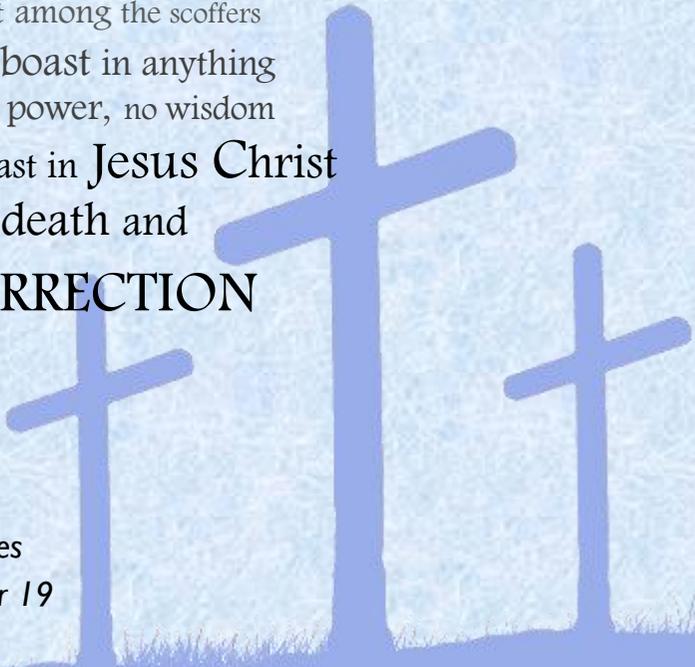


intouch



Behold the man upon a cross
My sin upon His shoulders
Ashamed, I hear my mocking voice
Call out among the scoffers
I will not boast in anything
No gifts, no power, no wisdom
But I will boast in Jesus Christ
His death and
RESURRECTION

Steve Ford writes
on John chapter 19
Page 26



After I send out the request for articles for the next magazine and place a notice in the church noticesheet, I never quite know what replies I'm going to get back. Richard Sykes's article about bees was one of the more surprising responses this month. Read about his hobby and how he's learned spiritual lessons from the bees in his care on page 22. Elsewhere, Nathan reflects on the life of a trapeze artist (page 3), we Get To Know a Cragg bacon sandwich-maker (page 12), we meet a drummer who's walking to the Indian High Commission (page 9) and we learn what we can do to keep Bibles in hotels (page 10). See the Church Noticeboard at the end of the magazine for the important details of services and events in our different gatherings to mark Holy Week and Easter.

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Matthew Newman Editor

Informed, Involved, Inspired... Intouch!

Contributions to: magazine@spbc.org.uk or to the church office

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ccli 1730

From the Ministry Team

All the Fun of the Fair!

What images come to mind when you think of prayer? Eyes closed? Hands together? Heads bowed?

Recently, I had the privilege of sharing on prayer with the Christian Union at Leeds College of Music. As I prepared, God brought the image of a trapeze artist to mind. I hasten to add that I had not recently watched *The Greatest Showman!*

Initially, I wasn't sure of the relevance of the picture so I simply asked God, "Why a trapeze artist?". It was on approaching the Yorkshire Post roundabout that God opened up the meaning behind the image – I sensed God pointing out three positions of the acrobat and three perspectives on prayer.



Clinging // Fear

Once the acrobat has launched themselves from the platform, they proceed to swing back and forth to gain momentum for their next trick, however it wouldn't be much of a performance if they simply clung on and kept swinging. Often I find myself going through the motions when I pray – I cling on to well-used phrases and fail to truly connect with the God longing for meaningful conversation.

I wonder whether one of the reasons we cling on in prayer is



fear. We are afraid of praying authentically as we believe that God wouldn't listen to someone like us. We are afraid of praying specifically as if we keep it broad, we can't be disappointed if our prayers appear to remain unanswered. We are afraid of praying questions as if we give our doubts airtime we might find ourselves losing our faith altogether.

God doesn't want us to cling on in prayer with our knuckles white from fear – God wants us to cling to prayer approaching the throne of grace with confidence (Hebrews 4.16).

Jesus calls us to experience freedom that allows us to pray honestly, specifically and humbly.

Falling // Failure

There are occasions when a trapeze artist – having attempted a trick but ultimately failed – finds themselves falling in to the safety net below or suspended mid-air by their harness. The hope is that these mistakes are confined to practice routines, away from the glare of the audience.

I have lost count of the times my

prayers have been prompted by personal failure. “God, I just missed an opportunity to share with my neighbour. Please can you provide another one!” “God, I just said completely the wrong thing to my colleague. Please redeem the situation!” “God, I knew that temptation was coming and I still didn't side-step it. Please forgive me.”

God doesn't expect perfection from us so why do we expect perfection from ourselves? Jesus is the perfecter of our faith (Hebrews 12.2) and the one who intercedes for us (Hebrews 7.25) through failure and in success.

Flying // Freedom

The perfect picture of a trapeze artist is when they appear to be flying, effortlessly transferring from one bar to another with complete freedom – free from fear and past failures!

Unfortunately, I'm not as able to call upon examples which resonant with the image of praying with complete freedom, as I know that is a state in prayer that I have rarely experienced. In Galatians 5.1, Paul confidently asserts, “It is for freedom that Christ has set you free.” Jesus has freed us from our

fear and failure and He calls us to experience freedom. Freedom that allows us to pray honestly, specifically and humbly. Freedom that doesn't keep a record of wrongs, mistakes or failures.

