



18-24 April 2021 • Faith 24/7

## Open minds

 Luke 24.36b-48

In which Jesus appears to two disciples on the road to Emmaus. They don't recognise him until they arrive at their destination and he breaks bread with them. They race off to tell the disciples and as they are talking, Jesus appears to them all. The disciples are terrified thinking Jesus is a ghost. But he reassures them by inviting them to touch his hands and feet and then eats with them – something a ghost couldn't do! Jesus then opens their minds to understand the scriptures and to see how he had fulfilled them.

Now read Luke 24.36b-48 see p.2 for text.

### A note on the passage

Jesus presents himself to the disciples in a physical form. This is really important as it shows them the reality of his resurrection and it changes everything. At the start of the passage they are all terrified when Jesus appears, but once they have experienced him as a resurrected reality, their fear turns to joy and doubts to understanding. Have there been times when you have felt afraid? Have you experienced the joy that faith in Christ brings? Perhaps you could tell someone your story this week to encourage them to be open to God's joy.



Create a joy banner for your house.

**You will need:** three sheets of A4 paper or preferably card, coloured pens and pencils, scissors, hole punch, string.

- Write the letters to spell 'Joy' in bubble writing (<https://www.lettering-daily.com/bubble-letters/>) on three separate pieces of A4 paper/card.
- Colour and decorate each letter, then cut them out.
- Using the hole punch, make holes at the top of each letter and thread the string through the top to form a bunting style banner.
- Reread the banner over the next few weeks as an encouragement.



Jesus invited the disciples to eat fish with him. Have a go at making these tuna fishcakes:

**You will need:** 2 medium potatoes, peeled and quartered; a knob of butter; 1½ tbsp mayonnaise; 1 lemon (finely grated zest only); 3 spring onions, sliced; salt and pepper; 1 tin of tuna, drained; 50g plain flour; 1 egg, lightly beaten; 50g breadcrumbs; a saucepan, a potato masher, three bowls, a baking tray, access to a cooker/oven.

**Method:**

- Preheat the oven to 200C/180C Fan/Gas 6.
- Put the prepared potatoes in a saucepan, cover with cold water and bring to the boil. Reduce the heat to a simmer and cook for 15-20 minutes, or until tender.
- Drain the potatoes and put them back in the pan with the butter, mayonnaise, lemon zest, spring onions, salt and pepper to taste. Mash together until smooth. Stir in the tuna and set aside.
- Put the flour, egg and breadcrumbs into three separate shallow bowls.
- Mould the tuna mixture into six fishcakes. Coat each first in flour, then in egg, then in breadcrumbs.
- Place on a baking tray and bake for 15 minutes, or until the breadcrumbs are just golden.

## QUIZ

At first the disciples found the fact of Jesus' resurrection hard to believe. Research 10 unbelievable facts and make your own 'True or False?' quiz. For example, 'a slug has four noses – true or false?' (The answer is true!) Try the quiz on a member of your family or a friend.

## SPREAD THE JOY

Make a timetable for the week and think of a way to spread joy each day: Bake the neighbours a cake, make someone a card or do some shopping for a friend. When your timetable is complete, tick off each day once you have spread some joy!

## JOYFUL WALK

Go on a walk somewhere you enjoy walking. Take a notebook and pen and, as you walk, draw or write down everything that gives you joy on your walk.

What place do feelings have in your faith?



# Alleluia! Christ is risen!

# Holy Trinity & St Matthew's Church, Ronkswood

Weekly Newsletter and Reflections 3<sup>rd</sup> Sunday of Easter 2021



Dear Friends,

I hope you are all well and enjoying the relaxing of the lockdown restrictions. What a long imprisonment it has felt like. It is so good to see people in person again as and when we can, and especially good to be able to meet for worship. We all still need to remember that we are not totally out of the woods yet and need to remain vigilant. In this Easter season of resurrection, I think we can all identify with a gradual emerging from a tomb and the joy associated with it.

**A date for your diary is Sunday 16<sup>th</sup> May – we will be holding our Annual Parochial Church Meeting at 11.00 a.m. after the morning service.** We are still required by law to hold the meeting, even though we only met in October last year. Elections will need to take place again, although there will be limited reporting. I wanted to make it known that we will be looking to recruit both a new PCC Secretary and PCC Treasurer at the meeting. As you know Julie and Laura have filled these roles from before we moved to Ronkswood and agreed to do so to get us over a difficult period. Both feel it is now time to pass them on. Please consider prayerfully whether you might be able to take one of these roles on. Much support will be given for as long as necessary, so do not be afraid you will be left to cope with it alone. Do contact me if you would like to know more about it.

Blessings

Rob

100 Club Winners for March and April



MARCH: 1<sup>ST</sup> 28 JOSIE (A MAYCROFT) 2<sup>ND</sup> 42 DOROTHY MUNSLOW

APRIL: 1<sup>ST</sup> 20 PAUL HUDSON 2<sup>ND</sup> 4 ALISON MAYCROFT

Can you please let us have any Lent Bags of Silver you may have  
(empty or full)

## *Lockdown by Sue Gilchrist*

Stay positive at this time of year when a return to normal living seems unclear. When stamina is at an all-time-low do whatever it takes to give yourself a glow. Whether it be eating some chocolate or reading a book, having a tippie or finding something new to cook. Life is about having a go; it stops us from feeling low.

Daily Readings for week commencing 19 <sup>th</sup> April 2021		
Monday	Deuteronomy 5: 1-22	Ephesians 1: 1-14
Tuesday	Deuteronomy 5: 22-end	Ephesians 1: 15-end
Wednesday	Deuteronomy 6	Ephesians 2: 1-10
Thursday	Deuteronomy 7: 1-11	Ephesians 2: 11-end
Friday	Joshua 1: 1-9	Ephesians 6: 10-20 <i>St George, martyr</i>
Saturday	Deuteronomy 8	Ephesians 3: 14-end

**Pray for those in need...** Sally, Zena, Katie-Louise, Pam, Sue, Bryn, Evelyn, Shane, Pat, Heather, Dorothy, Mandy, Joyce, Pete, Ian, June, Ruby, Austin and Juliette. **Please remember those who mourn the loss of loved ones at this time...**