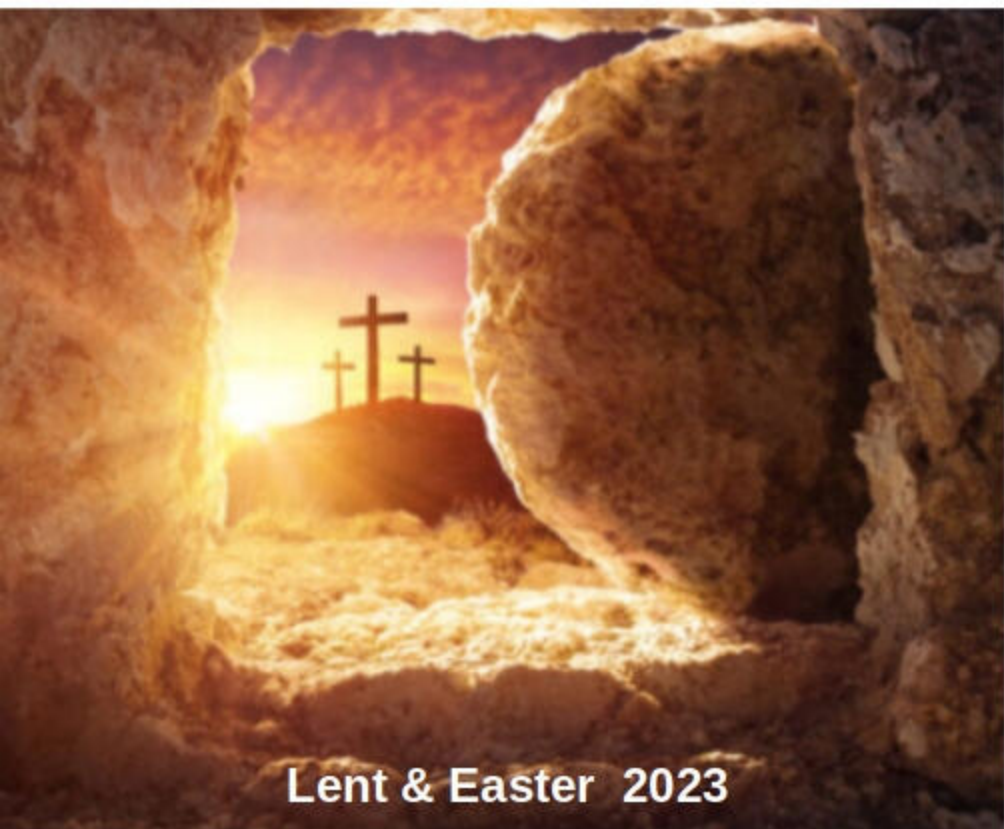


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**MISSION**

**PRUDHOE METHODIST CHURCH**



Lent & Easter 2023

**EVENTS** Please see page 10 for Easter Services

**COFFEE MORNING Sat 1<sup>st</sup> April**  
**10am - 1pm**

With stalls in the foyers and in the cellar.  
Proceeds to: Children's Cancer North/  
Church Refurbishments

**METHODIST WOMEN IN BRITAIN**

[1] Fri 24 – Sun 29 Mar: Retreat at Minsteracres led by Ruth Parrot, Connexional MwiB President

[2] Fri 14 – Sun 16 April. Connexional Conference at Swanwick, Derbyshire. Guest speaker Pam Rhodes.

**Every Monday 7:15 – 9:00pm Prudhoe Gleemen** practise in the chapel at PMC. We are always ready to welcome new members to our male-voice choir. Absolutely no pressure, just come along on a Monday evening (except some Bank Holidays) and find out more about us.

**Bookings:** Our premises are available to book for community meetings & events: Please call (01661) 833465 or 832066

**Tynedale Methodist Circuit**  
*Transforming Lives Together*  
*A Methodist Way of Life*  
*Theme for 2023 "Come Let's Grow"*

20 minutes of Devotions a day  
Join 2 Mission Groups in church  
Pray for 3 people throughout the year  
- Family, Friend & New Friend.

