

WELCOME TO

**AYLESBURY METHODIST CHURCH**

Minister: Rev Richard Atkinson

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Church Office: 01296 426526

E-mail: office@aylesburymethodists.org.uk

Website: www.aylesburymethodists.org.uk

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

**EASTER SUNDAY**

**10.30am: Service of Holy Communion**

**led by Rev Richard Atkinson.**



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

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

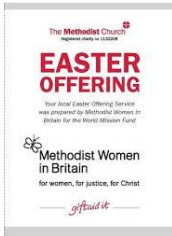
<b>Hymns</b>	StF 298 293 354 309 351 305 313
<b>Readings</b>	John 20: 1-18 1 Corinth 15: 1-11
<b>Organist</b>	Derrick Matthews
<b>Streaming</b>	To safeguard children and any vulnerable adults, our live-streamed services will not show the congregation.

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.**



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

It is sad to think that Mission Partners have to be recalled from this valuable work. There is also an article in the latest edition of Connexion which should be in the display cabinet in the Welcome Space.

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

**There are more envelopes in the display cabinet in the Welcome Space if you would like to give a donation.**

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

**Guest Speaker: David Wilderspin.**

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

**ALL ARE WELCOME.**

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

For more information, contact Coral Soulsby: 01296 707298.

**Collection Envelopes** for the new financial year starting on 7<sup>th</sup> April, are now available in the Welcome Space. Please take your set of envelopes and also those for someone not at church, if you are able deliver it to them.

Many thanks, David Neville.

**J TEAM.** We have recently seen a large increase in our J Team numbers and now need extra help. We are looking for volunteers who would act as 'floaters' on a Sunday morning. You would have nothing to prepare but would just turn up by 10.30am and float between our 2 groups, offering assistance if needed, eg colouring, cutting and sticking in our younger group or helping with discussions in our older group. You would help on a rota basis, so the more floaters we have, the less frequently you will be on. If you are interested in helping in this valuable way or would like to know a bit more, please contact Vivienne Kemp on 01296 399315.



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

### ELLESBOROUGH SILVER BAND SPRING CONCERT

An afternoon of live music from stage and screen

Interval refreshments available

**Saturday 13th April**

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

At Aylesbury Methodist Church

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

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



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

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

### **AMC ORGAN CONCERT. Wednesday 15<sup>th</sup> May @ 7.30 pm.**

For this, the 36<sup>th</sup> occasion, we welcome the return visit of the outstanding concert organist, **DANIEL MOULT**, reviewed as 'one of the finest organists of our time'. Daniel will present and perform a typical 'Town Hall Concert' programme designed to appeal to all.

**Entrance £15.00 or £12.00 if booked in advance. (Students free)**

Available at the church office on weekday mornings from 10.30am. Alternatively direct from Derrick & Janice Matthews (01296 488076)

All profit from this occasion is donated to AMC funds.



**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: [rbydarku@hotmail.co.uk](mailto:rbydarku@hotmail.co.uk)

**CHURCH READINGS March – May 2024:**

*There is still 1 date empty on the sheet on the noticeboard, (28 April),* so if you are willing to join our rota for reading the lesson in Church, **please sign up,** 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**

<b>Mon</b>	1 April	6.30 - 8.00pm	Food Hub
<b>Tues</b>	2 April	9.30am 2.30pm	Chair Yoga Tuesday Fellowship
<b>Wed</b>	3 April	12.30pm	Lunch Club
<b>Thurs</b>	4 April	From 1.45pm	Blood Donor sessions
<b>Frid</b>	5 April	2.30pm	Friday Feathers - Badminton Club

**Sunday 7<sup>th</sup> April 2024**

**10.30am: Local Arrangement**

<b>The designated fire officers are the Duty Stewards</b>
<b>First Aid boxes are located in each of the kitchens</b>
<b>Fire doors are not to be wedged open, except those fitted with Dorgard (Please ensure other doors close behind you after passing through</b>
<b>Duty Manager - (Kevin Hardern: 01296 481285 Mobile: 07785 950 702)</b>



## 'GOOD NEWS' FROM AROUND THE CIRCUIT

### SWANBOURNE

Dear All,

This Sunday, 31 March, (Easter Day) the focus of our Circuit Prayers is on Swanbourne and we share in Ken's story, hearing how he was exposed to different Christian traditions at an early age and seeing the variety of denominations as complementary rather than in opposition to each other.