Ultimately, God in His grace and mercy answers all kinds of prayers – whether spoken out of fear, from

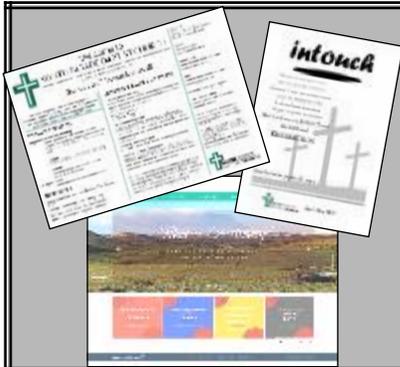
failure or in freedom – in all kinds of ways. We believe in a God who listens to us. We believe in a God who speaks to us. We believe in a God who answers prayer!

Let us pray.

Nathan

Do you see what this means - all these pioneers who blazed the way, all these veterans cheering us on? It means we'd better get on with it. Strip down, start running - and never quit! No extra spiritual fat, no parasitic sins. Keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed - that exhilarating finish in and with God - he could put up with anything along the way: Cross, shame, whatever. And now he's there, in the place of honour, right alongside God. When you find yourselves flagging in your faith, go over that story again, item by item, that long litany of hostility he ploughed through. That will shoot adrenaline into your souls!

Hebrews 12.1-3 (The Message)



...informed...

For service times, locations, Mission Communities, children's and student work, the weekly notice sheet, sermon downloads, this magazine and much more, go to the church website!

www.spbc.org.uk

Around the Church

Headingley Festival of Ideas

Headingley Festival of Ideas 2019 will be a feast of interactive debate, discussion and entertainment on the theme “Borders”. The festival will take place from Thursday 9 to Saturday 25 May. Our involvement as a church will centre on two events within the festival’s programme.

At 7.30pm on Friday 17 May at our Headingley site, our very own



Amelie Addison will share stories, songs and reflections from her research in to 18th century composer William Shield. After

Amelie shares how this research interacts with her own life and faith, there will be opportunity for those present to reflect on their own experience of borders and belonging.



From 12.30pm on Saturday 18 May, our Headingley site will be the venue of the festival’s main celebration. There will be contributions from the Tullie House Museum and Art Gallery Trust, Medecins Sans Frontieres, Balkans Peace Park Project and Meeting Point. There will also be performances from local choirs, refreshments served throughout and a screening of award winning documentary Those Who Jump.

Full festival programmes will be

available from early April in the foyer at Headingley.

Nathan Shipley

Associate Pastor, Youth and Young Adults

Beckett Park Picnic and Concert

Some of you may remember that last July we were encouraged to have our bring and share picnic in Beckett's Park, to co-ordinate with the Friends and Residents of Beckett's Park annual picnic and concert. The weather was as pleasant as we could have wanted, food and conversation were shared liberally and some games were enjoyed too.

There were a few community organisations, promoting their activities on various stands as well as the big ticket item of Bassa Bassa performing a lively set in their inimitable style of classical / funk / jazz fusion.

It occurred to me after the event that it would be an ideal opportunity for South Parade to have a much more intentional engagement with the event in 2019 and I approached the organisers to gauge their reaction. The reaction was positive and the

Headingley Morning Leadership Team was in agreement that we should explore involvement in due course.

Planning meetings have started in March and momentum is building well. As with so many community initiatives, volunteers hold the key to whether events are successful or not, so it would be great to support the organisers with people power; both on the run up to and during the event.

Basic details of the event are on the



poster. In the past there has been a cake sale stall, with the proceeds going to improvements in the park. Knowing what first rate bakers we have within and associated with South Parade, I would like to offer some firm commitment to stocking the stall with some enticing goodies as well as several people willing to take money from punters during the course of the afternoon.

It would be great to support the organisers with people power

As far as South Parade are concerned, we are intending to heavily promote the under 5s group, the retired people's lunches and the CAP work. We are looking into the practicalities of doing something musical, without the aid of electrical amplification. I am hoping that we may be able to do something along the lines of the singing element of the outdoor service we did in the courtyard last June, and keep it localised to our pitch at the event.

I have been informed that other local churches have expressed an interest in participating in the event, with a service in the park during the morning and picnic lunch in the afternoon. Could this be another

opportunity to strengthen our community links across the wider Headingley community?

If you would like any further information, you are welcome to speak to me at church or email: via the church office.

Richard Sykes

Headingley Leadership Team

Farewell to Cyril and Beryl Snell

The Headingley Gathering recently had the sad task of saying goodbye to Cyril and Beryl who have moved to live near their daughter and family in Scotland.

They have been members for many years, taking a keen interest in the life of the church and showing real love and care through hospitality, lifts and support. They were very committed members of the NFGI / Wednesday afternoon home group and with them enjoyed many memorable breaks in the Lakes. Cyril contributed regularly to this magazine for several years with an insightful column we titled "Questions" in recognition of the issues he raised.

We shall miss their wisdom and experience and above all their friendship. As we thank God for them we pray that he will bless

them and help them to settle well in a lovely area of Galloway.

Thank you Cyril and Beryl. Please keep in touch.

Val Dooks

Trip to India

As some of you are already aware, this year from 17-31 July I will be one of 12 sixth form students from Abbey Grange Academy volunteering in a rural community in Kerala, Southern India for two weeks. We will be working with tribal communities and disadvantaged people in the Western Ghat Mountains as part of a community development program run by the charity Yearoutindia. We will mainly be working on small scale building projects to build permanent toilets and clean water facilities. All the building materials and additional labour is sourced locally, improving employment for the community. We will also be spending some time in local schools.

