



Being oneself

Heather Smith *reflects on* Jeremiah 1:4-10

The prospect of public speaking is a common cause of anxiety, as are job interviews and exams. Jeremiah is a clear example of someone who doubts his ability. He is one in a long line of people who are chosen by God, who feel they can't do what's required of them. Moses resists God's request to speak to Pharaoh, while Jonah is not keen to confront the people of Nineveh.

When it comes to judging our own capabilities and limitations, we often think we're best placed to know what they are. We've lived with ourselves longer than anyone and we're intimately acquainted with all our bad points – and possibly our good. God begs to differ. "Before I formed you in the womb I knew you." It's quite hard to argue with that. Who can remember anything about themselves before they were even conceived? Other people often recognise what we're capable of when we

can't see it for ourselves. If other human beings can see more in us than we can, how much more can God?

Opportunities are God's way of helping us to be ourselves – the person God made. They may be challenging, but by grasping them we will find out who we really are. God has promised to be with us so we are always safe even if, like Jeremiah, we struggle to believe it. 🙏

Creator God, teach us to follow your lead and to take up the challenges we face, trusting in you to sustain us through our fear. Amen.

Make the most of the summer A spiritual spa

by Heather Smith

If you've ever visited a spa, you'll know that the point is to luxuriate in hot water, enjoy a relaxing massage or other treatment and perhaps indulge in a gentle swim, all punctuated by magazine reading by the pool and healthy food and drink. The aim is to take us out of the mundane to a higher place free from our usual stress, as the name of one particular spa in Berkshire – Nirvana – intends to

suggest. We reach the pinnacle of physical relaxation and the implication is that it takes us somewhere beyond just the physical.

And it might work – if you ditch the magazines and let your mind stray to thoughts of God. A relaxed body certainly makes it easier to focus. But perhaps the long days of summer are a good opportunity to create a spiritual spa. Spend a little time with the Bible and see if God shows you something new, enjoy some meditation and relaxed prayer. 🙏

“One should never initiate anything that he cannot saturate with prayer.”

Unknown

Walking with Rosie

by Gillian Cooper

The crowds are here, at our local seaside resort. The ice cream and fish-and-chip stalls are in full swing, and the town is buzzing. There are families on the beach, so for the moment dogs are denied the sand, limited to the rocks and stones. Rosie doesn't mind, so long as the café continues to serve dog ice cream.

The news from around the world is, as ever, full of death

and destruction, of hatred and despair. Yet here at the seaside, I see how little it takes to make people happy. Friends and family, an ice cream, a walk along the promenade, a souvenir from the shops, a go on the swings.

God gives us the capacity to enjoy ourselves and to create happiness for others. How can we seek God's forgiveness for the times we humans choose instead to cause grief and pain? 🙏

Blandford Methodist Church: Sunday 24th August

Good morning and welcome to our Morning Worship which is being led by Reverend Peter McNeill. The stewards today are Christine Lydford and Tina Wise. Thank you to Tina for the flowers. After the service, please join us in the hall for refreshments.

Dates for your diary:

Sunday 31 st August	10.45 am	Ecumenical Service at BMC hosted by Reverend Dr Mark Kimber
Sunday 7 th September	10.45 am	Morning Worship led by Mr Colin Besant
Sunday 14 th September	10.45 am	Morning Worship led by Mrs Helen Beckingham
Sunday 21 st September	10.45 am	Morning Worship led by Miss Liz Ward
Sunday 28 th September	10.45 am	Morning Worship with Holy Communion led by Reverend Dr Mark Kimber
Sunday 5 th October	10.45 am	Harvest Festival Service led by Reverend Keith Beckingham, followed by lunch in the hall

Colehill Methodist: Every Monday, 11.00 am to 12.00 noon(ish), Bible Study, coffee, prayers and plenty of chat. All welcome. **PLEASE NOTE: NO BIBLE STUDY ON 25th AUGUST**

Circuit prayers: First Saturday of every month at 8.30 am at Holtwood Methodist Church.

