



CHURCH WILL BE CLOSED THIS SUNDAY (29th NOV), BUT WILL RE-OPEN NEXT SUNDAY (6th DEC) 2020

Please send contributions for future Pyramid Posts by mid-day on the Tuesday before the following Sunday.

Please send me items that you would like to share – prayers, readings, “thoughts”, news, photos, humorous or serious.

Philip Sandiford, Editor

SUN 29th NOV - ADVENT LITURGY

Today is the first Sunday in Advent. Due to lockdown we can't share in the usual liturgy and light the first candle in the Advent Wreath. The Liturgy is printed below, and we could share with each other by everyone reading it at 10.30am knowing that other church members and friends are reading it too. You could even **sing** the extract of a hymn printed at the end!

The Leadership Team

Advent Wreath - Week 1 – 29th Nov 2020

The prophet Jeremiah says:

For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.

St Paul reminds us that Isaiah says,

“The Root of Jesse will spring up,
one who will arise to rule over the nations;
in him the Gentiles will hope.”

We light this candle to symbolise our hope, as we look forward to the coming of God's kingdom.

Let us pray:

God of all wisdom; you invite us to enter into your plan.
God of all nations, yours is the gift of hope to all people.
God of all hope, you bring us a future.
Come Lord. Take your rightful place in our hearts.
Fire our hope as we wait for your coming kingdom. **Amen.**



(we sing)

**Hope of the world, Mary's child,
you're coming soon to reign:
king of the earth, Mary's child,
walk in our streets again.**

LINK TO VIDEO OF CARSHALTON & WALLINGTON SERVICE FOR 29th NOV

Here is a link to the service I have done for Wallington and Carshalton on Sunday with the Advent candle lighting liturgy.

<https://youtu.be/DHeQwsHVnVE>

Best wishes *Rosemary*

NEWS FROM PEGGY

Dear All,

I'm progressing very slowly after a few setbacks. Hope everyone else is keeping well.

Love *Peggy*

FUTURE SERVICES:

SUN 6 th DEC	10.30am	Mr. Witty Rajaratnam
SUN13th DEC	10.30am	Rev. Rosemary Richter
SUN 20 th DEC	10.30am	Local Arrangement – CAROL SERVICE
Christmas Eve	2.00om	Rev. Rosemary Richter
Christmas Day	No Service	
SUN 27 th DEC	No Service	
SUN 3 rd JAN	10.30am	Mrs. Val Imms

Minister – Rev. Rosemary Richter – 020 8647 1550

**EDITOR: Philip Sandiford. Tel: 020 8642 0704 E-mail: philip_sandiford@sky.com.
New contributions to be with the editor by mid-day on the Tuesday before each service**



NEWS FROM FORBES

“Had the operation on 31st Oct and was expecting a one or two day stay, but the procedure didn't go quite according to plan and I was stuck in there for the next three weeks.

Boring, when you want to be doing other things, but the staff are superb. If hotels treated their guests as the NHS does, they would never get rid of them! Such absolutely, wonderful, and caring people. I came home at the weekend and am now looking forward to the all-clear in about four weeks

All the best, I trust that you are all well there.

Kind regards, *Forbes*

ALL WE CAN

Margaret Kercher received a Christmas Letter from the Methodist charity All We Can recently. This is an extract from the letter:

“This will be an extraordinary Christmas for so many of us as we find ways to celebrate the birth of Jesus in these strange times. Will you and your church help to do something extraordinary for those in some of the world's poorest communities?

Through giving your loved ones Extraordinary Gifts you can bring hope and joy, as well as helping to change lives in some of the world's poorest communities.

Finding out about and ordering your Extraordinary Gifts is easy – you can order online at allwecan.otg.uk/shop.”

There will be some catalogues available at church when we restart services.

REMEMBRANCE

We have recently acknowledged Remembrance Day.

The poem “PEACE” below was published in the 6th November edition of The Methodist Recorder.

This is one of 19 poems from the booklet Prayers in Lockdown and written by 25 people through Coffee Shop Sunday. The booklet can be downloaded or hard copies ordered (£2.00 each) via the website: https://www.cte.org.uk/articles/580529/home/news/latest_news/prayers_in_lockdown.aspx

We will be ordering a few copies of the booklet, so please let us know if you would like a copy.