## PMC Services



Please note that Sunday services begin at 10:30am

- Sun 05 Mar**  
Fiona Calverey HC
- Sun 12 Mar**  
Local Arrangement
- Sun 19 Mar**  
Ruth Johnson
- Sun 26 Mar**  
Brian Japes
- Sun 02 Apr**  
Fiona Calverey HC
- Sun 09 Apr**  
at Wylam (JS)
- Sun 16 Apr**  
Sandra Martin
- Sun 23 Apr**  
Robin Charlton
- Sun 30 Mar**  
Tony Buglass
- Sun 07 May**  
Fiona Calverey HC
- Sun 14 May**  
at Wylam (JS)

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HC = Holy Communion  
JS = Joint Service

**Bairns & Brews at PMC**  
Thursday (in term time) 10:00 to 11:30



## THE RHYTHMIC LIFE - by Rev Fiona Calverey

Human life is meant to be lived according to rhythms. We have evolved in sync with the world around us and we have learned instinctively to cooperate with the rhythms of the seasons, the weather, and the daily cycles of light and darkness. We also know that we thrive when we live with rhythms of work and play, activity and rest, solitude and connection, and exertion and recovery.



These rhythms keep us healthy—not over or under-stimulated—and they are different for everyone. A significant facet of our spiritual, emotional, and mental work in relationships is learning to navigate the dance between our personal rhythms and those of our partners, families, colleagues, and society. We all have different strategies for how we adapt to these outside rhythms while simultaneously following our internal rhythm, and it's important because without them we fall into burnout, poor mental health, and relational friction.

### WHEN OUR RHYTHMS ARE LOST

One of the big challenges we face as we try to dance is that our world moves increasingly fast. This acceleration of change results in many of us feeling out of sync. Our rhythms are disrupted, and the dance has become too fast and complex for us to sustain for long. As a result, we are tired and burned out, and our relationships deal with more stress than needed. We cannot sustain rhythms that are too fast and too constant—because in the end, they aren't rhythms at all. When life is experienced at a single, breakneck pace, we cease to think well, care for ourselves well, or connect deeply with others. And we cease to live. We barely manage to exist.

So how do we respond to the loss of our rhythms? How do we get back to a healthy rhythm personally, relationally, socially, emotionally, and spiritually? The key is to tap into the power of the pause to lead us into slow living.

### HOW THE PAUSE SLOWS US DOWN

We cannot live our fullest, most authentic, and most courageous lives at high speed. Certainly, we can enjoy fast-paced thrills some of the time. But we also need the slow, low-energy moments of rest and recovery. The pause teaches us to be mindful and aware of what is happening within us and around us. It empowers us to hear the voice of our inner wisdom, intuition, and guidance.

And it helps us to stretch the space between what happens to us and how we react—to stop the domino run effect in our lives.

As we integrate the practice of pausing into our lives, all these benefits grow beyond a few disconnected moments and begin to permeate our whole way of being. We begin to pause more automatically and consistently. And that, quite simply, slows us down. We live at a slower pace, with more margin. We stop cramming our lives to the brim with thoughts, activities, and goals and we make space for creativity, spontaneity, deep awareness, and intentionality.

And then we can begin creating the life that fits us. We can give time and attention to things we care about. We can follow unexpected flashes of inspiration. We can listen to our bodies and respond more quickly to a need for rest, excitement, exercise, or play. And then we find that we have the energy to show up and be present in our lives and relationships more fully, authentically, and courageously.

## **USING THE PAUSE TO FIND OUR RHYTHM**

Although slow living may have been the norm sometime way back in our history, it certainly isn't the case for most of us now. The society we have created for ourselves requires that we hustle! And that's why so many people—particularly in younger generations—are starting to opt-out. The call for a change in what is required to live a sustainable and meaningful life is growing louder. And the more of us that learn to pause in some way, the better it will be for all of us.

But how do we use the pause to find our rhythm? Well, to be honest, I still have a lot to learn here, but this is what I've experienced.

## **CONSIDERING WHAT WE TAKE ON**

Firstly, I'm learning to be more mindful and careful about what I take on in my life. In the last few years, I've realised that I have a natural tendency to try and be whatever people need from me. Not in the sense of being a chameleon and changing who I am all the time—although there is an element of trying to fit myself into other people's expectations—but in the sense of wanting to be as helpful as I can. But I fall into the trap of taking on too much and failing to consider my own needs and health.

So, I'm learning to slow down before saying yes to things. I'm learning to consider what I take on more holistically and to measure the cost against my resources. And I'm also learning that everything does not have to be all or nothing.

Sometimes I can't do everything I'm asked, but I can do some, so I can offer that and be satisfied with it. But of course, all of this means creating a pause as part of my process of saying yes—even to things I want to do for myself.



## **CONSIDERING WHAT WE NEED TO RELEASE**

And then, secondly, I'm learning that sometimes finding my rhythm means putting things away. Rhythms change over time. Commitments change in how they fit into our lives and rhythms. So, sometimes things that fit well into a previous season in our lives no longer serve us as we enter a new one. That's when we need to learn to let go.

