



**Newsletter from the Bury St Edmunds Circuit**  
for Sunday 20<sup>th</sup> September 2020

Dear Friends,

I can hardly believe that 6 months ago I was in Egypt on sabbatical when news came through to me that things were getting bad and I had to get a flight home. Sunday morning saw me at the airline office booking a seat on the plane before going to church and saying goodbye to the friends I had made out there, not knowing when I would see them again.

What a different world we live in now. How things have moved on and continue to change. The church I attended in Egypt has now closed and the new one has been opened. The original church was on the sphinx way – a road of sphinxes 3km long between Luxor Temple and Karnack Temple - which the governorate wanted to reinstate as they were uncovering more and more of the sphinxes, so everything in its way has to be knocked down. Thankfully the governorate has paid for a new church to be built, but it is a long way from the original site. I hope that one day I will return to see the new building, meet with the friends I made there and worship with them again.

Our world, our country, our towns, our lives, are constantly changing. We listen for the latest news and we adapt to it. Thankfully our God is unchanging and is always there for us in this changing world. This is the God we are called to worship and how wonderful that we can do that in so many ways – the wonder of Zoom – people joining us from Denmark, from their caravan, from their holiday homes. We worship God in person, on the internet, in our own space, watching the television, listening to the radio, so many different ways but it is God that we worship, it is what we are called to do. The faithful God who is always there for us.

Psalm 89

I will sing of the LORD's great love for ever;  
with my mouth I will make your faithfulness known  
through all generations.  
<sup>2</sup> I will declare that your love stands firm for ever,  
that you have established your faithfulness in heaven itself.

God bless.

*Ruth, Rita and Debbie*

### **John Goddard RIP**

Dear friends today came the sad news that John Goddard died in hospital on Saturday evening. John has served the circuit as a Local Preacher, attended Bradfield Church and supported the Martins. When I first arrived he used to play the piano for the Martins Wednesday evening service. We hold Mary and the family in prayer.

### **Harvest Festival**

Since Lockdown began we have shared the same service across the circuit and we will be doing the same for Harvest this year. We will celebrate Harvest on 4<sup>th</sup> October and will be using material from All We Can. This year instead of collecting goods we would ask you to make donations to All We Can – <https://www.allwecan.org.uk/give/make-a-donation/> or if you are in the church building then there will be a bowl for your gifts.

### **Sunday Worship**

A Circuit video recording of the Sunday Worship can be found at <http://trinitymethodistchurch.org.uk/summer2020.htm>

**Zoom Sunday Worship:** You are welcome to join Zoom Worship on a Sunday morning with Rev Debbie Borda or Rev Rita Carr. If you would like to join in worship in this way then please contact either of them and they will give you details of how to join a zoom meeting.

### **Thought for the day**

Every day on the website there is a thought for the day written by a supernumerary minister or a Local Preacher. We are very aware that not everyone can access the internet so we will be printing some of them here.

### **Thought for the day for 11th September from Josie Keys**

I have recently been looking back over my life so as to leave family information for the next generation and I have begun to write down random thoughts and memories.

I have been in touch with some people with whom I have not had contact for up to 60 or 70 years and it has been interesting to find out

how our lives have diverged from the days when we were at school, youth club, workplace, or in retirement.

My life has been pretty tame compared with some; I have been discovering that people I know have travelled immensely in their work and left quite a legacy to the world at large. My life has been more mundane, though, of course to me, there were many highlights. I have been reflecting on how much other people have had an influence on me over the years and this is particularly true in my Christian journey. One early memory is of being called to morning prayers with the whole household in which I was evacuated as a 5 year old. That household consisted of the host family (2 young children, their parents and grandparents), one or two live-in home helpers, any visitors and a group of up to 5 evacuees and their carer. Before breakfast, we would go to the drawing room and each kneel at one of the large wooden chairs which had their seats turned towards the centre of the room. The grandfather, a retired General, would lead us by reading collector some other words from the Book of Common Prayer and we would all join in the Lord's Prayer. Then, it was off to school, work, or play, or to just live in the shadow of the war raging over our heads in Derbyshire. That family made us very welcome even though they were so-called "county" people and we were from Council estates. One of the prayers was for peace:

"O God who art the author of peace and the lover of concord, in knowledge of whom standeth our eternal life, whose service is perfect freedom, defend us thy humble servants in all assaults of our enemies that we surely trusting in thy defence may not fear the power of any adversaries; through the might of Jesus Christ our Lord, Amen.  
"(outdated language style but universal content).

As we, today, live through another type of "war", how are we relating to and influencing the people we connect with day by day? We will probably never know-but God does and God is in it with us all whoever we are.

### **Thought for the Day 7<sup>th</sup> September from Mrs Carol Colton** **GOD HUGS YOU**

I was flicking through a small book of prayers and texts the other day when I came across these words by Hildegard of Bingen (1098-

1179), who was a Benedictine abbess. She says,"You are encircled by the arms of the mystery of God." Above it was the title 'God hugs you'.

There are undoubtedly many times in our lives when God has hugged us. We may not have been aware of it, of his arms encircling us, but we may have felt the warmth of his presence just at the moment that we needed his reassurance or his blessing.

Human contact is a necessary part of life and vital to our mental health. We are tactile creatures and physical contact is a blessing we can all share. A hug, or embrace, is a sign of affection and can also be a sign of greeting. Hugs are offered when sympathy or reassurance is needed, sometimes as a sign of congratulation or joy when there is good news, and sometimes to make us feel protected. And, of course, we hug those we love for no reason at all except to show them that we love them. A hug makes us feel good, loved, and it warms our hearts.

A few years ago now one of the instant soup companies advertised their product as 'a hug in a mug'. The TV advert showed an actor taking a drink of soup as a little nondescript, furry creature crept up on his/her shoulders making him/her feel warm and snuggly. We do not necessarily need a mug of soup to make us feel hugged because God is always with us to protect us and watch over us. The writer of Hebrews tells us "For God has said, I will never leave you; I will never abandon you" (Heb 13:5).

Sadly, with the Covid 19 restrictions hugs have been in short supply recently, and we have been missing hugs with friends and grandchildren. The easing of restrictions has been a small return to 'normal' life. God's 'normal' is to surround each one of us with his love, protection and blessing every day. To be hugged by God in all that we do and everywhere we go is a wonderful thing in all our lives. I leave you with 'virtual hugs' and this prayer by 'Anon'.

The light of God surrounds me  
The love of God enfolds me  
The power of God protects me  
The presence of God watches over me  
Wherever I am, God is.