To help towards the grand total of £1,800 that I need to raise for this trip, I am “running” to the Indian High Commission in London - a distance of 320km (200miles) which I am aiming to complete in four months. This means me running

20km a week and I am currently around the half-way mark having done roughly 180km.

It would be great if you are able to pray for me and this trip

Through this trip I am hoping to show my compassion for others and willingness to give my time and self to help those less fortunate than me. I hope the practical work we do will have a positive impact and I will be able to show God’s love to everyone we meet. I will be opening my eyes to a new culture and hope that this amazing opportunity will allow me to fully appreciate and be thankful for the many privileges I have in life.



If you are able to pray for me and this trip that would be great. If anybody also feels able to support me through donating that

would be very much appreciated. You can find my donation page online at www.justgiving.com by searching for “Thomas Whitman”.

Thanks

Tom Whitman
SPBC Part-time Drummer!

A Thing of the Past?

Gideon Bibles in Hotels and B&Bs

It was once considered normal to find a Gideon Bible at the bedside in a hotel, guest house or a B&B.

However, times have changed and many establishment owners and managers are questioning if it is appropriate to have Bi-



bles in their rooms. This means that increasingly Gideons are being asked by owners and managers to remove Bibles from their hotels, guest houses and B&Bs. Some establishments are choosing to have just a few copies at the reception desk for the use of guests who ask for one and others are declining the offer to have any Bibles at all.

Whilst we respect the concerns of those involved in the hospitality industry we are aware that it is very

rarely those of other cultures and faiths who are questioning the benefit of the Bibles in hotel rooms. Most often it is those who mistakenly believe that a Bible is some-

thing that is no longer relevant in our society and could cause offence. However, in a society where customer satisfaction is paramount there

are things you can do to ensure Bibles remain in rooms for those who need them most:

- Make a commitment to pray that every hotel, guest house and B&B will open its doors and allow a Gideon Bible to be at every bedside. If you can't commit to pray every day why not on a certain day of the week. And remember "With God nothing is impossible" Luke 1.37

Pray that every hotel, guest house and B&B will allow a Gideon Bible to be at every bedside

- Ask for a Bible when you book or check into a hotel.
- Compliment the owner or manager in person or through their customer satisfaction survey sheet when a Bible is in your room at the hotel.
- If you choose to place a comment on a recent stay on review sites such as “TripAdvisor” share your satisfaction that a Bible was available for you.
- Encourage others to do the same. Your friends and your church family can help.
- Let the Gideons know if a Bible is missing or needs replacing in the room where you stayed. Gideons UK can be contacted at hq@gideons.org.uk or on 01455 554241

All of this might seem relatively simple and you may ask how will this make a difference. The reality is that

your comments as a customer mean a lot to owners and managers of hotels, guest houses and B&Bs and shapes the decisions that they make.

This was the case with a guest house in the heart of Devon. The owners were considering removing the Bibles in their guest rooms on the basis that it was no longer the correct thing to have them there. Before they had removed the Bibles some regular guests checked in with them. The following morning the gentleman thanked the owners for the Bible that was in their room. His wife had recently been diagnosed with a terminal illness and the previous evening they had spent some time reading from the Bible and in doing so had re-found their faith.

We are pleased to report that the guest house owners were so moved by this that they now intend to make sure they always have Gideon Bibles in all their guest rooms. Your comments do matter. Please help to keep a Bible in every room. It could change someone’s life!

Gideons UK

...informed...

Further details of the work of Gideons UK can be found at www.gideonsuk.com or speak to Hazel Rowe at the Headingley Gathering



Getting to Know You

Jill Carey Jones

As part of our ongoing series meeting people from different parts of the church, this month Intouch asked Jill Carey Jones to introduce herself.

I've been part of South Parade, in particular Cragg, since 2002. I'm on the Cragg Rota for creche and reading as well as for teas and coffees and very much enjoy being involved with the Cragg Community Days which happen every couple of months.

However, my main involvement is with "Drop In @ Cragg" which takes place on Friday mornings and, generally, I'm in the kitchen as we

prepare the bacon and sausage sandwiches and teas and coffees. This is a great time of sharing with the other helpers and it's very much a team effort during which we have a lot of fun!

Other volunteers are front of house and there is a real buzz as people, many of whom have been coming along for years, share their news and 'Drop In' has become church to many of them. We are often joined by the local PCSOs (Police Community Support Officers) and people from The Leeds Advocacy Group who tend one of the Cragg allotments.

If the postman happens to be on his rounds at the right time he also gets a bacon sandwich. The prayer session at Cragg which follows on from Drop In is also a time of sharing and praying for the needs of those at Drop In and beyond.

Work-wise, I'm retired but I don't seem to have a lot of spare time! My other, non-church, interests



include baking (useful at Cragg), walking, gardening, reading, playing bridge and cinema.

Our small group is very important to me: it is a safe place to encourage, support and pray for each other.

I've also been very involved with my husband Owen's film work over the years. I was born in Cookridge and apart from a few years in Buckinghamshire have always lived in the Leeds area so I have lots of friends and acquaintances to maintain contact with, one of whom is a relative in a care home and I visit her regularly. Also, I have children and grandchildren in Devon and Hampshire which involves lots of trips to visit them, but the family often come to stay

with us too.

Our church small group is very important to me and some of us have been in the same group for over 15 years. As well as studying the Bible, it is a safe place to share our ups and downs and encourage, support and pray for each other. It is good to look back through our prayer diaries and see God's leading and answers to prayers over the years.

I very much appreciate the love and care of the fellowship at Cragg and feel privileged to be a part of the Cragg family and our small group has been a huge support over the years. We also have a number of close Christian friends whose care and support are immeasurable.

