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# IVYBRIDGE METHODIST CHURCH

*Sharing Life*  
*Sharing Faith*

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My son, do not let wisdom and understanding  
out of your sight,  
they will be life for you,  
an ornament to grace your neck.  
Then you will go on your way in safety,  
and your foot will not stumble.  
When you lie down, you will not be afraid;  
when you lie down, your sleep will be sweet.  
Have no fear of sudden disaster or of the ruin that  
overtakes the wicked,  
for the **LORD** will be at your side  
and will keep your foot from being snared.

**(Proverbs 3:21:26)**



## Dear Magazine Reader

I wonder if you ever get angry. And if you do, how do you deal with it?

A husband said to his wife, "When I get mad at you, you never fight back. How do you control your anger?"

The wife replied, "I clean the toilet." "How does that help?" asked the husband.

The wife responded, "I used your toothbrush!"

There seems to be a lot of anger and frustration in our world right now over the ongoing issues associated with Covid – people dealing with loss, change of routines, concerns about finance, jobs, children's education, health, not seeing loved ones and friends, not able to do the things they usually do for fun, as well as dealing with an overload of information – much of it negative.

There is so much extra stress around at the moment it is hardly surprising that this often manifests itself in frustration and anger. I have seen this expressed in many different ways. Some people aim their anger at someone unknown personally to them – maybe politicians, those who are not keeping the rules, those who are keeping the rules, those who are sick. I have seen a lot of that anger expressed on social media – people having a rant, writing unkind, sarcastic or abusive words; people being critical, nit picking and judgemental of others.

Others are expressing their anger at people known to them – perhaps you are more irritable with your family and friends or having more arguments. At the other extreme we have seen an increase in domestic violence and abuse in the home.

Some express their anger in the way they drive, by slamming doors or in activities that harm themselves. Others express their anger at God by turning away from their faith or the church. Still others are not expressing their anger outwardly but are keeping it inside leading to growing resentment, bitterness and depression.

So is it right to be angry? **Ephesians 4:26** says 'In your anger do not sin.' We all get angry and anger itself is not a sin but it is what we DO with the anger that can lead us into sinful words and actions.



There is a difference between righteous anger and unhealthy anger. The anger we experience when we see injustice or people being treated badly is a righteous anger and we know that Jesus expressed anger when he saw the money changers in the temple. Righteous anger can lead people to take action to right wrongs.

We should feel angry when we hear about people being trafficked, people starving in a world where there is plenty of food, Christians persecuted for their beliefs, people who are bullied, downtrodden and abused. If those things don't make us angry then we perhaps need to ask God for a heart of compassion for those who suffer and a desire to do something about it.

But what about the more unhealthy anger? How do we deal with our feelings of anger when perhaps things haven't gone our way, we have had our pride hurt, when we feel frustrated, helpless or stressed?

Here are a few suggestions with some Bible verses.

### **1. Recognise your feelings and express them.**

***Psalm 62:8 Pour out your hearts to God for he is our refuge.***

As we read the Psalms we see the writers expressing all manner of emotions to God and reading these Psalms can be a real help to us in times of difficulty. I believe we have to be real with God and he is big enough to take our rants and our distress as we pour out our hearts to him.

We can also express our feelings to a trusted friend, loved one or counsellor. Often just expressing how we feel and being listened to is enough to calm us and get things in perspective.

### **2. Once we've expressed it, let it go.**

***Ephesians 4:26 Do not let the sun go down on your anger.***

If we allow our anger to fester it can begin to manifest itself in the ways I have mentioned. That is why we need to deal with it as quickly as we can.



### **3. We need to exercise self-control**

***Galatians 5:22 The fruit of the Spirit is...self control.***

James 1: 19 Everyone should be quick to listen, slow to speak and slow to become angry.

We don't have to say everything that is on our mind! Whether it is using our tongue or our keyboards we need to stop and think before we express our words. And stop before we act or react. Wait before replying to that email that annoyed you. Walk away from the person who is winding you up. Whatever you need to do to give yourself time to think, pray and reflect before acting or speaking.

### **4. Take care of our own well-being**

***1 Corinthians 6:20 Honour God with your body.***

Find ways to relieve our stress in a healthy way by living a healthy lifestyle with exercise, good food and times to rest and unwind.

