

The Mag

March 2024

The monthly magazine from Adeyfield Free Church



NEW LIFE



From the Editor.....

Spring has been poking through all over the place and especially in the church garden where we can see the bulbs doing well. Springtime and new life have been coupled together long before Jesus rose from the dead but now for us there is a special link. It's as though God set the whole thing up first then put Resurrection Day right in the middle of it all so we could never forget how New Life was given to us on that special day in history.



When I was a child yes it was many years ago..... Easter Sunday was the day girls and ladies had to have a new hat to go to church! Even people who only went to church at Christmas time and on Easter Sunday would use Easter Day as a marker



for looking forward to Spring and Summer and the new hats, resplendent in whites, blues, pinks, yellows and lilacs with net and little flowers around the crown would be glistening along the pews. It really was a Father Brown moment in the 1950's.

NewLife was the original name of AFC's monthly magazine. I have also seen it on other church magazines across the country when I have been on holiday. It is the central message to our faith that Jesus gives us new life if we want it from Him. It always makes me smile in the same way as spring flowers

make me smile. They are brave and bold and strong as they face the plunging temperatures, strong march winds, unforgiving showers and occasional hotter days that we always seem to get in Spring. Whatever comes, when it has gone, there they are still standing beautifully defiant. It's just like the life Jesus brings. So, what does Easter and New Life mean to our readers? I'm hoping we may see one or two entries in this March edition of The Mag that will let us know. Easter is early this year as it falls at the end of March. As a moveable feast it sometimes catches us unawares..... creeps up on us and says 'boo'. Are we prepared to celebrate? It's almost with us. Have a great Easter Time and may the Resurrection of Jesus be very real in your lives this March and always.



Light of the World... *from Yvonne*

Easter is a time of new beginnings and renewal, and the arrival of new life. It is a powerful symbol of hope a time to reflect on the blessings of life and to look forward with optimism and gratitude.

‘Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead.’ 1 Peter 1:3

A favourite song in our home at Easter is “In Christ Alone” by Keith Getty and Stuart Townend. The song beautifully captures the significance of Easter and the resurrection of Jesus Christ. You tube (official Lyric Video) -Keith & Kristyn Getty, Alison Krauss

HOPE: SALVATION: RESURRECTION: VICTORY OVER SIN:

In Christ alone, my hope is found,
He is my light, my strength, my song.

No guilt in life, no fear in death,
This is the power of Christ in me”.
From life’s first cry to final breath,
Jesus commands my destiny”

The message of HOPE and SALVATION is a source of encouragement and inspiration.

Let hearts rejoice in Christ our risen King. It is through his death we found our voice and eternal life. Amen



Georgina recommends this Spring Walk.

One of my favourite things about the Spring is watching the blossom falling from the trees.



Whipsnade (LU6 2LQ) has a Tree Cathedral with apple, plum and pear blossom, flowering at this time. This is in the form of a medieval cathedral and was planted after the First World War in the spirit of 'faith, hope and reconciliation' by a kind-hearted soldier called Edmund Blyth, who wanted to create a lasting memorial for his fallen comrades.



There is also an organised walk of this area on 23rd of April.

[Gentle Stroll: Blossom Watch | National Trust](#)

Georgina.

When you pray

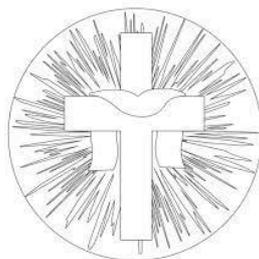
We thank you
that Easter is not about
a people,
but all people,

that your love
and your Salvation
are for all who confess
with voices, hearts and lives

that the tomb is empty
because Jesus is risen,

that we might know
forgiveness,

that lives might be
reborn
and your name
glorified
now and for eternity.



Simnel Cake



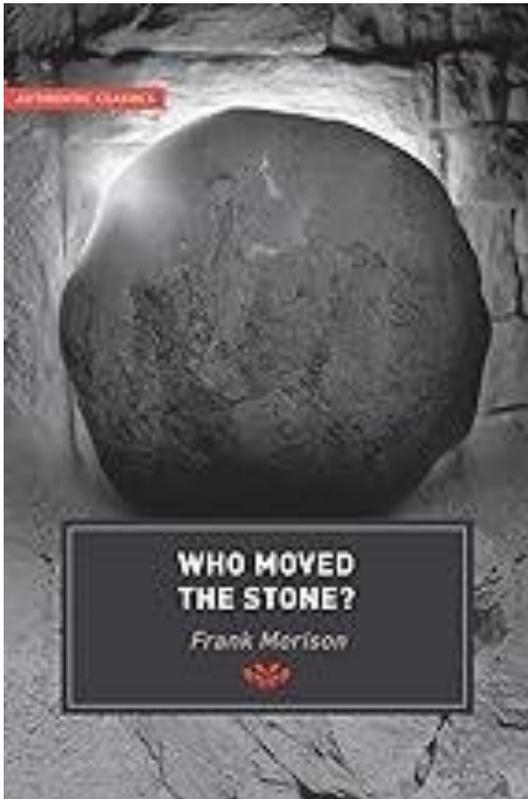
A Simnel Cake is traditionally a fruit cake which has a layer of almond paste in the middle and on the top and decorated with 11 balls of almond paste or sometimes 12. The middle layer is put in the cake before it is baked. The paste on the top is put on as a decoration and finished by baking until the paste is browned.

