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website: www.barrowuponsoarmethodistchurch.co.uk**BARROW UPON SOAR METHODIST CHURCH**Website: www.barrowuponsoarmethodistchurch.co.uk**Minister: Rev John Pugh**

Telephone: 0116 2304689 or 07964402152

Circuit Office - Telephone: 01509 807441

Office Hours: Monday, Tuesday, Thursday & Friday

10.00 am until 2.00 pm

Email: loughboroughmethodist@gmail.com

BUSMC - KEEPING CONNECTED

Week 24

NOTICES FOR SUNDAY 30th AUGUST 2020

Weekly Diary

Tuesday 1 st September	8.45 am to 4.00 pm	Barrow Playgroup return and meeting in the Rear Hall
Wednesday 2 nd September	8.45 am to 1.00 pm	Playgroup
Thursday 3 rd September	8.45 am to 4.00 pm	Playgroup
Friday 4 th September	8.45 am to 1.00 pm	Playgroup



We continue to pray for Glenda and the residents and staff of Pingle Nook and for all known to us, friends and neighbours, who need our prayers at this time.

NEWS FROM THE PEWS

Church Council met last Monday evening and agreed that we should investigate the practicalities of re-opening our church for worship, prayer and fellowship. There is a lot of documentation that has to be submitted to the Circuit before we can re-open but this is being investigated and we will keep you informed – your safety is paramount to any decisions made.

CAR PARK

The car park weeks are still growing even though our building is closed. If anyone could spare an hour to clear a portion and take the rubbish away with them, it would be much appreciated. Any queries have a word with Tilly or Peter on 413085 who have already started to tidy it!

If you have news of friends that you can share, then please let me know at janetmthompson13@gmail.com or 01509 413810.

CHURCH INCOME WHILE SERVICES ARE SUSPENDED

Thank you to everyone who has set up standing orders at their bank, or sent their weekly contributions to my address.

The system is working well but if you cannot do either of the above, I am happy to collect it from your house if you wish, please ring me on 01509 413085 if you would like me to pop round. Alternatively, save the collections envelopes, and hand them in when services start again. The collections received are recorded in the collection log book as usual before being banked. Many thanks – Peter

RIDE AND STRIDE

The national date for *Ride+Stride 2020* is finally confirmed as Saturday 12th September and we understand that Heritage Open Days will run from 11th - 20th September, thus coinciding with *Ride+Stride* day as usual. Most of the permissions are already in place for going out and about by bike, foot or vehicle, and it is encouraging that places of worship can open for private prayer from 15th June. *Ride+Stride* complies with most social distancing measures but there may need to be additional arrangements depending on government guidance at the time, so please keep an eye on our website and social media posts nearer the date of the event.

A small group of us plan to walk round visit some of the Historic Churches in Leicester City, we will know which ones later, and if you would like to join in, please ask Peter for a sponsor form. If you are able to sponsor, please support, or offer to support people walking or manning the church during the day. Peter

TOILET TWINNING

We recently sent £67.96 to Toilet Twinning, less than usual but it is always gratefully received. ToiletTwinning.org are also involved tap twinning, and a picture is enclosed showing a Tippy Tap made from basic materials, that is used in the fight against Covid-19.

What is a tippy tap?

Handwashing is the single most effective way to prevent the spread of infection. In vulnerable communities where families don't have water on tap in their homes, we're helping individual households create a simple handwashing station of their own.

A Tippy Tap consists of an old plastic container with a hollow handle, three sticks and some string. Using a 'tippy tap' will reduce the spread of disease.

Here's how a family makes one:

1. Warm the base of the handle over a candle. Pinch the softened base of the handle with pliers so that it's sealed tight to prevent water flowing through it.
2. Use a candle to heat the point of a small nail; make a small hole on the outside edge of the handle, just above the sealed area.
3. Heat the nail again and make two larger holes on the back of the bottle, then thread string through the two holes and tie the ends of the string to a stick.
4. Feed a piece of string through a bar of soap and a tin can, and then tie the string to the same stick as the bottle.
5. Tie a piece of string around the neck of the bottle to tip it once it's filled with water, and so the water comes out of the hole in the handle. Alternatively, attach the bottle neck with string to a plank of wood on the ground, so that the bottle tilts when you put your foot on the 'pedal'. Wash your hands before cooking, eating and after going to the loo.

This tap is
Twinning



with a tippy tap in
MALAWI

tap twinning
tubitwining.org

Handwashing, hygiene, clean water and social messaging are vital tools in the fight against Covid-19. Your Tap Twinning donation is helping our global partners protect the most vulnerable communities.