Jill Carey Jones

Cragg Gathering

People compare South Parade Baptist Church in all its wonderful forms and diversities to an ocean liner. There's this ship that's going along and it's hard to turn. But with the presence and the power of God then anything is possible. May we know God's power and God's presence in the days that lie ahead.



Peter Morden, Headingley 31/3/19

BMS World News

Fighting domestic abuse in Mozambique

You're helping bring access to justice in one of the poorest nations in the world by supporting BMS World Mission.

You can't report a crime if you don't know you're a victim. And that's often the case for people in Mozambique, where it's not unusual for people not to understand the law. But BMS workers and partners are changing that.



BMS partner, AMAC fellowship

BMS lawyer Mark Barrell is working with the Association of Christian Lawyers in Mozambique (AMAC). "The aim of AMAC is to provide access to justice to the poorest and most vulnerable people," says Mark. "Often the people we help will be women, whose status in Mozambican society can be very low." Women like Isabel*.

Isabel was abused by her husband, but she didn't understand what domestic abuse was, or that it is illegal.

Fortunately, BMS partners were there to help. Isabel attended an AMAC session on domestic violence and was taught what is defined as abuse, and why it's wrong. Isabel spoke to a lawyer on the team, who quickly realised that she was an abuse survivor. She was taken to the police station that same day to report the crime.

Just a few months later, Isabel's husband was brought before a judge. The court placed a restriction on him, and he was told that he could face imprisonment for any further abuse.

Isabel can now live without fear, with the encouragement of knowing that AMAC will keep helping other people like her

If AMAC hadn't been there, there's no telling how long Isabel would have continued to suffer. But now she can live without fear, and with the encouragement of knowing that AMAC will keep helping other people like her. She knows they are determined to keep bringing access to justice to those who need it.

*Name changed.

Your support is helping more and more people access justice in Mozambique. Head to www.bmsworldmission.org/fighting-abuse to find out more.

Helping people see their lives are worth living

In places like Nepal, where people have suffered unimaginable trauma, suicide might seem like the only way out for some who are experiencing terrible mental distress. But your support for BMS World Mission is helping to change that.

BMS counsellor Jenny Saunders is working with a local partner specialising in counselling in Kathmandu, training Nepalis to become counsellors in communities across their country. Critical to the work is raising awareness of the symptoms of trauma. Jenny trains people to find individuals who are trusted in their local communities,



Jenny's work is making a real difference to trauma survivors

so they can identify the symptoms and help people get support.

“Counsellors in Nepal have very little access to supervision,” says Jenny. “So we want to promote a more holistic approach to supervision, in which we can supervise each other.” That approach sees Jenny train her counsellors to work in peer groups to give each other the emotional support they need, and the structure to work ethically and professionally.

Jenny’s work is putting the key steps in place to ensure that people won’t see suicide as the only way out

One of the first people Jenny trained was Binsa. Binsa then trained counsellors in rural communities. Binsa saw peer learning as a great opportunity for the people she worked with. As they worked in rural communities, they would never be able to access the supervision they needed. But by approaching their

training the way Jenny suggested, Binsa ensured they would be able to rely on each other to meet their support needs, and the needs of the people they were counselling.



Jenny is undertaking further research into supervision techniques in Nepal. And she’s hoping to make as big an impact as she can. “We want to make changes at a policy level.

We’d love it to be mandatory for counsellors to have supervision,” she says. It might not seem like that big a deal on first reading, but Jenny’s work is putting the key steps in place to ensure that people won’t see suicide as the only way out.

“Without supervision, it’s very easy to burn out or not do a good job,” says Jenny.” You need someone to support you.” By supporting BMS, you’re supporting Jenny’s work. That means you’re helping her and helping others save lives.

Your faithful support for BMS is helping those suffering from trauma in Nepal receive the support they need. Visit www.bmsworldmission.org/ worthliving to read the full story.

...informed...

Visit www.bmsworldmission.org for more information about BMS’s work around the world.

Prayer Diary



**SOUTH PARADE
BAPTIST CHURCH**

April - May 2019

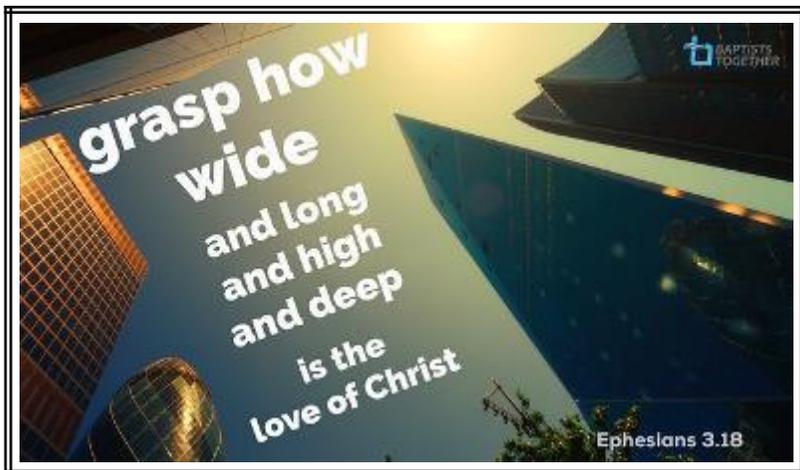
APRIL

Sun	7	Preachers at services today
Mon	8	The church office
Tue	9	The Arabic Christian Fellowship
Wed	10	The work of Gideons UK
Thu	11	The Special Church Meeting this evening
Fri	12	Your neighbours
Sat	13	Your homegroup, small group or cell group leader
Sun	14	The Gospel Choir event at Headingley this evening
Mon	15	Your Gathering's Leadership Team
Tue	16	Rooted
Wed	17	Your friends and family who don't know Jesus
Thu	18	Teddy Praise today
Fri	19	Good Friday witness events in Headingley and Horsforth
Sat	20	Your local MP and councillors
Sun	21	Christ is Risen - Alleluia!