Originally the cake was used during Lent. In the middle-ages the Lenten fast was relaxed on the fourth Sunday which was then known as Laetare Sunday. Because food was sparse the special cake was used to bring extra nutrition in the middle of a severe fast that led up to Easter. This Sunday was also set aside as Mothering Sunday where Mother Church was celebrated. For several centuries, on Mothering Sunday apprentices and those in domestic service would go home to check that their parents and families had enough food. They would be given the cake to take to their mothers as a gift.

The tradition of the Simnel Cake is primarily one belonging to the UK. In present times Simnel cakes are linked to Easter. The eleven almond paste balls represent the disciples minus Judas Iscariot, if there are twelve, then Jesus and the remaining eleven disciples.

Information taken from various sources including John De Garlande, Ronald Hutton and Wikipedia.

Have you read this book?



Examines the evidence
of the Resurrection

Have you seen this film?



It is fiction but it will
challenge you to
rejoice in the truth.

Springtime

When I was having my house extended a couple of years ago, I needed to clear out my garage. I cleared what we didn't need any more and the rest of the 'stuff' was due to go in the garden shed.



When I went to move it, I opened the shed door and was shocked to find a robin and nest with eggs in right by the door's entrance. The robin became distressed when it saw me so I shut the door quickly and walked away.

I really needed to empty my garage, time was not on my side, the builders were due any time. So, every day I would carefully peek in to check if the eggs had hatched and watch the comings and goings. Eventually they did hatch and by this point I really needed my shed back!



But although it was getting a bit stressful, I stopped for a minute and thought about nature and how we cannot rush anything that God has created. We have no control of seasons or time. So, I was patient and very soon I checked the shed and the nest was completely empty with no sign of the robins.

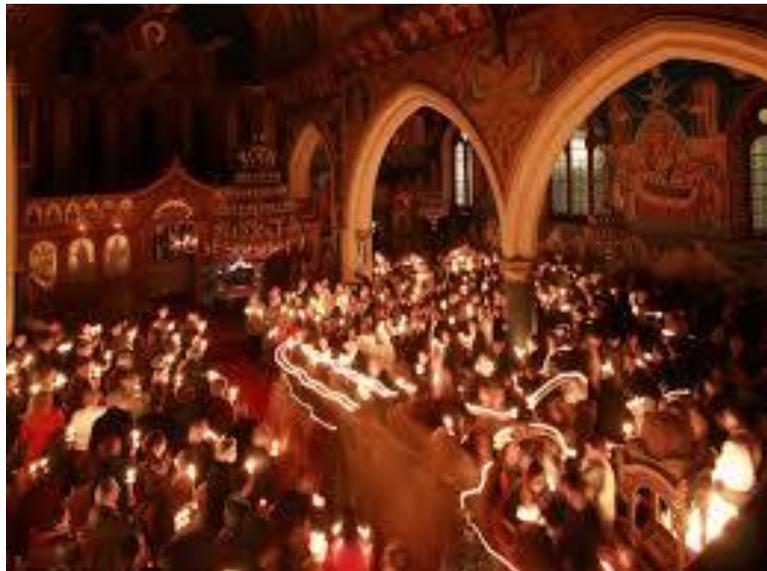
Lesson learnt, we must be patient, God has a plan for us all.

Pauline

Easter Saturday in the Orthodox Tradition

In the Eastern Orthodox traditions, icons are used to teach or remind the believers about basic truths of the Christian faith. They are practical and visual stand-ins for actual people and events in the history of and the day-to-day life of the church. They are not there to be worshipped like idols but they are used as if the actual person, who is now in heaven and cheering on the present-day believers, was present or the actual event were taking place now. Pictures of the apostles and martyrs have recognisable faces. The Bible is an icon of The Word of God and therefore is treated as though Jesus were physically present among the worshippers. Even the congregation stands as an icon and sometimes will reproduce an important event as affirmation of God active among them.

On Easter Saturday there is a midnight vigil which begins outside the church building with a candlelight procession which moves into the church and around the inside of the building. There may be a cloth laid on top of a table-like structure. The cloth represents Jesus in the tomb. As midnight begins to strike the congregation walks under the structure representing going down into the tomb with Jesus and appears coming up on the other side which represents being risen with Him.



