

News on

THE Park

Bi-Monthly
Magazine

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February
March
2018



Burn Park
Methodist Church

Burn Park Road, Sunderland, SR2 7JH

<http://burnparkmethodistchurch.weebly.com/>

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Dear Friends,

Everyone is different. I know that some people wake up in the morning at the very last possible minute. Perhaps you are one of them, you say to yourself "What is the very last second I can wake up and still get to cracking on time." That's not me. I could think of nothing worse than having to get up and rush in the morning. I need time to ease into the day. I am an early riser, I like to approach the day slowly.

That's why I recognize that I need a little extra time getting ready for Lent. While some people can leap out of the gate on Ash Wednesday, I need a lot of lead time. I need time to think through the plan. What am I going to give up? What am I going to do? Where is the Lord asking me to grow? I may even need to begin the practices a bit early. For instance, in years that I've given up something dear to me, I usually start easing into it a couple of weeks out. Otherwise, Ash Wednesday comes and I dislike Lent by about 2pm.

So, if you're at all like me, now is a good time to begin getting a plan in place. Maybe even test driving a few penances or disciplines. Thinking about adding some prayer time to your life? Give it a whirl now. Try it on for size. This lead time also gives us the opportunity to be intentional about our Lent. Instead of just giving something up, we can think about what would really help us in our life. In other words, what can I give up that really will help me to be a better disciple of the Lord?

Another thing that we can do for Lent is to live it with each other. Make the journey through Lent as a band of disciples. Why not come and join our Lent group on a Monday evening? There are obviously many things that we can do for Lent. What I provide here is by no means an exhaustive list. Just a few suggestions to get you going:

- ❖ Every day say the Morning Prayer from our Worship Book.
- ❖ 30 Minutes of Meditation every day.
- ❖ Switch your phone off for various parts of the day

- ⌚ Give up social media for one day a week and write a letter to a friend
- ⌚ Angry with someone? Pray for them every day
- ⌚ Read more. Watch less TV.
- ⌚ Find ways to be more silent in your life.
- ⌚ Reach out to one person a day.
- ⌚ Extend love towards those who seem on the outside and who need a friend.
- ⌚ Invite someone to Church.
- ⌚ Decide every day that you will find an opportunity to be embarrassed by sharing your faith.

Okay....these are all just suggestions. Lent is a great season of grace. It is an amazing opportunity to grow in our friendship with the Lord.

Dear Friends, as I prepare for Lent, I take great solace in knowing that I will be living it with you. We are in this together. Lent is a time that is deeply personal, but it is also something that we do together. In a very beautiful way, the more we live it together, the more personal it is. And the more we take it personally, the more we strengthen one another.

God Bless.

Rosemary X



10 SECOND SERMONS:

Difficulties are opportunities
to do greater things.

Bryan Adams

February March



*Looking out of a window,
we see a wonderful world;
God's love for his children,
Through nature unfolds.*

Poetry Corner

The Walk of Faith

by Marion Caragounis

*Sometimes the Saviour asks of us to walk a path that's dim,
We dare not try to look ahead but only look to Him.*

*The ground may be uneven and our walk feel insecure,
But when we look at Him we know He's been this way before.*

*The Lord loves those who trust in Him, He puts them to the test.
He knows they won't rely on self but say 'The Lord knows best'
And very soon they realise (although it's dark as night)
With Jesus there beside them they are walking in the light.*

*There comes a time for everyone to dare to follow through
And walk that path and learn of Him the Faithful and the True.*

*This path is of His choosing and our choice is to obey -
If we would be like Jesus then there is no other way.*



Letter to Mary

16th January 2018

Hi everyone,

Happy New Year to all,

Can you believe it, the middle of January already? Another 11 days and Rob will be 70 years old. I can still remember when I first made a move on him. It was at the Friday night youth club at the Donnison School, I took his cigarette lighter which he had left on the top of the piano. We had spent an hour or so down at St. John's Vicarage clearing the grounds and mowing the lawn for the summer fair to be held the next afternoon. Rob came to our house the next morning with his friend David Nell, to get his lighter back. They came up on their scooters and Rob had fallen off his on the way along North Hylton Road, but he was alright. He asked me out that night but I was babysitting with my friend Lillian, so I saw him the next evening at church. He took me back to his home and then we got the bus up to Etterick Grove where my grandparents lived (1 Shrewsbury Crescent). They had booked for my Nana to take me to Harewood House the next day on a church trip. So sadly I had to kiss him goodnight at the garden gate. Doesn't time fly eeh!

