

Virtual Church News

Sunday 7 June

Trinity Sunday

Welcome to Virtual Church News for Trinity Sunday.

Hard copies will be circulated to those without access to email/social media. If you know of anyone without email who you think would benefit from a hard copy, please call Jacqui on 356993 or email Jacqui.piper@btinternet.com

Message from Rev Eric Lomax

Mental illness really is one of the biggest issues in modern society. I meet broken people all the time who have experienced personal trauma and suffering, who have developed a real sense of guilt and built up a personal narrative that they are not worth anything.

I remember, particularly, the experience of a youth club in the 1980s where an aggressive girl said to me that she would never get a job because she was worthless; 'We talk about people having a disease,' she said, 'but I am a disease.'

Christians will talk about people's need to know God, but how can anybody know God if they cannot know themselves. Theological formulas describe God in terms of Trinity; One God, composed of three persons; Father, Son and Holy Spirit. And it tells us nothing about who God is. In the same way, when I take funerals people will write pages of facts about the person they have lost, but often they can tell me little about the person they loved. I can describe my wife to you. I can describe the colour of her eyes and her hair, but I could not describe the warmth of her hand or the way she makes me feel.

In the same way, knowing God is not a pseudo-scientific formula, it is a relationship and for those of us who struggle with ourselves, our failure, our anxiety, our fear and our lack of self-worth, it is not our ability to analyse God that matters, but rather it is the knowledge that he understands us and loves us much deeper than we can ever know.
Continued on next page...



Biddenham

Photo taken by Richard Moxon

If you have any photos of Kempston or Biddenham, send them to me at jacqui.piper@btinternet.com

A Reading for the Week:

Matthew 28.16-20

The Commissioning of the Disciples

Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshipped him; but some doubted. And Jesus came and said to them, 'All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.'

Join us for Online Services

Zoom services are held at 11am on a Sunday and 6pm on a Wednesday. Login details are sent out in the covering email to members of our church community. If anyone else would like these, please do get in touch. Everyone is welcome!

The Love of Christ is not locked down

Virtual
Virtch
Church

St James, Biddenham, All Saints, Kempston

Message from Rev Eric Lomax continued...

Trinity is our way of describing his relationship with us. We use the words Father, Son and Holy Spirit, while others sometimes say; 'Creator, Redeemer and Sustainer.

A young Muslim girl I met once on a train said to me 'We Muslims believe only in one God, while you Christians believe in three God.'

The truth is that we have our heritage in the Jewish faith, which proclaims that the Lord our God is one God (Deuteronomy 4:35, and 1 Timothy 2:5-6). The Trinity is a relationship we have with God the Father, God the Son, and God the Holy Spirit and each of these things tell us something about what he has done for us.

The ancient Jewish stories speak about God in terms of his power and that creates an inevitable sense of distance between ourselves and him. The Bible, however, leads us to view God in a different way; 'For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba (daddy) , Father." The Spirit Himself bears witness with our spirit that we are children of God.' (Romans 8:15) God is a father to us, and loves us.

One story in the New Testament tells us about a Father who has two sons. One of the sons has big ideas and asks his father for a load of money. The father gives it to him. The boy takes the money and just spends everything until there is nothing left. Desperately poor, homeless and hungry, the young man, out of desperation, swallows his pride and goes back to his father. Instead of telling the boy to get lost the Father runs to meet him, embraces him, and throws a party to welcome his boy back into the family. The only loser in the story is the other son who is jealous that no party has been thrown for him. (Luke 15:11-52)

This is a wonderful story but it does not tell us how God our father runs to meet us. We find this out in Philippians 2, which states; 'Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death, even death on a cross!'

The way that our loving father runs to meet us is by ditching his ego and becoming like us, becoming our servant and dying on the cross. Romans 5:8 states very simply; 'But God demonstrates his own love for us in this: While we were still sinners,

Christ died for us.'

We have God the Father who loves us, and reaches out to us in God the Son, but what about the Spirit?

In the Old Testament the breath of God is seen as synonymous with the Spirit of God. It was the Spirit of God moving over the face of the waters in Genesis 1:1 and in John 4:24, Jesus says that God is Spirit and those who worship him must worship in Spirit and Truth. In John 20, as we learned last week, Jesus Breathed on his disciples and they received the Holy Spirit.

Yesterday, in the sun, I was sitting for the first time, in somebody else's garden and I was struggling with myself and a sense of isolation. The person I was talking to spoke about God being so close and right there with me. I cannot say whether this was a spiritual experience but I could imagine, for just a moment, the breath of God on my face. This was to me a sense of God's presence with me. I could feel his strength and an ongoing intimate relationship with him.

God our Father loves us, so he reaches out to us in Jesus, the son. He never leaves us alone, and remains with us in his Spirit.

It is only through the relationship of the Godhead, Father, Son and Holy Spirit, that he can establish and rebuild his relationship with us. He reaches out to us and remains with us because he loves us and in this he demonstrates how much we are worth to him. He loves us so much that he is prepared to die for us.

Amen.

God bless

Eric

Hymns and Devotional Music

Tim Grant-Jones, organist at All Saints, and his wife Irene are live streaming hymns and other devotional music at 10am each Sunday (before the Zoom service). Find this and other music on Facebook by searching for Grant-Jones Musical Services or entering #gjmusicalservices. You can also request hymns in advance!



Highly Recommended by Members of our Congregation

Daily Hope

The Archbishop of Canterbury has launched a free national phone line as a simple new way to bring worship and prayer into people's homes while church buildings are closed because of the coronavirus. Daily Hope offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line.

