

WELCOME TO

**AYLESBURY METHODIST CHURCH**

Minister: Rev Richard Atkinson

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**Sunday 6<sup>th</sup> October 2024**

**This Church is God's house.**  
God loves and welcomes you  
whoever you are, whatever  
your age, gender, mental  
health, physical ability, race,  
sexuality or financial situation.  
You are welcome here,  
whatever your circumstances;  
however much or little you  
wish to engage; whatever you  
feel about faith.

**10.30am: Service of Holy Communion  
led by Rev Richard Atkinson.**

If you are visiting our Church for the first time, do introduce yourself to one of our stewards, who, today, are Frances Aylen and Elaine Hope.

**Please join us in the Hall after the service for tea, coffee, and a biscuit.**

The words of the hymns are projected at the front of the Church.  
If you would like to have a hymnbook for the service, please ask.

Hymns	StF 319 363 14 345 576 407
Readings	Hebrews 1: 1-4 Mark 10: 13-16
Organist	Derrick Matthews
Streaming	To safeguard children and any vulnerable adults, our live-streamed services will not show the congregation.

If your little ones (up to age 3) become restless during services, you are welcome to take them into the creche room in the Welcome Area to play. The service can be heard from there.

**All children MUST be accompanied by an ADULT.**



**The flowers this week are for Tony Noble (Gramps) and Pauline's parents, with lots of happy memories - from Pauline, the girls and grandchildren.**

**There will be a retiring collection for the Benevolent Fund after the service this morning. The collecting bowls will be clearly marked.**



**This Wednesday 9th October** will be Lunch Club. We will be serving up cottage pie at 12.30pm and all are very welcome for just a small donation. To help us know how much to make if you are coming, please add your name to the list in the back coffee bar **TODAY**, or give Gill a call on 01296 748659. See you there.



**SHOEBOX APPEAL.** Many of you have picked up a Link to Hope shoebox form and some have been very generous with donations of money. *The last date for me to receive boxes is the 8<sup>th</sup> November* so that they are with me in time for the van to come and collect them from my house. I am on holiday from 25<sup>th</sup> October till 1<sup>st</sup> November but you can leave any filled shoeboxes in the office while I am away. There is still plenty of time, so if you haven't picked up a leaflet yet, there are still some available in the Welcome Space. Happy shoebox filling. Margaret Miskin.



Our next Messy Church is **NEXT Saturday 12<sup>th</sup> October** from 3.45pm till 6.00pm. The theme is LOVE GOD. To reserve your place, please send an email to [amc22messychurch@gmail.com](mailto:amc22messychurch@gmail.com) Do come along and join in the fun, activities and food. Margaret Miskin.

**ELLESBOROUGH SILVER BAND AUTUMN CONCERT.**

An afternoon of live music from stage and screen on

**Saturday 12th October 3:00 - 5:00pm at The Church on Fairford Leys,**

Hampden Square, Fairford Leys, Aylesbury HP19 7HT.

**No ticket required** - donations at the door to support the Karibuni Children charity and the band.

Refreshments and Karibuni merchandise available in the interval.



Karibuni Children

**MISSING:** A clamp belonging to Potter's House Church has been removed from the office table between Saturday 28<sup>th</sup> and Sunday 29<sup>th</sup> September. If you have placed it elsewhere, please would you let me know, or simply leave it on the office table. Many thanks. Shirley.

**SOS. 12<sup>th</sup> October 2024 at 7.30pm:** at the home of Frances and Nick Ayles, Tel 583380. We invite you to bring with you your comfort food (it's what you long for when abroad or when you need your spirits raised), and share your best food memories with us

*SOS are a group of people, some regular church-goers, others who are not - it makes no difference - all are welcome. Meeting together at each other's homes and sharing a Faith Supper; sometimes there's a theme to base food around, other times not. The evenings usually start at 7.30pm and finish when the last person goes home. All you need to do is to call the host to say that you're coming.*

**Heating.** The heating system in the church has failed and there is no heating available for the whole building. We await an engineer to replace faulty items. It may take a week or two.  
Church Maintenance Group.

**HARVEST:** A big thank you on behalf of Whitechapel Mission for all the wonderful donations last weekend; they were collected and safely delivered to the Mission on Monday. I want to thank everyone for what they did before and after the service collecting and packing up the items, and a special thank you to Derek Bernstone for moving all the goods to the foyer and loading the trailer. Someone contacted me after Monday as they missed Sunday; they will be giving me some money. If anyone else missed giving, I can accept money which I can take when I go to the mission next month. Thank You, Ruth Watkins.



