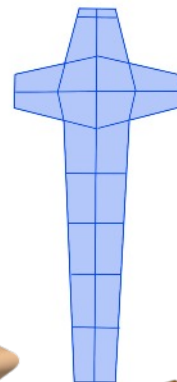


# ST ANDREW'S METHODIST CHURCH

The Stow, Harlow, CM20 3AF



Minister:  
Rev Dr Frank Okai-Sam  
[minister@standrewsharlow.org.uk](mailto:minister@standrewsharlow.org.uk)  
443400



**MAGAZINE**

**FEBRUARY & MARCH  
2025**

## MINISTERIAL TEAM LETTER

Rev Dr Frank Okai-Sam  
12 Harefield, Harlow, CM20 3EF  
Home: 443400  
Email: minister@standrewsharlow.org.uk

Rev John Buxton, M A (Cantab)  
15 The Drive, Harlow, CM20 3QD  
Home: 422661  
email: minister2@standrewsharlow.org.uk

Dear Friends,

For some people, last Christmas was a joy while for others, it was a moment of grief. In most of these situations, the new year brings a lot of uncertainties – family life, economic life, work and relationships.

I have been reflecting on the future for some time, and I'm reminded of a conversation Moses had with God in Exodus chapter 33 versus 12 to 17. It is as follows:

*Moses said to God, "Look, you tell me, 'Lead this people,' but you don't let me know whom you're going to send with me. You tell me, 'I know you well and you are special to me.' If I am so special to you, let me in on your plans. That way, I will continue being special to you. Don't forget, this is your people, your responsibility."*

*God said, "My presence will go with you. I'll see the journey to the end."*

*Moses said, "If your presence doesn't take the lead here, call this trip off right now. How else will it be known that you're with me in this, with me and your people? Are you travelling with us or not? How else will we know that we're special, I and your people, among all other people on this planet Earth?"*

*God said to Moses: "All right. Just as you say; this also I will do, for I know you well and you are special to me. I know you by name"*  
(The Message Bible)

I wonder how many of us would take the trouble to ask God for his leading in the year 2025. What made Moses special in the eyes of God was that he desired to know God's will for his life and for the people that he was leading. He wanted to be in God's plans. Moses was an ordinary person like any of us but his relationship with God made him special. He communicated through prayer and listened to God's words.

Interestingly, we can also depend on God for his leading in the coming year. He teaches us his will by the words of the scriptures, through people, through events and situations. All we need to do is to be sensitive to him and his Spirit. One of the things we can do is to pray to him frequently.

The year 2025 may be a year of uncertainties but you can overcome these uncertainties with trust. First 'trust in the Lord and lean not on your own understanding'. Trust that God will lead you into the year as an overcomer. Secondly, trust in yourself. You can move beyond and above all the negativity that surrounds you by trusting in your abilities, skills and talents. Thirdly, encourage others to trust God after you have overcome.

Happy New Year greetings and blessings to you.

Yours sincerely,  
Frank

## A PRAYER



Lord – as we notice more light in the lengthening days of this month, as we see the promise of the Spring in the bobbing heads of the beautiful snowdrops – help us most of all to recognise Jesus as our Light and to trust in Him as our Lord and Saviour.

Thank you, Lord, for the gift of each new day. In Jesus' name.

Amen.

*By Daphne Kitching*

## QUOTABLE QUOTES

### Observations on Love...

Marriage is more than finding the right person; it is being the right person. – Anon

'One plus one equals one' may not be an accurate mathematical concept, but it is an accurate description of God's intention for the marriage relationship. – Wayne Mack

Marriage is the ultimate invitation to growth in unselfishness. Living with another imperfect person pushes us to mature, mellow and master the art of relationship-enhancing self-denial.

UCB Word for Today

Our love for God is the root; our love for others is the fruit, expressed through patience, kindness, courtesy, humility, unselfishness, good temper, gentleness and sincerity.

UCB Word for Today

Even if it's a little, do something for which there is no pay, but the privilege of doing it.