Pull out and use!

Mon	22	The Deacons
Tue	23	Colin & Jill Jones and their work with the church in Normandy
Wed	24	Geoff King
Thu	25	All those who look after our church buildings
Fri	26	Friday Lunch in the Green House
Sat	27	Nathan Shipley
Sun	28	Chris Gnanakan
Mon	29	Adrian Howe and his work with YBA and South Parade
Tue	30	Sam and Katie
MAY		
Wed	1	Barnabas Bunch
Thu	2	The Elders
Fri	3	Paul Rockley at Blenheim Baptist Church
Sat	4	Horsforth Farmers' Market and Horsforth Churches Together
Sun	5	Visitors to church this holiday weekend
Mon	6	Young People meeting in Cell Groups
Tue	7	Kate Churchill
Wed	8	Charles Fletcher, Church Secretary
Thu	9	Peter Morden
Fri	10	Ina and Malte von Blumroder in Germany
Sat	11	Transformations Leeds
Sun	12	Connect Gathering
Mon	13	Steve Fairhall, Tim Rowe and the work of the CAP centre
Tue	14	Missionaries with BMS World Mission
Wed	15	Connect Bible Club

Thu	16	St George's Crypt
Fri	17	Events for Headingley Festival of Ideas today and tomorrow
Sat	18	Katharine Widdowson, Church Treasurer
Sun	19	Headingley Morning Gathering
Mon	20	Retired people in the church
Tue	21	Cragg Gathering
Wed	22	Work with children and young people across the church
Thu	23	Headingley evening Gathering
Fri	24	Drop-in at Cragg today
Sat	25	The Ministry Team
Sun	26	Jane Waites
Mon	27	Students in Leeds
Tue	28	Tim Jackson in Austria
Wed	29	Kate Burkett
Thu	30	Junior Church leaders and helpers
Fri	31	For those who lead our nation
Sat	1	Levi Booth

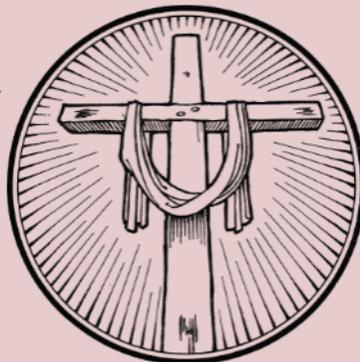




Lord God,
During this time of national uncertainty,
we pray for wisdom for our government, Prime Minister,
MPs and parliamentary staff.
We lift to you all those who are anxious for change
and those who are fearful for the future.
May you heal our divisions and our disillusionment;
uniting us in the call of Christ,
to be people who work for your peace,
and live in your love.
Amen.



*God of glory,
by the raising of your Son
you have broken the chains
of death and hell:
fill your Church with faith and hope;
for a new day has dawned
and the way to life stands open
in our Saviour Jesus Christ.*



*“Faith sees the invisible,
believes the unbelievable,
and receives the impossible.”*

Corrie ten Boom

“He Died For Me”

An Easter Meditation

Many individuals played their part in the Passion of Christ. An important catalyst on this emotive occasion was Barabbas. His release was in accordance with a custom that at this particular time of year it was normal to release a criminal.

I have tried to picture this man who had committed murder. I can imagine him maybe being untied from the cross. He wouldn't believe his luck. He may have gone immediately to the “Galilean Arms”...

Barabbas will have looked straight into our Lord's eyes. Those eyes that burn at sin, but beckon sinners.

When delivering personal testimonies, believers sometimes say “Jesus died for me”. But the only one who could say this literally was Barabbas. He will have looked straight into our Lord's piercing eyes: those eyes that burn at sin, but beckon sinners. Christ paid the cost at the cross.



A preacher once spoke of a vision he had. It was of Christ on the cross dying for the sins of the entire world. He saw the filthy hands of murderers and sinners, but they did not make him dirty in the slightest.

It has been said there are two great levellers in life – one is hospital, but the best is at the foot of the cross.

Mark Raven

Headingley Gathering

I'm a Bee-liever

Scott Halligan thinks that most people already know that...

I keep bees.

It's one of those things that one suspects has become common knowledge but may not actually

be of interest to many people.

However, I think that honeybees are fascinating and I'd like share some facts about them with you.

The queen bee and all the worker bees are female. The male bees are called drones, and their sole purpose is to mate with a queen, immediately after which they die. Any drones that don't mate and survive until autumn get kicked out of the hive and die then.

Bees don't hibernate in winter. A critical mass of workers and the queen live off the honey stores through winter and maintain the temperature inside the hive. The

workers can disengage their wings and exercise their wing muscles to generate heat. On days that the outside temperature gets above 10°C and it's not wet or windy, the bees will venture out to forage for nectar and pollen from any flowers that are out at the time.



As the hours of daylight increase and the weather gets warmer through February and March, the queen increases her rate of laying eggs to a maximum of

around 1,500 to 2,000 per day and the number of bees in the colony increases to its maximum size of around 60,000 to 70,000 in mid-May to early June. If left to their own devices, a colony will rear several new queens, one of which will take over the colony, with the original queen and about half the worker bees leaving the hive in a swarm. The first new queen to emerge will usually, but not always, kill off the other developing queens.