**Whitechapel  
Mission**



## YOUNG PEOPLE

Dear All,

This Sunday, 6 October, our Circuit Prayers focus on our Young People.

Liz from Chinnor has spent a lifetime working with and for young people, and she shares some thoughts with us on that work.

Please pray for our youngsters and for those who work with them, that these young people may, from early years, be given an understanding of the love and power of a life lived with Jesus.

Pete.

*Young people throughout the circuit have been supported by youth workers and church members for many years in the past, for which we give thanks.*

*In Chinnor, for example, there have been Holiday Clubs, Sunday School, Youth Club, Activity Club for 7-11s, and under 5s group Tots and Toys. The latter two are still running regularly. However, those staffing them are aging and are less able to contribute as much as they did in the past.*

*Let us pray for the upcoming appointment of a Circuit Youth worker, and for greater community and joint church involvement in groups in both Chinnor and other churches in the Circuit, enabling them to be of service to the youngsters and showing them Christianity in action.*

Liz.

## **Derek Treks Britain (continued)**

### **Leg 8, Day 8. Thursday 26th September**

Another early start today for our intrepid hero. Up and out by 7.15am. He visited the RNLI Station at Port Askaig - no volunteers about - too early, of course. Then he set off both walking and thumbing, anxious to get to the Kennacraig ferry port on time for the 10.00 ferry which would take him to Port Ellen at the southern end of Islay. I believe that he said by then it had started

to rain, and it continued to rain, more or less for the rest of the day. A few miles on, and a car pulled up to offer him a lift.

It was Lesley and John inside, who happened to be also heading for the ferry. Derek had received the message that Sarah from Caledonian McBrayne, who had so kindly provided him with free ferry passage for this



Leg of his journey, had said that it would be nice to have a couple of photos of Derek with some of the Staff.

Derek boarded as a foot passenger while Lesley and John drove on in their car. In no time Derek had met up with Mark, the Head Steward, who in turn introduced him to Mark, the Captain, and Mark the Second Officer.

I think we can say "Full Marks" to the Finnlagen Glasgow for her Captain and Crew!

Derek was given a warm welcome, and VIP treatment, being shown the Bridge and array of controls.

Thankfully they didn't offer him a turn at the helm tho'. Maybe it was his resemblance to Uncle Albert?

Photos were duly taken, and Lesley and John found Derek again, and they all enjoyed the hospitality offered.

With great views during the crossing, they soon arrived at Port Ellen

Derek had been forewarned that the Hostel at Port Charlotte was full for the night, so his quest to find alternative accommodation began.

He spotted a little hotel and enquired the price for a single room for the night, it was £250. 😞

The search continued, but even the most humble B&B were requiring £200.

Derek's only alternative was to retrace his steps and spend his third night at the Argyll Backpackers, where he was sure of a warm welcome, a comfortable bed, clean facilities, and everything he needed for a far more modest budget.

The only question was 'How was he going to get back there?'

It had been raining pretty steadily throughout the day, there was virtually no traffic for him to hitch a ride, and I think, from the sound of things, his usual exuberance may have dimmed a little. Then he saw a young lady waiting at a bus stop, so he went to ask her about the bus service. There was a bus due in 40 mins, and when it arrived he asked the driver if he had any suggestions for reasonable accommodation.

He recommended getting off at Brogmore (at least somewhere that sounds like that). It was a very nice little place, I am told, but no suitable accommodation, again, nothing less than £200.

Spotting a little family run cafe Derek went inside both for refreshment, and some local knowledge. He was told that the prices were so high because of all the American visitors who came over for the distillery tours.



Having ascertained where the bus stop was, Derek went on his way again. He was quickly stopped by Brit, the 17-year-old son of the shop/cafe owner.

Now the proud owner of his first car, Brit kindly insisted on driving Derek to a different bus stop. One that was nearer to his destination, and one that it would be easier and safer to hitch from.

Already waiting at this bus stop was Mairi, who was also heading back to the ferry. She had parked her car before catching the ferry, and was offering Derek a lift to the Backpackers when once back on dry land. Mairi also advised Derek that some of the timetables had changed for the winter, and that there would now be only one ferry each week to Colonsa ..... and that sailed yesterday! Mairi was as good as her word and gave the Old Boy a lift back to the Argyll Backpackers where Pam laughed aloud to see him return, saying "Will I never get rid of you??"

