

Saint Mary's Newsletter: October

Vicar: David Smithson 027 4213200 Fridays

07 8492761 Afterhours

Peoples Warden: Sally-Ann Riddell 022 107562

Vicars Warden: John Heaton 021 702871



SERVICES FOR OCTOBER

Sunday 2nd:

10am Pet Blessing Service

Refreshments: M Holdsworth

Readings: M Holdsworth

Intercessions: M Holdsworth

Sunday 9th:

10am Holy Communion Service

Refreshments: The Heaton's

Readings: M Heaton

Intercessions: M Heaton

Sunday 16th:

10am Holy Communion Service

Refreshments: The Clark's

Readings: The Clark's

Intercessions: The Clark's

Sunday 23rd:

NO SERVICE – LABOUR WEEKEND

Sunday 30th:

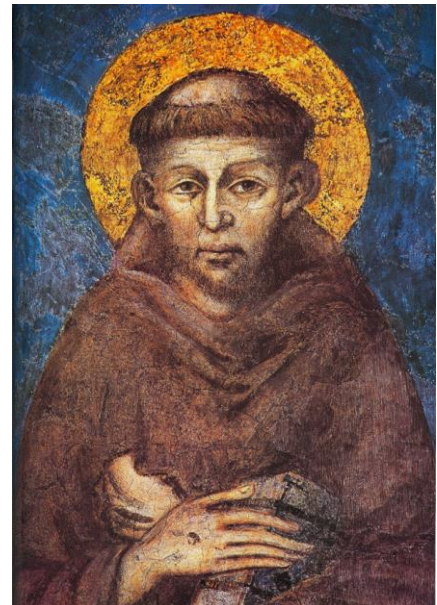
10am All Souls/Saints Holy Communion Service

Refreshments: Parish Lunch at a Cafe

Readings: S Riddell

Intercessions: S Riddell

Who was Saint Francis?



Saint Francis was born in Assisi, Italy, in 1181 into a wealthy family. His brush with battles and captivity lead him to query his frivolous lifestyle. He searched for God, who answered Francis' cry, asking him to spiritually rebuild the Church which had fallen into spiritual decay. Francis loved God's Creation and animals. He passed away 4th Oct 1226 aged 44 years. Francis had a huge following of friars and to this day, they are found throughout the world, often working with the poor.



Pet Blessing Service In honour of St Francis (whose day is on the 4th Oct) we are having our Annual Pet Blessing Service Sun 2nd Oct. Bring along your cat, dog, fish, bird...!

Anxiety



The Bible has a lot to say about anxiety, but the word itself may not be found all that often. In the English Standard Version, it is used 8 times. In the New International Version, it is found 7 times. The King James Version does not use the word at all. Synonyms like *trouble*, *heaviness*, *distress*, and *cares* are used in its place.

The specific causes of anxiety are probably more than can be enumerated, but a few examples from the Bible point to some general causes. In [Genesis 32](#), Jacob is returning home after many years away. One of the reasons he had left home was to escape the anger of his brother, Esau, from whom Jacob had stolen the birthright and blessing from their father. Now, as Jacob nears his homeland, he hears that Esau is coming to meet him with 400 men. Jacob is immediately anxious, expecting a horrible battle with his brother. In this case, the anxiety is caused by a broken relationship and a guilty conscience.

In [1 Samuel 1](#), Hannah is distressed because she was unable to conceive children and she was being taunted by Peninnah, her husband's other wife. Her distress is caused by unfulfilled desires and the harassment of a rival.

In [Esther 4](#), the Jewish people are anxious because of a royal decree allowing them to be massacred. Queen Esther is anxious because she was planning to risk her life on behalf of her people. Fear of death and the unknown is a key element of anxiety.

Not all anxiety is sinful. In [1 Corinthians 7:32](#), Paul states that an unmarried man is "anxious" about pleasing the Lord, while a married man is "anxious" about pleasing his wife (ESV). In this case, the anxiety isn't a sinful fear but a deep, proper concern.

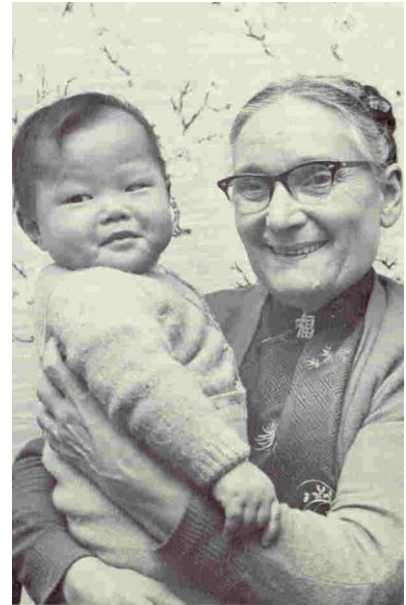
Probably the best-known passage on anxiety comes from the Sermon on the Mount in [Matthew 6](#). Our Lord warns us against being anxious about the various cares of this life. For the child of God, even necessities like food and clothing are nothing to worry about. Using examples from God's creation, Jesus teaches that our Heavenly Father knows our needs and cares about them. If God takes care of simple things like grass, flowers, and birds, won't He also care for people who are created in His image? Rather than worry over things we cannot control, we should "seek first the kingdom of God and his righteousness, and all these things [the necessities of life] will be added to you" (verse 33). Putting God first is a cure for anxiety.

Many times, anxiety or concern is a result of sin, and the cure is to deal with the sin. [Psalm 32:1-5](#) says that the person whose sin is forgiven is blessed, and the heavy weight of guilt is taken away when sins are confessed. Is a broken relationship creating anxiety? Try to make peace ([2 Corinthians 13:11](#)). Is fear of the unknown leading to anxiety? Turn the situation over to the God who knows everything and is in control of it all ([Psalm 68:20](#)). Are overwhelming circumstances causing anxiety? Have faith in God. When the disciples became distressed in a storm, Jesus first rebuked their lack of faith, then rebuked the wind and the waves ([Matthew 8:23-27](#)). As long as we are with Jesus, there is nothing to fear.

We can count on the Lord to provide for our needs, protect us from evil, guide us, and keep our souls secure for eternity. We may not be able to prevent anxious thoughts from entering our minds, but we can practice the right response. [Philippians 4:6](#), [7](#) instructs us to "not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

This Month in Christian History:

15th Oct 1932: Gladys Aylward sails from Liverpool, England, for Asia in an effort to bring the gospel to China. In 1958 her biography, *The Small Woman*, was made into an award winning film: *Inn of the Sixth Happiness*.



Parish Giving

Please consider giving to the parish via Automatic Payment. 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:

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