Many of us struggle to let go of things that we have taken on. There is a lot of shame around 'failure' or 'not finishing what you started'. And sometimes we can continue to find joy in things even though they no longer serve us. And so, we may cling to aspects of our lives that have stopped helping us find our groove, possibly even a long time ago.

This is why we need the pause. When we can slow down, we can look more carefully and objectively at what is filling our lives. We can balance the energy our various endeavours require against the energy they bring into our lives. And then we can identify the things that are too much, that are messing with our rhythms, and that need to be released.

## **SLOW LIVING**

Now, practising the pause can seem like a simple thing—and in many ways it is. But it isn't always easy. And that's why I consider it a spiritual practice. We've already seen how we can train ourselves through intentional spiritual practice to create the habits that build the lives we long for. Well, simply making time regularly to pause in some way can teach us the habit of pausing regularly in all of life's experiences and challenges. And then we can begin to build a slower, more intentional, more meaningful, and more connected life. Isn't that worth pausing for?

## **PAUSING THROUGH LENT**

It is common to speak of giving things up for Lent and that can be a really helpful practice—which isn't only about food). But Lent can also be a wonderful time to take things up that enrich our lives and help us to be more mindful.

Strangely, the pause is a combination of both. There is a sense of letting go when we pause. We release our thoughtlessness and knee-jerk reactivity. And, as we were saying just now, we may find ourselves releasing some aspects of our lives that aren't helpful. But when we pause, we are also taking on a greater sense of intentionality and mindfulness. We are becoming more aware of ourselves, others, and our world. And we are taking on responsibility for showing up fully, authentically, and courageously in our lives and relationships.

So maybe this Lent, instead of giving something up, why not choose to take up the pause?

-Rev Fiona

## A Story of Pocket Money

While at home and growing up, when I went to grammar school I received my first pocket money. It was a half a crown, two and six pence (12 and a half pence in what us oldies refer to as new money) a week. Now a 45 rpm record was seven and six or 3 weeks pocket money, so I had to save up. That was ok in week one but by the time it took to get to week two ( a long time ago when I was lad) those two half crowns were burning a hole in my pocket. I thought of all the things that I could do with my two weeks savings, going to the pictures, buying comics, that Airfix model plane I so really wanted, and most of all sweets. I must admit that I often succumbed to temptation and spent my 5 bob and had to wait another 3 weeks to get the record I wanted.

A Scots lad of 11 years of age, when we still had pounds shillings and pence, and a long stick of liquorice was a farthing, had been working hard at school so that he could go to a famous public school, had heard that he had passed the entrance examination so was very grateful to God and wondered how he could show it. That Sunday in church, the minister asked the congregation to give generously that morning as they had to make a big down payment before the builders would start work on the new church hall. The following Sunday the treasurer thanked the people for the sum of two hundred pounds and a farthing which had been donated the previous Sunday morning. He said that the £200 had been paid to the contractors, but he didn't know what use the farthing was, but doubtless God knew. That farthing became quite a joke.

One of the elders of the church explained it to the minister, " Last Sunday, when you made your appeal for generous giving, my son whispered to me that he had four pence and a farthing and asked if he might put in the silver threepenny bit. Later he said that he wanted to put in the penny as well. On the way home he told me he felt that the farthing was burning a hole in his pocket and he wanted me to take the little he had left and add it to the collection. He was so grateful to God that he put in all that he had. So now you know how the farthing got into the offering."



## - as told by Allan Waters

This story of gratitude so pleased the minister that he told it to the congregation at the next service. At the close of the meeting a stranger came up to the minister and asked if the story was true. The minister took him to Donald and got the boy to tell him his own story. Of course it agreed with what the minister had told the members of the church. "I'm sorry for doubting your word," the stranger said, "but it sounded too good to be true. Now that I know the truth of it I feel that God led me here this morning just to hear this story, for God has permitted me to prosper in my work and I have never once returned thanks to God in a practical way. This lad has taught me the lesson I needed to learn." Then he took out his pen and wrote out a cheque for an amount that was sufficient to meet the total cost of the new hall. As he handed it to the minister he said, "This may seem a large sum to you but it hasn't cost me as much as it cost Donald, for he gave all that he had."

Jesus had been telling his disciples about the Scribes who liked to be recognised in the streets, and sit at the most important seats in the synagogues and at weddings and to make a show of long prayers in meetings, yet would take the last penny from a widow even if it meant that she couldn't pay her rent. Then he pointed out a poor widow who had put two mites, equal to a farthing, into the offering box and told his disciples that she had put in more than all the rest because she had put in all she had, all the money she had for food and the necessities of life. This is real gratitude. Do we give like that?