Don't forget you can also view our newsletter at www.barrowuponsoarmethodistchurch.co.uk



FROM THE METHODIST CHURCH WEBSITE

Today's Reading from the Old Testament:

Exodus 3:1-15 - Moses and the Burning Bush

3 Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian, and he led the flock to the far side of the wilderness and came to Horeb, the mountain of God. **2** There the angel of the LORD appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not burn up. **3** So Moses thought, "I will go over and see this strange sight—why the bush does not burn up." **4** When the LORD saw that he had gone over to look, God called to him from within the bush, "Moses! Moses!" And Moses said, "Here I am." **5** "Do not come any closer," God said. "Take off your sandals, for the place where you are standing is holy ground." **6** Then he said, "I am the God of your father,^[a] the God of Abraham, the God of Isaac and the God of Jacob." At this, Moses hid his face, because he was afraid to look at God. **7** The LORD said, "I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering. **8** So I have come down to rescue them from the hand of the Egyptians and to bring them up out of that land into a good and spacious land, a land flowing with milk and honey—the home of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites. **9** And now the cry of the Israelites has reached me, and I have seen the way the Egyptians are oppressing them. **10** So now, go. I am sending you to Pharaoh to bring my people the Israelites out of Egypt." **11** But Moses said to God, "Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?" **12** And God said, "I will be with you. And this will be the sign to you that it is I who have sent you: When you have brought the people out of Egypt, you^[a] will worship God on this mountain." **13** Moses said to God, "Suppose I go to the Israelites and say to them, 'The God of your fathers has sent me to you,' and they ask me, 'What is his name?' Then what shall I tell them?" **14** God said to Moses, "I AM WHO I AM.^[a] This is what you are to say to the Israelites: 'I AM has sent me to you.'" **15** God also said to Moses, "Say to the Israelites, 'The LORD,^[a] the God of your fathers—the God of Abraham, the God of Isaac and the God of Jacob—has sent me to you.' "This is my name forever, the name you shall call me from generation to generation.

Today's New Testament Reading:

Romans 12:9-21- Love in Action

9 Love must be sincere. Hate what is evil; cling to what is good. **10** Be devoted to one another in love. Honour one another above yourselves. **11** Never be lacking in zeal, but keep your spiritual fervour, serving the Lord. **12** Be joyful in hope, patient in affliction, faithful in prayer. **13** Share with the Lord's people who are in need. Practice hospitality. **14** Bless those who persecute you; bless and do not curse. **15** Rejoice with those who rejoice; mourn with those who mourn. **16** Live in harmony with one another. Do not be proud, but be willing to associate with people of low position.^[a] Do not be conceited. **17** Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. **18** If it is possible, as far as it depends on you, live at peace with everyone. **19** Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay,"^[a] says the Lord. **20** On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head."^[a] **21** Do not be overcome by evil, but overcome evil with good.

TIME TO REFLECT

Original Materials by Thomas Smith

How often have we heard the story of the burning bush? Perhaps you first heard it at school or in Sunday School. Many of us certainly knew the basic plot as soon as we saw the heading. Yet, when we read it now, in these difficult times, perhaps it is the assurance God hears our sufferings that is what we need most from this reading, rather than a familiar story. If on our next walk outside we saw what Moses did, and heard a similar promise, would we rejoice? Yet, God is telling us to do that, without flames amidst our shrubbery.

The reading from Romans tells us, rejoice in hope, be patient in suffering, persevere in prayer. In difficult moments, that is enough, to ask of someone that get through these times. What is astonishing is, it can be sufficient if we will let it be. Not that we are ever alone.

Listening to what God tells us in our despair is often the hardest thing. Why did God have to burn a bush so that it would keep burning until Moses noticed it? Moses was in the depths of despair. We don't like to listen in our despair to anything of hope. Much of the duty of a Christian is to help one another out of the wallowing. To share our own grief's lessons with those who are in the midst of learning them. We should weep with those who weep, yes, and yet, more than this, we should pass the tissues and try and help them through.

At present, we are much minded to think of all that is wrong in our lives, of those dear to us being taken from us, or at risk of so being. Take thought though of all that is not awful even in our present miseries. For there is more goodness on show than at that burning bush each and every day, if we would but see it. It may be hard to see, yet that is why God gives us such lights. If we light a candle in a dark room, an experiment I recommend, you will marvel at how much such a small light can reveal. So how much more can a burning bush light up? Yet more than this, the light of God is alive in every Christian this very day, and it burns even brighter than the sun itself.

If you doubt this, take the Romans passage, and think of examples you have seen of each verse, one or two a day this week. You will soon see much light, more than comes in at your windows in the bright summer days. Do not let the evil that sits in the world overpower you. Leave such to the Lord, He will deal with the evil people, turning them to good. Focus instead on the good you can do. For if we all do what good we can, that is quite enough to make the world a very different place. If we dwell on evil, we will be overwhelmed. Yet instead of decrying all that is wrong, let us concentrate on doing good. If we spend our time doing our bit of Good, we do far more than all the handwringing in history ever accomplished. Do not let yourself think yourself weak, you have prayer, you have the good you can do for others with your God-given abilities. That is quite enough to overcome a lot of evil for other folk, if you would but set to it with a will. Thus, the True Christian does not just hold to what is good in theory. We do good. For are we not True Christians, all of us?

