to Risboro' in 1965 we had no idea the impact Princes Risborough Methodist Church would have on our lives. Was it a good decision? Certainly! 59 years has seen many changes, yet PRMC has remained steadfast. It's true to say that we are a faithful and happy group.

We have SALT, Worship Group, WOW Group, Tuesday Fellowship, Prayer Circle and Games Mornings, with the occasional Café Church. The Men's group is clearly adventurous, as my spies tell me they enjoy Men's Breakfasts and trips to events such as Ice Hockey matches, but as onlookers, not competitors... They even organise Coffee Mornings for us all. By contrast, we ladies are more sedate, with Coffee Mornings at a Garden Centre. Wayhey the chaps!

I often look around our congregation and remember all those who have come and gone, all playing their part in the life of our Church, and am grateful to them. Each individual teaches us something and undoubtedly adds to our personal and Church growth. This also holds true for our present congregation.

On reflection, our Church has brought great joy, comfort and support, plus a bit of cleaning and catering of course. It's great to be part of this family. I accept that we need to be serious about our faith and show respect to the values and teaching, but nevertheless it's so important to show the world and

our neighbours that our faith brings joy and laughter. Surely that is a wonderful testament to the power of God.

To quote Virginia Woolf – ‘The great revelation perhaps never did come. Instead, there were little daily miracles, illuminations, matches struck unexpectedly in the dark.’

Barbara Oates.

HOLY WEEK SERVICES

28th March - MAUNDY THURSDAY: 6.30pm Holy Communion & Meal
(details on flyer)

29th March - GOOD FRIDAY: 10.00am Service

31st 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!



Derek the Cleric

©Andy Robb

DEREK TREKS BRITAIN

March 1st 2024

A forewarning to Greggs in Wales (I hope there are some. 🤔) to stock up on sausages rolls and hot chocolate, as Leg 6 is about to commence!

The **RNLI 200th Anniversary approaches (March 4th 2024)**, and our intrepid hero is busy dubbing his boots, applying waterproofing to his jacket, and generally limbering up. Our son, Toby will be driving him to Wales on Saturday, and staying on for a couple of days to walk alongside him. *Sue*.

Leg 6. March 2nd 2024....and so it begins.



No waiting outside chilly service stations today; Derek was collected by Toby, and left in style.

Sadly, being before midday, (when I start to wake up), I did not have the wit about me to record the occasion. 🙄 A safe journey to them.

I believe the plan for later today is a walk around Cardiff Bay to Penarth, but I will leave it in Toby's capable hands to keep you updated over the next couple of days. *Sue*.

Leg 6, day 0!

Chauffeur duties for our intrepid traveller went well today; arrived in Cardiff and visited the bay. Very apt statue here: 'The Antarctic 100 Memorial' - commissioned and gifted to Cardiff by the Captain Scott Society. His (ultimately ill-fated) expedition to the South Pole set off from Cardiff Bay (then called Tiger Bay) on the SS Terra Nova on the 15th June 1910.

Also nearby is The Pierhead Building: a Grade I listed building of the National Assembly for Wales in Cardiff Bay. It stands as one of the City of Cardiff's most familiar landmarks and was built in 1897 as the headquarters for the Bute Dock Company. The clock on the building is unofficially known as the 'Baby Big Ben' or the 'Big Ben of Wales', and also serves as a Welsh history museum. Apparently the first time a cheque for £1 million was written out was in this building. (For coal, if you were wondering!).

Also, as an honorary member of the expedition team on this occasion, I had to find out what the fuss is all about with the 'Gregg's sausage roll and a hot chocolate' at the first opportunity - Leigh Delamere services! Watch this space for further Gregg's updates, I'm sure. 😊. Off to our start point in Porthcawl in the morning for the official 'Day 1'. *Toby*.

Leg 6, day 1: A beautiful first day's walking to kick off this leg of the trip. We were welcomed warmly by Steve and the brilliant team at Porthcawl RNLI Lifeboat (I've probably forgotten some names but there was Carl, Jeff, Aileen, Ruth, Ross and Aidan) - thanks for the cuppa! Great to hear the enthusiasm, knowledge and experience of these guys and we appreciated a tour of the station.



This was the 152nd RNLI Station for Dad on his trek.

After some handy local guidance for our route from Ross and a tip-off from Carl about a memorial monument to find, we headed off. It wasn't long before we bumped into Charlie who was (also) fundraising for the RNLI. Fantastic views across the water to the North Devon and Somerset coast today, lots of surfers.



Dad is pictured with the memorial monument Carl had told us about.