Albert Schweitzer

Let us make God the beginning and end of our love, for He is the fountain from which all good things flow and into him alone they flowback. Let Him therefore be the beginning of our love. – Richard Rolle

When you routinely build little kindnesses into your marriage, they build the bond of trust and love between you. And your marriage partner is not a mind reader! So, whenever you think something nice about them, tell them. – Anon

=====

Look back, and remember He was with you. Stand still, and realise He is with you. Walk forward, and trust: He will be with you always. – Margaret Silf

Helping to keep a church open helps to keep the rumour of God alive for a fresh generation.

David Ford

Our prayers must mean something to us if they are to mean anything to God. – M D Babcock

God made man to be somebody – not just to have things. – Anon



## Aspects of Romantic Love

God obviously approves of romance – after all, putting Adam and Eve alone together in the Garden of Eden was His idea. And romance has been around ever since.

The history of the Israelites began with three great romances: Abraham and Sarah, Isaac and Rebekah, and Jacob and Rachel. The on-going history of Israel was deeply affected by later romances: Esther and King Xerxes, David's love affair with Bathsheba, and Solomon's marriage to hundreds of foreign wives. There is even an entire book in the Old Testament devoted to the love of a man and woman: the Song of Solomon!

When we reach the New Testament, we find real love between Joseph and Mary (even when Joseph thought Mary had been faithless, he did not want to harm her). St Paul, though himself a bachelor, nevertheless spent a lot of time urging Christians to love and be kind and faithful and considerate to their spouses. He even wrote 1 Corinthians 13 – the great love chapter that is read at millions of weddings worldwide 2000 years later.

*Part of an article for Valentines Day in Parish Pump*

## John Herbert Spencer

*31<sup>st</sup> August 1930 - 29<sup>th</sup> November 2024*

**John** passed away at home on Friday morning, 29<sup>th</sup> November, aged 94.



We are thankful to John for his contributions to Church work at St. Andrew's. He served as our Treasurer for decades before his position was passed onto Joe-Ike Impraim in 2005. He also served as Church Auditor for several years. John and Barabara shared with us their fellowship in many church activities. They are blessed with four sons and many grandchildren.

John was a keen railway engine enthusiast. He devoted many of his retirement years participating in key events and exhibitions, and made many friends with similar interests.

John will be dearly missed with much fond memories by his family and friends. Our thoughts and prayers are with Barabara and his family.

## WE REMEMBER THOSE WHO HAVE DIED

Rev Jim Gill who died 1<sup>st</sup> February 2009

Rev Harold Fisher who died 28<sup>th</sup> February 2012

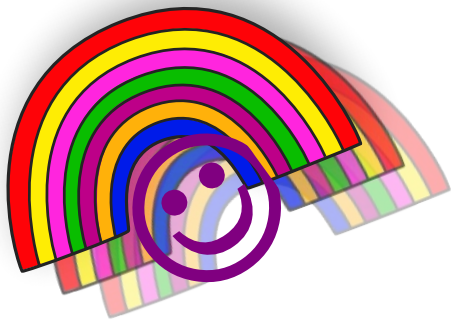
Beti Evans who died 11<sup>th</sup> March 2013

John Allbutt who died 11<sup>th</sup> February 2018

Jeanne Ashpole who died 15<sup>th</sup> February 2019

Elsie Steel who died 15<sup>th</sup> March 2021

**Our thoughts are with their families at this time.**



With thanks to Parish Pump for this page and other contributions in the



On Sunday after the church service, a woman told the minister that when she had sent her husband to buy a cabbage for lunch, he had fallen and broken his leg. "That's terrible!" said the minister. "What did you do?"

"I opened a can of peas," she replied.

### Why universities would never give God a PhD

He has had only one major publication, and it wasn't even in English.

It had no references.

It wasn't published in a refereed journal.

Some even doubt He wrote it by Himself.

Okay, He created the world, but what has He done since then?

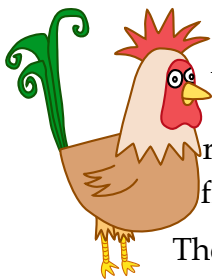
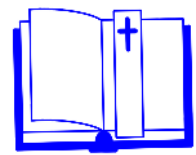
The scientific community has had a hard time replicating any of His results.