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SERVICE SHEETS AND STREAMED SERVICES FROM THE METHODIST CHURCH OF GREAT BRITAIN

Those of us who can access the internet may wish to worship at home using material from the Methodist Church website: www.methodist.org.uk

10.45 am Service on Trinity Church Centre Facebook page led by Rev Andrew Lomax

Radio and Television Worship

Radio and Television Worship BBC Radio 4 8.10 am - Paul Kerensa leads prayers and preaching from this year's online Greenbelt festival.

BBC Radio Nottingham 8.00 am - Every Sunday at 8 a.m. you can listen to a live church service.

Songs of Praise on BBC 1 at 1.15 pm - Aled Jones visits Blenheim Palace to explore its private chapel and grounds while Laura Wright joins an exclusive choir for hymn singing.

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As you know we have been following the "adventures" of Soo and Ian Shippen as they were stranded in America with an out of date Visa and airlines that kept cancelling flights due to the coronavirus. So, I asked Soo to tell us a little more about it!

Soo writes

Ian and I would like to thank everyone for their thoughts and prayers while we were in Yuma waiting for a flight home.

We started to realise that we were sort of stranded early March, then Cunard cancelled the return sailing in early April, so that sailing still should happen eventually. By now the virus was taking hold worldwide, so we booked a flight back to Britain via British Airways for early May, I believe it was then they cancelled the subsequent flights with options to cancel with money back for the next few months, because by then we knew we were out of our Visas requirements which expired in early April, that is a difficult operation to do, as us, like a lot of other people who were hoping to get back home to their countries.

Application is a slow process with Home Land Security at the best of times, but with their offices being by now on close down, nothing was happening, we tried to guess how much a new renewal Visas would cost three times and each time they sent back the cheque with no explanation why it was not accepted. Eventually we guessed right on amount of money needed to read the form, and write the right amount on the cheque, and we waited, by this time flights were being cancelled near each flight date. We eventually got information that we would be called for Biometrics i.e. iris and finger check, and we were called to a sort of Walk in Centre in Yuma for the event, at a venue we didn't even know existed.

All this time, I had been going on line for the service from our Methodist Church, once again thank you all so much for that slice of home, as all churches were closed, I think it was May, the First Christian Church in Yuma opened up with restrictions, of course, for one service each Sunday morning, so with trepidation some people

returned. In a church that holds five or six hundred it was very odd, with about eighty souls there at first, and everyone masked, the distancing of the rows was huge. The stage had the band, no choir, but we still sang. Then with only two singers and with the piano player to one of the guitarists leading the worship, plus those on stage were not masked. The songs words were still on two big screens, plus all the Bible readings and everything was live for the congregation who worshiped at home. The sermon was always uplifting on a theme for the month, so the usual video recordings were done as it happened. We enjoyed Holy Communion each Sunday with a sealed cup of juice handed to you as you entered, wafer on top sealed, and a tear off for the juice, not an easy task for each and everyone, including me, to conquer at the appropriate time. We needed to exit the building after twenty minutes of the service. Distancing was observed by us all, masks were optional after entering the huge building, and the air-conditioning had been up rated to keep germs away so we all needed coverings for our shoulders no matter where we sat. Just before I left Yuma, I estimated there was about three hundred people, actually returned for bums on seats, but it was hard to tell. Like most churches there was a lot of prayer and thought that went into safety and comfort of everybody concerned.

Our flight home was not without event, a half hour delay leaving Yuma airport to Dallas, we knew we were having a five hour wait in Dallas for the next flight. we boarded on time but that plane had air-conditioning problems so we eventually deplaned and waited another four hours for a replacement plane with American Airlines. I think they were saving electricity on that flight as after lunch the lights went out on us. Then one hundred odd folks on a 777 plane went to sleep, most of us lying down, but masked, and belted in for the rest of the journey. We had our breakfast sort of thrown at us an hour out of Heathrow still with no cabin lights, and collected back up by cabin crew, pretty quick afterwards. I think we landed by dropping out of the sky what almost seemed vertically on what must have been Heathrow's shortest runway, not even sure we heard from the Captain, I held on tight, and thought okay that was quick, we are here!!!

Thank you everyone for your messages, love and prayers, it was an experience, and we still haven't heard from Homeland Security to know if we can eventually return.

Soo and Ian

For those of you who, like me, didn't really know exactly where Yuma, Arizona is



LETTING YOUR SOUL CATCH UP!