The worker bees are able to influence this process.

The term swarm doesn't mean a frenzy of erratic bee activity in the air. It is the organised and intentional operation of the queen and her workers moving house. For a week or so before the new queen hatches from the cell in which she has been developing, some workers will have been scouting out potential new homes. Once the bees have left the hive, they will find a convenient location to form a cluster around the queen and from which to send out the scout bees again to finalise their choice of new home.

Bees have been observed to go to the same areas year after year for hundreds of years. How do they know where to go?

And it is this process that is key to a beekeeper's success. There are methods of spotting signs of potential swarming and actions that can be taken to manage a colony of bees at this time of year.

Queen bees will naturally live for 3 to 5 years. A few days after she first hatches out she will take the first of only a few flights that she has

throughout her life. This will be a mating flight; the only one she needs for all the eggs she will ever lay, to what is known as a drone congregation area. These are areas in the sky where drones and queens congregate to mate. Bees have been observed to go to the same areas year after year for hundreds of years. How do the bees know where to go? The queen is only about a week old and no drones survive from one year to the next to pass on this information.

The only other time a queen leaves the hive is during a swarm to move to a new home. A beekeeper will usually replace a queen bee after two years.

The worker bees forage for nectar and pollen from flowers, for sap from trees and for water. Nectar is carried in their honey tummy and pollen on the hairs on their legs (also known as pollen sacks). Having the nectar in the honey tummy and then regurgitating it into the cells of the honey comb in the hive starts the process of turning it into honey. Reducing the moisture content of the nectar is the other main factor in turning it into honey.

Once it is below 17.8%, the bees make a cap of wax to seal the honey in the cell, where it could

remain indefinitely! Scientists have not been able to replicate the enzymes and other added constituents of honey. As well as being a nutritious food, it has many other uses which include being an antibacterial medical dressing! Other products that can be harvested from a bee colony are wax, propolis (the sticky glue that bees make from tree sap), pollen and royal jelly (the special food that is given to the grubs chosen to become queens). Some beekeepers also rear queens to sell to other beekeepers.

Worker bees have distinct jobs throughout their expected six week “warm weather” life-span. When they first hatch they will be housekeeping bees, cleaning out empty cells and removing unwanted items from the hive. Then they become nursery bees, looking after the developing eggs / grubs. Moving closer to the big wide world, they next become guard bees, patrolling the hive entrance to deter invaders and predators, to finally become a foraging bee and collecting the afore-mentioned goodies. At any time, the worker bees can change

what duties they carry out to meet the demands of the whole colony.

Information about good foraging locations is communicated between the bees by means of a “waggle dance”. This is performed in the pitch blackness of the hive on the

vertical surface of the honeycomb. The bee walks in a diagonal line, the angle of which denotes a direction in relation to the sun and the length of which denotes the distance relative to the hive, whilst wagging her

abdomen to indicate the abundance of the substance being foraged. At the end of the diagonal line, the bee circles round to the beginning again, alternating between clockwise and anti-clockwise, forming a figure of eight. This dance can continue for an extended period of time, during which the bee will adjust the angle of the dance to correspond to the changing attitude of the sun in the sky.

In addition to honey being a source of food for the bees, it is also used by them to synthesise their wax through the wax glands on the underside of their abdomen. Before the bees swarm to a new home



they will consume as much honey as they can carry in their honey tummy, to give them sustenance and the resources to build a new comb in their new home. Their tummy being full of honey makes it more difficult to sting and their primary concern at this time is to find a new home. So, contrary to popular belief, a swarm is probably the safest way to encounter a significant number of bees. Having said that, I do still get fully suited up when handling bees in a swarm situation!

My bees have contributed to my understanding of the relationship between God, Jesus and the Holy Spirit

Looking at bees from a wider perspective, I believe that they defy evolutionary explanation. Taking either view of evolution being an extended series of gradual changes or a shorter series of abrupt and significant changes, the various anatomical functions of single bees, the combined functions of bees within a colony and the interdependence of honeybees with the wider environment are too finely tuned to be coincidentally successful. I would conclude that the disruptive impact of human

agricultural practices on honeybee populations demonstrates how finely tuned they are.

From a philosophical perspective, they have contributed to my understanding of the relationship between God, Jesus and the Holy Spirit. Taking the three essential parts of the honeybee colony – the queen, the workers and their home. If you remove any one of those, you don't have a bee colony. Similarly, God, Jesus and the Holy Spirit exist in a single communion together. Having been brought up in a non-trinitarian denomination, developing this understanding has been significant.

Bees and their honey also get frequent mentions throughout the Bible. We can learn a lot from them about how to live as a community, the relationship between God and his people, our responsibility to look after God's creation and the list could go on. Any one of those three aspects could form the basis of life-long study. For me, it's a pleasure to share my little plot on this planet with a few small insects, to help them and to enjoy the product of their labours.

Richard Sykes

Headingley Gathering

Ford's Focus

John's Gospel Part 23: Behold the Man

John 19

Steve Ford's close examination of John's gospel reaches chapter 19, and the familiar account of Jesus' trial and imminent crucifixion. He highlights some key phrases, statements, actions and reactions from this chapter.

If you were reading this chapter for the first time you could immediately be put off from reading any further just because of the opening barbaric scene in verses 1-2, "Pilate took Jesus and scourged

Him.... And the soldiers twisted a crown of thorns, put a purple robe on Him, struck and mocked Him".

A question here could be why, if Jesus is God's son, with power and authority, did the all-powerful divine God, allow this to happen? This is not what a loving father does to his beloved son. This kind of thought process could lead us down a path of rejection of God rather than draw us to Him.