He never applied to the ethics board for permission to use human subjects.

He rarely came to class, just told students to read the book.

Some say He had His son stand in for Him, to teach the class.

He set only 10 requirements, but still all of His students have failed the exam.



A minister in a rural church had been having trouble with the collections. One Sunday he announced, "Now, before we pass the collection plate, I would like to request that the person who stole the chickens from our local farm please refrain from giving any money to the Lord. The Lord doesn't want money from a thief!"

The collection plate was passed around and for the first time in months, everybody gave!

A young theologian, fresh out of university, thought it would help him better understand the world if he served as a policeman before going on for ordination. At the police interview he was asked: "What would you do to disperse a frenzied crowd?"

He promptly responded, "I would pass around an offering plate." He got the job.



After 40 years of living in various damp and cold vicarages, we retired and were finally able to move into our own home. It took several weeks to settle in, but then we were nearly done – just waiting for the arrival of the new settee and chairs.

As the delivery truck pulled into the driveway, I hastened to welcome it. "Finally!" I exclaimed, flinging open the front door. "I've been waiting for years for this!"

"Don't blame me, lady," he retorted. "I only got the order this morning!"



## **BIBLE READING - Psalm 22: 1-5. The Passion Bible TPT**

God, my God! Why would you abandon me now? Why do you remain distant, refusing to answer my tearful cries in the day and my desperate cries for your help in the night?

I can't stop sobbing. Where are you, my God? Yet I know that you are most holy. You are God-Enthroned, the praise of Israel.

Our fathers' faith was in you - through the generations they trusted in you and you came through.

Every time they cried out to you in their despair, you were faithful to deliver them; you didn't disappoint them.

## **ANSWERS TO CHRISTMAS BIBLE ANAGRAMS**

Aceefiknnnrs (Frankincense)      English Tint (Silent Night)      Helmet Heb (Bethlehem)  
Joly Wet Hotrod (Joy to the world)      Ghiinns Arst (shining star)      Sew Mine (Wise Men)  
Thai Vinyl Toy (Holy nativity)      Tiresome Charts (O Christmas Tree)      Thy Hog Lion (O Holy Night)

Dr She Hep (shepherd)      Hackled Shelt (Deck the Halls)      Worms theft annoy (Frosty the Snowman)

Find the odd one out – Frosty the Snowman (we don't have him in carol services)

Congratulations to Margaret T for getting them all correct.



All updates on church information are on our  
**CHURCH WEBSITE** [www.standrewsharlow.org.uk](http://www.standrewsharlow.org.uk)

What you see may be an old version, press the F5 key to refresh.

**We are part of HAEBEC  
(Herts and Essex Border Circuit)**

**We are also part of  
Herts and Essex Border Ecumenical  
Partnership**

**ST ANDREW'S  
FACEBOOK PAGE**  
If you use FACEBOOK do look at our  
page,  
updated by Joanne regularly.  
Just search for St Andrew's Methodist  
Church on FB

# EDITOR'S LETTER

Dear Friends,



With Lent beginning on 5<sup>th</sup> March, I've been reading a book by Paul Mallard called *An Anchor for the Soul*. The whole slim book is based on Psalm 22. This Psalm seems to describe Christ's crucifixion. But King David wrote it almost 500 years before this barbaric form of torture and death had been invented. And David lived over one thousand years before Jesus died on the cross.

Paul Mallard was a teacher in the days when RE included the teaching of the Gospels. Each year before Easter, he would print out Psalm 22 for each of his class of thirteen and fourteen year olds, but without any reference to where it came from or who wrote it. He posed three questions to the class, What is it about? When do you think it was written and who do you think wrote it? Over the five years of teaching RE he got very similar answers.

1. It's about Jesus dying on the cross.
2. They all agreed it was written after Good Friday, some thought immediately, and the rest between five and fifty years after Jesus' death.
3. Most had no idea who wrote it but some suggested Peter, Paul or John.

Do read the Psalm for yourself, it's only 31 verses, and discover anew one of the amazing things about the Bible. The Holy Spirit enabled people to write surprising, unimaginable things.