### **5. Deal with unresolved relationship issues**

***Romans 12:18 If it is possible, as far as it depends on you, live at peace with everyone.***

***1 Corinthians 13: 5 Love...is not easily angered.***

Deal with any grudges, unforgiveness, bitterness that may be adding to your stress. Express your feelings to each other in a safe way while you are calm.

### **6. Walk closely with God.**

***2 Corinthians 10: 5 We take every thought captive to make it obedient to Christ.***

Romans 12: 1-2 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.



As we remain close to Jesus and develop our relationship with him we trust that God will day by day be transforming our minds, our hearts and our wills to make us more like Jesus. And as our lives become more hidden in the love of God, the things that irritate us, annoy us and upset us will become less important to us compared to knowing Jesus and being obedient to his will for our lives. As a result, our lives will become more and more a reflection of his love and as our hearts are changed and transformed, that which overflows from our hearts through our words and actions will become sweeter and more Christ-like. *Carolyn Lawrence*



## MARCH WORSHIP



**Due to the current restrictions and any possible extension of these restrictions, all services are liable to change. As I write this all services are via Zoom or Live Streaming but this could change, so please check if you are unsure.**

### **World Day of Prayer Friday 5th March 2021**

The annual World Day of Prayer service, which this year has been written by the people of Vanuatu, was due to be held at St John's. A huge amount of work has gone into the preparation of the service and we still wish to be able to participate on the day,

Unfortunately, due to the pandemic, we cannot hold our usual live event in Ivybridge organised by our churches, but it is still possible to access the service on the **World Day of Prayer** website as a **YouTube video**.

**[www.wwdp.org.uk](http://www.wwdp.org.uk)**

If you would like an order of service and gift envelope please contact:

Mercy on [bmercy2017@outlook.com](mailto:bmercy2017@outlook.com) or 01752 893812 **OR**

Penny on [pennygadd51@gmail.com](mailto:pennygadd51@gmail.com) or 01752 892949



## MARCH NEWS

If you have anything you would like to include in the **Church News** please let Judy Jago know by ringing her on **01752 894829**

Welcome to March - and Spring; well, I have some colour in the garden and things are beginning to look green so hope builds and eyes appreciate all they see around of God's wonderful creation springing back to life!!



A "new" life for **Ann Cocks** because as of February 19th last she moved up to Suffolk to live closer to her daughter **Jane and her family**. You will be missed Ann, especially at Wise and Wonderful where we saw a lot of you. We hope you find a Church nearby where you can find fellowship and we send our very best wishes for the new adventure ahead.

Some will remember fondly **Daphne Bennett** who lived out at Flete House, we heard recently from her daughter that she passed away peacefully on 21st January. **Daphne** had been living at Fairways Care Home in Sldmouth and her daughter **Lynn** was with her until shortly before she died. Our warm condolences go to **Lynn and family**.



There seem to be a lot of poorly people in our midst and in our more distant families and we would ask that you hold these in your prayers. As we do pray God knows each one though we may only know one or two but He hears our prayers for all. Please pray for the **Fox family** and especially **Peter** who has been laid low for a while. We do hope you are getting your strength back **Peter** and the **family** are all well. **Kathy Blackwood** has not been too well recently but we hope by the time this is in circulation you are feeling much better **Kathy**.



There are also some folk waiting for operations and it would be wonderful if they were given dates sooner rather than later so it would be good to pray for certainty in that respect and for peace of mind during the waiting.





**Dear Mr Duckering**

It was so wonderful to receive your recent gift of **£363.25**, which you sent on behalf of Ivybridge Methodist Church for All We Can's Harvest Appeal 2020. Please express our gratitude to all those who have contributed to this donation.



Methodist  
relief and  
development

Change begins with a bike for girls like Nawalat in Uganda, as she has to travel more than 10km each way to get to school. Your generous gift will be used to help girls like Nawalat access a bicycle to attend school more easily, meaning she will be able to continue her education. As Nawalat explains, "Before I got a bike I used to reach school when they had closed the gate and I would miss class, but with the bike I am able to reach school on time." Nawalat loves Chemistry and dreams of becoming a nurse one day. We cannot thank you enough for making change possible for girls like Nawalat and helping break the cycle of poverty.

If you have any questions or you would like more information about how your gift is helping transform lives, please contact us on 020 7467 5132 or email [info@allwecan.or.uk](mailto:info@allwecan.or.uk). We are always happy to help.