SS Samtampa was a 7,219 ton steamship wrecked on Sker Point, off Porthcawl and Kenfig, Wales, in the Bristol Channel on 23 April 1947.

There were 47 fatalities in the incident, 39 from the ship and 8 volunteer crew of the lifeboat RNLB Edward, Prince of Wales (ON 678) from The Mumbles Lifeboat Station (we will be visiting them tomorrow, on the 200th anniversary of the RNLI), who died attempting to save the crew of the Samtampa. The lifeboat had returned to base, but had been sent out a second time.

An oil spill from the tanks of the wrecked ship created an area of calm water, which the lifeboat coxswain, William Gammon (previously a winner of the RNLI Gold Medal), attempted to use to their advantage to enable them to pull alongside, and those who died were choked by the oil rather than drowning. A tragedy which is still marked and remembered by the local community with memorial services.

The views today were lovely, with the sand dunes of the Kenfig Reserve on our right and the water to our left, some areas were flooded; it's a popular stretch of coastline for surfers. Once you get to Port Talbot it's



harder to stick to the coastal path and the industry spoils the views a little, but the people we've met have been very friendly and chatty.

Leg 6, day 2 (part 1). Well, what a contrast to yesterday, weather wise. Today's main aim was to get to Mumbles RNLI station to mark the 200th anniversary of the RNLI (one of Dad's chosen charities for his trek, alongside Cancer Research UK and the British Heart Foundation).

They have of course released their own video to mark the occasion so take a minute to see what they've achieved over 200 years, and if you feel inspired like we do, please click on Dad's sponsor link below and make a donation, all of which will find its way to the RNLI (or CRUK or the BHF, there is a link for each to choose from). Thank you. *Toby.*

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

Leg 6, day 2 (part 2).

Very wet and windy today. Mum and Dad's neighbours had recommended this particular walk to him, but I think we would have called it a swim!

We did make it to Mumbles RNLI but we couldn't get to the main station as the pier they're on was closed to the public!

We found the old lifeboat station further up the road (see picture) and we made the best of the day and enjoyed each other's company.



And of course, finding a Gregg's on the way for his favourite hot chocolate and sausage roll is always a boost for the spirits! Let's see what tomorrow brings. *Toby.*



Leg 6, day 3.

We woke to better weather again today and decided to give the Mumbles lifeboat station another go and were very glad we did. Engineer Ben was working hard when we arrived, but was happy to stop have a chat with us, show us some of their kit and take the obligatory pictures of course!

We grabbed some breakfast just down the road and met two keen cyclists, Mark and Matthew, suitably impressed with dad's exploits and keen to tell us about all the beautiful spots that lay ahead as dad works his way across to Pembrokeshire. It's worth noting at this point that the phrase "god's own country" pops up in most conversations! And who are we to argue with that.

A quick selfie to contrast with yesterday and then we made our way to Port-Eynon. We made it just in time to meet the delightful Peter, just as his wife and fellow open-water swimmers (the Port-Eynon Sea Birds, no less) were emerging from their swim; another perfect photo opportunity.



The Horton and Port-Eynon RNLI station was a little tucked away but we found it eventually. We timed it well as the LOM (Lifeboat Operations Manager) Laurie had met there with Steve and Pete so we managed to catch all three of them and - as is often the case - were offered a cuppa. It would have been rude not to.

This station is a relatively new building, but has a lot of history.

The first station opened in 1884 in Port Eynon after successive tragedies along the coast resulted in a large death toll. The RNLI decided a lifeboat should be stationed further west than The Mumbles Lifeboat Station and chose Port Eynon for the location.

A boathouse was built on the west end of Port Eynon Bay to house the lifeboat 'A Daughter's Offering'. (This building is now used as a Youth Hostel by the YHA). 'A Daughter's Offering' had a successful 22 years of service, saving 39 lives in total. In 1906, she had reached the end of her useful life, so a new lifeboat was provided.

The new lifeboat, 'Janet' served for 10 years, saving a total of 15 lives. Tragedy struck on 1 January 1916, 'Janet' responded to a distress signal from the S.S. Dunvegan, and while making her way to the vessel was capsized by a large wave. Although the lifeboat automatically righted itself, one crew member could not make it back onboard and drowned. 'Janet' then capsized again and another two crew members had been lost overboard and could not be found. The lifeboat had lost all of its oars at this point and could do nothing but drift towards Mumbles.



A sculpture commemorating the lost crew of the 'Janet' is in the churchyard of Port Eynon Church, and there is a plaque inside the church.

The station closed after this tragedy, but in 1968, the RNLI determined that there was a new need for a lifeboat station in this area, and so allocated a D-class (EA16) lifeboat to a new station based close to the beach in Horton. The new

station, Horton and Port Eynon, still operates; the new boathouse was built in 1992.

