

Dear Friends,

Here are some resources for this Sunday. Attached are two sets of worship material.

As I mentioned in my earlier email, there are services at North Hillingdon (at 9.30 am) and at Hayes End (at 11.00 am). Hayes is undergoing some building work and they hope to resume services in September.

*(Whilst we will be welcome at church and it would be lovely to see you face-to-face, please come only if you feel confident and safe to do so. I will continue to send these weekly emails and resources so you will be able to worship from your own home, as you have been doing over the last few months.)*

There is also a circuit Zoom service at 10.45 am.

For details contact [mhahzoomservices@gmail.com](mailto:mhahzoomservices@gmail.com)

Take care, stay safe  
and God bless

**Rev Ken**

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You can find this week's YouTube reflection at <https://youtu.be/MLhbRL-fZXc>

Or you can read it for yourself below ...

**Selfie and Other-ie** (Matthew 14:13-21)

A fortnight away whilst we were on holiday in the Gower (in South Wales) we went for a walk up to the highest point. It was a clear day and you could see for miles and miles. I started taking photos of the views. As I did this I noticed others taking photos too, but not of the view, but themselves – selfies.

Rabbi Jonathan Sacks talks about selfies being typical of the world we live in. They graphically show people's pre-occupation with themselves. But there are other ways too. Look at the paper you read – it probably coincides with your opinion. And it is more than likely that your friends will share your views and way of thinking. It bolsters and reinforces your sense of self.

But what's that got to do with the passage from the feeding of the 5,000? I mean Jesus or the disciples wouldn't know what a photograph was, let alone a selfie.

However, open your eyes and look at the passage again. It comes just after Jesus has heard about John the Baptist's (his cousin's) death, so it is not surprising that he tries to take a step back from his public ministry – withdrawing to a deserted place by himself. He needed time alone – time for himself.

But that wasn't to be – the crowds got wind of where he was and made a beeline for him. So when Jesus arrived at a place to be by himself, there was a crowd to meet him. Any me-time – or time for self – became them-time – time for others. And Matthew's Gospel says that "Jesus has compassion for them and cured their sick" (v. 14).

When it was evening the disciples told Jesus to send the crowds away as there was no food for them. But Jesus' concern for the crowd took a different turn – he told the crowd not to go, but to sit down. And having blessed the little food the disciples had – the five loaves and two fishes – he gave them to the disciples who fed all the people there.

How the miracle took place isn't really important for me, although many have suggested different ideas. What is telling, however, is that "all ate and were filled". It wasn't a case of everyone having a little. People ate until their bellies were full, and there was still plenty left over (12 baskets worth).

Jesus' love and grace aren't rationed out, it comes spilling out, flowing over and over, and then some more. God's love for us and for all isn't confined, God's love is endless and unquenchable.

Jesus didn't focus on himself – despite needing some space – he turned his attention to others. It wasn't a case of selfie, but us and others. And it's Jesus we are called to follow and his actions we are invited to model. Because what we do for others, we do for Jesus.

How we turn from a selfie – to a you-ie or other-ie perspective isn't important. It's that we do.

How we respond and act looking from that different place isn't important. It's that we do. It's not about looking around us with our own eyes, it's about looking around and being aware with God's eyes, God's focus on others.

Over the last few months, we have all had different experiences, come into contact with different people, experienced or seen different needs. Take a few moments to think over them. How might Jesus respond? What might you do?

In terms of a foodbank, it may be giving a single tin, but it could be what feeds a family one evening. It could be a friendly hello to a shop worker, who has borne the brunt of people's frustration. It could be a few words with a neighbour or a stranger in the street, but that may be the only conversation that person has had today, the only time when someone has paid them attention.

It's like a small pebble falling into water. You can see the ripples – the effect of that droplet. The ripples extend wide - far greater than the size of the stone.

*We often find challenges to follow Jesus' call to change from a self-perspective to one focusing on others:*

*"I don't have the time or the resources."*

*"I'm uncomfortable reaching out."*

*"I'm not sure where best I can help."*

*"People should be doing more for themselves."*

*Offer to God things that inhibit your call to serve.*

*Despite your inhibitions and your weaknesses, God's Spirit can work in and through you.*

*Look at the size of the droplet and the ripples it makes. Your actions can make a difference, greater than you may even imagine.*

*Just as Jesus can make the world of difference to you.*

## Prayer for the Week

Loving God, give us this day our daily bread,  
Sufficient for this day and with some to spare.  
Send us out to share what we have with others.

*(from Roots)*

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## Sunday on the BBC

8.10 am      **Sunday Worship**      *Radio 4 (93.5FM)*

Encountering God in Abandonment - Isabelle Hamley, Chaplain to the Archbishop of Canterbury charts her walk with God and with Covid-19,

1.15 pm      **Songs of Praise**      *BBC1*

Exploring the links between Christianity and sport.

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## Methodist Sunday Services on the Web

- Contemporary worship from Swan Bank Methodist Church: [youtube.com/user/SwanBank](https://www.youtube.com/user/SwanBank)
  - From Westminster Central Hall, London: [youtube.com/user/MCHWevents/videos](https://www.youtube.com/user/MCHWevents/videos)
  - From Wesley's Chapel: [youtube.com/channel/UCUAUqhmhevz5sqhh72LIMxA](https://www.youtube.com/channel/UCUAUqhmhevz5sqhh72LIMxA)
  - *Sthie [at home]*– from the Isle of Man, a different style of worship taking place at home: [youtube.com/andyfishburne](https://www.youtube.com/andyfishburne)
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## Bible passages for Sunday 9 August

Matthew 14:22-33

Romans 10:5-15