I have been going to church all my life, so over the years the ignominy and shame of crucifixion has dulled in my mind. The amazing thing Christ did had remained with me, which the book also emphasises, but it reminded me just how awful this death was. Under the law of Moses, any Jew who was executed was displayed to indicate that the person was under the curse of God. It was decreed that Roman citizens should not even hear the word 'cross'. So the early Christians, preaching about a crucified Saviour, sometimes did so in fear and trembling. It was only with the Holy Spirit's help that they could boldly go to Jews and Gentiles, and preach Christ crucified.

St Paul says, in 1 Corinthians 1: 22-23 'For indeed Jews ask for signs and Greeks search for wisdom: but we preach Christ crucified, to Jews a stumbling block and to Gentiles foolishness, ...'

Verse 27 of psalm 22 says: 'All the ends of the earth will remember and turn to the Lord, and all the families of the nations will worship before You.'

We at St Andrew's are one of the families of the nations and we worship Jesus Christ, our Lord and Saviour. This Psalm looks forward to the end of time as well as describing an event in history which happened over 2000 years ago.

I recommend this book as a meditation before Easter: *An Anchor for the Soul* by Paul Mallard, ISBN: 978-1-915705-33-4. Cost with postage, online around £6.80.

*Bill James, Principal of the London Seminary, commented on the book. "We are invited to reflect in a fresh way on Christ. More than that, we see that the sufferings and glory of Christ provide the keys to our own Christian life and experience. Spiritually refreshing!"*

Wishing you God's blessing,  
Hazel Taylor

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	3			2		7		

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### POP-IN PRAYERS

prayers in the chapel from 11 - 11.30 am.

On the 3<sup>rd</sup> Saturday each month

**15<sup>th</sup> February and 15<sup>th</sup> March**

### PRAYER WALK

**10-30 - 11.30am**

**Saturday 15<sup>th</sup> March**

**Praying around The Stow area.**

ALL WELCOME

ALL WELCOME



## **JAMES IN A PAGE by Arthur Revels**

The epistle of James is about Godly behaviour and Christian living. In this short epistle of five chapters, James managed to cram so much in. Although there are four James recorded in the New Testament, the author is believed to be James, the step brother of Jesus.

At one time James was sceptical about Jesus but later he became leader of the Jerusalem church and is mentioned in Acts 15. In a meeting with Paul and Barnabas, James concluded that it was not necessary to become a Jew to come to God. It was written to Jewish Christians who were dispersed throughout the Roman Empire.

The martyrdom of James is recorded by the secular historians. He was taken to the top of the temple and pushed off but survived (remember the temptation of Jesus), he was then stoned to death but did not die and finally killed by a blow to the head from a Roman soldier.

The key verse in this book is 2.18 :-

But someone will say, you have faith and I have works, show me your faith apart from your works and I will show you my faith by my works.

Faith without works is dead. We are not saved by following the law but by grace, a free gift of salvation to those who believe and repent. Salvation cannot be earned by good works but only through the suffering of Jesus on the cross. But we need to demonstrate our faith by our works. Unless we demonstrate our faith by our good works, our faith is meaningless. If we have Jesus truly in our hearts good works will automatically follow.

James also stresses that we should be doers of the word not just hearers (verse 1.22). Our Christian living should be based on the teaching of Jesus. We need to act on the word of God and in all aspects of life follow Jesus. There is a saying that a bible falling to bits belongs to somebody who is not falling to bits. It is a book to be cherished and studied to change our lifestyles.

James considers the human tongue needs taming. There are so many arguments that are caused by remarks made from our tongues. We need to be careful what we say and avoid gossip. The latter has been the cause of disagreements and splits in many churches. To quote James 'for every kind of beast and bird, of reptile and sea creature can be tamed and has been tamed by mankind but no human being can tame the tongue. It is a restless evil, full of deadly poison' (4. 7 – 8). One of my personal hates is bad language and the use of a certain four letter word which appears to be acceptable in broadcasts – but not by me.