Thank you once again for choosing to change lives by giving to **All We Can** this Harvest. Grace and peace to you and everyone associated with Ivybridge Methodist Church.

Tim Baker  
Churches and Volunteers Manager

Receipt No: 162379

**Total Gift Amount: £363.25 from Ivybridge Methodist Church**



## **SPRING HARVEST 2021**

This year Spring Harvest will be delivered on-line due to the pandemic lockdown restrictions around public gatherings.



All the details can be found here: <https://springharvest.org/>

Not only is this a way for Spring Harvest regulars to get their annual fix, but it is also a much cheaper way of others experiencing what Spring Harvest (one of the largest inter-denominational Christian conferences in Europe) is all about.

This year (as always) Spring Harvest will bring you some of the world's best worship leaders, speakers and Bible teachers. You can expect to see all the best bits of the usual programme: Big Start, Bible teaching, celebrations, excellent children's and youth content and much more; all based on this year's theme 'Unrivalled: Why we worship'.

### **There are two types of tickets – they cost £55 and £75.**

The **£55** ticket allows you to access the whole Spring Harvest event (live and recorded up until the end of April) from two different devices (so you could share this with a friend).

For an additional **£20** you get access to the event from three different devices (so you could share with two friends) and it also gives you a year's access to a new Christian streaming platform (EC-Go) that is run by Essential Christian (the parent company of Spring Harvest). This is a brand-new online hub for Christian resources. As well as yearlong access to the Spring Harvest event material, it also includes new teaching, live worship music, home group materials, kids work resources and much more.

**Many thanks,**  
*Dave Rowe*

## Joshua – A Brief Look at his Life

Who am I and why am I here? It's said that most people ask these questions at some point in their lives. Joshua, famous for his leadership of Israel during the conquest of the Promised Land, seems to have had a firm grasp of what we sometimes call destiny: what he was made to be and do. In this brief study of his life, I'd like to identify some of the defining moments that helped him walk so confidently into God's purposes.

### **1. Joshua – Developing Destiny**

Joshua took over the leadership of Israel from Moses, just before the conquest of Canaan, but his story begins way back. In the early days, he was Moses' 'assistant': what a start! Soon after the Israelites escaped from Egypt and set out for Canaan, they had to fight a battle with the Amalakites. The account is in **Ex 17 8-16**. Joshua was in the field in charge of the battle, while Moses watched from a hill and spent the time praying. When the battle was won, God told Moses to write the account down and to make sure Joshua heard it. Why was that? It was because Joshua needed never to forget how great victories are won: prayer and courage.

One of the amazing experiences that Joshua had as Moses' assistant was to accompany him on Mt Sinai while God was confirming the covenant. This is in **Ex 24 13-18**. Again, we can see how being close to a great leader was helping Joshua become one himself. Joshua was on hand, listening, watching, learning from Moses.

In **Ex 33 7-11** there is a subtle change in the story from Joshua's point of view. The account is about the 'tent of meeting', the forerunner of the tabernacle, where Moses met with God. It seems that when Moses left the tent, Joshua was in the habit of lingering behind. It seems that he wanted to stay in the presence of God.

Mentoring is important in developing gifts, calling and destiny. Our gift may not be leadership, but whatever it is, there is nothing better than getting with those of like gift and there is nothing better than spending time with the Holy Spirit, the giver of our gifts.

The story is told of two shoe salesman who are sent to (what we mistakenly call) an undeveloped country, to open up the market for their product. They survey the population and send in their reports. The first says, 'Bad news! No-one wears shoes here!' The second says, 'Good news! No-one wears shoes here!' Not long after they left Egypt, the Israelites arrive at the Canaan border: the story is told in **Num 13**. Joshua is now leader of the tribe of Ephraim (Moses changes his name from Hosea to Joshua, which is a story in itself) and the leaders of the tribes are given the task of exploring the land covertly. The spies go into Canaan, look around and return. Two of them, Joshua and Caleb of Judah see the positive (the fruitfulness of the land) but the rest see the negative (the gigantic stature of the inhabitants).