It appears that the Jewish leaders were desperate to rid their world of this man who claimed to be God, this man who they had witnessed doing amazing things, healing the blind, cleansing the leper, causing the lame to walk, even raising the dead to life. Yet they failed to see Him as an ally and saw Him as an enemy and in some cases as a devil or evil.

Pilate, on the other hand, sees things rather differently and brings Jesus before the crowd, who have



by now been whipped up into such a frenzied hatred toward him, and says “Behold the Man”.

This man had stood firm through all of his trial and afflictions and had not once endeavoured to retaliate or resentfully answer Pilate back, save to clarify the facts about himself and the power and authority that had been invested in him from God.



representative man for all humanity. Yes he was a man who from the outset was filled with the Spirit of God and many times throughout his earthly life he insisted that he was only able to do the marvellous works and say the inspired words because he consistently acknowledged that all he did was because his Father, the Lord of creation, dwelt in him. He often said “my Father that dwells in me, He does the work”.

Where did Jesus “the man” learn this kind of attitude? Was it because he was divine and somehow able to be “so perfect” or was it because he learnt obedience, service and love throughout his childhood? Jesus “the man”, scripture tells us, learnt in subjection to his parents, Luke 2.51-52.

Jesus was only able to do the marvellous works and say the inspired words because his Father, the Lord of creation, dwelt in him.

Why is it important for us to “Behold the man” Christ Jesus, the man that Pilate could not find any fault with, yet the man that was and is still rejected by the masses as being a fraud and in reality a threat?

I would like to suggest that the reason why “the man” Christ Jesus was rejected was because the Spirit of the most high dwelt within him. It is the same today: Christ is rejected because the same Spirit is associated with the name of Christ, it is this Spirit which caused and causes the divisions. As Simeon the prophet said to Mary in Luke 2.34 “This child will cause many in Israel to fall, but will be a joy to many others”. It is also this same Spirit which, when captured and understood, causes many to be joyful and hopeful.

Jesus “the man” was a man “born of the Spirit”: this man became the

*Behold the man upon a cross
My sin upon His shoulders
Ashamed, I hear my mocking voice
Call out among the scoffers
I will not boast in anything
No gifts, no power, no wisdom
But I will boast in Jesus Christ
His death and resurrection.*

(Quoted from "How deep the Father's love" by Stuart Townend)

Behold the man, our representative man. The man who showed humanity that a life lived in and by the indwelt Spirit of the most high was possible.

All of us are spiritual, we are all created in the image of God and therefore all have the same choice of entering into God's redemptive plan, a plan that offers redemption

and restoration to God the divine Himself.

Christ, the representative man, filled with Spirit, died once, for all, the eternal sacrifice of a creator God who said "ENOUGH - I will pay the price required so my people need no longer live in captivity but live in ME so they can be a light and an example for all to see".

"Behold the man" - "I find no fault in him". Do we find fault in him or do we find him to be our source of life for life?

Behold the man, our representative man.

Steve Ford

Headingley Gathering
blog.stevelford.org

"May I never boast except in the cross of our Lord Jesus Christ."

Galatians 6.14

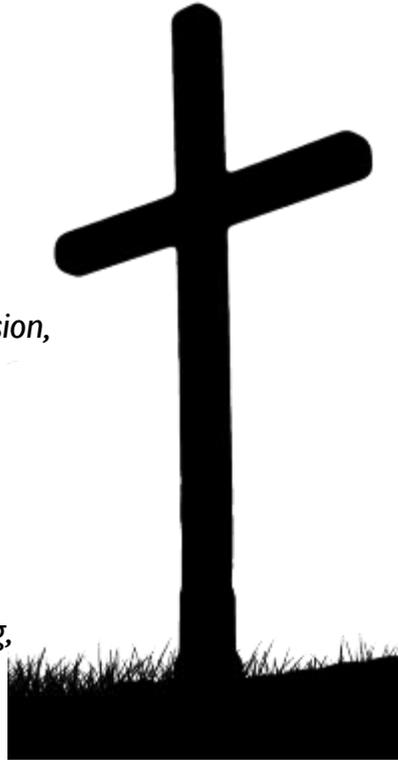
*"Do all the good you can,
by all the means you can,
in all the ways you can,
in all the places you can,
at all the times you can,
to all the people you can,
as long as ever you can."*

John Wesley

*O Sacred Head once wounded.
With grief and pain laid down,
How scornfully surrounded
With thorns, thine only crown
How pale art thou with anguish
With sore abuse and scorn
How does that visage languish
Which once was bright as morn.*

*O Lord of life and glory,
What bliss till now was Thine.
I read the wondrous story,
I joy to call Thee mine.
Thy grief and thy compassion
Were all for sinners' gain,
Mine, mine was the transgression,
But thine the deadly pain.*

*Be near me, Lord, when dying,
O show Thyself to me
And for my succour flying,
Come, Lord to set me free:
These eyes, new faith receiving,
From Jesus shall not move,
For he who dies believing
Dies safely through Thy love.*



**Attr. Bernard of Clairvaux / Paul Gerhardt
trans James Alexander**

Church Noticeboard

The Easter Story

A REFLECTION IN WORDS AND
GOSPEL MUSIC WITH THE

New Headingley Gospel Choir

**SOUTH PARADE BAPTIST CHURCH
SUNDAY 14 APRIL, 7.30PM
ADMISSION FREE**



Kirkstall Lane Headingley Leeds LS6 3LF
web: www.spbc.org.uk email: info@spbc.org.uk