It is refreshing to hear from Ken that it is all right to question traditionally held beliefs, as each generation needs the space and opportunity to seek the truth and grow in grace as they follow in the steps of Jesus for their own time. Please pray for all those who are struggling to offer the love of Jesus in every situation, and ensure that the gospel is neither watered down nor rendered ineffective through prejudice of any sort.

Pete.

*I grew up in Filton, an overgrown village on the edge of Bristol which was dominated by the local aircraft factory. I had been born into a Christian family, but one which was divided between my English mother's adherence to the Strict Baptist Chapel which she attended religiously each Sunday, and my Welsh father's lapsed membership of the Methodist Church. Despite this, I was sent to a Methodist Sunday School which I found much more inspiring than the inward-looking Baptist Chapel.*

*So, when I gained a place at university, I joined the Methodist Society (Methsoc) and made a good set of friends there who spent a lot of time together, particularly on Sundays. While this gave me a real grounding in the Christian faith, I found it difficult after this to find a church where I really felt at home, partly because I didn't quite know where I belonged. It was not until I moved to Buckinghamshire and decided to give Aylesbury Methodist Church a visit that I found a place where I felt really welcomed and my questioning faith was accepted.*

*I have come to see Jesus as someone who was always ready to question accepted traditions and who, far from having all the answers to life's problems, followed the way of love - for God and for neighbour. This love for life in all its beauty and variety eventually led Jesus to the cross, and while I*

*have attempted to follow in this same way, and have at times taken risks because of its demands, I have never had the confidence to go as far as Jesus did.*

*Writing this on Palm Sunday, I feel challenged to have more faith in the power of love that can lead to conflict with oppressive forces that too easily turn to coercion and even violence when they themselves are challenged. The call to be a Justice-seeking Church is one which chimes with my beliefs about God and Jesus, but which demands that I should put my own comfort and welfare on the line. Without seeking martyrdom, I feel I should be ready to take up my own particular cross if I am to be a true disciple of Jesus Christ.*

*Ken.*

## **DEREK TREKS BRITAIN (continued)**

### **Leg 6, Day 19**

Derek set off early today and had a good, long day's walk, after taking the bus to Bangor.....I'm sure that there's a song about that!

Anyway, he turned left after crossing the Menai Bridge, and his first RNLI Station out of 4 visited today (a record for one day, I think 🤔), was at Trearddur Bay. This was sadly not manned at the time he arrived there but he did have the pleasure of meeting Mick and Joanna who had returned, following a visit yesterday .... when they had had an Open Day! 🧑🏻

A short walk then to Holyhead RNLI, again not manned when he was there. From this point, a good walk around the top of Anglesey to Moelfre RNLI Station, which was manned, by Dave.

Dave had a couple of tales of tragedies at sea, just off the coast there.

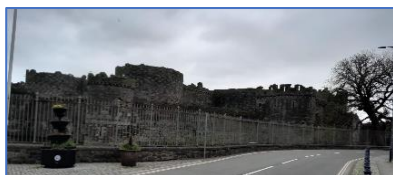
On 25/10/1859, on its final journey back to Liverpool from Australia, the steam ship, The Royal Charter, sank just off the coastline. There were approx 375 passengers onboard, and 112 crew. Many passengers were laden with the gold that they had mined in Australia. The seas were treacherous and they had had a long battle through the Irish Sea. A hurricane blew as they were within sight of Holyhead. The ship's attempts to steer failed, and it drifted helplessly towards the rocky coast. At about 11pm Capt Thomas Taylor ordered that anchors be dropped to halt their drift towards land.

Rockets and distress signals were set off, but conditions were so bad that no other ship could reach them. Both the anchor and cables snapped under the strain. The sea was too rough for pilot boats to launch, and eventually the

Royal Charter was smashed to pieces on the rocks, with the subsequent highest death toll of any shipwreck on the Welsh coast, approximately 450 lives lost. Some were saved thanks to the bravery of a Maltese seaman, Joseph Rogers, who swam ashore with a rope; that and the bravery of approx 28 local men of Moelfre who formed a human chain, and thus saved a few souls.