Caleb and Joshua were convinced the land was and could be theirs. Joshua was not put off by others' timidity. He knew God's plan for Israel. He put a stake in the ground and said, 'Let's go!'. Sadly, the decision was based on a majority vote, but it's worth noting that only Joshua and Caleb saw Canaan 40 years later. Joshua came out of the crisis an even stronger character, because he took a decision that day. We walk in our destiny when we decide to. Heaven moves when we take a decision. Armchair theology doesn't do it - there are people who can quote every verse of scripture at you and know the theological answer to everything, but that does not, in itself, cause them to walk in their destiny. We walk in our destiny when we decide to.

## **2. Joshua – Recognizing Destiny**

40 years later most of the adults who turned back from Canaan had died and a new generation stood on the border of Canaan. Moses, knowing he himself would not go over into Canaan, appointed Joshua to succeed him. The story is in **Num 27: 12-23**. God tells Moses to anoint Joshua as his successor, describing him as 'a man in whom is the Spirit'. The Holy Spirit is not mentioned so much in Old Testament, so we can be sure this is hugely significant. Joshua had the gifts and fruit of the Spirit. His character had been honed by the experiences he'd been through. Moses had helped him to find and to walk into his destiny.

Now, Moses, together with all the people, commissioned him. The time had come for Moses to give Joshua authority to lead the people and

everyone was to witness this. It's worth noting that discernment would be given to Joshua through Eleazar the priest. Leaders are not called to lead alone, but with the spiritual input of others.

From this short passage, we see the importance of recognizing the gifts and calling of those around us. The ordaining of our clergy is a notable example of this. God has called them, God has gifted them and led them, but the community, the Church, recognizes them. Of course, this is not simply true of leaders but of all who own and practice their gifts and calling: youth pastors, preachers, givers, servants, teachers, prophets, the list goes on. I am inclined to think we are better at recognizing some gifts, publicly at least, than others!

### **3. Joshua – Walking into Destiny**

But, although this commissioning takes place in the Body of God's people, God speaks to Joshua himself and this, of course, is so important! The calling is always from God first and the Church should only confirm what it sees God doing. It's a mistake to ask someone to take on a role in the Church without checking that they have first heard from God.

In **Joshua 1 1-9** Joshua's commission, though already publicly declared and put into effect by Moses, is from God himself and it is one of the most encouraging and, at the same time challenging, passages in the bible. As Joshua accepts his calling and the community of Israel recognizes it, God gets things going. God's words to Joshua are as powerful today as we allow them to speak into our own lives:

'Moses my servant is dead, but you must now get ready'. In every generation God has successors ready to carry on his work.

'Everything I promised Moses will happen'. God's promises and his will for all humankind, do not change. What he promised Joshua, or Peter, or Paul, or the saints through the ages still applies to us and through us.

'I will be with you'. The same faithful God who was with Moses and Joshua is with us.

'Be strong and very courageous'. Walking into our destiny and our calling is not for the fainthearted.

‘Keep my word close to you’. Our calling and our gifts, without God’s word, will be shaky and even dangerous.

So, Joshua goes into Canaan, into his destiny, trusting God’s promises. Victory comes through a lifetime of listening and learning, faith in God, obedience to his word and courage.

**(More on gifts and calling in the next edition)**

*Phil Walsh*

*Visit our website at*

***[www.ivybridgemethodistchurch.co.uk](http://www.ivybridgemethodistchurch.co.uk)***

where you can see a **colour version** of this  
Newsletter.

If you wish to contact Tony regarding the website you  
can do so at **[mrmerrit@icloud.com](mailto:mrmerrit@icloud.com)**

### **The Mountain**

If the mountain seems too big today, climb a hill instead.  
If the mountain brings you sadness, it’s okay to stay in bed.  
If the day ahead weighs heavy, your plans feel like a curse,  
there’s no shame in rearranging,  
don’t make yourself feel worse.

If a shower feels like needles  
and a bath feels like you’ll drown,  
if you haven’t washed your hair for days,  
don’t throw away your crown.

A day is not a lifetime, a rest is not defeat  
don’t think of it as a failure, just a quiet, kind retreat.  
It’s okay to take a moment from an anxious, fractured mind  
the world will not stop turning while you get realigned.  
The mountain will still be there when you want to try again  
you can climb it in your own time, just love yourself ‘til then.

**This poem was kindly supplied by Mercy**

**My name is David,** I attended Alpha last year and I wanted to talk a little bit about how it has helped me in my Christian journey.



