

# *This Week at St Mary's*

**27<sup>th</sup> SEPTEMBER 2020**

The more we experience life with Covid, the deeper it seems we need to dig. Until the teenager invents the App immediately to tell us we're 'OKAY' or 'NOT OKAY', life is going to continue to be curtailed in various and many ways.

This week, numbers at weddings have been limited at 15. This is deeply disappointing for Ally and Ben, getting married soon and whose Banns we have been reading. Like everyone else, we are taking one week at a time. The plan is to re-start Wednesday Evensong on 14<sup>th</sup> October, and Sunday Evensong in early November.

The PCC recently met and reviewed how our service has been going. Since the last meeting, services have resumed in the church, and communion has been included. They got a lift when the choir returned - somewhat illogically for me, the congregation is still 'discouraged' from singing. The content of the service has had to 'work' both for those present and for those participating remotely. The PCC's view is that we have been achieving that and that we therefore continue as we are for the time being.

It has been so encouraging to receive many positive comments from members of the congregation and beyond. The overwhelming majority have been to the effect that through St Mary's, people, some of whom we were not in touch with before, are being inspired and helped, not least to worship and serve God.

As we are about to enter October, the time predicted for the 'second spike', there is a possibility that services may again have to be suspended. If this happens, we will, online, be in a position to enjoy continuity in our worship. The importance of maintaining public worship and patterns of prayer at this time is hard to overstate.

Tom Gillman

## DEALING WITH JOB LOSS - CHRIS NEEP

For many workers, Covid-19 means an uncomfortable fear for job security. For some, job loss will be the outcome which can be devastating; career, finances, family life and self-esteem can all be impacted.

I've worked with accomplished people who after losing their jobs, experience a shocking loss of self-confidence, purpose and resolve. Such negativity can give way to blaming bosses, criticizing former employers - actions which do not help their mental health, perspective and success in getting back into the workforce. The frustrating irony is that self-confidence and belief in one's capabilities are critical to moving on to another career.

Job loss may be out of one's control, but way that one reacts to it is not. With determination and a focus on the positive aspects of one's situation, one can turn adversity into opportunity, even in tough economic times. The good news is that there are well-proven steps to manage the sense of loss, set career goals in place and a marketing plan to move forward.

As a management consultant, leadership and career coach, I worked with many professionals who lost their jobs, As a member of the congregation, I will be happy to have conversations with fellow parishioners, relatives and friends who find themselves unemployed to explore how I might be of support. Conversations and support can take place in person or remotely via zoom.

I don't offer this a fee-based service but as a volunteer. A donation to a charity such as The Meadows Food Bank would be appreciated but is not necessary. I can be reached at [chrisneep@me.com](mailto:chrisneep@me.com)

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**RESILIENCE IN A WORLD OF CHANGE** with clinical psychologist Dr Debbie Hawker Weds 14th October 12.30-2.30pm at St Mary's, being livestreamed as well. Physical, emotional, creative, spiritual and social aspects of resilience, with practical tips about steps we can take day by day to build resilience - even during a pandemic. To book a free place and for more information, contact [dillsley@stmarynotts.org](mailto:dillsley@stmarynotts.org) T:0115 9582105. Please get the word around.

**ANNUAL CHURCH MEETING** Postponed because of Covid, this is at St Mary's on Sunday October 25<sup>th</sup> immediately after the 11.00 Service. There will be NO paper copies of any documents on the day. Please request any, which will be sent not later than Monday 19<sup>th</sup>. Includes **REVISION OF ELECTORAL ROLL 2020 (Deadline 11 October)**. If you are not already on the roll and would like to be included please complete a form (available in Church or download) & return to the office. Also let us have any changes to your personal details. Any queries should be directed to the Electoral Roll Officer, Lorna Richardson, [lorna.richardson@live.co.uk](mailto:lorna.richardson@live.co.uk). **Closing date for new applications &/or amendments is 11 October 2020**, and the new revised Electoral Roll will be on display on 18 October 2020.

### **SUNDAY WORSHIP AT ST MARY'S**

- Numbers limited to 50, please let the office know if you are coming. Names to be recorded and kept for 21 days.
- Automatic hand sanitiser at door and/or wash hands.
- Wearing of masks, please.
- Live choir & organ - communal singing is discouraged.
- If you use a paper service sheet, please take it away with you.
- No collection - cash/yellow envelopes in chest by south door.
- Communion, bread only.

**THE MEADOWS FOODBANK** - this week they welcome toothpaste, shampoo, deodorant, razors, shaving gel, peanut butter, choc spread and ketchup; & small bottles of hand sanitisers for children's bags would be useful. Contact Beth Mitchell 07775707855 0115 947 6736 [tony.m1941@icloud.com](mailto:tony.m1941@icloud.com)

**CARMEN FLORES AT ST MARY'S** If you have not yet had the chance to listen to virtuoso violist Carmen playing Bach at St Mary's, there is a treat in store. Part of the Nottingham Chamber Music festival Separation and Serenade series, music has been selected to complement the venue it is performed in. See NCMF website.

**GIVING MONEY** - Best done online but cheque also welcome. Preferable from the church's viewpoint is a **Standing Order** (NatWest 560061 00834602) For **One-off donations**, use either the **QR code** or **Donate button** on the website. *Please continue (better still, increase) your financial support of St Mary's in this difficult economic climate.*

Wherever you are, we extend a very warm greeting to you, especially if you've recently discovered St Mary's

*St Mary's is usually open for private prayer and reflection*

*11-3pm each weekday - please call to confirm if visiting*

**11.00am SUNDAY SERVICE at St Mary's  
Live & Streamed**

*(See our website and follow the link, including for Order of Service)*

**Please continue to pray for**

Estelle Barks  
John Bowers  
Rosemary Clark  
John Conway  
Barbara Davis  
Harry Palmer  
Mike Ridley



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