



Newsletter from the Bury St Edmunds Circuit  
for Sunday 13<sup>th</sup> June 2021

Dear Friends,

As I continue with my “sorting out” ready for the packing I have come across a prayer book I used to use when I ran a guide unit and in it is a prayer about Christians. It set me thinking, what do people think a Christian is? What do you think a Christian is?

I am sure that like me you have had those conversations when people say well he/she is a good moral person so that makes them a Christian and others think that if you go to church you are a Christian. The first time anyone was called a Christian is recorded in the Bible – Acts 11 : 26 “the disciples were called Christians first at Antioch”, it was a bit of a nickname!

Many people think they must behave a certain way to become a Christian. The Bible explains that becoming a Christian is not about behaviour, but about responding to Jesus' offer of forgiveness. However, I am sure that when we allow Christ into our lives we do behave differently because our relationship with God changes us. People do good things for many reasons, but a Christian is motivated to do good things because they love God.

According to Rowan Williams (104th archbishop of Canterbury (2002–12), a Christian is, *“someone whose life is lived in relationship with God through Jesus Christ and, in common with other Christians, is seeking to deepen that relationship and to follow the way that Jesus taught.”*

Well, I do wonder what you think a Christian is. But for now, here is the prayer that set me musing!!

A lot of Christians are like wheelbarrows – no good unless pushed.  
Some are like kites – if you don't keep a string on them they will fly away.  
Some are like kittens – they are contented when petted.  
Some are like balloons – full of air and ready to blow up.  
Some are like footballs – you can't tell which way they will bounce next.  
Some are like trailers – they have to be pulled.  
Some are like neon lights – they keep going on and off.

And some are like a good watch – open face, pure gold, quietly busy and full of good works.

Lord help us to live this day so that at the end of it we may be ashamed of nothing, and glad of something we have done, or tried to do.

Amen

From Let Us Pray – Anglia Guide Region

God bless

*Debbie, Ruth, and Rita*

**Sunday Worship** A Circuit video recording of the Sunday Worship Sheet can be found at:

<http://www.trinitymethodistchurch.org.uk/worshipthisweek.htm>

**Zoom Sunday Worship:** You are welcome to join Zoom Worship on a Sunday morning with Rev Debbie Borda or Francis Carr. If you would like to join in worship in this way then please contact Debbie and she will give you details of how to join a zoom meeting. The Stowmarket group Zoom service will continue during the period of Rita's sabbatical hosted by Francis. You can join Zoom via your landline phone – please ask for details.

**Live stream service** Ruth Ridge is leading a weekly service on the St John's Facebook page live at 6pm every Thursday. The service lasts about 30 mins and is available to watch live and on the page at any time after it has been broadcast. The service is available at: <https://www.facebook.com/stjohnsmethodistchurchsudbury> and you do not have to have a Facebook account to access it.

### **Planned services in church buildings**

As you are aware we have made the circuit plan for July and August and we have arranged other services, however these are all dependant on the roadmap – we will let you know as soon as we know something.

### **Date for the Diary**

Welcome service for Rev Jason Vinyard and his family will be in the evening of Thursday 2<sup>nd</sup> September – more details to follow later.

## Quiz Night for The Martins Amenity Fund

Val Spencer is hosting a Zoom Quiz on Saturday 12th June at 7.30pm in aid of The Martins Amenity Fund. Minimum donation suggested at £2 each. Please join in. Email Val for the Zoom link and details of how to contribute on [valspencer14@icloud.com](mailto:valspencer14@icloud.com) or ring 07968 276701 or 01284 701073

### Just for fun

here are the answers to the second half of the quiz from last week!

- |  |           |         |
|--|-----------|---------|
| 16. Toddler leaves a puddle. Why?                              | Pottiphar |         |
| 17. ?Parkin  | David     |         |
| 18. Grab the lady  | Ceasar    |         |
| 19. 18.00 hours to 23.59 (especially on the 24 <sup>th</sup> ) |           | Eve     |
| 20. By himself on Monday                                       | Solomon   |         |
| 21. SHE didn't see it  | Esau      |         |
| 22. Also sketched  | Andrew    |         |
| 23. Irish laddie – inexperienced                               | Daniel    |         |
| 24. The piper's son (a.s.a.p. – half)                          | Thomas    |         |
| 25. Maths symbol deceased                                      | Pilate    |         |
| 26. The Queen  | Elizabeth |         |
| 27. A Beatle's favourite                                       | Jude      |         |
| 28. Non-shiny axe work   | Matthew   |         |
| 29. Much   | Lot       |         |
| 30. French "the" Russian ruler and this gathering              |           | Lazarus |

### Bible Month

Last week I wrote to let you know about Bible Month – I hope you are booking in with Rev Val Spencer to read a section of Mark's gospel. We don't only need readers, but we would also like people to come along and listen – I hope you will be able to join us on either:

- **28<sup>th</sup> June 7pm Zoom**

<https://zoom.us/j/98036504477?pwd=dGR6VzFVUjNCWmxiaGI3MG8wN1hQZz09>

Meeting ID: 980 3650 4477

Passcode: 796911

- **1<sup>st</sup> July 7pm at Northumberland Avenue**

this will also be live streamed on

<https://www.facebook.com/stjohnsmethodistchurchsudbury>

Val's details are

Phone numbers 01284 701073 and 07968276701

Email on [valspencer14@icloud.com](mailto:valspencer14@icloud.com)

## Thought for the day PRAYER IN THE SPIRIT by Carol Colton

Recently, our daily Bible readings were about worship. One of them which touched me was about worship in the Spirit.

We hear about the miracle of the Holy Spirit at Pentecost filling the disciples with the fire, courage, ability and words to continue Christ's ministry in forming the early Church, but do we, ourselves, recognise the Spirit within us and the part it plays in our faith? Do we ever, in fact, think about the Holy Spirit except in the context of the Trinity. Do we pray through the Holy Spirit? In John's Gospel 4:24 he writes, "God is Spirit, and only by the power of his Spirit can people worship him as he really is" (GNT).

When we come to our own prayer, as part of that worship, it is not always easy to find the right words, or the right way to put our ideas into those prayers. Sometimes we begin, then, outside thoughts and words invade our prayer space. When we cannot get our heads around what we want to say it is then that the Holy Spirit can take over for us.

In his letter to the Romans 8:26 Paul tells us, "By faith, the Holy Spirit helps us with our daily problems and in our praying. For we don't even know what we should pray for, nor how to pray as we should; but the Holy Spirit prays for us with such feeling that it cannot be expressed in words."

The writer of the Bible notes suggests offering just sounds of our voices when, or if, we find ourselves in this position. He suggests, also, starting with the vowel sounds.

On thinking about this the idea came into my mind on extending 'a' to 'ah' or 'aah' and 'e' to 'eh' and 'eeh'. These cover a whole lot of human emotions from pleasure, joy, enjoyment, and so on, to frustration, pain, anger, shock, sorrow, and many more.

Of course, the other 3 vowels, I, O, U, become self-explanatory. I owe you, Lord. I owe you my life, my faith, my family and friends, all that I have and all that I am able to give; but most of all I owe you my love and gratitude for all that you have given to me. Amen.

Well, there's a start. How about using the alphabet to help us pray? 'A' is for 'adoration' and 'B' for beauty, (daily) bread, Bible and so on. The Holy Spirit is waiting to help us turn these utterances into prayer right now!