This was my last day with Dad on this trip; it's flown by. It's been great to spend some time with him of course; but I wanted to add (and I know Dad will echo this) that the overwhelming sense we get from meeting the lovely people at the RNLI is one of pride, family and an understated commitment to their mission of saving lives at sea.

Just like the old fella, truly inspirational.

Leg 6, day 4.

Another good day for weather today and Derek made the most of it, heading West from Llanelli along the beach to the next RNLI station at Burry Port. Nobody there on this occasion so he carried onwards to Kidwelly Castle.

While he sat at the top of the castle, he was confronted by a local knight - minus his armour! After a little bartering, he made an exchange with the knight; his chocolate for the knight's sword! Although I believe the sword was eventually returned to its rightful owner.

This Norman castle was created as a defence against the Welsh, though the castle fell to the Welsh several times in the twelfth century. The Prince of Wales (Lord Rhys, as he was later known) captured Kidwelly Castle in 1159 and was recognised by King Henry II of England as the ruler of the region. Upon his death, it was passed to the Anglo-Normans. The castle was captured and razed by Llywelyn the Great in 1231. Later in its history, it was unsuccessfully besieged by forces of Owain Glyndŵr in August 1403 with assistance from soldiers from France and Brittany who captured Kidwelly town. The castle was relieved by a Norman army in September 1403.

The surrounding countryside is reputedly haunted by the headless ghost of Gwenllïan ferch Gruffydd, wife of the Welsh prince Gruffydd ap Rhys (think along the lines of the Saxon Boudicca), who was captured here and beheaded in 1136.

Back in Llanelli, Dad found a monument to the tin plate workers; a thriving industry in Wales in the 19th Century, but particularly in Llanelli which became known as 'Tinopolis'.

Leg 6. Day 5.

Today, a cold and windy day, but dry, Derek set off from Kidwelly, where he had finished yesterday. He visited his 156th RNLI Station at Burry Port, but



unfortunately unmanned when he was there. Burry Port was a thriving town from the mid-19th century.

First, the opening of the copper works in 1849. Electro plating, jewellery and cutlery production was developed by Messrs Mason and Elkington. The Port: tramways and canals were built to transport the raw materials, such as copper from Cornwall. There were customers far and wide - Cuba, Australia and China.

Yes folks, we once exported to China!

The copperworks attracted other industries to the town, and also benefitted from the existing coal mining. Silverware followed in 1853.

A Wesleyan Chapel was built for the spiritual needs of the growing work force. Burry Port's claim to fame is that Amelia Earhart landed here following her flight across the Atlantic on June 18th 1928. The first woman to have ever done so.

He walked about 12 miles today, heading north, and along the east bank of the river Towey, to the county town of Carmarthen. The first 4 miles led to a positive-sounding hamlet at the mouth of the Towey, called Ferry Side. As the eternal optimist, he was picturing himself crossing the Tovey on a ferry from this point. Unfortunately, the last ferry sailed many years ago, and so Shanks' Pony was, again, his mode of transport.

Another hamlet he passed through was Croesyceilog, which he described as being shorter than its name!

And so into Carmarthen, home to yet another splendid castle, and a remarkable Guildhall. Outside the Guildhall there is a statue commemorating the men who died in the South African Wars (Boer Wars) of 1899/ 1902.

The Guildhall is now a Cafe/Restaurant where photos and information about the history of the Guildhall are proudly displayed.

Shades of the Las Vegas Bellagio Hotel here, in the splendid ceiling decoration. One of today's happy encounters was with Richard and Laura, who just happened to be in.....yes, you've guessed it - Greggs! Richard and Laura have friends and relatives connected with the RNLI, and will be keeping a lookout for Derek as he continues on his way.

Just to remind everyone of the fundraising Derek is trying to achieve; anything to get him closer to the £10,000 target is very much appreciated;

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

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.

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

Mon	11 March	6.15pm 6.30 - 8.00pm	Girls' Brigade Food Hub
Tues	12 March	9.30am 10.45am 2.00pm 6.00pm	Chair Yoga Prayer Group Banner Group Boys' Brigade
Thurs	14 March	10.00am 7.30pm	Sunbeams Baby & Toddler Group Christianity Explored course
Frid	15 March	2.30pm	Friday Feathers - Badminton Club

Sunday 17th March 2024

8.45am: Communion Service led by Rev Richard Atkinson.

10.30am: Morning Worship 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 (Roger Kirk: 01296 415312 Mobile: 07484 392734)