

UPPER ROOM

Hands



Face



Space



Jesus said "Love your neighbour as yourself." Matthew 22:39

We know times are difficult and confusing. But be kind, be gracious and be loving with one another and yourself. Show grace to those around you to keep each other safe.

A Letter From The Rector

My dearest brothers and sisters in Christ,

Welcome to the sixth edition of the Upper Room. I don't think any of us expected we would be back in lockdown in 2021, it has been disappointing for all of us after such a punishing time in 2020. However, we do begin this new year with the prospect of the vaccine roll out, there is light at the end of the tunnel.

At this time of year we celebrate the Epiphany which means 'showing' or 'revelation'. It is a festival of light. We listen to the story of the visit of the wise men who followed a star and met the Christ child. The Magi were very brave, they set out on a long journey at a time when there weren't the protections for travellers we have today. Even more brave is that they defied the instructions of King Herod to return to him and went home by a different road.

Their journey started out as a journey into the unknown and even after they reached their destination and met Christ, their journey home was also an unknown path fraught with danger.

I am reminded of the famous quotation of Minnie Harker made by King George at Christmas 1939:

And I said to the man who stood at the gate of the year: "Give me a light that I may tread safely into the unknown."

And he replied: "Go out into the darkness and put your hand in the Hand of God. That shall be to you better than light and safer than a known way."

So I went forth, and finding the Hand of God, trod gladly into the night. And He led me towards the hills and the breaking of day in the lone East.

Every blessing,

Rev Bryony

ONLINE WORSHIP

If you have access to the internet please visit our website for all our online worship - <http://bcjj.org.uk>

ONLINE GIVING

You can now make a donation to church easily online by visiting: <http://bcjj.org.uk/giving>

NO INTERNET?

Dial **01246 388487** for this week's sermon. Dial any time of day or night (it is a recording) and as many times as you like. A new sermon goes up every Sunday.

Exploring your spirituality

Get spiritually fit in 2021

At the beginning of the year many of us decide to eat more healthily and get fit. How many of us, though, think about our spiritual fitness? Perhaps at the moment, this is more important than anything. The pandemic has made us all struggle with our mental health.

A few years ago I read a book called Sacred Pathways in which the author suggested that there are nine different ways in which people connect with God and that each of us has a preference. I found this tremendously helpful as so often we think that there is only one way to connect with God and if that doesn't work for us then we must be deficient in some way.

But all of us have different personalities and dispositions - what brings me joy might fill you with dread! These are the 9 'pathways'. I share them here along with some suggestions as to what you could do to get spiritually fit during this current lockdown.



Which of these 9 pathways most resonates with you?

Naturalist – Loving God Out of Doors:

The naturalist seeks to leave the formal architecture and the pews to enter an entirely new “cathedral”, a place that God himself has built: the out-of-doors.

Prioritise going for a walk each day, ask God to speak to you through creation.

Traditionalist – Loving God Through Ritual and Symbol:

Traditionalists are fed by what are often termed the historic dimensions of faith: rituals, symbols, sacraments, and sacrifice. They tend to have a disciplined life of faith and have a need for ritual and structure.

Set aside time each day for prayer. Use the Book of Common Prayer or Common Worship for Morning or Evening Prayer.

Sensate – Loving God with the Senses:

Sensate Christians want to be lost in the awe, beauty, and splendour of God. They are drawn particularly to the liturgical, the majestic, the grand. They want to be filled with sights, sounds, and smells that overwhelm them. The five senses are God’s most effective inroad to their hearts.

In your prayer time, light a candle or some incense.

Ascetic – Loving God in Solitude and Simplicity:

Ascetics want nothing more than to be left alone in prayer. Let there be nothing to distract them—no pictures, no loud music—and leave them alone to pray in silence and simplicity.

Choose a seat in your home that is your 'prayer seat' and set time aside to just 'be' with God.

Caregiver – Loving God by Loving Others:

Caregivers serve God by serving others. They often claim to see Christ in the poor and needy, and their faith is built up by interacting with other people. Caring for others recharges a caregiver's batteries.

