

PULSE MAIL : Pentecost

READING:

Just as the body has many members but is one body, so it is with Christ.

Read Acts 2: 1 - 13

What did you notice about this reading?

How many languages can you speak? I have tried to learn a couple of languages; I know a couple of words but never to the point where I am fluent... It is something I wish I could do, I feel like being able to speak another language means that I have a deeper understanding of the world from another's perspective.

The day of Pentecost was an interesting time, some weird things happen and everybody thought the disciples were drunk! (I don't quite understand how feeling a rushing wind and seeing flames on their head means the disciples are drunk!)

But the Spirit was moving powerfully.

The disciples found themselves speaking in languages that they did not know, telling the whole world of the love of God and what had happened for them to know it.

That Jesus had come so that everyone might be saved, not just the special people in the know, but that everyone, every single living person may know the love of God that God is for them.

This was radical work, before this people thought God was just trying to catch them out not catch them up. Jesus flips it all, He brings a whole new perspective on an old understanding, he brings freedom, forgiveness and hope and that straggly bunch of misfits, uneducated fisherman, tax collectors, out casts, and women were trusted to share this news with the whole world.

The Spirit is still moving today, inspiring people to stand up and speak out about God that takes many different forms. Have you heard the Blessing song that has gone viral yet? It started with all the Churches in the UK wanting to bless their nation in the middle of the pandemic where 1000 of people are dying. They have joined together to remind people they are not forgotten.

In this time of anxiety and fear, God's word of hope is needed everywhere and that task is being trusted to all of us, including you. Each of us will find their own voice in how to do that, some us with use words, some actions, some song. What does your voice sound like? You don't need to be afraid, if you are open the Spirit will work with you to find the way to speak in the situation that you are needed and like the Blessing, if we work together on this it is even more powerful and can change the whole world. If you're not sure what your voice sounds or looks like, pray about it and talk to your trusted saints, God trusts you, you got this.

IF PENTECOST IS THE BIRTHDAY OF THE CHURCH



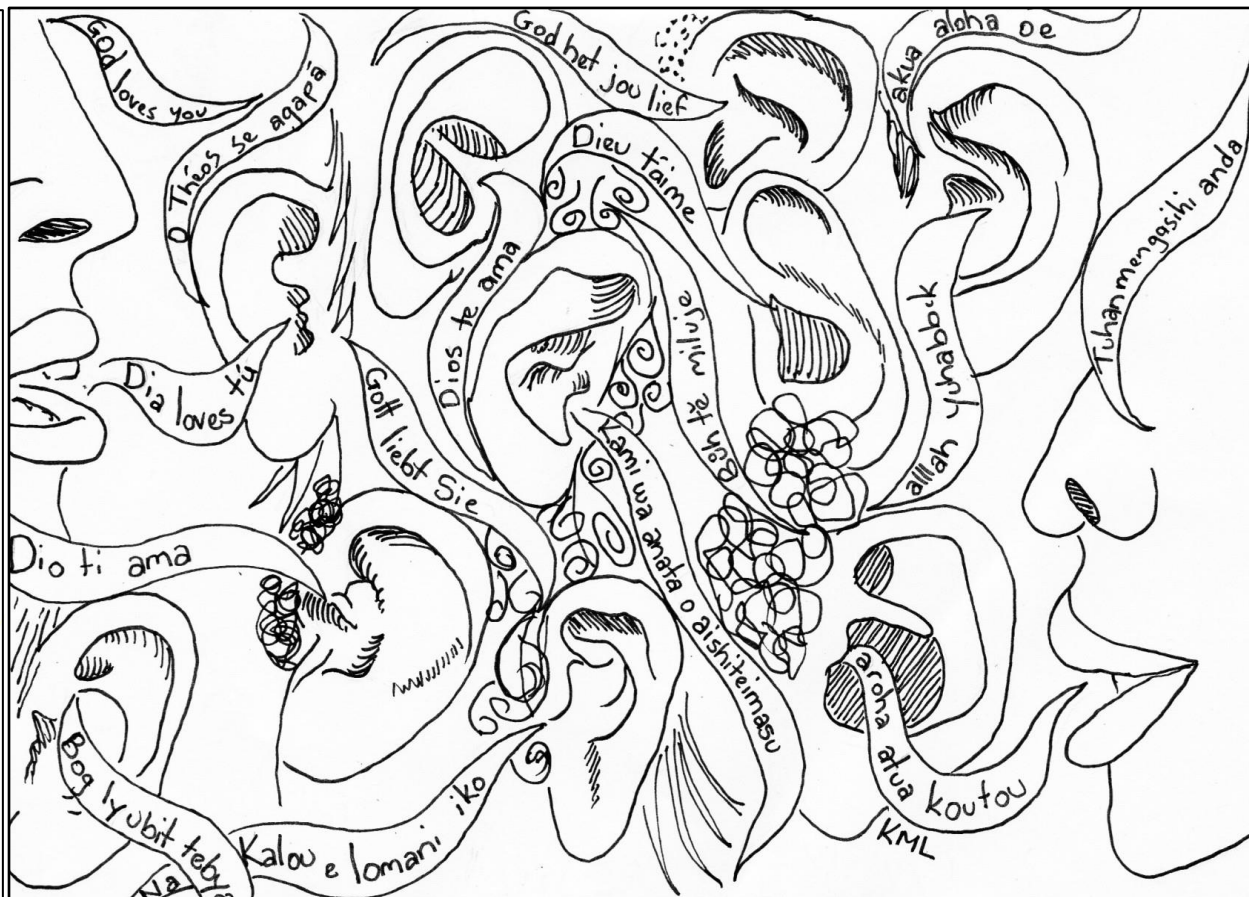
I EXPECT TO SEE SOME CAKE

memegenerator.net

PRAYER:

Come Holy Spirit,
Fall afresh on me,
show me the part
I am to play in
God's plan. Use my
gifts, to show your
love to the people
around me and to
the world. Give me
the words to
declare your love
to those who are
yet to know it.