The photos show: Askaig RNLI, Kennacraig Port, and The Bowmore Distillery, Islay (I have no idea why, but it looks strangely familiar!)



### **Leg 8, Day 9. Friday 27<sup>th</sup> September**

A day in Oban today - he started by visiting Wetherspoons for breakfast, then headed to the RNLI station, to be told that they were packing their bits up and heading to an Emergency Services Open Day at the local fire station! Of course he tagged along, and met many local people, listening to the Oban High School Pipe Band, and watching the Fire Service demonstrate not only what happens when you throw water on a chip fan fire (hint - don't), and how to go about cutting someone out of a car wreck and getting them on a stretcher and



into the ambulance! He had a good chat with many people, including of the course the RNLI folk. It was 'belting down' when the Open Day finished, so he sweet-talked a family into giving him a lift into town / the father was Polish and the mother was Slovak, so Ahoj from me! He's now back at the Argyll Backpackers, with his new friend Jana, enjoying a hot chocolate and planning on walking to a spot

with a beautiful vista along the coast tomorrow! He's hoping to visit McKaya Folly, a similar story to that of the West Wycombe caves, which are not too far from us in Aylesbury. Love to all - keep donating, please!



### **Leg 8, Day 10. Saturday 28<sup>th</sup> September**

A day of meeting multiple nationalities today, as the Old Fella started off at the Oban Backpackers Hostel (again). He started off to Lochgilpied, and was saved from a dodgy bit of road to be walking / hitching on, by kind driver Leon, who gave him a lift to Kilmartin - thank you Leon!

Arriving at Kilmartin, the local church (see photos) was rather busy with a funeral service. Sadly, the hearses were on the spot that would have been perfect to hitch from, so our intrepid explorer caught a bus to Oban, and will 'back-stitch' later. Said local church has some of the oldest gravestones in Scotland (and soon, it seems, one of the newest).



The plan for tomorrow is to make contact with some RNLI stations to arrange visits, and to do some back-stitching to cover areas missed today. (Back stitching is a term we use for when he gets a bus or a lift for him and his kit to get to the next digs - it's a heavy bag - and then he travels back to cover the land he previously bussed over. Like doing back stitch, see? Forward on a bus, back on a bus, forward on foot, or forward on a bus, back by foot and then forward by a lift!)

He has had a bit of rain, but nothing like the deluges in England, thankfully. He has met Australians, Americans, Germans and more - so if any of you have joined to read his tales, give us a wave!

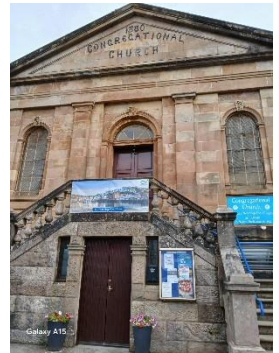
Early night tonight, more walking due tomorrow!

### **Leg 8, Day 11. Sunday 29<sup>th</sup> September**

A day in and around Oban today, and, as usual, if he can on a Sunday, Derek headed to a local church. On this occasion a Congregational church in Oban where he was welcomed by Gary - one of the church deacons (pictured) - he enjoyed the service and tea and cakes afterwards to set him up for getting a few more



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(pictured) - he enjoyed the service and tea and cakes afterwards to set him up for getting a few more

miles covered!

After spending time at the services day yesterday, he got lots of recognition around the town today with beeps and hellos!

He made his way up to McCaig's Tower today; quite a bit of height



gain but was rewarded with some nice views across Oban bay (spot the Caledonian MacBrayne ferry in the picture too, he will be back with them tomorrow).

T'nternet tells me that, "McCaig's Tower is a prominent landmark in





the resort town of Oban in Argyll on Scotland's west coast.

Built in 1897 by local banker John Stuart McCaig, the aim of the tower was to provide work for local stonemasons and a lasting monument to the McCaig family.

The climb from the town centre to McCaig's Tower is well worth the effort when faced with the spectacular views across Oban Bay to the Atlantic Islands. The gardens inside the tower are well maintained and are a peaceful escape from the hustle and bustle of town life in Oban."