The other tragedy that Dave spoke of was the loss of HMS Thetis, a Group 1, T- Class submarine of the Royal Navy. It sank during trials in Liverpool Bay in June 1939. It was as a result of the inner hatch on the torpedo tube being opened while the outer hatch to the sea was so open. 4 men succeeded in using the Aft escape chamber, they reached the surface and were rescued, but 99 other submariners died. This tragedy led to the re-design of torpedo tubes in both British and Australian subs. The sub was salvaged, repaired and recommissioned, and served in WWII in 1940 as HMS Thunderbolt, until that too was lost with all hands in the Mediterranean on 14/3/1943.

Then, as darkness was falling, on to Beaumaris RNLi Station, again not manned when Derek was there. Turning to the right to cross the Menai Bridge this time. Approx 22 miles walked today! I think he will sleep well tonight. The photo shows Beaumaris Castle, never completed.



### **Leg 6, Day 20.**

Still based in Caernarfon, Derek started his walk today from Penrhyn Castle. This is a 'modern' castle built from the enormous profits generated by the world-wide sale of slate, when Wales 'roofed the 19th Century world'.

Indeed, the slate landscape of Wales has become the latest site in the UK to be awarded World Heritage status by Unesco.

Many of the quarries around North Wales now provide leisure pursuits, with zip wires above canoeists and paddle boarders.

It was a lovely warm, dry day and his 15 mile walk today took him along the idyllic North West coast.

Out at sea, Puffin Island was in his view throughout the day, with Anglesey in the distance, and the Great Orme beckoning from Llandudno.

Views both of and from Conwy Castle, were particularly pleasant. The town of Conwy is one of Britain's best preserved medieval towns, with its narrow

cobbled streets, nooks and crannies full of history, and accessed through a gate in the medieval walls.



The smallest house in Britain can be seen on the Quay; this featured on Susan Calman's 'Grand Day Out' series, if any of you watched that, and is open to visitors from the end of March. Quite how that works, I cannot imagine - no more than 2 at a time, I would think!

Wendy and Neil offered Derek a warm welcome at Conwy RNLI Station, his 141st visited to date. Here, Derek had the great pleasure of meeting a fellow RNLI fundraiser, Robert Cain, Black Rose Shanty Blues, who was having a photocall with Steve Potten of Ribster13 Photography. Now that is a fundraiser that Derek hadn't considered, and could prove more profitable for him, as people would certainly pay him to stop singing!

Walking across the impressive Telford-designed suspension bridge, with the powerful Conwy River sweeping beneath, and Stephenson's complimentary architecture, where the new (1850's) railway bridge blends in so well with the original structure, Derek described superb views in all directions.

Continuing along the foreshore, through Degwanwy, Derek arrived at the very popular Victorian Welsh seaside town of Llandudno. Still a very popular holiday resort today. Indeed, we had a super week there just a few years ago.

Llandudno offers excellent facilities, plus 3,000 years of history, from ancient copper mines, to (for the young at heart) the sightings of a variety of creatures from 'Alice in Wonderland'. An acknowledgement of the many happy holidays both the real 'Alice', Alice Liddell, and the author, (real name Rev Charles Dobson) spent here. Alice's parents had a holiday home on Llandudno's West shore.



Derek enjoyed his daily Greggs at Llandudno. So, all in all a great day, what a difference the weather can make!

### **Leg 6, Day 21.**

The Old Fella has added two more RNLI stations to his tally - Llandudno and Rhyl, where he met George. He also met some Germans while walking along the sadly dry (and therefore being blown into his face) sand along Penrhyn



Bay. He admitted to it being “very blustery”, so he was likely lifted off his feet once or twice.

Happy memories, he says, of Gwrych where he attended a youth camp in the 1950s (and where a bunch of celebrities went when they couldn’t attempt the jungle due to Covid).

He’s just enjoyed dinner in a Wetherspoons, surrounded by hen and stag dos, which was something of an education, I think!

Alas, tomorrow being Sunday, there are no buses, so he will be trekking with all his gear to his new digs in Colwyn Bay.