James has much more to say about patience, not to discriminate between rich and poor or judge a person by what a person is wearing, gives a warning to the rich and the dangers of worldliness. It is a book that requires careful study and reflection and applied to our lives today. Please read it for yourself.

I love what Vernon McGee says in his commentary on James : 'The world today is not reading the bible but they are reading you and me. Someone has expressed it poetically –

The gospel is written a chapter a day,  
By deeds that you do and words that you say,  
Men read what you say – whether faithless or true,  
Say what is the gospel to you? '

**The WORLD DAY OF PRAYER is on Friday 7<sup>th</sup> March 2025.**

**The women of the Cook Islands have produced it this year,  
based on psalm 139:14 - 'I made you wonderful'.**

*[I haven't been able to find a church in or near Harlow that is advertising a service.]*

SOLUTION  
TO PUZZLE  
ON PAGE 7

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1	3	5	8	2	4	7	6	9

Pancake day  
Tuesday  
4th March



**SPUD & PUD LUNCHES**  
**Saturdays - 15<sup>th</sup> February**  
**and 15<sup>th</sup> March**  
**at 12 noon.**  
**Cost = £5.**  
**Please book.**



## **PRAYER FOR 2025**

### **BY ESLIE OKYERE OF YOUTH CHURCH**

Dear Lord,

We thank you for showing mercy on us when we didn't deserve it. We are grateful that you gave us the skill of being literate and are able to read about your only Son, what he did for us and your words of wisdom. You said that Jesus sweat blood when he knew he would be crucified. We want you to know that we are honoured to be saved, and in return, we will walk in the spirit all the days of our lives.

Although you have already forgiven our sins, we would like to repent and turn away from temptation by your grace. We pray that in the future, the Holy Spirit convicts us and reminds us who we are living for.

We ask that you help us stay and keep our eyes on the right path as we form a strong connection with you and gain confidence to spread your word as Jesus said, "if anyone is ashamed of me and my teaching, then I will be ashamed of him" ( Luke 9: 26).

When the time comes, Lord, show us your light in the darkest moments and help us overcome the desires of the flesh, filling us with the Holy Spirit. We ask that you call us when we are lost. In Jesus name we pray. Amen.



**PLEASE NOTE:**

We still need help on the  
1<sup>st</sup> and 5<sup>th</sup> Sundays each  
month.

# SUNDAY COFFEE

## Sunday Coffee - Alison Brand

week 1	Gay Brown & helper needed
week 2	Margaret T. & Maureen Etchells
week 3	Hazel Taylor & Jayne Graham-Mensah
week 4	Alison Brand & Louise
week 5	Margery Collier & helper needed

## STARS

Each Tuesday in term time @ 10am

Contact: Alison Brand



First Tuesday	Gay Brown
Second Tuesday	CAN YOU HELP?
Third Tuesday	Gay Brown
Fourth Tuesday	CAN YOU HELP?

HELPERS

Flower  
Rota

Thank you to those who have signed up to provide  
flowers in church.

There are some dates still to cover from Easter Day, 20<sup>th</sup> April on.  
CAN YOU HELP?

## FEBRUARY

2<sup>nd</sup> Margaret Torkildsen  
16<sup>th</sup> Margaret Mountsteven



## MARCH

2<sup>nd</sup> Vaughn Mojzes  
16<sup>th</sup> Yvonne Jones  
30<sup>th</sup> Margaret Torkildsen

**Flowers: contact Margaret Mountsteven  
or Hazel**

Please let one of the above have the money and any colour preferences  
**two weeks** before your flower date.

# FEBRUARY DIARY

**Our Sunday service  
is also on ZOOM**

**YOUTH CHURCH**  
**Sunday 10.30am**

## BIBLE STUDIES

MONDAY - Eat your lunch as you share in a Bible discussion.

IN THE CHAPEL, led by Rev Frank.

TUESDAY - 7.30pm - Led by Fred Arthur, IN THE CHAPEL - studying Isaiah.

THURSDAY - 12 NOON - ON ZOOM - led by Arthur Revels - studying Colossians.

THURSDAY - 7.30pm - Led by Fred Arthur. ON ZOOM, studying 1 & 2 Timothy.

