



# ASTCOTE METHODIST CHURCH

*News & Notices-March 2015*

## **1st March**

10.30 Mrs Norma Baxter : HC

3pm Mr Keith Brooks : Eastcote

## **8th March**

10.30am The Congregation

3pm Mr Michael Mabbutt : Eastcote

## **15th March**

**10.30am Family Service : Linda Leathersich**

3pm Rev John Marriott : Eastcote

## **22nd March**

10.30am Rev Tim Woolley

3pm Mr Paul Willson : Eastcote

## **29th March Palm Sunday**

10.30am Rev John Marriott

3pm Hilary Walden : Eastcote

[www.astcotemethodistchurch.org.uk](http://www.astcotemethodistchurch.org.uk)

On Duty at 10.30am March-Stretton/Bell April-Gulliford/Sue/Roz
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## The Ministers letter for March:

### SIGNS

By the time you receive this hopefully winter will be behind us and the signs of spring will be well underway, with the birds singing, the sunshine becoming warmer, the colour of the, bluebells, snowdrops and crocus coming through. The buds will be formed on bushes and trees ready to open outwards and add more colour. The grass will start to grow and be a more vibrant green colour.

These are the signs of spring and more importantly they are signs of new life and creation, something that we need to be aware of, to enjoy and be part of. Spring is a time of reawakening and growth, and these signs help and contribute to our outlook on life.

In our modern and contemporary life we have all sorts of signs all around us in many forms, giving us information, to act in a mandatory way or advisory way, to make us aware and be alert.

We live in a very visual age and looking around us we can become overloaded by all these signs and information so much so that we can lose something or lose clarity in what we are supposed to be seeing.

Over the last few months I have been reading a book by Prof Steve Peters called The Chimp Paradox. It was a Christmas Gift that I asked for. He is noted as a highly qualified and expert sports psychologist who has helped many people who are elite sports men and women in what they have been able to achieve in their chosen sporting profession. He has worked with and been able to help such people as Snooker Player Ronnie O'Sullivan, Olympic Gold Medallist Sir Chris Hoy and the British Cycling Team both men and women's.

In his book he talks about the character and makeup of the Chimpanzee and goes into great depth about the behaviour and makeup of the chimpanzee and human behaviour and characteristics.

He speaks of how the two are very closely related and you may be thinking this is not "Rocket Science" and that you don't need to be told this. One of the biggest challenges each of us face is that the human has to manage and work with the chimp, either male or female. Both have

or female. Both have many common characteristics, with some dominant and unique ones, depending on which gender perspective you are using.

One of the things I have learnt is that the chimp is five times as strong as a human so you don't fight it, you manage and work with it. You try to channel all the chimps energy into helping you. Chimps with this strength can cause a lot of damage if it decides to go on the rampage and is allowed to. The positive and negative aspects.

One other thing that I learnt is that the capacity of our mind is twenty times quicker than that of the chimp to compute and to understand, so I should be able to see where the chimp is coming from, recognising the signs quicker or more effectively.

So as I use this book to reflect and think more deeply, we are all people who are full of signs and signals, joyful or sorrowful, active or passive, a person is full of feelings.

I am a living sign, and it is a well-known fact that words alone don't communicate the whole story very well. We use our whole bodies and character as signs, known as non-verbal communication.

Jesus is the ultimate revelation and expression of this and of God. Jesus also said "love one another as I have loved you" by this people will know that you are my disciples, in word and in deed. We are witness to transformational love of God that we find in Jesus, as Lord, Saviour and friend.

The Church that we share in the life of, which is God's Church, also needs to be a sign and witness of having a living and vibrant faith in community. The sign of true life in God is the empty cross and the empty tomb. Isn't it strange how we find a sign in something being empty?

But the cross is a place where God has sorted out the one problem that we could never sort out ourselves, that is our sin.

Our journey as Christians in Lent should take us to the foot of the cross, where we find we are forgiven, loved and free. We now can be the sign that God wants each of us to be as his disciples in a living faith community.