### **Leg 6, Day 22.**

Our beardy rambler started the day with the knowledge that Welsh buses don’t run on Sundays. Just after setting off, he met Geoff, also 81, who offered him a lift! Sadly, Geoff was going in exactly the opposite direction. But wait... what’s this? The T2 Coastal Bus arrived! Apparently the T2 DOES run on Sundays, so a nice relaxing journey to Llandudno (again) started the day off well. He likes to get to a church on a Sunday, for 10:30am to catch the

service... and was dropped off by the T2 bang opposite St John’s in the centre of Llandudno at 10:29. A very cheerful greeter advised him he’s a bit keen, the service there starts at 11 - see if any of you can guess which nationwide bakery shop was just four doors away, and became the location for breakfast?! He made a couple of new friends here: Andy the drummer and his dog, who is sometimes called Star and sometimes called the Welsh word for moon – Lleuad, if my Googling serves me correctly. Also Margaret, a former surfer, with whom he shared memories of the coastline, past and present.

Now: there was something about a Welsh King having discovered the Americas in the 12th century, but personally I reckon if he came back and said he’d found a country to the west, he’d probably hit Wexford rather than the New World!

From the pier in Colwyn Bay (tonight and tomorrow night’s Travelodge), he can see the Clwthian Hills, a range which marks the Welsh coast, and from where he could wander down Offa’s Dyke and find himself back at lovely Chepstow (having followed the English border).



Tomorrow he is heading to Prestatyn, about 10-11 miles, and he hopes to do a bit more in the afternoon, in the direction of Flint, his target for Tuesday 🙌

### Leg 6, Day 23.

The final walking day on this Leg. After a few lovely days weatherwise, we are back to the wet variety today. Derek made an early start, walking the four miles from Rhyl to Prestatyn. On the way he passed the official memorial which he describes as three silver columns, bearing a silver Polo mint at the top (other varieties of mint are available). This marks the end of the Welsh Coastal Path, and the beginning of Offa's Dyke Path, which goes inland, and uphill. Offa was King of Mercia from 757ad until his death in 796. The Mercians were a warrior tribe from central England. He came to the throne following a period of civil war, following the assassination of Aethelbald. He is probably best known for his dyke, which he built to act



as a defence against the Welsh. The dyke was constructed at the end of the 8th century, and consisted of a great defensive earthwork, with a ditch on the Welsh side. It ran for 140 miles from the mouth of the River Dee in the North, to that of the Wye in the south. Parts of Offa's Dyke still exist today. Derek, took Toby, aged approx 14, along, with a group from the Harrow Club, which Derek was leader of at the time, and walked the northern half, back in the 80's.

Derek's last 14 miles was along the south bank of the River Dee estuary. This is a stretch of good sand and sand dunes, a haven for wildlife, although some sections have now been industrialised around Mostyn Quay. His final, wet, windy and deserted RNLI Station in Wales was at Flint, alongside Flint Castle. Flint was the first in a series of castles to be built during King Edward's reign, started in 1277.

The site was chosen for its strategic position in North East Wales, to secure the route from Chester to the River Conway. It was a new design, where the castle and town were built together, surrounded by a moat, and entered via a drawbridge. The castle was garrisoned by soldiers and the town populated by merchants and craftsmen. Its solitary 'Donjon' tower, isolated from the rest of the inner ward, is unique in design.

122 years later, Edward I's great, great Grandson, Richard II, came face to face with his cousin, childhood playmate and rival to the Crown, Henry

Bolingbroke. This scene features in Shakespeare's 'Richard II', the crucial point when Richard II is captured :

"Cousin, I am too young to be your father,  
Though you are old enough to be my heir.  
What you will have, I will give, and willingly too;  
For do we must what force will have us do."

Maybe Richard's hound Mathe, ever present at his side, made him realise his reign was over when he ran to greet Henry on his arrival, faithful to the Crown, not the man, it seems.



From here, Derek returned by bus to Colwyn Bay, stopping to visit St Winefride's Shrine and Well at Holywell. This has been a place of pilgrimage now for 14 centuries. The story goes that Winefride or Gwennffrewi, was the daughter of a local Prince, Tewyth, and his wife Gwenlo. Her uncle was the Priest St Beuno. One day around 630ad, Caradog, a chieftain of Hawarden, attempted to seduce Winefride, and she ran from Caradog towards the church which had been built by her uncle. Caradog pursued her and cut off her head. It is said that a spring of water came up at the spot where her head fell. St Beuno came out of the church, took her head and put it back on her body while praying for her, and she was restored to life.

Winefride then became a nun, later becoming an Abbess at Gwetherin community, until her death 22 years later.