Special decorated eggs are given to the worshippers after the Easter Sunday service as a sign of new life. Early Christians used eggs as a symbol of the regeneration of life in Jesus.

Fond memories of Easter 1969

From Heather

I still have great memories of Easter 1969. I was still at school, and I think I had to ask for an extra day at the start of the school holiday to set off on an adventure to Belgium, Holland, Germany and France. This was a youth evangelism trip organised by the European Christian Mission. Each country presented different challenges and experiences. The pastor in Diest in Belgium had a church attendance of eight and much appreciated the encouragement of our visit. In Holland we stayed with a family in Hilversum whose two sons I had met the previous summer at an international youth camp in Devon.



We then travelled north to Groningen where this picture was taken. In both towns we had support from local Christians at various events. Hamburg was the next stop. We shared in the Easter Sunday services where they were used to rather formal and traditional

worship. We managed to get up in time for the earliest service at 6am!! We sang with more energy and enthusiasm at 10am including:

“He’s alive, He’s alive, He’s alive for evermore.

Jesus is risen from the dead!”

In France we met up with Trio Emmanuel, a newly formed Christian singing group, seeking to evangelise through music in French-speaking Europe. At the time it was the only one of its kind in France. We had the opportunity to sing not only in church but in local cafes and even at a fair ground. No surprise that this experience has stayed in my memory.



Give New Life – Give Blood

One of the few ways you can quite literally give life to another person is to donate blood.

I would guess that we all know someone who has benefited by having a blood transfusion. People I know have had:

30 pints of blood. After a serious operation they needed that much before they stabilized and made a full recovery.

A child with jaundice needed a transfusion to help them recover.

A person with sickle cell anaemia has had several transfusions that were life-saving.

Most people can give blood. The main criteria are:

- ✓ be generally fit and well
- ✓ be aged between 17 and 65
- ✓ weigh between 7 stone 12 lbs (50kg) and 25 stone (158kg)
- ✓ have suitable veins (we will check these before you donate)
- ✓ meet all donor eligibility criteria (we will check this with you before you donate)

There is more information on the Blood UK website at www.blood.co.uk

There are regular donation sessions locally – St Barnabas in Queens Square is the nearest.

If you used to give blood but have not donated for a while or have never donated before have a chat with me and I can come along with you for moral support.

Blood UK are particularly looking for people with Black heritage to become blood donors. The increased demand for some rare blood subtypes, such as Ro, that are more common in people of Black heritage means we need more Black people to become blood donors. Donors from Black heritage communities provide better matched blood to those who need it.

As a final encouragement: a pint of blood contains about 600 calories, so even with the free biscuits offered at the sessions you are still in credit with the day's calories.

*Literally you can give life to another person. The bit about people from Black heritage I lifted directly from the Blood UK website - they have a section on their home page asking for people with Black heritage to become donors. **Paul B.***

How to grow an Avocado

Paul B.

Did you know that you can grow an avocado plant from the seed of a shop bought fruit?

Very easy to do:

Be careful not to damage the seed when you cut open the avocado.

Gently remove the soft covering from the seed.

Place in a small 8cm pot of compost with the dot on the seed at the bottom. I covered the seed, but it will still grow if you leave the top above the compost.

I left the pot in the airing cupboard for about five weeks before it started to grow a shoot.

Water every few days so the compost remains moist, but not water logged.

Once the shoot was 15cm tall I placed the pot in the light during the day, but put it back in the airing cupboard overnight to keep it warm.

Within a couple of weeks leaves had started to grow.

Re-pot to a 15cm pot once the plant is 25cm tall.

Water lightly every day and protect from cold.

Avocados only grow above about 10C and cannot tolerate temperatures less than about 5C so I won't be putting the plant outside until June, and bring it back inside from September.

My plant is now 35cm tall and has four good sized leaves. What next? I wonder what does a Brazil nut tree look like....



J	O	S	E	Y	H	N	E	P	E	T	L	U	F	Y	O	J	E	R	M
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Y	W	M	A	R	E	Y	T	J	I	E	H	U	R	L	E	A	E	M	O
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P	R	A	S	B	O	G	K	R	I	M	P	C	H	R	I	S	T	F	O

Mag Wordsearch

AGAIN-ALIVE-ANGEL-BORN-CELEBRATE-CHRIST-DARKNESS-
 EASTER-GARDEN-HALLELUJAH-HEAVEN-JESUS-JOYFUL-
 LAZARUS-LIFE-LIGHT-MARY-MORNING-NEW-PRAISE-
 REBORN-RESURRECTION-RISEN-SHINE-SPRING-STONE-TOMB-
 TRANSFORMATION-WHITE-YES-

Some Recipes that didn't quite make it in time for February

Recipe for Long Term Contentment

My introduction to meditation was a short book written by a monk. This was "The Way of Unknowing" by John Main OSB. The first paragraph describes how to meditate:

"Sit down.