**FEBRUARY**

**FEBRUARY**

SUNDAY	2 <sup>nd</sup> 10.30am	Morning Worship and Holy Communion Rev Dr Frank Okai-Sam
	12.30pm	Church Council Meeting
SUNDAY	9 <sup>th</sup> 10.30am	Morning Worship - Rev John Buxton
Saturday	15 <sup>th</sup> 11.00am	Pop-in Prayers
	12 noon	Spud & Pud - £5 - please book your place
SUNDAY	16 <sup>th</sup> 10.30am	Morning Worship - Mr Fred Arthur
Monday	17 <sup>th</sup> 7.30pm	Church Leadership Team ZOOM
Thursday	20 <sup>th</sup> 12.30pm	<i>Friendship Group at the home of Hazel in Ladyshot</i>
SUNDAY	23 <sup>rd</sup> 10.30am	Morning Worship - All Age Worship
	12.15pm	St Andrew's Ghanaian Methodist Fellowship

### **DEADLINE FOR NEXT MAGAZINE -**

Paper copy by Sunday 16<sup>th</sup> March, email copy by  
Wednesday 19<sup>th</sup> March, to [magazine@standrewsharlow.org.uk](mailto:magazine@standrewsharlow.org.uk)



**YOUTH CHURCH**  
**Sunday 10.30am**

**MARCH**  
**DIARY**

## **BIBLE STUDIES**

MONDAY - 12 NOON Eat your lunch as you share in a Bible discussion.

IN THE CHAPEL, led by Rev Frank

TUESDAY - 7.30pm - Led by Fred Arthur, IN THE CHAPEL. We continue in Isaiah.

THURSDAY - 12 NOON - ON ZOOM - led by Arthur Revels, 1 and 2 Thessalonians.

THURSDAY - 7.30pm - Led by Fred Arthur. ON ZOOM, studying 1 & 2 Timothy.

**MARCH**

**MARCH**

SUNDAY	2 <sup>nd</sup>	10.30am	Morning Worship with Holy Communion - TBA
Wednesday	5 <sup>th</sup>		<b>THE BEGINNING OF LENT</b>
SUNDAY	9 <sup>th</sup>	10.30am	Morning Worship - TBA
Monday	10 <sup>th</sup>	7.30pm	Church Leadership Team on ZOOM
Saturday	15 <sup>th</sup>	10.30am	Prayer Walk led by Rev Frank - all welcome
		11.00am	Pop in Prayer
		12noon	Spud & Pud - <i>please book</i>
SUNDAY	16 <sup>th</sup>	10.30am	Morning Worship - TBA
Thursday	20 <sup>th</sup>	12.30pm	Friendship Group at the home of Margaret T in East Park
SUNDAY	23 <sup>th</sup>	10.30am	Morning Worship - TBA
Monday	24 <sup>th</sup>	7.30pm	Church Leadership Team on ZOOM
SUNDAY	30 <sup>th</sup>	10.30am	Morning Worship on Mothering Sunday - TBA
		12.15pm	St Andrew's Ghanaian Methodist Fellowship
Monday	31 <sup>st</sup>	7.30pm	Church Leadership Team on ZOOM

### **FUTURE DATES FOR YOUR DIARY**

CHURCH Council Meeting  
Sunday 6<sup>th</sup> July @ **12.30pm**  
The times in **BOLD** have been  
changed.

17<sup>th</sup> April @ 6.00pm  
18<sup>th</sup> April @ 10.30am  
20<sup>th</sup> April @ 10.30am  
11<sup>th</sup> May @ 12.00pm  
18<sup>th</sup> May @ **12.30pm**

Maundy Thursday Service  
Good Friday Service  
Easter Sunday Service  
Christian Aid Week Lunch  
Annual Church Meeting

CHURCH Leadership Team on Zoom - Mondays at 7.30pm -  
28<sup>th</sup> April; 12<sup>th</sup> May = in church; 2<sup>nd</sup> June; 23<sup>rd</sup> June; 21<sup>st</sup> July; 11<sup>th</sup> August = Get Together.