Now he is corresponding on the computer with our granddaughter Annabel as a mentor for her homework. This week's topic is how the dinosaurs became extinct.

Noreen has just phoned to tell me she is meeting Nick round at the church early to sort out what can be used for costumes for the panto we are rehearsing, Aladdin.

9.30pm, well we have had a good rehearsal tonight and have gone through more stage directions and been given some costumes. Although there were some people not able to be there tonight, we had a fruitful night. All that is left to do is make a hot drink and go straight up to bed.

Wednesday 17th January.

My aunty Anne and her partner came to the lunch club at our church on Tuesdays from 11.30 till 1.30. Yesterday we joined them and had a lovely lunch of Gammon, Yorkshire Puddings, Carrots, Peas and New Potatoes, followed by sponge and custard and a cup of tea (or coffee), all for £3-50. It was a lovely meal cooked by Mel and Elma and it is a lovely bunch of people to share an hour or two with.

On Saturday 20th we have our first coffee morning of 2018 at 10am till 12 noon.

Rob and I had a lovely Christmas. It was quieter than other years because my sister Jackie had food poisoning over the holiday period, so we did not see her or her husband at the annual party at our Clare's. There were fewer people but that made more room for Annabel and Amelia and Oscar the dog to entertain us. After they had opened the presents from us, they played and dressed up, even dressing up the dog in a lion suit, which he allowed them to do with a doleful look in his eyes. Then they helped give out the raffle tickets with the numbers for the £1-00 bran tub. They then picked out the numbers and handed the relevant present to the holder of the ticket. I got a lovely wooden heart you can hang up, which has a smaller heart inside the larger one with the wording "where there is love there is life xx"

This year we both got a Fitbit You wear it like a watch, it tells the time but it also counts your steps, heart beats per minute, how long you sleep and all sorts of things, everything except do your ironing. Rob is well away with his and miles ahead of me, but it has encouraged me to move more and do some walking.

Bye for now,

Lots of love,

June

XXXXX

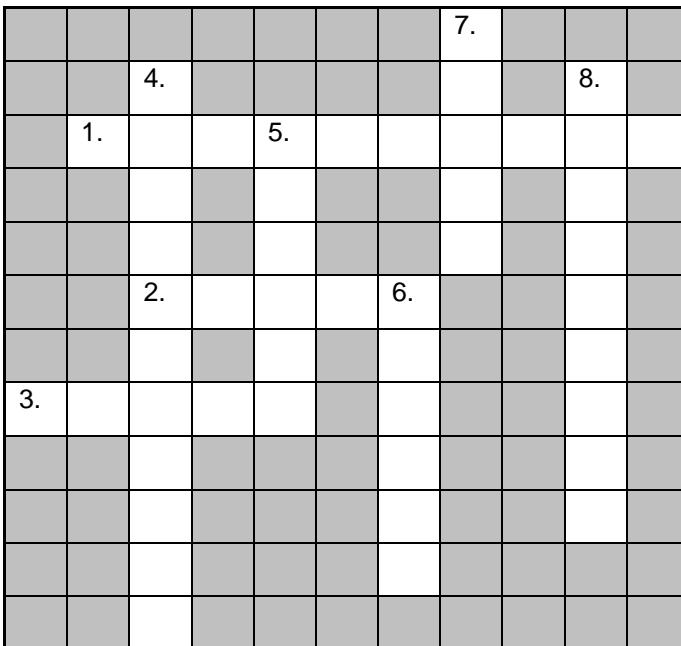
Fun & Games

Pages for all the family

Sermon on the Mount

Matthew 5:1-12

Crossword



Across:

1. These sayings are called the B.....
2. What will the gentle inherit?
3. The pure in shall see God.

Down:

4. Who shall be recognised as the Children of God?
5. Blessed are those who hunger and
6. What do the poor in spirit and the persecuted have in common?
7. Those who will be comforted.
8. Who will be shown mercy?

