

Newsletter



Ampthill Clophill Flitwick
March 2026



"No winter lasts forever,
no spring skips its turn."

~ Hal Borland

Welcome to the March Newsletter

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A Message from our Minister

This Lent, we are invited to reflect not only on our actions, to loosen our grip on what holds us back, but also to reflect on our words as we open ourselves to the transforming presence of God. The Bible reminds us that life and death are in the power of the tongue because words can heal or wound, encourage or discourage, build up or tear down.

In today's digital world, our words travel farther and faster than ever before. Social media can be a place of connection, inspiration, and joy. It can also become a space where harsh comments, quick judgments, and unkind remarks cause deep and lasting harm.

During this Lenten season, let us pause before we post or comment.

Let us ask ourselves:

Will these words build someone up?

Will they bring light - or add to someone's darkness?

Will they strengthen someone's mental and emotional well-being, or weaken it?

Lent is not just a time for giving up food or comforts. Perhaps this Lent, we might fast from sarcasm, from impulsive replies, from 'helpful' comments, from gossip, or from sharing negativity. Instead, let us practice speaking life, offering encouragement, and choosing kindness.

May our words reflect Christ's love.

May they be gentle, thoughtful, and true.

And may everything we say - online and offline - bring hope to those who hear it.

Be kind  Love Lent

Silas



Church Family News



Happy Birthday

to all those who have birthdays
this month.

Happy Anniversary

to those celebrating a wedding
anniversary this month.

May God be with you all on your special day and always.

Be joyful in hope, patient in affliction, faithful in prayer.
Rejoice with those who rejoice; mourn with those who mourn.
Live in harmony with one another.

Romans 12: 12,15-16

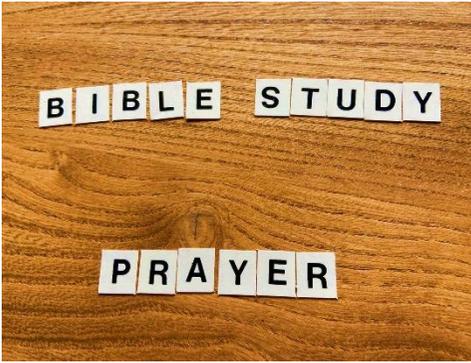


Growing in Faith together....

In the rhythms of our church life each year we are reminded that “The calling of the Methodist Church is to respond to the gospel of God’s love in Christ and to live out its discipleship in worship and mission”

The Methodist Church is called to a life of worship, learning and caring, service and evangelism.

This year as we think about how we can grow the churches in our North Bedfordshire Methodist Circuit, GCMC has decided to focus on prayer and bible study.



In my experience it is through meeting together for bible study, prayer and fellowship that growth in our faith and caring for others occurs. Slowly and surely the courage to support others in their faith journeys develops as we share our faith and life experiences in a safe space. Our mission is

after all to make more disciples ... Matthew 28.19-20.

The early church began with small groups meeting in homes to pray, break bread, support each other and work out their faith often in perilous circumstances.

The early Methodist Church flourished through the class system. Growing churches have house groups.

Within GCMC there already are opportunities to meet together to pray, share and explore faith.

A Prayer Group meets weekly on Tuesdays in Ampthill. (Contact-Sheila Smith for details)

Bible Study Groups meet on Thursdays in Flitwick, Clophill and Thursday@3 online. (Contacts: Maryan Pateman, Margaret Byass, and Janet Watts respectively for details)

This year why not take the opportunity to join one of these groups - you will be most welcome. If Thursdays are not possible, we can always start a new group on a different day!