The many pilgrims to have visited the shrine include King Charles III, who visited in 2021, as the Prince of Wales.

Our own Pilgrim has now covered a total of 2,397 miles, visited 143 RNLI Stations, Churches of most denominations, and countless Greggs!

He is now safely back home, where he will spend a while in the bosom of his family, but mostly gardening and painting! and, of course planning Leg 7. Hopefully Leg 7 will begin sometime late April/ early May.

***Just to remind everyone of the fundraising Derek is trying to achieve: £10,000 to be divided across his chosen three charities: RNLI (Royal National Lifeboat Institution), BHF (British Heart Foundation) and CRUK (Cancer Research UK).***

***Any donation to get him closer to his target is very much appreciated.***

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

**or donations can be given direct to Derek's wife, Sue.**

## The Cross

A large crowd was gathering  
To see the man on the cross.  
His outstretched arms and feet  
Had nails hammered into them  
To hold him to the wood.  
So, as the cross was lifted high,  
All the people could see.  
Until he died.

Blood began to flow downwards,  
Dripping from hands and feet,  
Making, at first, a small pool.  
His face was bloodied  
From a crown of thorns  
Pushed roughly onto his head.  
The pool had become bigger  
And started to spread outwards.

The man on the cross, was silent.  
He did not even moan in pain.  
The crowd was increasing.  
Some came for the spectacle  
Of a crucifixion.  
Others came to see the man  
That they had loved and followed  
Die for their Sins.

He was so young, so charismatic.  
Each person thought they knew him.  
Suddenly it began to get dark.  
Then the man lifted his head,  
Raising his beautiful face upwards.  
His eyes looked towards the clouds  
As He said, "It is finished".  
Then, Jesus, Son of God, Died.

His blood freely flowed on that day,  
To take away our sins.  
How greater a Sacrifice can there be?  
Not just a simple man,  
On an ordinary cross of wood.  
But God's Son, Crucified upon a  
Sacrificial framework of Pure Love.  
Giving His all. For Us.

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## Seven Seconds

**(it takes that length of time to make a first impression!!)**

*'I am the good shepherd.'* John 10: 11

Ever noticed how some people have bad memories of growing up in church? They think back to stern, grumpy faces, delivering harsh messages of condemnation to the world, the sky, and anyone who'd listen.

It's a bit of a disservice to God when you think about it – especially when you remember that Jesus called Himself the 'good shepherd', and that what we translate as 'good' means winsome (attractive, pleasant, engaging).

- If we spent a while thinking, really thinking, about what we'd been given by God, Christians would be the Blackpool illuminations of religious people.
- We'd be constantly, brightly, lit up with joy.
- We'd wear smiles the size of other peoples' mellow frowns.

It tells us something that the usual response these days to the joy of God is 'Oh, of course, but Christians have troubles too.' But they happen against a backdrop of an incredible joy that we might have lost sight of – the type of joy mentioned in Ephesians 5:19, which makes us spontaneously start singing in our hearts and out loud.

We talk about how the joy of God shows up on our faces. If you've realised that you're actually not sure you've ever known that, inside, then today might be the day to check in with God and ask for it.

You can ask Him honestly, because He says He's the good shepherd.

He's totally for you, and He says that the joy He has is actually available to you too – not just as a one-off, or a deposit at the start of your Christian life, but through it all, and into eternity.

### **Why not ask?**

*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. Or you can read them online.**

*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.*

People will forget what you said, people will forget what you did, but people will never forget how you made them feel.

*Maya Angelou*



Derek's determined not to hear how good his sermon on pride was!

©ANDY ROBB

**DEREK THE CLERIC**



## Karibuni Children

Transforming young Kenyan lives to fulfil their potential and release themselves from the cycle of poverty, through education

**We'd love you to join us for a talk about our charity on the  
2nd Wednesday each month at 11am**

### **Karibuni Children So how do we transform young Kenyan lives?**

#### **Booking is Essential**

We have room for 10 people per talk  
Please contact [annemills@karibuni.org.uk](mailto:annemills@karibuni.org.uk)

Refreshments. Donations welcome. Kenyan merchandise for sale

#### **Address for our talks:**

UK Office, Stoke Mandeville Methodist Church, Eskdale Road  
Stoke Mandeville, HP22 5UJ



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