Time for Reflection

GET OFF THE SCALE

it cannot measure the depths of your heart

PUT DOWN THE MEASURING STICK

it is not long enough to assess your worth

IGNORE THE SCORE

it does not show your true potential

DON'T GET HUNG UP ON THE SALARY

it doesn't even come close to showing your value

BAN THE MIRROR

it cannot reflect how much you are loved

IGNORE THE CRITIC

it has no idea how far you've come

instead

look for evidence of a day well lived

I made someone smile. I gave a
tender kiss. I hugged and wasn't
the first to let go. I encouraged.
I laughed. I believed. I forgave.
I lived. I loved.

What is most important in life
cannot be measured, but instead
felt through the hands, heart,
and soul of each life we touch.

Prayer Time



How do you communicate with God? Just with your mind and soul, or with your body too; your whole being? Many of the Psalms, as poetry, are full of sights, smells, tastes, touches, and sounds. They are a great launching pad for engaging all our senses in our communication with God.

Over a period of time, using some of the Psalms, the Prayer Corner is going to be set up to help us use our senses in communicating with God. Each one will include items to help you which reflect one of the senses. There will be a copy of the Psalm for you to take away with you, along with a Meditation. Feel free to use your senses while in the corner, and take a sheet of coloured paper to write a prayer in response to what is there, and pin it to the board for others to use too.



I believe in God because I see Him around me.

I believe in God because I feel the presence of God.

I believe in God because I can smell His fragrance.

I believe in God because I can hear Him speak to me in various ways.

I believe in God because I can taste and know that He is God.

I believe in God because I believe the living word of God is true.



Pause for Thought ..

Stuck on a snowy Scottish motorway with Katrina, in the middle of the night, my thoughts turned to God, and I believe He used the situation to talk to me.

It was a trip to Glasgow for Katrina's University audition, and we were on our way back. We left Glasgow not long after 4 p.m., and the snow was falling on and off. As we travelled along the motorway, we heard on the radio that there

were problems on the A74(M), but there was nothing we could do other than carry on, as all the other roads were also blocked with snow according to the radio travel reports. Inevitably we came to a halt, but we were soon moving again. A few times this happened; stopped, moving, stopped again, until eventually we were stopped in one place for a considerable time, with the snow coming down thick and fast, flashes of lightning and no sign of any movement.

All went quiet and dark. We were sat in the first lane, surrounded by lorries in front, behind and to our right; I felt hemmed in, a bit like life sometimes; everything around us seems too big for us, trapping us in a place we would really rather not be.

We did not know what had happened ahead of us to make the road blocked, and we wondered what was going to be done to clear the problem; there were no more travel reports on the radio, and no people with authority letting us know what was happening. All we could do was trust that there was someone out there tending to the problem, sorting it all out.

Then, suddenly, after several hours, there was movement on the hard shoulder – some gritters came past first and then some other vehicles began moving past – hooray! We thought, this is it – the problem is being sorted, we'll be moving soon. But no. The vehicles on the hard shoulder came to a halt.

All of a sudden, a policeman knocked on Katrina's window and asked me to move right up to the lorry in front so that a couple of cars could get in behind me to allow more gritters to get past the traffic jam and sort out the road in front. Of course, I obliged, thinking again that this must all be part of the plan to get us moving, and soon we would be on our way.

There was a break in traffic moving past us for about half an hour; we waited, expecting that the policeman who had spoken to us would come and let us know what was happening; he didn't. We saw a few policemen and Mountain Rescue people walking along the motorway, no doubt sorting things out as best they could, and checking that the people in the vehicles were ok.

A gritter appeared, followed by another, again driving along the hard shoulder, then the other vehicles began to follow. The two cars which had pulled in behind me on the instruction of the policeman pulled out again and disappeared. What was going on?