Margaret



Worship in March

1st March

United Worship at Clophill led by Angela Turner **10.30 am**

8th March

Ampthill Breakfast Church led by Rev. Silas Wood **9.30 am**

Clophill Worship led by Perilyn Thomas **10.30 am**

Flitwick Worship led by Rev. Silas Wood (HC) **11.00 am**

15th March

Ampthill Worship led by Rev. Silas Wood (HC) **11.00 am**

Clophill Worship led by Rev Silas Wood (HC) **9.30 am**

Flitwick Worship led by Chris Fox **10.30 am**

22nd March

Ampthill Worship led by Liz Little **10.30 am**

Clophill Worship led by Rev. Silas Wood **11.00 am**

Flitwick Breakfast Church led by Rev. Silas Wood **9.30 am**

29th March - Palm Sunday

Ampthill Local Worship **10.30 am**

Clophill United Worship at St. Mary's Church **11.00 am**

Flitwick Local Worship **10.30 am**

5th April - Easter Sunday

United Worship at Flitwick led by Rev. Silas Wood (HC) **10.30 am**



Worship in March

March	1	8	15	22	29
Amphill	10.30 am United Worship at Clophill	9.30 am Breakfast Church Silas Wood	11.00 am Holy Communion Silas Wood	10.30 am Worship led by Liz Little	10.30 am Local Worship
Clophill	10.30 am United Worship Angela Turner	10.30 am Worship led by Perllyn Thomas	9.30 am Holy Communion Silas Wood	11.00 am Worship led by Silas Wood	11.00 am United Worship at St. Mary's
Flitwick	10.30 am United Worship at Clophill	11.00 am Holy Communion Silas Wood	10.30 am Worship led by Chris Fox	9.30 am Breakfast Church Silas Wood	10.30 am Local Worship



Good Friday - 3rd April

10.00 am Walk of Witness at Amphill

10.30 am Good Friday Worship at Clophill led by Rev. Silas Wood

Easter Sunday - 5th April

6.30 am Sunrise Service at Amphill Park led by Rev. Silas Wood

10.30 am United Worship at Flitwick led by Rev. Silas Wood (HC)



What's On in March

Monday

Craft Café at Flitwick 6th March 2.30 pm - 4.00 pm

Tuesday

Prayer Meeting at 6 Brinsmade Road, Ampthill 2.30 pm

Wednesday

Tea and Chat at Clophill 10.00 am - 12 noon

Ampthill Ladies Group 2.00 pm

4th March Speaker: Father Jerry Manomey

18th March Ann Ledger: The Russell Family of Woburn

Tea and Chat at Flitwick 2.30 pm - 3.45 pm

Thursday

Baby Comes Too at Flitwick (Term time) 9.15 am - 11.15 am

Community Café at Ampthill 10.30 am - 1.30 pm

Boys' Brigade and Girls' Association at Flitwick (Term time)

Anchors and Juniors 6.15 pm - 7.30 pm

Company and Seniors 7.30 pm - 9.00 pm

Saturday

Men's Breakfast at Flitwick 7th March 8.30 am

Coffee and Croissants at Clophill 14th March 10.00 am - 12 noon

Ladies Breakfast at Flitwick 21st March (see page 11) 8.30 am



World Day of Prayer

Friday 6th March 2026



Local Services:

10.30am at Amphill Baptist Church

7.30pm at St. Peter and St. Paul, Flitwick

Theme: I will give you rest, come
(based on Matthew 11:28-30)

Prepared by the women of Nigeria

‘The women of Nigeria have created a service that speaks to our need for peace and solace, drawing on their faith and experiences in a world filled with struggles and anxieties.’ (From WDoP website)

Nigeria is a large country on the West coast of Africa with a population of 211 million. The country's climate ranges from equatorial in the south to arid in the north, with a tropical climate in the central regions. There are two major seasons: dry and rainy. In the northern regions of Nigeria, millet and sorghum are widely cultivated and serve as primary staple crops. In the southeastern part of Nigeria, cassava and yam are the primary staple foods.

Religion plays a significant role in shaping the cultural and social fabric of Nigeria. The country is known for its religious diversity, The major religions in Nigeria include Christianity, Islam, and traditional African religions. Although Christians make up 45% of the population, Nigeria is number 7 on the Open Doors World Watch List of countries where Christians are persecuted, particularly in the north of the country.

Nigeria joined the World Day of Prayer movement in 1961 and the movement has grown to encompass women from various Christian denominations across the country, fostering ecumenical co-operation and spiritual solidarity.





"My Story, My Song"

DAFFODIL DAY 2026

MCHW'S SPRING
FESTIVAL FOR CHRISTIAN
ENCOURAGEMENT
AND RENEWAL

**Methodist Central Hall
Westminster**

Storey's Gate, Westminster, SW1H 9NH



7
SATURDAY
MARCH

1.40PM FOR 2PM

**SPECIAL GUESTS
INCLUDE:**

Pam Rhodes
President & Vice President of
Conference
Co-Chair of MWIB
Ravi Anand Misrajee
Frances Miles
MCHW's Choir and Staff Team
And more!

 mchw.live t: 020 7654 3809

Anyone who would like to go please contact Linda for travel details.

