

## HE LIVES!

I don't know about you but at the moment I don't quite know whether I am coming or going in terms of the weather. One day it feels like spring and the next day it feels as though we are back in the middle of winter.

Our lives can feel a little like that; one day it is like the sun is shining and all is well with the world, our work is going well, our family are healthy and it feels like we can reach out and touch God.

The next day the clouds have rolled in, we become disillusioned at work, we receive a worrying diagnosis and God feels distant and unreachable.

As I was reading the resurrection account in Matthew 28, I was struck by the repeated phrase *Do not be afraid...Go and tell*. I love this because it talks of the reality that we all face - that there are times when our lives are challenging - and during these times especially, we need to hear the words *Do not be afraid*.



In Matthew's Gospel, we see these two women, in the midst of their pain and loss, going to the tomb to weep, to mourn and to comfort one another. Yet it was also here that they met with the risen Lord.

What I have been reflecting on though, is that on both this occasion and when He appears to the disciples a short time later,

He comforts them and then gives them a job to do - *Go and tell*.

This Easter time, whether the sun is shining in our lives or the clouds have just rolled in, the invitation we have is to meet with the risen Lord Jesus afresh. May we hear those words in our lives *Do not be afraid* but also hear the second part of the conversation *Go and tell*.

I wonder who you are being asked by Jesus to go and tell - a family member, a friend or a work colleague perhaps? Jesus is risen! He takes away our fear, but He also gives us a job to do. May you hear these words afresh this Easter time.

*Paul Dever*

### Sunday 31 March

**The Mission of God: Resurrection**

#### At St Paul's...

10am THE TEN - Nico Ohlsson

6pm THE SIX - Hannah Duncan

#### At St Barnabas...

10:15am Service - Harry Lamaison

### Sunday 7 April

**The Mission of God: Great Commission**

#### At St Paul's...

10am THE TEN - Mark Goodman

6pm THE SIX - David Senior

#### At St Barnabas...

10:15am Service - Julian Sindall

**Prayer at St PB - for details and Zoom connections, go to [Weekday Prayer](#)**

#### Morning Prayer

10-10:30am Mon, Wed & Fri

#### Kingdom Come

8pm Wednesday 12 June

#### Evening Prayer

8:30-9pm Thursdays

St Paul's, 15 Northey Avenue, Cheam, Sutton SM2 7HS

St Barnabas, Temple Road, Epsom KT19 8HA

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020 8224 9838

[www.stpb.co.uk](http://www.stpb.co.uk)

Office hours 9:30am-1pm Monday to Friday

## FOR YOUR PRAYERS

Please pray for:

- Staff at our pre-school Little Fishes, as they foster in children and their carers an awareness of God and His love for them.
- Family and friends of Alec Whiting as they prepare for the upcoming funeral.
- Peace and hope to abound in our world, for people struggling with conflict, poverty and the global food crisis.

Prayer is available during our Sunday services and our monthly prayer meetings.

### COFFEE MORNING

**Thursday 4 April 10am-11am** at St Barnabas.  
Take a break! Come along to this friendly monthly coffee morning for a chat and a cuppa.

### MAKE LUNCH CLUB

**Tuesday 2 and 9, Thursday 4 and 11 April 11:30am** at St Barnabas. Struggling to afford meals in the school holidays? Join us for Make Lunch, a free Holiday Club for all the family. Crafts, games and a hot lunch. Sign up: [stbarnabas-epsom.org.uk/lunch](http://stbarnabas-epsom.org.uk/lunch)

### WOMEN'S BREAKFAST

**Saturday 13 April 9am** at St Paul's. Enjoy some bakery treats and coffee, followed by a short reflection on God's wisdom and making decisions. Sign up online: [saintpauls.co.uk/women](http://saintpauls.co.uk/women)

### BIG EASTER MIX

**Saturday 13 April 4:30pm** at St Paul's. A fun Easter trail with a prize up for grabs! Followed by dinner. Sign up: [saintpauls.co.uk/bigmix](http://saintpauls.co.uk/bigmix) The team would be grateful for donations of spare jam jars with lids - please leave these in the Welcome Area.

Youth (Year 7-13) are invited to help on team, followed by a social.

Sign up: [saintpauls.co.uk/youthsocial](http://saintpauls.co.uk/youthsocial)

### FOOD FOR THOUGHT

Thank you to all who have encouraged and supported these lunches over the last 12 months. Previous talks are available to watch online: [saintpauls.co.uk/FFTalks](http://saintpauls.co.uk/FFTalks)

The next event is **Wednesday 1 May 11:30am** at St Paul's. Barrister James Wakefield KC will speak on 'Does God Love Lawyers?' followed by a tasty lunch. Sign up online: [saintpauls.co.uk/foodforthought](http://saintpauls.co.uk/foodforthought)

### FOOD BANK DONATIONS

This week, the Food Bank would be grateful for ketchup, peanut butter and rice pudding. More information: [goodcompany.org.uk](http://goodcompany.org.uk)

### SHOEBOX THANK YOU

Thank you to everyone who contributed to the Christmas shoebox appeal. 26,417 boxes containing gifts were distributed to vulnerable children and families in Romania.

### SERVICE OF THANKSGIVING

The Service of Thanksgiving for Alec Whiting will take place **Monday 8 April 3:30pm** at St Paul's. All are welcome.

### AN EVENING WITH LOU FELLINGHAM

**Friday 26 April 7:30pm** at Merland Rise Church, Tadworth. Lou is a well-known worship leader and speaker. Book online: [merlandrisechurch.org.uk](http://merlandrisechurch.org.uk)

### DISCIPLESHIP EXPLORED

Tuesday evenings 8pm starting on 16 April. A series based on the book of Philippians, helping us to discover a new way of living, centred on incredible love. Sign up: [saintpauls.co.uk/discipleship](http://saintpauls.co.uk/discipleship)

### MARRIAGE COURSE

Starts on both **Tuesday 7 May at 7:30pm and Sunday 12 May at 10:10am**, fortnightly at St Paul's. Whether newlyweds or married for years, this is a great opportunity for couples to invest in their marriage. We'll be running two courses alongside one another (Tuesday evenings repeated on Sunday mornings). Dinner will be provided on Tuesdays, with coffee and pastries on Sundays.

Sign up online: [saintpauls.co.uk/tuesdaymarriage](http://saintpauls.co.uk/tuesdaymarriage) or [saintpauls.co.uk/sundaymarriage](http://saintpauls.co.uk/sundaymarriage)

## GIVING TO ST PAUL'S & ST BARNABAS

God's work at both churches is funded by our church family and we encourage planned giving. Information on how to give regularly is available online at [saintpauls.co.uk/donate](http://saintpauls.co.uk/donate) (Charity No 1128212) or [stbarnabas-epsom.org.uk/giving](http://stbarnabas-epsom.org.uk/giving)