

Dear Friends,

On Sunday afternoon you may want to join in with the national online service for MHA Sunday. Available from 3.00pm it will be a service of remembrance, focusing on the kindness shown by our colleagues and volunteers at this time. There will be stories and experiences from across MHA as we reflect and pause to remember those who have sadly passed away as a result of the coronavirus outbreak. You can find it at <https://youtu.be/I39DH1J-mHs>.

Please keep in touch through the church websites

- www.hayesmethodistchurch.co.uk,
- www.hemc.org.uk,
- www.northhillingtonmethodistchurch.org)

and Facebook:

- facebook.com/hayesmethodistchurch
- facebook.com/hayesendmethodistchurch
- facebook.com/northhillingtonmethodistchurch

And don't forget that each church also has a WhatsApp group. Let me know if you want more details.

Take care, stay safe
and God bless

Rev Ken

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The Passion of Compassion

A reflection and a prayer based on Matthew 9:35 - 10:8.

Available as a video (<https://youtu.be/WBhp6pFgGM8>) or you can read it below.

I've noticed that there are two sorts of people in lockdown. They are those who can't wait to get out and about again. And there are the opposite – for whom leaving the house and beginning to follow the ordinary routines of life fills them with anxiety. The first long to return to 'outside' life – that is their comfort zone. For the second, it is staying indoors that has become their comfort zone. Neither feeling is right or wrong sound – it depends on the type of person you are, and that God made. So, where is your comfort zone?

In this passage from Matthew's Gospel, the disciples have spent time living alongside Jesus. They have come from different backgrounds – Matthew as a tax collector would have collaborated with the Romans, whereas Simon the Cananean was a zealot – a political enthusiast who was against the Roman authorities. But following where Jesus went, watching what he did, listening to what

he said has become their comfort zone. Now Jesus challenges and commissions them to leave their comfort zone. To step forward in faith, to step forward with faith. Can you see that Jesus is with them in their comfort zone, but also with be with them as they move beyond it.

Jesus sends his disciples to engage with people in their own situations. And right at the start of the passage, we can read the reason why – “he had compassion for them” (verse 36). Compassion is a powerful force. The Greek word that the Bible uses refers to the stirring of one’s bowels, an emotion that is deeply rooted within us. So this compassion moves one to the deepest depths of one’s being. It is compassion that has led to extraordinary acts of kindness and sacrifice in the last few months: families splitting up so that one adult self-isolates in order to carry on working in a hospital or care home; gestures of generosity carried out by strangers. Many acts of compassion have marked our time in lockdown. In these you can see a depth of feeling and love, and passion in compassion.

Out of compassion, Jesus acts and gives the disciples authority to do things he has done (verse 1). Not only is their activity rooted in Jesus’ activity, but his energy is theirs as well. The disciples (and us) aren’t expected to work wonders by themselves. But they and we are empowered by the divine gift of the Spirit. We may be out of our comfort zone, but God’s love and power are with us and working through us.

I love the waves at the coast and love to bodyboard too. (Bodyboarding is like surfing, but lying down.) It is energising and exhilarating to ride the power of the wave from sea to shore and I end up grinning like a little child. Tom Wright (who used to be the Bishop of Durham) said, “When the great rolling wave comes at you, don’t try to fight it; launch our and let it knock you off your feet”.

May you ride the crest of the wave of God’s love!
May it inspire you, may it empower you,
 may it be a burning force within you.
May you know the passion
 of God’s compassion for you.
And may you share it with those around you,
 in and beyond your comfort zone.

For God will always be with you.

Two prayers for this week

In your journeying be adventurous.
In your encounters be kind.
In your heart be at peace.
And may God bless us as you show compassion,
and live out the love of Jesus and the kingdom of God
that is in you.
(*adapted from Roots*)

Comfort us, Lord,
with the awareness of your presence,
in the ordinariness of the everyday;
with the awareness of your presence
in the bleakness of the darkest night;
with the awareness of your presence
in the middle of the crisis.
And inspire us, Lord,
with the awareness of your presence,
in the heights of mountainous experiences
and in the beginnings of new opportunities.
Inspire us, Lord. Amen

(*based on a prayer by Frances Ballantayne in the Methodist Prayer Handbook,
and adapted with the help of Andrew Letby*)

Sunday on the BBC

(Every Sunday BBC Radio London (94.9FM) has an act of worship between 8.00am and 9.00am.)

8.10am **Sunday Service** *Radio 4 (93.5FM)*
Cardinal Vincent Nichols celebrates Mass for the Feast of Corpus Christi from Westminster Cathedral.

10:45am **Sunday Worship** *BBC1*
Youth minister Sarah Bradley leads the service from Holy Trinity Platt Church, Manchester.

1.15pm **Songs of Praise** *BBC1*
Stories and hymns from people who have found inspiration in the great outdoors.

Methodist Sunday Services on the Web

- Contemporary worship from Swan Bank Methodist Church: [youtube.com/user/SwanBank](https://www.youtube.com/user/SwanBank)
- Worship from Westminster Central Hall, London: [youtube.com/user/MCHWevents/videos](https://www.youtube.com/user/MCHWevents/videos)
- Worship from Wesley's Chapel, London (also has daily prayer at 10.00am and 12.45pm): 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)

Compass Hymns

From North Hillingdon, Melissa Hilliard's Compass Hymn is 'Way Maker'. (A Compass Hymn is one you can draw strength from or that grounds you.)

'Way Maker' was written by Nigerian gospel singer Sinach and released as a single in December 2015. (<https://www.youtube.com/watch?v=n4XWfwLHeLM>). Melissa heard it at Spring Harvest a couple of years ago and it has stayed with her ever since.

*You are here, moving in our midst.
I worship you.
You are here, working in this place.
I worship you.*

*You are way maker, miracle worker,
promise keeper, light in the darkness.
My God, that is who You are.*

*You are here, touching every heart.
I worship You.
You are here, healing every heart.
Oh, I worship You. Jesus, I worship you.*

*You are here, turning lives around.
I worship You.
You are here, and you are mending every heart.
I worship you.*

*You are way maker, miracle worker,
promise keeper, light in the darkness.
My God, that is who You are.*

Melissa says, "This is my 'go-to' hymn whenever things are difficult. I love the different descriptions of God and Jesus in the chorus. It reminds me that he is always there."

Dial a prayer (plus)

Hear a prayer and Methodist Church news for free.

Listen to a prayer: 0808 281 2514
Listen to news: 0808 281 2478

Readings for Sunday 21 June:

Matthew 10:24-39; Romans 6:1b-11