

# Saint Mary's Newsletter: Nov 2020

**Vicar:** David Smithson 021 985530 Fridays

07 8492761 Afterhours

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

**Vicars Warden:** John Heaton 07 8243996



## SERVICES FOR NOVEMBER

### Sunday 1<sup>st</sup>:

10am All Saints/Souls Communion Service

**Refreshments:** Melanie

**Readings:** Melanie

**Intercessions:** Melanie

### Sunday 8<sup>th</sup>:

10am Holy Communion Service

**Refreshments:** Trish

**Readings:** Trish

**Intercessions:** Trish

### Sunday 15<sup>th</sup>:

10am Holy Communion Service

**Refreshments:** Adrienne & Noel

**Readings:** Adrienne

**Intercessions:** Adrienne

### Sunday 15<sup>th</sup>:

10am Holy Communion Service

**Refreshments:** Karen

**Readings:** Karen

**Intercessions:** Karen

### Sunday 29<sup>th</sup>:

10am Advent 1: Holy Communion Service

**Refreshments:** Majella

**Readings:** Majella

**Intercessions:** Majella



**First Sunday of Advent**



### All Saints/Souls Service: Sun 1<sup>st</sup> Nov

Please bring along a photo of your passed loved one/s

### Scripture for the month:



### Thought for the month:

Do not look forward to what may happen tomorrow; the same everlasting Father who cares for you today will take care of you tomorrow and every day. Either He will shield you from suffering, or He will give you unfailing strength to bear it. Be at peace, then. Put aside all anxious thoughts and imaginations, and say continually: "*The Lord is my strength and my shield. My heart has trusted in Him and I am helped. He is not only with me but in me, and I in Him.*"

## What does the Bible say about rest and relaxation?"



“Rest” is defined as “peace, ease or refreshment.” “Relax” means “to become loose or less firm, to have a milder manner, to be less stiff.” The Bible speaks quite highly of rest. It is a repeated theme throughout Scripture, beginning with the creation week (Genesis 2:2-3). God created for six days; then He rested, not because He was tired but to set the standard for mankind to follow. The Ten Commandments made resting on the Sabbath a requirement of the Law (Exodus 20:8-11). Notice that God said, “Remember the Sabbath.” It wasn’t something new; it had been around since creation. All God’s people and their servants and the animals were to have one day in seven to rest. The command to rest was not an excuse to be lazy. You had to work for six days to get to the Sabbath. The land also needed to rest (Leviticus 25:4, 8-12). God is very serious about rest.

God desires rest for us because it does not come naturally to us. To rest, we have to trust that God will take care of things for us. We have to trust that, if we take a day off, the world will not stop. From the beginning (Genesis 3), when we decided that we would start making all the decisions, mankind has become more tense and less able to relax. It was disobedience in the Garden that started the problem, but obedience now will bring the rest that God so desires for us (Hebrews 3:7 - 4:11). If one of the definitions of “relax” is “to become less firm,” then relaxing our grip on our own lives, careers, families, etc., and giving them over to God in faith is the best way to relax.

For the Christian, the ultimate rest is found in Christ. He invites all who are “weary and burdened” to come to Him and cast our cares on Him (Matthew 11:28; 1 Peter 5:7). It is only in Him that we find our complete rest—from the cares of the world, from the sorrows that plague us, and from the need to work to make ourselves acceptable to Him. We no longer observe the Jewish Sabbath because Jesus is our Sabbath rest. In Him we find complete rest from the labours of our self-effort, because He alone is holy and righteous. “God made him who had no sin to be sin for us, so that in him we might become the righteousness of God” (2 Corinthians 5:21). We can now cease from our spiritual labours and rest in Him, not just one day a week, but always.

## Parish Giving

Please consider giving to the parish via Automatic Payment. Did you know that St Mary’s has to pay for our vicar and all other costs of running a parish, as well as giving a proportion to the Diocese? Please help us to be sustainable by giving via Automatic Payment. It is an easy way to give and is useful for the parish in running its budget. The Parish Bank Account is:

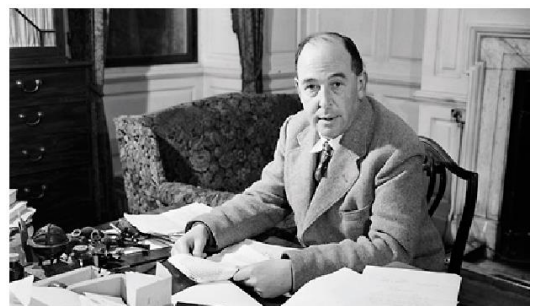
02 0410 0103053 00

### CHEQUES TO ST MARY’S:

If you are writing a cheque out for the parish, please ensure it is made out to: “Gordonton Anglican Church”

### This Month in Christian History:

*Nov 8 1931:* Newly converted literary scholar C.S Lewis writes “*One needs the sweetness to start one on the spiritual life, but once started, one must learn to obey God for his own sake, not for the pleasure.*”



### A Prayer

May my horizon this day, Lord,  
not be so foreshortened that I notice little.  
Instead, open my eyes  
that I may see afar and above  
as well as in front and beneath me.  
Lead me to keep my life in perspective and  
balance  
and discover that the thread of your presence  
is interwoven through the events and people of  
this day.