Maureen and Philip Sandiford



PEACE

Written by Paul Whiteley, Christine Cumber, Marilyn E Jess, Joy Welford, Trevor Gay

Loving God you offer us your peace in an often-troubled world. You tell us not to let our hearts be troubled or be afraid.

You alone are our strength and peace which we call upon when we need help. The peace that passes all understanding, never loses its strength.

Let peace be a state of mind, rather than an ideal we never reach. When the mind is at peace, the world will be more peaceful.

We are human and fear comes not just for ourselves but for those we know and love. We feel helpless, alone, isolated and this is when it's important we let our fears go and give them to you.

May we not only find peace ourselves but help others to do so by prayer and meditation on your word. This is the peace that passes all understanding that the world cannot give us.

Lord, we pray that you inspire us to work for peace in your world. The peace we crave is that brought to this world by your Son Jesus in whose name we pray.

Amen

CAN YOU HELP – CHRISTMAS MEALS ON WHEELS?

Message from the Banstead B5 churches -

The B5 have been asked to partner with Volunteer Action in Reigate & Banstead (VARB) in helping to provide Christmas lunches for the vulnerable members of our community. As we will not be able to provide an onsite Christmas lunch, due to the Covid restrictions, We are delighted to have this opportunity to help out. We are looking for volunteers for the following activities:

- Cooking a turkey – Christmas Eve
- Preparing and cooking of veg – Christmas Day
- Making up the meals and placing in the delivery containers – Christmas Day
- Delivering the meals to the doorsteps of those in need – Christmas Day
- Washing up – Christmas Day

Until we know how many people need the meals, we are unsure how many volunteers are needed. We estimate that it will be no more than an hour's effort if we get enough people.

Please contact our minister or Elaine Bliss asap if would like to help.



**Banstead 5 Churches, Renewed Hope and Churches
for Horley.**

**This project is funded by Gatwick Airport Community
Trust.**

**If you would like a two-course lunch with
all the trimmings delivered to your door on
Christmas Day, please ring Philip Sandiford
(020 8642 0704) before the 9th December
so that he can complete and submit an
application form on your behalf.**

FOODBANK UPDATE:

The latest news from Foodbank HQ

Sadly, numbers are creeping up again this month with volunteers averaging 100 deliveries a week to around 260 people. We have launched our Christmas recently as we aim to give a Christmas box to all clients in the lead up to the festivities. The box will contain festive food and treats, a fresh meat voucher, and an energy top up voucher for those having difficulty with heating bills. Therefore, only the items listed below are needed.

Donations should be sealed, in date and **must not contain alcohol**. If you would prefer to make a financial donation you can do so online by searching Epsom & Ewell Foodbank and using the Donate button.

Our Christmas Wish List is as follows:

- Boxes of biscuits
- Tubs/boxes of chocolates
- Small/medium Christmas puddings (alcohol-free)
- Mince pies (alcohol free) - please check use by dates
- Yule logs/chocolate swiss rolls - please check use by dates
- Savoury snacks (twiglets, cheeselets, crisps)
- Mixed fruit and nuts
- Small boxes of shortbread
- Sweets/biscuits for our older/single clients
- Gravy granules
- Hot chocolate
- Custard
- Schloer/other non-alcoholic fizz
- Christmas napkins
- Disposable tablecloths

Minister – Rev. Rosemary Richter – 020 8647 1550

**EDITOR: Philip Sandiford. Tel: 020 8642 0704 E-mail: philip_sandiford@sky.com.
New contributions to be with the editor by mid-day on the Tuesday before each service**



SUNDAY 29th November 2020

New tea towels
Wrapping paper
Gift tags
Sellotape

I can be contacted on **01737 356201** or **07753 236115** if you would like me to collect items, or there are also Food Bank bins in most of the major supermarkets if you just want to pop an item or two in. These are emptied regularly. The cut-off date is 6th December to give me time to take donations down to be packed.

Also, Walkers crisps are supporting the Trussell Trust this Christmas with their limited edition crisps so please (if you are getting this via email) see the link below which will hopefully make you smile.

https://youtu.be/eCpQ_DBiEpw

Thank you as ever, for your support.
Janice Barber

WORSHIP SUNDAY, 29 NOVEMBER 2020

This short act of worship has been prepared for you to use whilst we are unable to use Methodist Church premises. If you are well enough why not spend a few moments with God, knowing that other people are sharing this act of worship with you.