Do you consider that you are a grateful person? How often do you thank parents and friends for their love and care for you? How often do you thank God for all his mercies towards you? Have you thanked Jesus for giving all he had, his very life, to save us all from the penalty we deserve. Let us in the weeks and months ahead show our gratitude to all those around us and to God.

*Prayer: O God, we thank you for our health and strength, for the air we breathe, for the food that sustains us and for everything that makes life good. Most of all we thank you for Jesus who gave his life for us. Help us to show our gratitude by offering up all we have, even our lives, to be lived in your service in the power of the Holy Spirit, and for the sake of Jesus Christ, our Lord and Saviour.*

*Amen*

Dear Friends,

By now you may have heard the news: Traidcraft, the fair trade pioneer and our close partner for many years, is going into administration. Those are painful words to write, but I wanted to pass on the news personally and share some reflections at this difficult time. Many of you will have supported Traidcraft for years and do not need me to tell you that today marks a huge loss. After an exceptionally difficult few years, one of the founders of the trade justice movement is closing its doors.

Since 1979 Traidcraft has reimagined the relationships between producers and consumers, putting justice at the heart of trade. It's no exaggeration to say that the fair trade movement as we know it would not exist without Traidcraft.

But what now? When we changed our name to Transform Trade, Richard Adams, the founder of Traidcraft said... *"Transform Trade have picked up the baton with their new strategy and name... the work is not done yet."* We didn't realise at the time just how relevant those words would be, only a few months down the line. Together, we must pick up the baton. The good work that Traidcraft has done over the years will not disappear. Instead it must be built upon our mission is to transform trade so that everybody benefits. As we continue this work, our focus right now is on two things.

## 1: SUPPORTING PRODUCERS

Over the years, Traidcraft did incredible work with smaller producer groups - helping them find a route to market where no one else could. We're working on plans to expand our work supporting small groups of artisans and farmers, like those Traidcraft was originally set up to help, in order to fill the gap they leave behind.

## 2. THE SYSTEM

Trading ethically within a system that is unjust is always going to be difficult - especially during a cost of living crisis. From the start, the odds were stacked against Traidcraft. Our campaigning and advocacy work aims to level the playing field by demanding change to the entire trading system. We've shown in the past that it can be done, but we must press on with renewed energy.

I firmly believe that there is hope for the trade justice movement. The good work that Traidcraft pioneered cannot and will not be undone. We are committed to transforming trade - and I am so grateful that you stand with us.

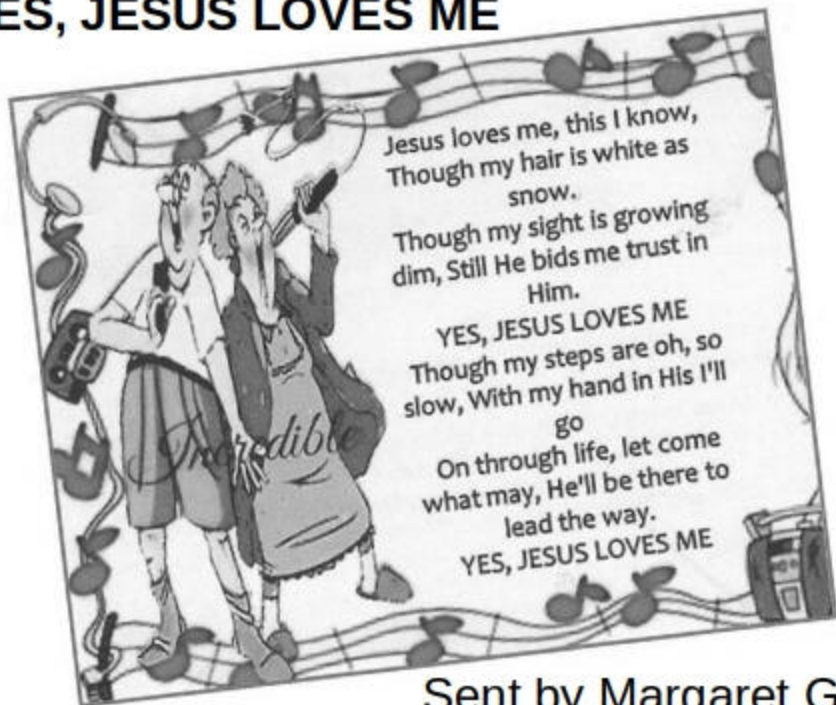
Thank you for everything you do.