EASTER AT SOUTH PARADE BAPTIST CHURCH

He Is
RISEN
+

Thursday 18 April 10am

Teddy Praise for under 5s and their families at Headingley

Friday 19 April 5pm

Good Friday Reflective Service at Headingley

Easter Sunday 21 April 10.30am

Easter Services at our Cragg and Headingley Gatherings

www.spbc.org.uk

HCT Holy Week Events

Tuesday 16 April: Words from the Cross
Leeds Trinity 7.30 - 9pm

Good Friday Walk of Witness

11.10am Bedford Court 20 people to sing
11.30am Central

Good Friday Service

7.30pm The Grove

Easter Sunrise Service

5.45am The Hall Park



Horsforth Churches Together
Together in our community

Headingley Good Friday Walk of Witness



Headingley
Churches Together
19 April 2019 10.30am



10.30am Meet at Headingley St Columba Church (on main road beyond St Michael's). Here and at the next stops there will be a short reflection. Walk over to St Michael's Church (approx. 10.50), then to South Parade (approx. 11.15) and finish at Headingley Methodist Church for refreshments. Note the change of route from previous years.

We will be giving out Easter greetings and eggs to passers-by. We look forward to seeing you – any who find the full walk difficult can join us at any point.

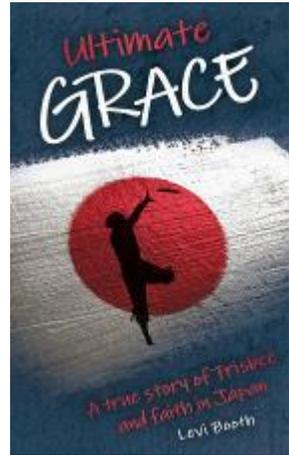
www.facebook.com/spbaptistchurch



Ultimate Grace

A true story of frisbee and faith in Japan

"It was an odd feeling, lining up against Great Britain. I used to dream that I might one day play for them; I had never thought that I would end up playing against them. But I had no time to dwell on the unexpected journey that had led me here, their puller raised the disc: the next point was about to start."



If you thought being a missionary meant wearing socks and sandals, living in the jungle without a shower, and having no phone or Internet, then think again. This short book is going to blow away all your preconceptions. Levi Booth is not a stereotypical missionary. Not long out of uni, Levi headed to Japan with all his essentials: his Bible and Frisbee. He was just a normal bloke with a passion for Ultimate Frisbee who stepped out boldly to tell people about Jesus. This is his journey to Asia: the ups, the downs, the adventures and the Japanese national Ultimate Frisbee team.

Levi's story will challenge your idea of what a missionary is and it might just cause you to consider how God could use you and your gifts, talents and hobbies – however unusual – to serve him around the world.

Available in church now!

Rewind to Easter

A big thank you to everyone who volunteered at Rewind to Easter in Headingley. Over 80 pupils plus staff joined us and engaged with the real meaning of Easter!

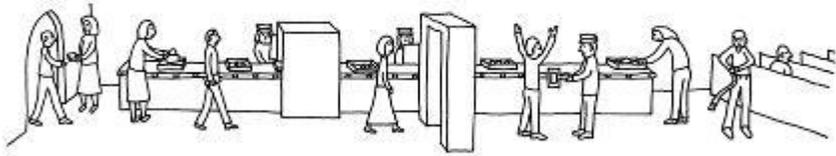
Thank you!

Church Office:

0113
275 4989

SECURITY

YOU WILL NEED TO GO THROUGH SECURITY PROCEDURES WHEN YOU ARRIVE FOR THE SERVICE



OUR OFFICERS ARE CHECKING FOR THE FOLLOWING:



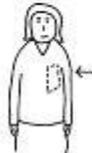
TAMBOURINES



MEMBERSHIP
CARDS
FROM
RIVAL
DENOMINATIONS



NON-PEW
BIBLES



SCRIPTS
FOR
INTERJECTING
DURING
SERMON



UNAUTHORISED
CUSHIONS



INSUFFICIENT
CONTRIBUTION
TO COLLECTION

Easter Essentials

CHRISTIANITY EXPLODED

- Four Days Off Work
- As Many Hot Cross Buns in Lent as Possible
- Greeting People with "He is Risen Indeed!"
- At Least One Cadbury's Creme Egg
- Rousing singing of "Thine Be The Glory" on Easter Morning
- Bank Holiday Easter Monday Movie on TV

#18



Passion for God

Love for People • Heart for Mission

*South Parade meets as four Gatherings across Leeds: in **Headingley** and **Cragg** on a Sunday Morning, and as **Sent** at Headingley on Sunday evenings. **Connect** meets in the community in Bramley. We run a CAP Debt Centre and have a partnership with the Arabic Christian Fellowship. To find out more, visit the website or contact the church office.*

Senior Minister

Peter Morden

Associate Pastor for
Youth and Young Adults

Nathan Shipley

Associate Pastor
Church Administrator
Under 5s Co-ordinator

Geoff King
Kate Churchill
Kate Burkett

Elders

Steve Burras, Barbara Crosse,
Freeman Dumenu,
Charles Fletcher (Church Secretary),
John Pelham, Tim Rowe, Joe Walsh

South Parade Baptist Church
Kirkstall Lane, Headingley
LEEDS LS6 3LF

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info@spbc.org.uk



“

*Then Jesus came out, wearing
the crown of thorns and the purple robe.
And Pilate said to them,
“Behold the Man!”*

”

John 19.5 (NKJV)

intouch

 **SOUTH PARADE
BAPTIST CHURCH**