Did you know that practicing some form of relaxation is one of the greatest gifts you can give yourself? Taking time each day to quiet your mind and breathe deeply, can make a big difference in how you feel throughout your day and into the night. And dedicating a day every week for mental and spiritual renewal is equally important.

We're told that the word "relax" has its origin in the Latin word "relaxare," which means "to loosen." When we relax, we are in effect loosening tension, releasing tightly held energy and letting go. From the state of relaxation, we can experience calm peacefulness

Another great word is the Hebrew word "Shabbat" which, of course, is a day of rest. But it quite literally means to "quit; stop; take a break." Whatever you are doing, stop it. Whatever you are saying, be quiet. Sit down and take a look around. Don't do anything. Don't say anything. Fold your hands. Take a deep breath.

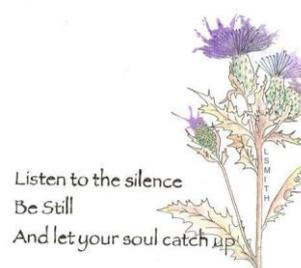
Extended periods of rest are a biological necessity. The human body is like an old-fashioned wind-up clock. If it is not rewound by rest, ultimately it will run itself down.

A group of Americans made a trip with Brazilian natives down the Amazon River. The first day they rushed. The second day they rushed. The next day they rushed. One day, anxious to continue the trek, they were surprised to find the natives seated together in a circle.

When asked the reason for the delay, a guide answered, "They are waiting. They cannot move further until their souls have caught up with their bodies."

Do you owe yourself time to let your soul catch up with your body?

Steve Goodier



Answers to last week's Animals Quiz?

1	Canary	11	Geese
2	Parrot	12	Snakes and Lizards
3	Chickens	13	Ratatouille
4	Rabbits	14	Guinea Pig
5	A dog	15	A Goat
6	(Cheshire) Cat	16	Tortoise
7	Sheep	17	Pony
8	Alpaca	18	Mice
9	Cattle	19	(Carrier) Pigeon
10	A pig	20	Spaniel

THIS WEEK'S QUIZ

Beside the Seaside.....

Thanks to Sue and Adrian

1	Take a ferry across the Mersey to this resort- it's no relation to the one on the south coast!	
2	With a pier of 2 kms you can enjoy this Welsh resort from the top of the Great Orme by taking a ride on the tramway constructed in 1902	
3	Bram Stoker's Dracula landed at this resort on the river Esk in North Yorkshire	
4	A fishing town on the channel coast.... over- looked by a castle and famous for its <i>net huts</i> – many of which have been preserved..... and it gave its name to a battle	
5	Home of the Cornish pirates!	
6	Scottish resort and home to the oldest University in Scotland	
7	Town and port in South West England with a view to St Michaels Mount	

	Gave its name to a group of artists in 1880's, a school of art still thrives there	
8	Rock formation on north coast of N Ireland.... Legend says it was built by the Giant, Finn McCool in an attempt to reach and challenge his opponent in Scotland	
9	NW England resort famous for its tower and pleasure gardens	
10	Famous for being the resort of Londoners- and having the longest pier in England	
11	Former pilchard fishing port in Cornwall, now known for its surfing centre of Fistral Beach	
12	This Yorkshire town's two beaches are linked by a promenade, which runs along the base of the limestone headland on which stands the distinctive ruined castle	
13	Seaside town where the novel and the subsequent film <i>The French Lieutenant's Women</i> was set. It is known as The Pearl Of Dorset	
14	On which offshore island could you visit the Needles and Osbourne House or take part in a famous regatta	
15	Situated on the north west coast a resort with another long pier, it's also home to Royal Birkdale Golf and a lawnmower museum	
16	One of three resorts on the so-called English Riviera the birthplace of Agatha Christie and the setting for <i>Faulty Towers</i> . <i>Waft towels yr(here)</i>	
17	Welsh town at the sea end of the Ffestiniog Railway, which climbs through the hills to the now disused slate quarries... a white sandy beach stretches for 1½ miles	
18	Known as the <i>Gateway to the Isles</i> -from this Scottish ferry port to you could set off to explore the Inner Hebrides	
19	From Beachy Head, it is a short drive to this popular resort, which was developed by Duke of Devonshire around 1860, as a resort built ' <i>For Gentlemen by Gentlemen!</i>	
20	Not as big as its name suggests, this town stands between the beautiful area of rivers and canal known as the <i>Broads</i> and the wind farms of the North Sea	



REALLY, REALLY CORNY JOKES!

Why do people say "break a leg" when you go on stage?

Because every play has a cast.

What do you call an alligator detective?

An investi-gator.

What kind of ghost has the best hearing?

The eeriest

Why did the scarecrow win an award?

Because he was outstanding in his field

Where can you buy soup in bulk?

The stock market.