The line – which is available 24 hours a day on **0800 804 8044** – has been set up particularly with those unable to join online church services during the period of restrictions in mind.



Spring Harvest Home

Spring Harvest Home has been such a success, with hundreds of thousands of views from across the world. As a result, the content on the Youtube channel is still available and is constantly being added to/updated. Go to Youtube and search for Spring Harvest or click on <https://www.youtube.com/user/SpringHarvest>

Mums on the Run

Three mums from St James' School, Biddenham are running 300km in June to raise money for the school to fund changes required as a result of Covid-19. For more details and to support them go to <https://www.crowdfunder.co.uk/mums-on-the-run>

Online Services

Join the Church of England on its website or Facebook page for this week's 9am Virtual Service.

You can also download the order of service and the sermon in pdf format from the Church of England website.

<https://www.churchofengland.org/more/media-centre/church-online>

Many other churches and cathedrals across the country are also providing online services.

Discovery Group

Currently meeting via Zoom. Get in touch if you would like further details.

Church Services etc. on TV/Radio

If you don't have access to the internet, try tuning in to the following on Sunday:

- 8.10am on BBC Radio 4 - Sunday Worship. Service for Trinity Sunday.
- 10.45am on BBC 1 - Sunday Worship from St David's Cathedral, Wales.
- 1.15pm on BBC 1 - Songs of Praise - Worship in the Great Outdoors.
- 3.00pm on BBC Radio 3 - Choral Evensong from St Mary's Collegiate Church, Warwick.

Wednesday 10 June:

- 3.30pm on BBC Radio 3 - Choral Evensong from York Minster.

For the Children (& young at heart!)

Today is Trinity Sunday when we celebrate that there is one God: who is Father, Son and Holy Spirit (known as the Trinity - three in one).

Activities:

1. The word Trinity starts with the prefix "tri". Tri means 'three'. How many words can you think of that start with "tri" and are something to do with 'three'? We will give you Tricycle (three wheels) to start you off!

2. Can you think of any other 'threes' in the bible?
(see next page for answers)

3. If you have some wool, take three long pieces of different colours - one colour to represent God the Father, one God the Son and the other God the Holy Spirit. Tie them together at one end and then plait them to make a bracelet to wear. You can either tie a clasp onto the two ends or just tie them loosely together.

Songs:

Father I adore you (can be sung as a round)

<https://www.youtube.com/watch?v=Ph-ZBiETB0>

God the Father, God the Father,
God the Son, God the Son,
God the Holy Spirit, God the Holy Spirit,
Three in one, three in one.

(sung to the tune of Frere Jacques)

Prayer:

Why not say the words of the above songs as prayers.

Please pray with me

Holy God,
faithful and unchanging:
enlarge our minds with the knowledge of your truth,
and draw us more deeply into the mystery of your love,
that we may truly worship you,
Father, Son and Holy Spirit,
one God, now and for ever.
Amen.



For your prayers

- Our front-line and key workers and their families; for their dedication and selflessness.
- Those who have recently gone back to work and school; that they are able to do so safely.
- Those who are in financial difficulties; that they will know where to get help.
- All hospital patients, and those who have had their treatment cancelled/delayed.

Our prayer group meets at 8pm on the 1st & 3rd Thursdays of the month via Zoom. Get in touch if you would like the login details or have any prayer requests.

Hymns/Songs of the Week

Praise my soul the King of heaven

<https://www.youtube.com/watch?v=mDe0ABw5IHs>

From heaven you came, helpless babe

<https://www.youtube.com/watch?v=8rh4xEvMVQQ>

Hymn to the Trinity (Tchaikovsky)

<https://www.youtube.com/watch?v=7jZqxxv1rIY>

My prayer for you (Alisa Turner)

https://www.youtube.com/watch?v=hj_0pviGkks

Rev Eric Lomax Contact Details

Tel: 01234 852241

Mob: 07805 879537

Bedford Foodbank



Please don't forget that we support the Bedford Foodbank, who need our donations now more than ever.

Donations of food can be placed in a box in St James's Church Porch, taken direct to the Foodbank (off Manton Lane) or put in the boxes in the supermarkets. Items currently needed include Jars of Sauce (curry/sweet&sour), Jam, Tinned Potatoes, Tinned Carrots, Tea-bags (160), Nappies (size 5+6), Hand Soap, Anti-Bac Spray Cleaners, Washing Up Liquid, Shower Gel, Toothbrushes, Deodorant and Shampoo.

Alternatively please consider making a financial donation. More information can be found at <https://bedford.foodbank.org.uk/>

For the Kids (answers): Tri words - Tricycle, triangle, tricereatops, tripod, triathlon, trilogy, trio (and others).

Threes in the bible: Three wise men (Matthew 2), Jonah's three days in the whale (Jonah 1&2), three visitors to Abraham (Genesis 18), Daniel's three friends in the furnace (Daniel 3), Peter James and John (three disciples) go up the mountain with Jesus (Matthew 17).

Community Support Groups

Do you need support? We can help with shopping and companionship (via regular phone calls). Can you volunteer to help? Let us know if you are DBS checked (for any organisation). It doesn't matter if you aren't, we still need your help, but safeguarding is important!

Biddenham:

If you need support, ring 01234 815393 (daytime only) or email help@biddenham.org.uk with your name/phone number/address.

If you can volunteer, please email help@biddenham.org.uk

Kempston:

If you need support or can volunteer to help, contact:

Rev Eric Lomax: 852241 or 07805 879537

Alison/Brenda Walker: 851597

Alan/Anita Lowe: 857212 or 07751 659695