I grew up in Cheltenham where I went to Church and attended Sunday school. I also attended a boarding school which upheld strong Christian values as the core of its teaching. I clearly remember experiences of Jesus in my life as a child from an early age.

I properly accepted Jesus in to my life in the mid nineteen eighties. This occurred following an encounter with a group of street worshippers in Cheltenham. That evening I received the Holy Spirit and made a commitment to be a Christian. I started going to the Elim Pentecostal Church in Cheltenham and felt Jesus working in my life.

After some time however I started back-sliding, with my head turned by the distractions and temptations of the world. My belief in God and Jesus as my saviour remained, however I was not living a committed Christian lifestyle. This style of living continued, living my life on the fence and with my head immersed in the sand, hiding away and not facing my beliefs (kidding myself, living a life of denial). Then I moved to London in 1998 and became an active member of St Helens Church on Bishopsgate. I attended Christianity Explored and there read Mark Learn Course (Marks gospel).

I met my Wife Clare in London and we moved to Ivybridge in 2006. Our children attend Ivybridge schools and my daughter was one of Ralph Ward's first christenings during his time at IMC. I am sorry to say that Church visits since have been few and far between since however and I confess I struggled with Christian living and my commitment to the Lord.

Then along came Alpha, popping up in my Facebook page one day! I felt straight away that I should give it a go and so I signed up. Due to COVID the sessions were virtual but that didn't hinder the sessions at all, with Zoom enabling the weekly videos and discussion groups. It provided a good platform for discussion and fellowship



and as the weeks followed so I felt Jesus moving in my life, restoring me and strengthening me. I started to rediscover the joy again of how it feels to be in a relationship with Jesus, to follow him, and over the weeks and months that have followed I have felt him strengthening me and moulding me according to his will.

That doesn't mean to say it hasn't been without it's challenges. I still have times of challenge and trial just like we all do. I still fall short, I have days when my faithfulness is challenged and I still make mistakes. However now I feel the strength of the Lord and I know that he has my back. Through daily prayer and through Gods word Jesus has shown me how to trust and to endure, and through it each day I feel his strength. To quote Joyce Meyer 'I still make mistakes, but not nearly as many as I once did, I am not where I need to be, but thank God, I am not where I used to be. I do not do everything right, but I do know that the attitude of my heart is right'

So what has God shown me through Alpha, what have I learned? Alpha has shown me that I can trust in the Lord through his word and in prayer, through worship and experience the joy of being part of the Church and Gods family. Alpha has also warned me about the trappings of complacency, and how quickly a complacent attitude can give the devil a foothold. My testimony provides a good example of the trappings of complacency, and so I am mindful to pray to the Lord every morning for his wisdom, for faithfulness and for patient endurance, that the Lord will give me the strength to overcome evil with good. Through Alpha the Lord has led me back on to his path and I now feel him walking with me in my life every day. I would encourage anybody who might be struggling to do Alpha.

**'I have chosen you and have not rejected you.**

**So do not fear, for I am with you;**

**do not be dismayed, for I am your God.**

**I will strengthen you and help you;**

**I will uphold you with my righteous right hand.'***(Isaiah 41:9-10)*

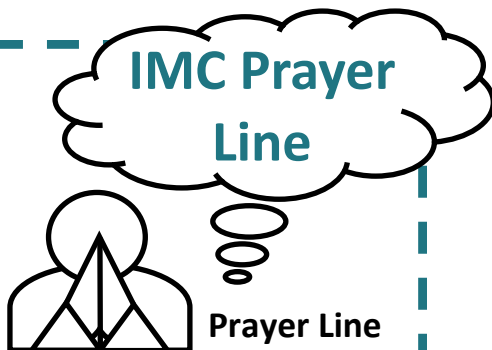
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### House Group Information:

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### Youth Work:

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**Ivybridge Methodist Church registered charity 1192612**

### ***From the Editor***

If you would like to include anything in the **April/Easter Newsletter**, please let me have details by **Friday 16 March** in any of the following ways:

- ♦ send it by email to: [imc33chris@gmail.com](mailto:imc33chris@gmail.com)
- ♦ ring me on: **01752 892341**
- ♦ post it through my letterbox at: **33 Julian Road, Ivybridge PL21 9BU**  
*please put your name on it*