Every blessing in Jesus.

**Rev John Marriott**

## **News & Dates**

**Please give thanks for our new windows—we are now warmer and brighter!**

**Dinner & Dance Saturday 28th February at Pattishall Parish Hall** to 60's music from a Live Band £15 a ticket in aid of school building in Malawi. For more information and tickets speak to Roz on 830103.

**Fairtrade Afternoon Tea Saturday 7th March 2-4.30pm** Tombola donations very welcome. Cakes will be needed plus helpers on the day. Rota & offers of cakes on the clip board on Sunday or speak to Ann on 830907 (Box for Tombola items is in the kitchen).

**Easter Eggsplasion 10-12.15 Good Friday 3rd April** Easter Workshop for children.

**Easter Breakfast on Easter Sunday 9.30am**  
Look forward to everyone joining us for a 'Continental' Easter Breakfast before our Easter Celebration Service at 10.30am Numbers will be needed nearer the time

Looking further ahead .....

**Plant Sale & Afternoon Tea Saturday 6th June**

## Lent Courses

As we have just entered the time of Lent leading up to Easter there are several Lent Bible Study Courses that you are invited to attend. Locally on:

Tuesdays from 23rd February 7.30pm at Steve & Wendy Boenke's, 4 Littlefield Close, Eastcote, or

Wednesdays from 25th February 2.30pm at the Rectory, Church Street, Pattishall.

Details of others at Methodist Churches in the Circuit Newsletter or on the Noticeboard in the kitchen .....

Mondays 12.30pm at Roade (Lunch + Bible Study)

Wednesday evenings 7.30pm Park Avenue, or

Thursday evenings 7.30pm alternating between St. Andrews and Kingsthorpe.



**Lunch Club** - is for the retired and will usually be held on the 2nd Tuesday each month. Maureen Corbett can be contacted for more details on 830296. (This may be a different Tuesday in February as windows are being fitted).

**The Well Group** - An ecumenical ladies group which offers a time to socialise and share for Christian women or those interested in the Christian faith. Meeting 12-2pm, including a simple lunch. Contact Alison Brierley if you would like to come along on 830770

Next Meeting

26th Feb: Rachel Menon, Moulton Parish Church Women's Worker.

26th March: Lois Clarke, Missaover, Brazil

**Monday Club (Reception, Years 1 & 2)**

**'Sunday School' after school 3.15-4.15pm**

**Wednesday Bible Club 'Friends & Heroes'**  
**12.30-1pm (yrs 3-6)**

For more information please speak to John Atkin on 830907. Both groups held at Pattishall Primary School

## Please sponsor Malcolm!

Malcolm is entering the Swimathon in April 17-19, aiming to swim 5K in aid of Marie Curie Cancer Care. That's 200 lengths of the pool at Towcester!

You can sponsor him via the website: [www.swimathon.org.uk](http://www.swimathon.org.uk) (then click on 'get involved', then 'sponsor', then add 'Malcolm Hysom').

Thank you

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## A Prayer for Lent

As Jesus resisted temptation by the devil in the wilderness, help us reflect on his faithfulness to God, his rejection of worldly values and hold these thoughts in our hearts throughout Lent and beyond.

**Amen**

**Northampton Methodist Circuit Team Ministry**

Superintendent: Rev Tina Swire

Rev John Marriott

Rev Romeo Pedro

Rev. Phil Snelson

Deacon Richard Beckett

**Contact point is Circuit Office: 01604 721 908**

**At Park Avenue Methodist Church**

**Northampton**

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**To book the Chapel rooms** please ring Kate Stretton on  
830115

Please also contact Kate if you would like to place flowers in the  
Chapel in memory of a loved one or to celebrate a birthday,  
anniversary etc.

For items or suggestions for this newsletter  
please contact::

Ann Atkin, Church Secretary on 830907

[ann.atkin51@btinternet.com](mailto:ann.atkin51@btinternet.com)