Quite the philanthropist, McCaig would offer work to masons and other labourers who were otherwise unemployed, so the tower took a while to compete. A project manager's nightmare! 😊



Update: sorry, I forgot this part! Extra picture here to show the Glaswegians and Singaporeans he met at the top of the 140+ step walk up to the tower! This could almost be a caption competition, so I'll leave it to your imagination what they were laughing about! 😂

I'm not sure whereabouts on the scale of traditional Scottish fayre you would find 'haggis pizza', but our adventurous explorer added that to his culinary experiences today.

His fellow backpacker Jana (see yesterday's post) headed back to Munich this evening - we wish you well on your travels.

### **Leg 8, Day 12. Monday 30<sup>th</sup> September**

Derek spent his second night at the Oban Backpackers Hostel last night. Run by Jake, who does a splendid job, and is kept very busy from the sounds of it. The room Derek slept in has ten beds, a mixed dorm, and I believe he said it was fully occupied last night.

I can only imagine that he was not too popular then, when his phone rang at 7am! He quickly stepped outside of the room to take the call which was from his friend, Sister Pamela. He met Sister Pamela about 20 years ago on a sponsored trek for The Children's Society, in Peru.

She has retired to Bunessan on the Isle of Mull, and is kindly putting him up - or should that be 'putting up with him?' tonight and tomorrow night.

Derek tiptoed back to the dorm, only for his phone to go off again at 7.20.

This time it was Tom from Northampton Radio calling. Annabel Amos, who presents the early morning show has taken a lot of interest in the Trek, and has even managed to get him a couple of lifts by appealing to listeners. Derek has been interviewed a few times now, but this was the first time actually during the trek.

Derek grabbed his boots and what clothes he could, to speak to Annabel outside. He spoke to her from the sea front at Oban Bay. Largely dressed, but minus one sock! Do please listen to the link that Derek's brother, Norman, has shared - <https://www.bbc.co.uk/sounds/play/poijpmqjd>. Derek is on about one hour 26 mins into the programme.

After speaking to Annabel, Derek had a bit of a rush around when he realised he had to be at the ferry for 8am for an 8.30 sailing, but first of all he had to find his sock, pack his bag, strip his bed and walk the half mile to the ferry! He made it, just 5 minutes late. The crossing to Mull lasted about an hour.

On the ferry were a group of student geologists from London Uni who were going to be travelling on to Iona to study the rock there, which is the oldest known rock in the world.

Derek got chatting to (one of?) the lecturers accompanying the group, who at one point expressed his pleasure that the group were all up and ready on time today, because apparently someone in the room had a phone call at 7am. 🤪.

The group had their own coach, with driver, and Derek was offered a lift with them once the ferry landed, to Bunessan, about an hour's drive. The coach driver drove the length of Bunessan, but Derek had not spotted Sister Pamela's house. The driver dropped him off at the edge of the

village, next to a large shrub - guess what was behind the shrubbery? Yes, of course, Sister Pamela's house.

So, not a lot of walking today. Just an enjoyable 'catch up' walk and talk with Sister Pamela and her lovely little dog, along the large sweep of beach looking out to sea and the Isle of Islay.





The photos today show Derek with Sister Pamela, and an old RNLI Lifeboat abandoned in a field on Mull, the view of the Isle of Islay.

There is a further photo showing hands at a loom and Derek has said



"these hands make 1740 ties a day". However, he didn't mention it when we spoke, so I cannot elaborate.

That's it for tonight, Folks. I wish you all a goodnight.

### **Leg 8, Day 13. Tuesday 1<sup>st</sup> October.**

Today, the Old Fella went across the Sound of Mull (after which someone should name their Wings tribute band) to Iona!! He met some lovely people while walking along the route to the abbey, including a couple from

Alberta. He spent a lot of time in and around the Abbey, enjoying the service which was being held while visitors wandered. Now, Saint Columba, as per Derek and I checked on Wikipedia:

"founded the important abbey on Iona, which became a dominant religious and political institution in the region for centuries". It's a beautiful place apparently, and if you want to read more about Saint Columba introducing his

(Protestant) Christianity from Scotland and St Augustine, landing on the Kent coast and introducing his slightly different (Roman

Catholic) Christianity from there, and how they spread and merged, and that a synod in the early 800s decided that both should agree to disagree, you're very welcome to!



He's a guest of Sister Pamela again tonight, the NOT retired nun (nuns don't retire, they just slow down a bit), and her dog Sibbi (whose name I have failed to find the meaning of, but may hear back from Dad before the 8pm curfew!)

