

# Saint Mary's Newsletter: June

**Vicar:** David Smithson 027 4213200 Fridays

07 8492761 Afterhours

**Peoples Warden:** Sally-Ann Riddell 022 1077562

**Vicars Warden:** John Heaton 021 702871



## SERVICES FOR JUNE

### Sunday 4<sup>th</sup>:

NO SERVICE – KINGS BIRTHDAY WEEKEND

### Sunday 11<sup>th</sup>:

10am Holy Communion Service

**Refreshments:** Melanie

**Readings/prayers:** Melanie

### Sunday 18<sup>th</sup>:

10am Holy Communion Service.

**Refreshments:** Trish

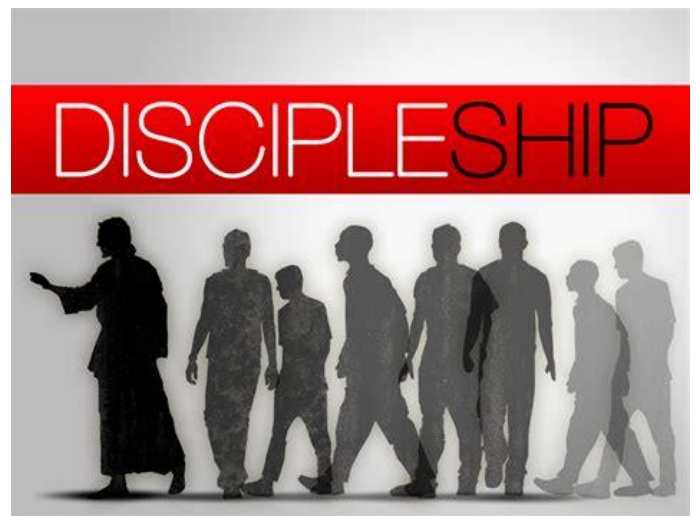
**Readings/prayers:** Trish

### Sunday 25<sup>th</sup>:

10am Holy Communion Service

**Refreshments:** Helen & Charles

**Readings:** Charles **Prayers:** Helen



By definition, a disciple is a follower, one who accepts and assists in spreading the doctrines of another. A Christian disciple is a person who accepts and assists in the spreading of the good news of Jesus Christ. Christian discipleship is the process by which disciples grow in the Lord Jesus Christ and are equipped by the Holy Spirit, who resides in our hearts, to overcome the pressures and trials of this present life and become more and more Christ-like. This process requires believers to respond to the Holy Spirit's prompting to examine their thoughts, words and actions and compare them with the Word of God. This requires that we pray and be in the Word —studying it, praying over it, and obeying it. In addition, we should always be ready to give testimony of the reason for the hope that is within us (1 Peter 3:15) and to disciple others to walk in His way.

### The Jesus Prayer

In the mid 2000's I came across The Jesus Prayer of the Eastern Orthodox Church: "**Lord Jesus Christ have mercy on me a sinner**". It is a simple prayer that I use often, especially in those times when I might be "stuck" on what to pray.

Back then I also read an interesting book; "*The Way of The Pilgrim*" which is a 19th-century Russian work, recounting the narrator's journey as a begging pilgrim who wandered across Russia while practicing saying the Jesus Prayer, so that it became as breathing to him.

The pilgrim's inner journey begins when he is struck upon reading the words of Paul (in I Thessalonians 5:17) to "pray without ceasing." He visits churches and monasteries to try and understand *how* to pray without ceasing. His travels lead him to a spiritual father who teaches him the Jesus Prayer and gives him practical advice on how to recite the prayer uninterruptedly.

Theologically, the Jesus Prayer is considered to be the response of the Holy Tradition to the lesson taught by the parable of the Publican and the Pharisee, in which the Pharisee demonstrates the improper way to pray by exclaiming: "Thank you Lord that I am not like the Publican", whereas the Publican prays correctly in humility, saying "Lord have mercy on me, a sinner" (Luke 18:10-14).

The Jesus Prayer is a great spiritual prayer, and it is very helpful when facing temptation– it helps the temptation disappear! It is a simple but powerful prayer. Do try it!  
David

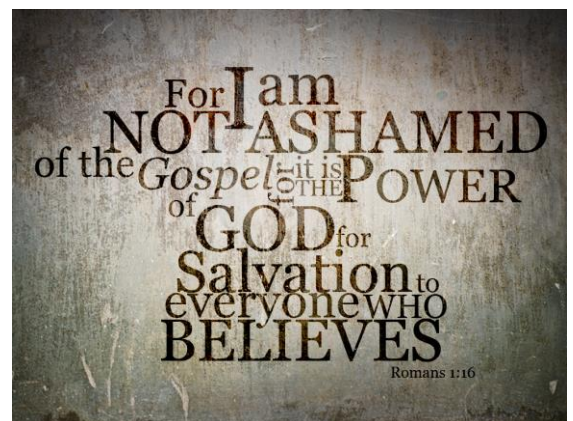


### This Month in Christian History:



5<sup>th</sup> June 988: Kiev's Grand prince Vladimir formally embraces the gospel, ordering his people to be baptized into the Orthodox Christian faith. Considered "the apostle to the Russians", Vladimir became the first Christian ruler of that nation, and afterward erected numerous churches, promoted education, and aided the poor.

### A Scripture for you:



### Parish Bank Account:

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