

# Saint Mary's Newsletter: July

**Vicar:** David Smithson 021 985530 Fridays

07 8492761 Afterhours

**Peoples Warden:** Sally-Ann Riddell 07 8243850

**Vicars Warden:** John Heaton 021 702871



## SERVICES FOR JULY

### Sunday 5<sup>th</sup>:

10am Family Communion Service

Readings: Melanie Holdsworth

Intercessions: Melanie Holdsworth

Refreshments: Melanie Holdsworth

### Sunday 12<sup>th</sup>:

10am Family Communion Service

Readings: Adrienne Calderwood

Intercessions: Adrienne Calderwood

Refreshments: Adrienne Calderwood & Noel Wilson

### Sunday 19<sup>th</sup>:

10am Family Communion Service.

Readings: Majella Heaton

Intercessions: Majella Heaton

Refreshments: Majella Heaton

### Sunday 26<sup>th</sup>:

10am Family Communion Service

Readings: Katy Cockerton

Intercessions: Katy Cockerton

Refreshments: Katy Cockerton



**The lovely after church coffee** we drink is Fair Trade Coffee - to bring a brighter future and positive change to coffee growers!



**Barnabas Fund** A reminder that our Parish donates directly to Barnabas Fund that assists persecuted Christians around the world



DO NOT BE ANXIOUS  
ABOUT ANYTHING,  
BUT BRING EVERYTHING  
TO GOD  
WITH THANKFULNESS,  
AND THE PEACE  
OF OUR LOVING GOD  
WILL KEEP  
YOUR HEART & MIND  
IN CHRIST JESUS.

Philippians 4.6.7  
*...sort of, mostly*

## What does the Bible say about fear?



The Bible mentions two specific types of fear. The first type is beneficial and is to be encouraged. The second type is a detriment and is to be overcome. The first type of fear is fear of the Lord. This type of fear does not necessarily mean to be afraid of something. Rather, it is a reverential awe of God, a reverence for His power and glory. However, it is also a proper respect for His wrath and anger. In other words, the fear of the Lord is a total acknowledgement of all that God is, which comes through knowing Him and His attributes.

Fear of the Lord brings with it many blessings and benefits. It is the beginning of wisdom and leads to good understanding (Psalm 111:10). Only fools despise wisdom and discipline (Proverbs 1:7). Furthermore, fear of the Lord leads to life, rest, peace, and contentment (Proverbs 19:23). It is the fountain and life (Proverbs 14:27) and provides a security and a place of safety for us (Proverbs 14:26).

Thus, one can see how fearing God should be encouraged. However, the second type of fear mentioned in the Bible is not beneficial at all. This is the “spirit of fear” mentioned in 2 Timothy 1:7: “For God has not given us a spirit of fear, but of power and of love and of a sound mind” (NKJV). A spirit of fearfulness and timidity does not come from God.

However, sometimes we are afraid, sometimes this “spirit of fear” overcomes us, and to overcome it we need to trust in and love God completely. “There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love” (1 John 4:18). No one is perfect, and God knows this. That is why He has liberally sprinkled encouragement against fear throughout the Bible. Beginning in the book of Genesis and continuing throughout the book of Revelation, God reminds us to “Fear not.”

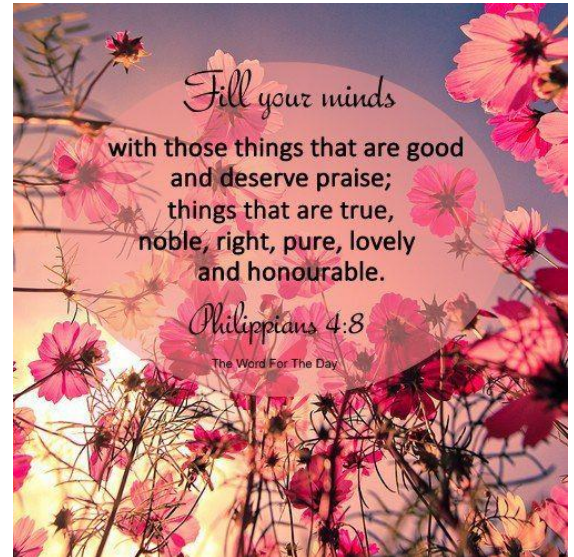
For example, Isaiah 41:10 encourages us, “Do not fear, for I am with you; Do not anxiously look about you, for I am your God I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand.” Often we fear the future and what will become of us. But Jesus reminds us that God cares for the birds of the air, so how much more will He provide for His children? “So don’t be afraid; you are worth more than many sparrows” (Matthew 10:31). Just these few verses cover many different types of fear. God tells us not to be afraid of being alone, of being too weak, of not being heard, and of lacking physical necessities. These admonishments continue throughout the Bible, covering the many different aspects of the “spirit of fear.”

In Psalm 56:11 the psalmist writes, “In God I trust; I will not be afraid. What can man do to me?” This is an awesome testimony to the power of trusting in God. Regardless of what happens, the psalmist will trust in God because he knows and understands the power of God. The key to overcoming fear, then, is total and complete trust in God. Trusting God is a refusal to give in to fear. It is a turning to God even in the darkest times and trusting Him to make things right. This trust comes from knowing God and knowing that He is good. As Job said when he was experiencing some of the most difficult trials recorded in the Bible, “Though he slay me, yet will I trust in him” (Job 13:15 NKJV).

Once we have learned to put our trust in God, we will no longer be afraid of the things that come against us. We will be like the psalmist who said with confidence “...let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them that those who love your name may rejoice in you” (Psalm 5:11).

## Parish Bank Account:

02 0410 0103053 00 Thanks for your weekly A/P contributions to keep our Parish running!



## This Month in Christian History:

**24 Jul 1725:** Birth of John Newton. He was a master of a Slave Ship for 10 years until he converted to Christianity in 1747. He then studied theology and became ordained as an Anglican priest and served his curacy in Olney in 1764. He became a friend of the poet William Cowper, and together they published the hymn “Amazing Grace”.