Opening Prayer:

Loving, faithful God,
As your people of old waited and watched for your coming in Jesus,
So we wait and watch for your coming today.
As we come before you now, waiting and watching,
Fill us with your light and love.

(If you have an Advent wreath at home, you may wish to light one candle)

Hymn: STF 177

Lo, he comes with clouds descending

Sing/ Read /pray /proclaim the words or listen to it here
<https://www.youtube.com/watch?v=jBw0JMd57k>

Lo, he comes with clouds descending,
once for favoured sinners slain;
thousand thousand saints attending
swell the triumph of his train:
Alleluia!
God appears on earth to reign.

Minister – Rev. Rosemary Richter – 020 8647 1550

EDITOR: Philip Sandiford. Tel: 020 8642 0704 E-mail: philip_sandiford@sky.com.
New contributions to be with the editor by mid-day on the Tuesday before each service



SUNDAY 29th November 2020

Every eye shall now behold him
robed in glorious majesty;
we who set at nought and sold him,
pierced and nailed him to the tree,
deeply wailing,
shall the true Messiah see.

Those dear tokens of his passion
still his dazzling body bears;
cause of endless exultation
to his ransomed worshippers:
with what rapture
gaze we on those glorious scars.

Sing, amen, let all adore thee,
high on thine eternal throne;
Saviour, take the power and glory,
claim the kingdom for thine own:
come, Lord Jesus!
Everlasting God, come down!

Charles Wesley (1707-1788)

Let us pray together

Loving, faithful God,
We praise you for your faithfulness to your people down the ages.
They hoped and were not disappointed;

In Jesus they saw you come as one of us, sharing our life so we might share yours.
We have known your coming in our lives,
Whether in blazes of glory,
or quiet moments of knowing we are loved;

and in the power of your Spirit.
We know you will come again in glory,
In light and power that we cannot imagine,
That one day all heaven and earth will praise you.

We come to you too, sorry for the times
When we have been too impatient to wait,
When we have lost heart.

God who comes to us in love,
We know that you forgive all who turn to you.

Forgive us, renew our hope, turn our eyes back to you,
So that we may see your coming in our world
And share your joy with others. Amen.



SUNDAY 29th November 2020

Today's Reading from the Old Testament Isaiah 64: 1-9:

O that you would tear open the heavens and come down,
so that the mountains would quake at your presence—
as when fire kindles brushwood
and the fire causes water to boil—
to make your name known to your adversaries so that the nations might tremble at your presence!

When you did awesome deeds that we did not expect,
you came down, the mountains quaked at your presence.

From ages past no one has heard,
no ear has perceived,
no eye has seen any God besides you,
who works for those who wait for him.

You meet those who gladly do right,
those who remember you in your ways.
But you were angry, and we sinned;
because you hid yourself we transgressed.

We have all become like one who is unclean,
and all our righteous deeds are like a filthy cloth.

We all fade like a leaf,
and our iniquities, like the wind, take us away.

There is no one who calls on your name,
or attempts to take hold of you;
for you have hidden your face from us,
and have delivered us into the hand of our iniquity.

Yet, O Lord, you are our Father;
we are the clay, and you are our potter,
we are all the work of your hand.

Do not be exceedingly angry, O Lord,
and do not remember iniquity for ever.

Now consider, we are all your people.

Today's Gospel Reading: Mark 13: 24-37

'But in those days, after that suffering,
the sun will be darkened,
and the moon will not give its light,
and the stars will be falling from heaven,
and the powers in the heavens will be shaken.
Then they will see "the Son of Man coming in clouds" with great power and glory. Then he will send out the angels, and gather his elect from the four winds, from the ends of the earth to the ends of heaven.

Minister – Rev. Rosemary Richter – 020 8647 1550

**EDITOR: Philip Sandiford. Tel: 020 8642 0704 E-mail: philip_sandiford@sky.com.
New contributions to be with the editor by mid-day on the Tuesday before each service**



'From the fig tree learn its lesson: as soon as its branch becomes tender and puts forth its leaves, you know that summer is near. So also, when you see these things taking place, you know that he is near, at the very gates. Truly I tell you, this generation will not pass away until all these things have taken place. Heaven and earth will pass away, but my words will not pass away.

'But about that day or hour no one knows, neither the angels in heaven, nor the Son, but only the Father.