Overall, a grand day, with good walking weather (warm but a bit of a breeze), and he is looking forward to heading to Tobermory tomorrow - the real world Ballamory!

In one of the photos, Sister Pamela stands by a memorial to Mary MacDonald, who wrote the song 'Bunessan', named after a place Dad either visited today or will visit tomorrow - I can't tell from my notes! Anyway, someone later added lyrics, and the tune is now known as Morning Has Broken! Familiar to fans of Cat Stevens, and to Neil from The Young Ones.

Wildlife spotted: white-tailed sea eagles, wheatears (birds apparently), stags, porpoises and / or dolphins, and seals!

Thanks to everyone for their generosity - especially those of you who have been with us for a while now and are repeat-donating 🍷



### **Leg 8, Day 14. Wednesday 2<sup>nd</sup> October.**

“What’s the story in Tobermory, wouldn’t you like to know!”

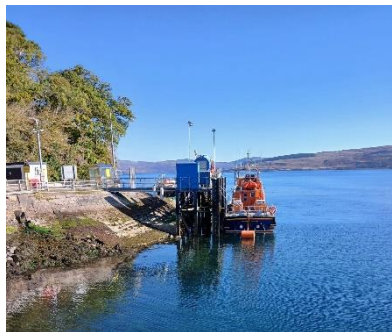
Well, my kids will know what I’m on about (Balamory), even if no-one else does!

I don’t know what it’s been like with you today, but here in Aylesbury it’s been grey, damp and a bit windy. Looking at the wanderer’s photos today, with yet more beautiful blue skies, I’m beginning to wonder if he’s mastered PhotoShop or something!



This morning Derek bid farewell to his old friend and host Sister Pamela and her dog Sibbi, before walking a few more miles on Mull and the occasional lift (thanks to coastguard Andrew) including a visit to Tobermory.

On his walk first thing, he could see across to Staffa, an uninhabited island that is home to Fingal's Cave, named after the eponymous hero of an epic poem by 18th century Scots poet-historian James Macpherson. In Irish mythology, the hero Fingal is known as Fionn mac Cumhaill, and it is suggested that Macpherson rendered the name as Fingal (meaning 'white stranger') through a misunderstanding of the name which in old Gaelic would appear as 'Finn'. The legend of the Giant's Causeway has Finn (or Fionn) building the causeway between Ireland and Scotland.



Visiting Tobermory and its famous painted houses on the bay, he was pleased to find the RNLI station open and the usual warm welcome. That's another one off the list! Another ferry trip today where he was invited to the bridge and met Captain Shaun and 2nd Driver Hayley. Another shout out for the lovely staff of Caledonian McBryne who have been absolutely brilliant. He's often greeted by "Are you

Derek?," so the word is definitely out!

Ferry back to Oban this afternoon and he's all set up for a night at the Oban Backpackers Hostel again, after a warm welcome from host Jake.

Tomorrow, a long ferry trip to Barra, his first taste of the Outer Hebrides.

### **Leg 8, Day 15. Thursday 3<sup>rd</sup> October.**

Derek started today with a final walk around the coast north of Oban. He passed Dunollie Castle, ancestral home of the Clan MacDougal. He walked past ruined remains of dwellings reflecting The Clearances, when landlords forcibly evicted their tenants from 1750. This was for them to increase their income.



Derek returned to the Corryvreckan, better known as Oban's 'Wetherspools', for a hearty breakfast.

Philipe and Josh took photos of him with the staff, to send to their

Head Office in the hopes that they may appear in the next Wetherspoon publication.

On then to the RNLI Shop to bid farewell to the volunteers there before boarding the Caledonian McBrayne MV (motor vessel) Isle of Lewis. Derek was welcomed onboard by Captain Stewart, a fellow parachute enthusiast, Derek, Catering Manager and the rest of the, as always friendly, Crew.

Derek gave one of his impromptu history lessons when he learnt that Captain Stewart comes from Weymouth. Apparently, the Black Death came to England via Weymouth. A merchant ship from Bordeaux, bearing fabric and wine, sailed into the port at Weymouth, and rats, bearing the plague, were contained within the fabric that was unloaded, thus introducing the Plague to England.

It is a 6-hour crossing from Oban out on the Atlantic to Barra. During this time Derek was given a splendid lunch. Caledonian MacBrayne (Calmac) are certainly doing him proud.