Baby Basics

At Ladies Breakfast on 21st March a lady called Sue will be talking about Baby Basics, which is a charity based in Milton Keynes for expectant mothers, babies, children and families who are less fortunate than ourselves. Sue will be talking about how Baby Basics is run and the things they need to keep the charity running.

Below are some of the items they need. All items donated must be in good condition or new.

Expectant mothers for going into hospital: face cloth, soap, towels, toothbrush, toothpaste, comb, brush, deodorant, shower gel, sanitary towels etc.

Newborn baby: baby grows, towels, blanket, nappies, knitted cardigan, mittens, and other clothes for a newborn baby.

Larger items: Moses basket, pram, pushchair, changing mat, baby toys, playmat etc.

For older children up to age 5/6 years old: Lego, toys, games, books, clothes, shoes, socks, vests, trainers. Toys must be small enough to put into a toy box.

Towels and household items: If these are not suitable for families, they are made into laundry type bags for expectant mothers to take into hospital.

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Contact ladies who attend Ladies Breakfast if you are able to donate any of these items.

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## Prayer Suggestions for March

*As o'er each continent and island  
the dawn leads on another day,  
the voice of prayer is never silent,  
nor dies the strain of praise away.*

*John Ellerton StF 147 v. 3*

### Week beginning 1st March - World Day of Prayer

- Thank God for the World Day of Prayer movement with its focus on praying with a different country each year.
- Pray for the World Day of Prayer services being held all round the world on Friday 6th March.
- Pray for our local services as we learn more about the issues faced by people in Nigeria.
- Thank God for the people in Nigeria who have prepared the service for this year.
- Pray for people in Nigeria who are persecuted for their faith.

### Week beginning 8th March - International Women's Day

For 115 years the International Woman's Day has shone the spotlight on issues involving women.

- Pray for an end to discrimination because of gender.
- Pray for equality in the workplace and a fair wage for all.
- We celebrate the achievements of women in every area of life and pray that they will be fully recognised by all.

### Week beginning 15th March - Mothers

- Thank God for mothers.
- Pray for new mothers and those expecting a baby..
- Pray for mothers who are single parents looking after children on their own.

- Pray for mothers in countries where medical supplies are not readily available.
- Pray for those who would like to be mothers but are unable to become pregnant.
- Pray for foster mothers.

*Week beginning 22nd March - Water*

22nd March is World Water Day

- Thank God that we have water available every day.
- Pray for people who look after our water supplies.
- Pray for the charity Water Aid as they work to make sure people have access to the water they need.
- Pray for people who suffer from flooding or drought.

*3 days beginning 29th March - Palm Sunday and start of Holy Week*

- We remember how Jesus rode into Jerusalem on a donkey showing that he came in peace. Pray for the peace of the world.
- Jesus wept over Jerusalem. Pray for Jerusalem and for a solution to the problems in the Holy Land today.



*Local Preacher Appointments*

Please pray for preachers from our Greensand Community Church who are planned to lead worship in March:

- |                 |                               |
|-----------------|-------------------------------|
| Perilyn Thomas  | 8th at Clophill               |
| Angela Turner   | 1st at Clophill               |
| Janet Watts     | 1st at Oakley; 15th at Henlow |
| Angie Woodcraft | 15th at Kempston East         |



## Winter Into Spring

The dormant season of winter  
With nothing growing apart from snowdrops and daffodils  
Bringing a glimmer of hope and normality  
Into natures world of beauty  
With signs that global warming has not taken control  
As God has the last word  
That the seasons will never fail.

There are shrubs with red, orange or yellow branches and berries  
Others are flowering  
Some with a sweet fragrance which fills the air.

Hardened seed coats, hidden from view  
Gradually softening by the elements of frost and snow  
With bulbs and flowers abiding their time  
Waiting patiently before germinating, or popping up  
And bursting into life.

### **The calm power of nature Frozen in time.**

Until life begins to stir, when man is asleep at night.

Then suddenly, everything bursts forth into the miracle of spring  
With the sweet sound of birds beginning to sing  
As they find a mate, and together, bring into the world  
Natures next generation of offspring.