Beware, keep alert; for you do not know when the time will come. It is like a man going on a journey, when he leaves home and puts his slaves in charge, each with his work, and commands the doorkeeper to be on the watch.

Therefore, keep awake—for you do not know when the master of the house will come, in the evening, or at midnight, or at cockcrow, or at dawn, or else he may find you asleep when he comes suddenly. And what I say to you I say to all: Keep awake.'

Time to Reflect:

"Oh, that you would rend the heavens and come down!" So says Isaiah in our Old Testament reading. I wonder how many of us, with what 2020 has thrown at us, would want to say something similar to God, perhaps putting it as "Come on God, get this sorted!" Coronavirus has gone on quite long enough now, many of us are weary, down, fed up.

Isaiah and his people longed to see the coming of God, but were also scared. They feared that the trauma of exile had happened through their own fault- what would God do to them? They go backwards and forwards between hope and fear. In our Gospel reading, we again get a mixed message. "The Son of Man" will return in glory, His followers will share in that glory...but not before some very difficult times. Mark's readers are also warned to be ready, not to be "caught out" by the coming of the "Son of Man".

I wonder if today, we also feel a mixture of hope and fear. We want an end to the virus, and the pain, deprivation, sadness and loss it's brought. We long for a better world, a safer and more peaceful world, for Creation to be healed and restored. Yet we know that living in the way that will build such a world- in God's way- could be costly.

It might mean, for instance, living more simply, or reaching out in love to those whom we don't like, or don't like us. We may also struggle to see where God is at work in our world, or in difficult things that are happening to us personally.

Both Isaiah and Mark, in their different ways, say "Wait- and see." "Wait and see signs of God's coming, at the end but also every day. Be ready for signs of the Kingdom, for God's promptings to work for that Kingdom. Know that you are loved and show that love to others". This Advent, may we, through whatever we are facing, wait in hope and love. Amen.

Take a time to sit quietly:

During this season the Methodist Church is proclaiming "God is with us".
God is with us is more than a statement.



It's a reminder that God is always with us. We are encouraged to share our story (and other people's stories) of walking with God in this extraordinary year. How might you share how God has been with you this week?

Find out more here <https://www.methodist.org.uk/christmas/>

A time of prayer:

Loving God, who comes in Jesus,
We bring to you all who wait for you,
in hope and faith, or in fear and despair.

We pray for all who wait for peace, for justice, for their voices to be heard.

We pray for all who live in fear, of war, violence, abuse or bullying.

We pray that our Churches may wait on your guidance, so we may serve you faithfully.

We pray for all who wait for test results, news about their jobs, news of loved ones, or for the coming of a child.

We pray for all who are ill, all who are close to death, and all who watch and wait with them.

May we watch and wait with them, be people of peace and justice, and bring hope, comfort and healing, light in the darkness.

The Lord's Prayer:

Our Father

Hymn: Listen to STF 173 Into the darkness of this world
<https://www.youtube.com/watch?v=gsjHf-IX8qo>
or sing a verse of a hymn that comes to mind

Into the darkness of this world,
into the shadows of the night;
into this loveless place you came,
lightened our burdens, eased our pain,
and made these hearts your home.
Into the darkness once again --
O come, Lord Jesus, come.

*Come with your love
to make us whole,
come with your light to lead us on,
driving the darkness far from our souls:
O come, Lord Jesus, come.*



SUNDAY 29th November 2020

Into the longing of our souls,
into these heavy hearts of stone,
shine on us now your piercing light,
order our lives and souls aright,
by grace and love unknown,
until in you our hearts unite –
O come, Lord Jesus, come.

*Come with your love
to make us whole,
come with your light to lead us on,
driving the darkness far from our souls:
O come, Lord Jesus, come.*

O Holy Child, Emmanuel,
hope of the ages, God with us,
visit again this broken place,
till all the earth declares your praise
and your great mercies own.
Now let your love be born in us,
O come, Lord Jesus, come.

*Come in your glory,
take your place,
Jesus, the Name above all names,
we long to see you face to face,
O come, Lord Jesus, come.*

Maggi Dawn (b. 1959)

A prayer of blessing:

God of hope, the Dawn from on high, break upon us, and fill us with light and hope. Send us out to be light and hope wherever we are. Amen.

Original Materials by Judith Lincoln
All Hymns reproduced under CCLi 1144191.