The hard shoulder came to a halt once more – OH NO! By now it was the early hours – about 2 a.m., the snow was 5 inches deep on the wing mirror, and we still had no idea how long we might be there, in the middle of nowhere!

After another very long wait, we saw some movement up ahead – the police were directing cars into space to clear the vehicles on the hard shoulder again – we overheard a policeman telling a lorry driver that they needed to clear the hard shoulder for the gritters again – no the wonder, since it was still snowing

heavily on and off. They soon ran out of space for the vehicles as the lorries beside us decided to move up too, leaving no room for any more movement off the hard shoulder. The policemen and Mountain Rescue people could still be seen on occasions walking up and down, but no vehicle moved for another hour at least, then, finally, the vehicles in the distance in front began to move once more.

I did not want to move until someone official gave me an instruction to do so, since those vehicles that had moved without permission before had seemingly caused more of a problem, however, the driver of the lorry directly behind me seemed to think I should move without letting the vehicles off the hard shoulder beside me; he knocked on my window and shouted at me to "Come on – move!" I continued to wait until I was waved on by a Mountain Rescue man, and finally, once moving, we kept going; slowly for a long while since the road was thick with snow – so deep in places that there were only 2 tracks to follow on each lane, and we could feel the ice in the centre scraping the bottom of the car. Once we had gone past a place where there were some lorries at the side of the road and some tractors facing the wrong way, the road was remarkably clear – obviously the gritters had been able to clear this section from the other direction. Unfortunately, the snow began to fall very heavily again, making visibility very poor, so we continued to go more slowly than I would have liked, until we eventually found the exit for the services – although I almost missed the turn as the signs and road were all covered in snow! Stepping out of the car at 4:30 a.m., the snow was up to the top of my boots and we looked like snowmen by the time we walked hurriedly to the entrance, but we were safe and warm!

I won't describe the rest of the journey home; suffice to say we made it by about 9:30 a.m. – with no sign of any snow in Sunderland! What a night it had been!

So what did I learn that night? Well, as we were waiting, it would have been easy to take the lead from those cars that were moving by joining them on the hard shoulder but we would have ended up in a more difficult position, and we would have become part of the problem. Sometimes we think, if we follow others who seem to be successful, then we too will have success, but God says, "No – wait until I show you my plan." We may have some success along the way (the times when we did all move forward together), but it won't be plain sailing – we have to wait until the time is completely right and everyone is working together to make progress. Nevertheless, we can be reassured that while it seems like nothing is happening, God is there, in the midst of all the trouble, working to make the situation right.

Suzy



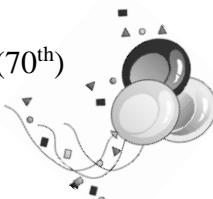
Celebrations

Those people celebrating during the months of February and March include:

Birthdays

February

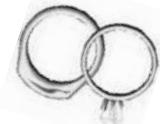
- 3rd Joan Hardy
18th Noreen Reay (70th)
22nd Ann Horn
27th Alan Robson



March:

- 4th Norman Kilner

Wedding Anniversaries



February & March
None Known



Can we celebrate your special day too? All you have to do is fill in the form and place them in the gold box at the back of the Church; spare forms to fill in are on the side of the box.



KEEP YOUR DREAMS ALIVE. UNDERSTAND TO
ACHIEVE ANYTHING REQUIRES FAITH AND BELIEF IN
YOURSELF, VISION, HARD WORK, DETERMINATION,
AND DEDICATION. REMEMBER ALL THINGS ARE
POSSIBLE FOR THOSE WHO BELIEVE.

GAIL DEVERS



I HATE THE TERM
'GOOD FRIDAY!'

WHY?

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MY LORD WAS
HANGED ON A
TREE THAT DAY.

IF YOU WERE GOING TO
BE HANGED ON THAT DAY,
AND HE VOLUNTEERED
TO TAKE YOUR PLACE,
HOW WOULD YOU FEEL?

GOOD.

HAVE A
NICE DAY.

4.9 Walt

Faith is like WiFi



It's invisible,
but it has the power
to connect you
to what you need.



Now for some funnies ...

Laugh often, long and loud. Laugh until you gasp for breath.