Amen



Recipe: Pentecost Cookies



Cookies

1½ cups of Plain Flour
 1 tsp of Baking Powder
 ½ cup of Unsalted Butter, softened
 1 cup of Sugar
 One large Egg
 1 tsp of Vanilla Extract

Icing

2 cups of Icing Sugar
 4 tsp of Milk
 1 tsp of Vanilla Extract
 Red and Yellow Food Colors

Method:

1. Cream butter and sugar together for 5 mins.
2. Add the egg and vanilla extract and beat till smooth.
3. Sift together the flour and baking powder and add slowly to the mix, combining thoroughly as you go.
4. Chill the cookie dough for 30 minutes. Line a baking tray with baking paper, or grease the tray. Preheat oven to 180 C.
5. Divide the mix in two, sprinkle plenty of flour over the bench, roll out the dough into a large circle, so that it is about ½ cm thick.
6. Cut out leaf / flame shapes, and place on the tray, bake for 10 minutes or until the edge of the cookies go golden brown.
7. Cool on the tray.

Icing

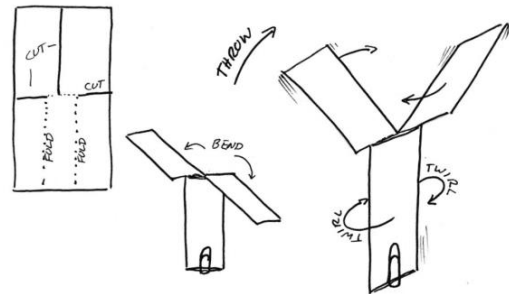
1. Sift icing sugar into a bowl, add milk and vanilla extract and mix till smooth.
2. Split mix into 3 bowls, make red (4 drops of red food colouring), yellow (6 drops yellow) orange (1 red, 8 yellow drops). Mix well.
3. Using a butter knife, spread three stripes of each colour, with red being on the thickest part of the cookie. Use a tooth pick to blend each layer into the next, giving a flame effect.

<https://themethodistmom.com/what-is-pentecost-sunday/>

Pentecost

Q P X J D O T A I X B K J U D A S
 N E J U R Z J U S T U S M V M E N
 G N E D E N A E I E Q T F H K O C
 E T R E S A M A R I A W K T T X M
 M E U A U T B L K I W E R E K K A
 B C S Z R O S M Y M Q L K Q F D T
 A O A Q R B I L J J V V D F I N T
 P S L E E G O S P E L E F I L D H
 O T E L C W I N D M T S J R L I I
 S U M E T A O N K U F P F E E S A
 T C I V I P S P I G V O P C D C S
 L T A E O P R A Y E D K O S H I L
 E X Y N N A M A Z E D E W P D P O
 S F Y U C U T F K S K K E P G L T
 V P E T E R N J Y U Z D R K E E S
 H A N N J H O L Y S P I R T G S Q
 Q R A Q S J O R L A N G U A G E S

resurrection	spoke	amazed	filled
wind	power	samaria	judea
disciples	twelve	eleven	prayed
jerusalem	judas	lots	matthias
justus	languages	fire	gospel
apostles	peter	holyspirit	pentecost

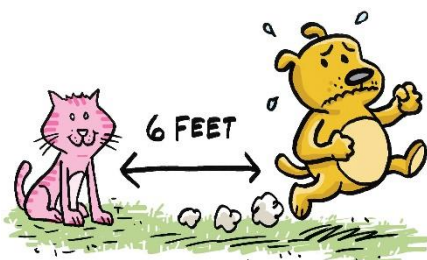


1. Cut out a rectangle about 20cm x 10cm, one-third of an A4 sheet.
2. Snip the sides halfway down, about one-third of the way in.
3. Snip the upper edge down the middle, to level with the first snips.
4. Fold the lower section into thirds to make a thick body and clip the layers together.
5. Decorate the wings of the gyrocopter with flames on both sides.
6. Decorate the body with words praising God in whatever different language you might know (There's cheat-sheet for if you don't know a different language!)
7. Bend the two wings out at right angles, one to each side.
8. Drop your gyrocopter from a high place or throw it in the air and watch it spiral down as it does imagine the Spirit falling upon you.

Challenge!



MAINTAIN DISTANCE!



Challenge 1 & 2: Be intentional every day about asking the Holy Spirit to guide your day, be open to new ways could help or connect with someone. If you start thinking about someone, offer them to God in prayer, ask God what you could do, then follow them up and check their ok or do something to help them or let them know you were thinking about them.