Sit still and upright.

Close your eyes lightly.

Sit relaxed but alert.

Silently, interiorly begin to say a single word. We recommend 'maranatha'.

Recite it as four syllables of equal length. Listen to it as you say it, gentle but continuously. Do not think or imagine anything – spiritual or otherwise.

If thoughts and images come, these are distractions at the time of meditation, so keep returning to simply saying the word.

Meditate each morning and evening for between twenty and thirty minutes”

That's it.

Recipe for a Two Minute Reset in a Busy Day

We all have days when we feel overwhelmed by how much we need to get done – the key word there is “feel”. So this recipe is to put you back in the driving seat of what you are doing, rather than feeling you are out of control (that “feel” word again).

The human mind can hold between four to eight topics at any time – If you exceed your capacity, you feel out of control. So I think of my brain as having eight trays that hold my thoughts, what I want to do is replace those over-active thoughts with something that is joyful – fluffy cats, beautiful flowers, still water. I imagine an empty desk (if you have seen my desk, you will understand...), use whatever is joyful to you.

Start with a deep breath (count of 4 as you breath in and 4 as you breath out) and silently say the number 9 as you breath out slowly.

At the same time imagine your most pressing thought being replaced with joy.

On the next breath count the number 8, and so on down to zero – I find the zero is important as it is signifying completion.

You're done and ready to go back to what you were doing – but now with a clear mind.

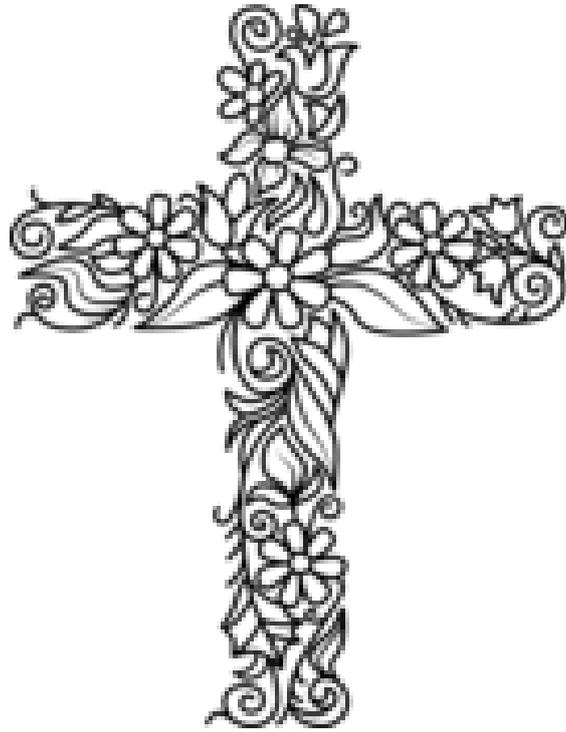
Recipe for a 10 Second Reset

Take a deep breath, counting to 4. Then release the breath slowly, again to a count of 4.

The main benefit of this is that it interrupts the “stimulus/knee jerk response” that has been a plague on humanity for all of history.

From Paul B

Colouring Page



Can you fill in the missing words?
Answers on the back page.

- 1 Jesus Christ is today. Hallelujah
- 2 Our holy day. Hallelujah
- 3 Who Once the cross. Hallelujah
- 4 to our Hallelujah

- 5 He's alive, and have been
- 6 He's alive and the has been
- 7 He's alive no longer has
- 8 For the grave is Jesus is alive

Do you know.....

- 1 The names of the two priests involved in Jesus' trial?
- 2 Who told Pilate to have nothing to do with Jesus' execution?
- 3 Who Jesus asked to look after His mother?
- 4 What happened to Jesus' clothes when He was on the cross?
- 5 Who went with spices to dress Jesus' body on the first day of the week?
- 6 Who reported Jesus' resurrection to the disciples?
- 7 Who were walking to Emmaus when Jesus joined them?

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Contacts

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Fill in the missing words answers.

1 risen 2 triumphant 3 did, upon 4 suffer, redeem, loss 5 death, hell, defeated
6 grave denied 7 sin dominion 8 empty

Do you know who.. answers

1.. Caiaphas and Annas 2. Pilate's wife 3 John 4 Roman soldiers played dice for them
5 Mary Magdalene, Joanna, Mary the mother of James and other women,
6 The women who went to the tomb first 7 there were two disciples. We only know the name of Cleopas.

Special Services in March

10th Mothering SundayAll Age Service

24th Palm Sunday.... Joint service at AFC

31st Easter Day ... All Age Service

**How great the Father's love
for us, how vast beyond all
measure**

**That He should give His
only Son to make a wretch
His treasure.**