Why is it that if someone tells you that there are 1 billion stars in the universe you will believe them, but if they tell you a wall has wet paint you will have to touch it to be sure?



Have you heard about these new corduroy pillows?
They are making headlines!



Where was Solomon's temple located?
On the side of his head.



What is E.T. short for?
He only has little legs.



I've been told I'm condescending.
(That means I talk down to people)



What do you call a dog that does magic tricks?
A labracadabrador.



I have the heart of a lion and a lifetime ban from Edinburgh zoo.



I went bobsleighing the other day.
I killed 500 Bobs.



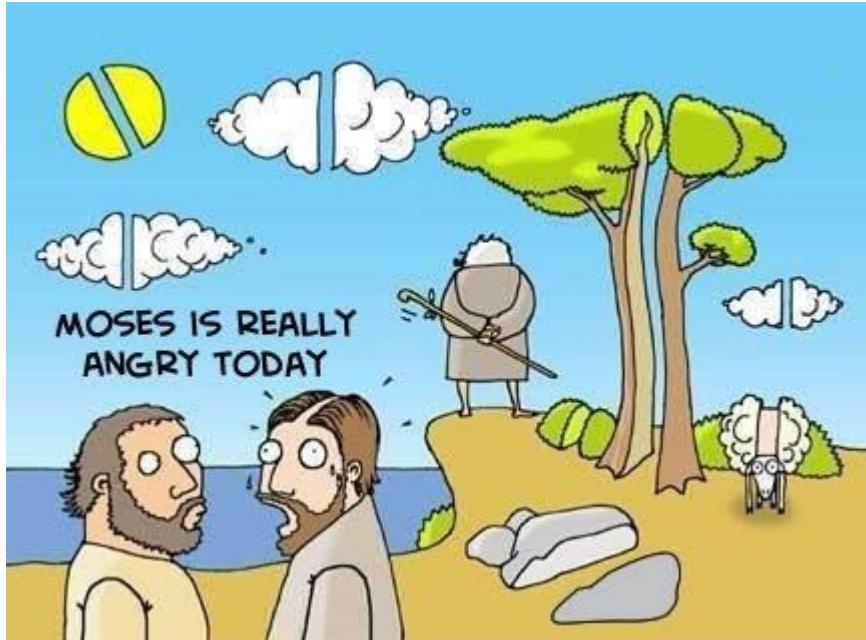
A man walks into a bar and orders a fruit punch.
The barman says, "If you want one you'll have to stand in line."
The man looks around, but there is no punch line.



I tried to catch some fog today but I mist.



What's the difference between a good joke and a bad joke timing.



Out of the mouths of babes ...

A little boy walked down the beach, and as he did, he spied a matronly woman sitting under a beach umbrella on the sand. He walked up to her and asked, "Are you a Christian?" "Yes." "Do you read your Bible every day?" She nodded her head, "Yes." "Do you pray often?" the boy asked next, and again she answered, "Yes." With that he asked his final question. "Will you hold my quarter while I go swimming?"



A Sunday School teacher asked her class, "Does anyone here know what we mean by sins of omission?" A small girl replied: "Aren't those the sins we should have committed, but didn't?"

Diary Dates

Preachers at Burn Park for February & March:

February	March
4 th Mrs. Joyce Howe	4 th Mr. Peter Allan-Robson
11 th Rev. Michael Holland	11 th Rev. Rosemary Nash
18 th Mrs. Val & Mr. John Boyd	18 th Rev. Gareth Phillips
25 th Rev. Rosemary Nash: <i>Sacrament</i>	25 th Rev. Rosemary Nash



Important Dates to note around and about:

- Sat 3 Feb: 10 a.m. – 4 p.m.: All Saints Church, Newton Hall: Fresh Expressions Vision Day
- Sun 4 Feb: following morning worship: Burn Park: light lunch and sharing of thoughts and ideas on the future of our Church
- Wed 7 Feb: 9:30 – 11:30 a.m.: St. John's: Church open for prayer, quiet reflection & time of led prayer
- Thu 8 Feb: 10 – 11:30 a.m.: Burn Park: Coffee@Burn Park hosts coffee morning, raising money for the children of Nepal
- Thu 8 Feb: 2 p.m.: High Southwick: refresher session for Foundation Safeguarding Module
- Thu 8 Feb: 7:15 p.m.: St. John's: Local Preachers' & Worship Leaders' Meeting
- Sat 10 Feb: 7:30 p.m.: Ewesley Road: Flat Pack Music presents "A Night at the Opera": £10 (£8 concessions)
- Mon 12 Feb: 7:15 p.m.: Burn Park: Church Council
- Wed 14 – Sat 17 Feb: 7:15 p.m.: Lubetkin Theatre, Peterlee (SR8 2RN): "Joseph and the Amazing Technicolour Dreamcoat" performed by Seaham Youth Theatre Group: £8
- Sat 17 Feb: 10 a.m. – 12 noon: Burn Park: Coffee Morning

Thu 22 Feb: 10:30 a.m.: Burn Park: Coffee, Prayer, Care & Share
Sun 25 Feb: 6 p.m.: Roker: Circuit Service: speaker Rev. Gareth Phillips
Tue 27 Feb, Thu 1 & Fri 2 Mar: 6 p.m.: Southmoor Academy: Les Miserables (School Edition): tickets from Katrina Wake
Sat 3 Mar: 2 p.m. – 6 p.m.: Roker: Circuit Quiet Day: led by Rev. Christine Kettlety
Wed 7 Mar: 9:30 – 11:30 a.m.: St. John's: Church open for prayer, quiet reflection & time of led prayer
Sat 17 Mar: 10 a.m. – 12 noon: Burn Park: Coffee Morning
Sun 25 Mar: 6 p.m.: Cleadon: Circuit Service: speaker Rev. Joe Daley
Thu 29 Mar (Maundy Thursday): 7 p.m.: Ewesley Road: United Communion Service led by Rev. Rosemary Nash
Fri 30 Mar (Good Friday): evening time tbc: United Service led by Mr. Ian Andrew
Sun 1 Apr: 6:30 a.m.: Tunstall Hill: Circuit Easter Day Sunrise Service led by Rev. Kathryn Stephens
Thu 12 & Fri 13 Apr at 7:15 p.m. & Sat 14 Apr at 3:30 p.m.: Burn Park: "Aladdin" by Park Productions: £5 & £3

Advance Notice:

Tue 1 May – Fri 4 May: 7:15 p.m.: Glebe Centre, Murton: Murton Theatre Group presents "Brassed Off": £10

*For more details about these and other events,
please see your weekly printed notices or Circuit Plan*



If you have any notices to be published,
or articles for the next magazine,
please contact Suzy Wake at Church,
Tel: **5226257**, by e-mail on WaSus654@aol.com,
or at 119, Tunstall Rd, by 9 p.m. Thursday.

BURN PARK CHURCH MISSION STATEMENT

Burn Park Methodist Church exists to worship God, and make the Love of Jesus known, in our welcome, outreach, and care for all.

Minister: Rev. Rosemary Nash: Tel: 0191 5652221

93, Dunelm, SR2 7QX

email: revnash@hotmail.com

Regular Events at this Church:

Sunday

10.30 a.m.	Morning Worship & Sunday Club
6.00 p.m.	Churches Together Drop-In for Homeless people

Tuesday

11.00 a.m. - 1.30 p.m.	Lunch Club
1.30 p.m. - 3.00 p.m. (1 st & 3 rd weeks in the month only)	Women Together
7.30 p.m. - 9.00 p.m.	Park Productions

Thursday

10 a.m. - 11:30 a.m.	Coffee@Burn Park
1.00 p.m. - 3.45 p.m.	Stroke Club
6.00 p.m. - 8.00 p.m.	Beavers, Cubs, & Scouts

Friday

9.30 a.m. - 11.00 a.m.	Toddlers Group
7 p.m.	Young Asian Voices

Saturday

10.00 a.m. - 12 noon	Coffee Mornings (3 rd week of month)
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To book rooms for an event,
please contact Melvyn Morgan on Tel: 5251930.