Have a list of people to ring regularly to encourage. Please ask the Rector if you would like to be part of our pastoral support team.

Contemplative – Loving God through Adoration:

These Christians seek to love God with the purest, deepest, and brightest love imaginable. They want nothing more than some privacy and quiet to gaze upon the face of their heavenly Lover and give all of themselves to God.

Set a timer (3mins, 5mins...) and use the time to be with God.

Enthusiast – Loving God with Mystery & Celebration:

Excitement and mystery in worship is the spiritual lifeblood of enthusiasts. They are inspired by joyful celebration; cheerleaders for God and the Christian life. They like to let go and experience God on the precipice of excitement and awe.

Put some favourite worship music on loud or join in enthusiastically on Songs of Praise!

Activist – Loving God Through Confrontation:

These Christians define worship as standing against evil and injustice. They are energized more by interaction with others, even in conflict, than by being alone or in small groups. Activists are spiritually nourished through the battle.

Sign petitions, subscribe to justice organisations like Christian Aid and Amnesty International. Write to your MP about issues that concern you.

Intellectual – Loving God with the Mind:

These Christians live in the world of concepts. They may feel closest to God when they first understand something new about Him.

Why not try and read the whole Bible this year? Or invest in a bible study guide. If online, try the free bible app YouVersion.

"Draw near to God and He will draw near to you"

JAMES 4:8

PLEASE GIVE GENEROUSLY TO CHURCH

Please send us a cheque or set up a direct debit to help our churches to keep going. Don't put it off!

Send a donation cheque to Rev'd Bryony Taylor, The Rectory, Barlborough, S43 4EP. For Clowne make it payable to Clowne PCC, for Barlborough payable to St James Church, Barlborough. Alternatively, ring the number below to set up regular giving. This really helps us with cash flow and means we don't have to count the money out or visit the bank.

Parish Giving Scheme code:
St John the Baptist, Clowne: 120612060
St James the Greater, Barlborough: 120612054



PARISHGIVINGScheme

To set up giving to church by Direct Debit ring (Mon-Fri 9-5)

0333 002 1271

You will need your bank details and name of church you want to give to. It takes about 15 mins. Thank you.

Worship for all in Barlborough and Clowne

During lockdown our Sunday services will be broadcast live in our Facebook group at 10am and then put onto YouTube. Once we return to services in the building (once the restrictions are lifted again) the services will continue to be livestreamed on Facebook. You do not need to be a member of Facebook to watch our Facebook services. Visit facebook.com/groups/bcparishes to view the services.

YouTube - you may be able to watch on your TV



Do look us up on YouTube.com by typing in Barlborough and Clowne in the search bar - treat it like the BBC iPlayer! If you have a Smart TV you should be able to watch our services on your TV! In the image above, the left arrow is showing where to click for subtitles. The right arrow shows where to click to make the video fill your screen.

Telephone Provision

I am aware that many of you do not use the internet so for those of you not online we have two further options for engaging in our worship via your telephone.

Dial a Sermon is available always, just ring **01246 388487** at any time of day or night to listen to this week's sermon. This is updated every week.

Phone Church takes place every Thursday morning at 9.15am for Clowne and 10.15am for Barlborough. If you've not tried it yet, why not join us? The same service is repeated so if you miss one you can try the other!

Getting in touch

As your priest I am here to support you. If you would like a chat or any other support I'm ready to take your call! Ring me on **01246 813569**. Please note that Friday is my day off and Thursday mornings is phone church but any other time I'm happy to help. You can also contact me by email here: revbryonytaylor@gmail.com

Phone Church



**Join us for a service
of Holy Communion
on Thursdays on the phone**

9.15am St John the Baptist, Clowne
10.15am St James, Barlborough

To join in:

Dial: **0333 0164 757**

When prompted dial:

Room number: **51074674 #**

Guest PIN: **5602 #**



A free phone line of hymns,
reflections and prayers