Charlotte Timson (Transform Trade CEO)

7-15 Pink Lane, Newcastle Upon Tyne, NE1 5DW,. T: 0191 497 6445



# YES, JESUS LOVES ME



Sent by Margaret G

## *Duties of a church steward*



# Easter at PMC

HOLY WEEK AT PRUDHOE  
METHODIST CHURCH

**Palm Sunday** 10.30am at PMC  
with Rev Fiona Calverey and  
Holy Communion

**Maundy Thursday** 7.30pm  
Tenebrae Service at PMC with  
Rev Fiona Calverey

**Good Friday** 10.30am Joint  
service at Stocksfield Methodist  
Church\* led by Rev Fiona  
Calverey

**Easter Day** 10.45am Joint  
service at Wylam Methodist  
Church\* with Rev Fiona  
Calverey and Holy Communion

\*Transport will be available –  
door to door! Please ask the  
church stewards

## Ecumenical Services

**Monday 3 April** 7.30pm Prayer at St Mary Magdalene Church  
**Tuesday 4 April** 7.30pm Stations of the Cross, Our Lady & St Cuthbert  
Church  
**Wednesday 5 April** 7.30pm 'Seven Last Words of Jesus', The Gate  
Church  
**Maundy Thursday 6 April** 7.30pm Tenebrae service Prudhoe Methodist  
Church led by Rev Fiona Calverey  
**Good Friday 7 April** 10am Holy Communion service at The Gate  
Church followed by Walk of Witness led by Pastor Bert Boonstra  
**Saturday 8 April** 6pm Easter Vigil, Our Lady & St Cuthbert Church  
**Easter Sunrise Service** 9 April 6.30am at Old Cemetary led by Rev Dan  
Freyhan.



### From Sadness to Joy

Lord, when the women came  
in great sadness to your tomb  
to anoint you with spices  
they found you were not there.  
And they began to understand  
that you were alive.  
And their sadness turned to joy.

Lord, help us all to grasp  
the wonder of your rising from the dead  
and how it changes everything  
and our whole perception  
of the meaning of life,  
if only we allow ourselves,  
with your grace, to believe.

Amen.





for your  
generosity  
in supporting



**AN APOLOGY** Your generosity was much, much greater than we reported in our previous issue. – a van was filled with 56 boxes/bags of food (not 6 as we stated) for the Miner's Lamp Foodbank. An impressive feat of kindness.

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I told my neighbour I'd give him £10 if I could try out his new stair lift.

**I think he's going to take me up on it.**

They're making a film about the life of the haulier Eddie Stobart.

**Don't know what it's like, but the trailer looked good.**

My friend has no social skills. but he has a PhD in the history of palindromes

**I call him Dr Awkward.**

I just bought myself a new shrub trimmer

**It's cutting-hedge technology.**

Sir Lancelot used the internet to try and find his old assistant.

**He had no luck, it said "page not found"**

What's made of leather and sounds like a sneeze?

**A shoe!**

CORNY  
CORNER

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**ROYAL REDEMPTION** Royal Mail said that I had to redeem my old postage stamps before the end of January or they will not be valid. Now, I don't know if this was a pre-condition of the sale when I bought them. So I'm now pondering whether Royal Mail redemption is conditional or if it's universal. - "John Calvin"

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#### **OUR (inter) MISSION STATEMENT**

- [1] To inform our local community, and ourselves, of what happens within the walls of PMC (as a building)
- [2] To inform the same parties of our organised outreach work beyond those walls (eg Open-the-Book)
- [3] To inform about individual work and witness by our members working with the Holy Spirit
- [4] To outreach our fellowship to those unable or (perhaps) unwilling to worship with us.
- [5] To spread the Good News using a fresh theme each month.
- [6] Making disciples.

**Rev Rob Hawkins**

**PUBLICATION.** We aim to distribute new issues by the first Sunday of the month. Please send articles no later than the 3<sup>rd</sup> Wednesday of the previous month to:  
**intermission@uwclub.net**  
Intermission is written by our church family, typeset in Ubuntu & Liberation Sans on Libre Office Draw in Linux Mint. Printed & published at Prudhoe Methodist Church and online at:  
[www.prudhoemc.org](http://www.prudhoemc.org)

*The angel spoke to the women. "You must not be afraid, I know you are looking for Jesus who was crucified. He is not here; He has been raised, just as he said. Come here and see the place where he was lying. Go quickly now and tell his disciples. He has been raised from death and now he is going to Galilee ahead of you. There you will see Him. Remember what I have told you."* Matt 28: 5-7

*He is not here*

*He is has been raised*

*just as He said*

Matt 28 : 6