I think the sea developed a bit of a swell, and by the time they arrived at Barra, there was some doubt being expressed as to whether there will be any sailings tomorrow.



Derek describes Barra as having few trees and lots of wind.

Let us see what tomorrow brings for our Traveller.

***Just to remind everyone of the fundraising Derek is trying to achieve: £10,000 to be divided across his chosen three charities: RNLI (Royal National Lifeboat Institution), BHF (British Heart Foundation) and CRUK (Cancer Research UK).***

***Any donation to get him closer to his target is very much appreciated.***

**<https://justgiving.com/team/DEREKtreksBRITAIN>**

**or donations can be given direct to Derek's wife, Sue.**



## Choose the right attitude

*'Think on these things...and the God of peace shall be with you.'*

Philippians 4:8-9 KJV

One author writes: 'Columbia researcher Sheena Iyengar has found that the average person makes about seventy conscious decisions every day. That's 25,550 decisions a year. Over seventy years, that's 1,788,500 decisions. Albert Camus said, "Life is a sum of all your choices." You put all those 1,788,500 choices together, that's who you are.

Victor Frankl was a brilliant doctor whom the Nazis imprisoned in a concentration camp. They took away his livelihood, confiscated his possessions, mocked his dignity, and killed his family. They locked him in a cell with no way out ... But he found a door that his guards did not know about: "Everything can be taken from a man but one thing: the last of the human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way."

**'He found that when his circumstances had closed every outer door to him, they revealed to him the doors that matter far more – the doors through which a soul can leave fear and enter into courage, leave hatred and enter into forgiveness, leave ignorance and enter into learning.**

He discovered that his guards were actually far more imprisoned – by cruelty and ignorance and foolish obedience to barbarism – than he was imprisoned by walls and barbed wire.

Some people learn this and become free; some never see it and live their lives as prisoners.'

The difference is in the door you choose or the attitude you choose. That's why Paul writes: 'Whatsoever things are true...honest...just...pure...lovely...of good report...think on these things' (v. 8). Today, choose the right attitude!

**Source:** *The Word for Today*, a daily devotional, produced free of charge by United Christian Broadcasters. For your regular quarterly copy write to UCB at:

**United Christian Broadcasters, Westport Road, Burslem, Stoke-on-Trent, ST6 4JF, or email [ucb@ucb.co.uk](mailto:ucb@ucb.co.uk) or telephone 01782 911 000.**

Or you can read them online at <https://www.ucb.co.uk/read> .

As a charity, UCB relies on donations, so a gift would be appreciated from time to time.

**Don't forget your donations for the Aylesbury Foodbank**

**Currently, the need is for donations of:** *UHT milk, tinned meat, fish & fruit. Sponge/rice puddings, small jars coffee, long life juices, pasta sauce, tinned meals (eg chilli, curries). Tinned soups, jam & spreads, as well as toiletries, together with washing up liquid & laundry detergent pods.*



**Prayer Requests.** If you have requests for people or situations to be included in the prayers, there is a Prayer Request folder in the display cabinet in the Welcome Space for you to write in, or you could let a steward know in advance.

**Our Prayer Group also meets on alternate Tuesdays, 10.45-12noon,** and are very happy to receive prayer requests. They would also welcome anyone who would like to join them. Please email Ruby: [rubydarku@hotmail.co.uk](mailto:rubydarku@hotmail.co.uk)



**Next Week**

<b>Mon</b>	7 Oct	6.00pm 6.30 - 8.00pm	Girls' Brigade Food Hub
<b>Tues</b>	8 Oct	10.45am 6.15pm	Prayer Group Boys' Brigade
<b>Wed</b>	9 Oct	12.30pm	Lunch Club
<b>Thurs</b>	10 Oct	10.00am From 12.45pm	Sunbeams Baby & Toddler Group Blood donor sessions
<b>Frid</b>	11 Oct	2.30pm	Friday Feathers – Badminton Club
<b>Sat</b>	12 Oct	3.45pm	Messy Church

**Sunday 13<sup>th</sup> October 2024**

**10.30am: Family Service led by Rev Richard Atkinson.**

<b>The designated fire officers are the Duty Stewards</b>
<b>First Aid boxes are located in each of the kitchens</b>
<b>Fire doors are not to be wedged open, except those fitted with Dorgard (Please ensure other doors close behind you after passing through</b>
<b>Duty Manager (Roger Kirk: 01296 415312 Mobile: 07484 392734)</b>