*Lance*



## *Bedford Foodbank Lent Appeal*

*Prayerfully consider injustice and humility this Lent*

*'As we continue to support people through winter, which can be the hardest time of the year for many, we're also looking towards Lent. We are inviting people and churches to find new ways to join us in ending hunger today, together and forever.*

*Thank you so much for your continued support. With this support we've been able to continue to support people in our community, and in 2025 gave out 19240 food parcels which meant 164177.78 Kg of stock was handed out.*

*We couldn't do what we do without your support throughout the year, your donations, and the compassion you're showing in Bedford Borough.*

*... act justly, love mercy and walk humbly with your God – Micah 6:8*

*As you've donated in the spirit of loving mercy that Micah 6:8 reminds us of, we'd love to support you as a church to explore what it can mean to act justly and walk humbly too.*

*Spend time this Lent as a church reflecting on the challenge of hunger in the UK and finding ways to walk humbly together to a future where no-one needs to rely on a food bank to survive.'*

Bedford Foodbank's Lent Appeal is to give 40 pence for 40 days. If you worship at Ampthill you will already know about this, as when you read this Lent will be underway. Ampthill have received this because they support Bedford Foodbank through the year. If anyone from Flitwick and Clophill would like to contribute your contributions will be welcome too.

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**SAVE THE DATE**

**FLITWICK  
SINGERS  
SPRING  
CONCERT**

**21st March 2026**

**at 7.30 pm**

**GREENSAND COMMUNITY  
METHODIST CHURCH  
FLITWICK MISSION HUB**

## *Boys' Brigade and Girls' Association*



During February Anchors have enjoyed a Robots themed evening, including making robots out of marshmallows. A Treasure Quest evening then included a variety of pirate related activities. After half term the Anchors returned for an Aliens & Planets evening.

Company & Seniors had a Rugby themed evening to tie in with the 6 Nations. Then a Winter Olympic themed evening. After half term they returned for a Bullseye themed evening with a variety of darts related activities. After half term the Company & Seniors moved to a later time of 7.30pm till 9pm.

Our recruitment campaign continues with new posters for Spring. We hope to visit Kingsmoor Assembly before Easter and Templefield after Easter. Current members are encouraged to invite their friends. We would like to encourage any youngsters connected to Greensand, whether Ampthill or Clophill to come and give us a try.

So, a quick reminder of how you can support BBGA:

New leaders: a couple of encouraging conversations about possible new leaders, but as the company grows more leaders will be required.

Financially - just a reminder that we are collecting used ink cartridges for recycling. At present the only collection box is at Flitwick. By popping your used cartridges in the box you are not only saving them from landfill, but raising funds for BBGA at the same time.

If you shop online then please do sign up to easyfundraising to earn further donations for BBGA at no cost to you: <https://www.easyfundraising.org.uk/causes/1stflitwickboysbrigade>

Social Media - Like and share our social media posts. Also on social media links to easyfundraising and to nominate us for prizes with the Benefact Group

Be a Friend to BBGA, by supporting those events we organise that we open to the wider church. Some new Friends Badges coming soon

Pray: Look out for more prayer cards coming soon

Finally, just a reminder that BBGA is just one of a number of activities for children and young people, in our church. Baby Comes Too, Messy Church and the new gathering for tweens and teens, which is yet to be named. We are so very fortunate to have these young people in our church. I pray that we as a church will do all we can to enable these young people to grow.

*Angela*

*Company Captain/Leader in Charge*



### *Eco Update*

As I mentioned last month we will have some changes in our cleaning and handwashing supplies being actioned. This will happen as current supplies run out. Also, these changes will initially be at Flitwick.

Cleaning cloths: The new cloths are from Seep and there will be two types of cloths. Once in use feedback on which is preferred would be helpful. As the clothes are washed at low temperatures then there will be a container to put used cloths in. Once washed they will be returned to be used again.

Handwash: The new handwash come from Smol. The bottles are refilled with warm water and then a tablet added and then left to dissolve.

Both Seep and Smol products can be used at home too, if you would like to try let me know as I may be able to supply a discount code.

Look out for more changes in the coming months.

*Angela*

*On behalf of the Eco Church Team*

## *Ampthill Ladies Group*

*Meetings are held fortnightly on a Wednesday afternoon at 2.00pm - followed by refreshments - all are welcome.*

As mentioned in our last newsletter, our new programme started on **4 February 2026** with a ‘welcome back’ musical afternoon with the Ukulele Players, which was very well received, including lots of well known tunes from the 1930s through to the 1980s, including hits by Elvis/Dolly Parton/The Beatles. Many of the words were known by all our ladies and there was lots of singing as we all joined in the songs! A good time was had by all, and as always a cheerful welcome back to ALG! There was also lots of catching up with friends we hadn’t seen since Christmas so the cups of tea were very welcome! We have our current programme arranged until 13 May and if you are interested in seeing a list of our speakers, please ask for a copy.