Bible in a year: 24th – 30th August: Psalms 116 – 131 and 1 Corinthians 7 – 11:16

Meet Reverend Dr Mark Kimber: Most Fridays Mark will be available in the Okeford Room from 10.00 am to 11.00 am for anyone who wishes to have a chat with him. However, on the third Friday of each month there will be a session entitled '**Meeting with Mark**' to which you are cordially invited.

Ecumenical Service Next Sunday: We will be pleased to welcome friends from the other churches in the town to a joint service here at Blandford Methodist next Sunday. We do hope you will all be able to join us for this service which will be hosted by our own Reverend Dr Mark Kimber.

Ride and Stride: On Saturday 13th September the annual Ride and Stride event takes place. We shall have the church open from 10.00 am until 6.00 pm. I will leave a list in the foyer for you to sign if you are able to man the desk in the Winterbourne Lounge for an hour or two during the day. Many thanks in anticipation.

Joyce Wild

Save the dates – Church Social Afternoons: Following our fun afternoon yesterday of table-top games and tea, we look forward to two further afternoons of fun and companionship.

September 20th from 2.30 pm – indoor boules plus fun quizzes followed by a French-style buffet

November 1st from 1.00 pm – a curry lunch with games and quizzes. Please note the change of date for our curry lunch.

There will be a small cost of £3 per head per afternoon. **Places are limited**, so please indicate on the sign-up sheet in the Narthex if you would like to come on the 20th September.

Lunch Club Summer Get Togethers: With Lunch Club taking a break over the summer I wanted to make sure there was the opportunity to stay connected. So, on the third Fridays in June, July and August we hosted a space for Lunch Club. Each time up to 40 friends brought picnic lunches and we rallied round with drinks, cake and biscuits! We also shared a story, the odd quiz, and lots of laughs. In August we hit the heights with a cream tea!

Thank you to everyone who was able to volunteer.

Light and life, Mark

Church Social Afternoon: On Saturday 23rd August the church hosted an afternoon of fun table-top games and delicious food for friends from Lunch Club and Coffee Morning as well as from our own congregation.

The afternoon began with twenty players tackling games such as bar skittles, shove five penny and throwing ping pong balls into containers. There were ten games in all and every player had the opportunity to play every one as players were given seven minutes to play a game before moving on to the next game and a new competitor. Although a bit boisterous at times, the games were thoroughly enjoyed by all. We all then moved into the hall where there was a delicious high tea waiting for us.

A testimony to the success of the afternoon was that all who were available for our French themed afternoon on September 20th signed up. All in all it was a very hectic afternoon, but well worth it.

Alan Dymond

Circuit News: There will be a "Circuit Welcome Service" for Reverend Susan Baker-Maher and Reverend Dr Mark Kimber at Trinity Church, Ringwood, on Thursday 4th September. Further details on the poster in the hall.

John Cornish

Colehill Methodist: Their next coffee morning will be on Saturday 6th September, from 10.00 am – 12.00 noon. All welcome.

Woodlands Methodist: “Worship for You”, September 14th, 6.00 pm, led by Mr Colin Besant. Details on poster in hall.

Blandford Foodbank is urgently in need of (updated 20.8.25) – Cereal, Jam/ marmalade, Tea bags 40, Coffee, Tinned fruit, Tinned meat, Tinned fish, Tinned rice pudding, UHT milk. Any other donations of food or household goods are also welcomed. For those able to support the Foodbank with items, a box has been placed in the Narthex as a collection point.

John Cornish

Prayer: Please can we remember to uphold in prayer those members of our congregation we know are ill or suffering in some way.

If you know of anyone who would like prayer and be mentioned by name in The Link, please let me know (having obtained their permission first to mention them by name).

Minister: Reverend Dr Mark Kimber

Enquiries via Lead Steward, John Cornish, on 07799 516 735

Pastoral Support: Joyce Wild: Tel: 01258 454091