On **Wednesday 18 February**, we were joined by Kay Kempster who entertained us with a very enjoyable and interesting talk entitled ‘**Sailing by Shipping Forecast**’. It was a title we were all familiar with (those familiar names ‘Fair Isle/Viking/Forties/Dogger/Humber’) but it was fascinating to hear the history of predicting the weather at sea by using the positions of the sun, the moon and planets which was started in the 1800s. Kay explained what the ‘Beaufort Wind Scale’ meant – ie the scale of 1 –12 indicating a calm sea through to severe storms or hurricanes. The official shipping forecast was started on the BBC in 1929 and nothing gets in the way of the broadcast! Kay gave the example when we were about to win the Ashes – just as the cricket result was due, the shipping forecast interrupted!! As you can imagine, a lot of the shipping forecast, including gales, strong winds etc are now available online!

*Carole*

*ALG Committee Member*



## MWiB - Methodist Women in Britain

An MWiB meeting was successfully held in Ampthill on Monday 2 February, at which it was great to see some new faces. As this is a circuit meeting, it's always great to see some more churches in our circuit represented. Discussions covered Daffodil Day on 7 March and the Easter Offering circuit service which is being planned for Sunday 31 May entitled 'Creative Spirituality' at Kempston East at 3.00pm. We are also hoping to hold events in aid of MWiB and their chosen charity of CHUMS across the circuit. No definite dates arranged but several ideas were considered, including coffee mornings at Trinity or Henlow – more news later!

*Sheila /Carole /Delia*

*On behalf of Methodist Women in Britain*



### News from Paraguay

It's back to my life in Paraguay now after my trip over to England. I very much enjoyed being over there and being able to have a proper English Christmas. It was also nice to have the chance to see everyone for the first time in a couple of years.

The only thing that was below par was the weather, but I'm sure that was the same for everyone. Apart from one morning of snow it seemed to be grey and damp every day, so not the most festive looking weather. My last sight of England was heavy rain outside the plane window as I waited to take off. I understand there has been much more of that since then.

As I knew I would, I found things looking very different in Paraguay. Bright blue skies with hardly a cloud in sight. It has continued to be hot and dry here in Paraguay. Hardly a spot of rain in the month since I returned and hot every day.

With summer drawing to a close here the feeling is that it is about time things cooled down a bit. It does though look like the heat will continue a little longer with for the past couple of days Paraguay being the hottest place in the world, over 40 degrees.

When I returned to Paraguay I did as I always do, spend a couple of days enjoying the sights of Asuncion. I was then lucky enough to have someone offer to drive me home, which was far better than travelling on a bus with a suitcase. Then once finally back home it took me a few days to get into the swing of things again. Doing little things like stocking up on food.

Over the month since I have been back a number of people who are thinking of moving to Paraguay have contacted me. So I have done a few tours and looked around a couple of properties. On the whole though February has been quiet. I am sure the heat has had a lot to do with that. Hopefully next month I will be able to report that it has cooled down a little and people are starting to stir once more.

*Simon*



*Flitwick Village Hall Coffee Mornings*

During March the Coffee mornings on Fridays at Flitwick Village Hall will be in aid of:

- |            |                            |
|------------|----------------------------|
| 6th March  | Flitwick Vale Inner Wheel  |
| 13th March | Respite at Home Volunteers |
| 20th March | Mid Beds Widows            |
| 27th March | Christadelphian Church     |



## *The Newsletter*

Thank you to those who have contributed to the issue of the newsletter. I hope there is something in it for everyone and that you have found it interesting and useful.

As I read through all the items this month I noticed that we can pray for much more than what is in the section headed 'Prayer Suggestions'. We have much to thank God for as well as praying for different charities and causes which are brought to our attention. Do we pray for those leading our worship, and for the activities which take place in our church? One suggestion would be to look at each page of the newsletter and use it as a prompt for prayer.

Are you able to contribute to the next newsletter? I would be very pleased to receive something from you. Please let me have items for the April newsletter by **Sunday 22nd March**. Thank you very much.

Janet

