

# ***This Week at St Mary's***

**18<sup>th</sup> OCTOBER 2020**

## **HOW TO BE RESILIENT IN A WORLD OF CHANGE**

As we face yet more change in the way we go about our everyday lives, the timing of Dr Debbie Hawker's 'taster' seminar on resilience could not have been more apposite.

Right from the beginning, Dr Hawker pointed out that resilience is not so much about bouncing back from events but making the most of situations and aiming to grow if possible through what we experience. That balance between realism and hope characterised the whole session.

I had intended to attend the seminar virtually but made a last minute decision to go in person. I am so glad I did. Debbie is a highly engaging communicator and also gave us plenty of opportunity regularly to reflect on the material either on our own or ideally with someone else.

Although billed as a taster seminar we gained a lot of very helpful information about strategies for building and maintaining resilience and about various resources to offer to those around us. We might not all face solitary confinement for 5 years and cope in part by writing a book in our head (Terry Waite) but the insomniacs amongst us - Tom was spotted jotting this tip down - could all try counting backwards from 5000 in 3s (or 14.5s as Debbie suggested to an erudite professor).

What I especially appreciated was the way Debbie wove together really practical tips, all research based, with fascinating facts demonstrating links between our emotional and physiological natures. Who would have thought that writing about challenging experiences would affect our production of white blood cells?

As we face further uncertainty, I am really grateful for this chance to think more deeply about how to live well and how to journey with others, offering the hope that is key to life.

**JOANNA GILLUM**

## ST MARY'S RE-ORDERING PLANS

### *Where we have got to so far.*

- Peter Rogan our Architect has drawn up a design for a bronze framed glazed porch at the main west end doors. Its design is to 'blend in' with the existing distinctive architectural details. Its aim is to show the world that St Mary's is open by revealing the amazing view down to the east end - and to avoid massive heat loss when the doors are open.
- Peter has also done a design for a **Servery in the north west corner**. Wooden, to match the paneling around the font, this would become the hospitality focus.
- Bruce Kirk of the leading church lighting designers Light Perceptions has done an initial Report with slide show for **upgrading the lighting** of St Mary's. A detailed design package is now needed, central to which is whether we retain the chandeliers or have only spotlights.
- **Shared use of the choir vestry** to allow for groups to use the room when not needed by the choir. Shared use already takes place for some 'events' and a small amount of work would extend the potential for shared use.
- The existing kitchen and toilets be reconfigured to create much needed **storage facilities**.
- **The Strategic Development Fund** has given an initial indication that this work may well fall within the scope of the funding they have allocated St Mary's.
- **The Fabric Committee** has considered the plans and advised that they be advanced to the next stage.
- **Members of the Diocesan Advisory Committee** met on site and indicated in principle their support of the plans.
- **Church open meeting** on Sunday 1st November, immediately following the 11.00 Service. **Plans** of the proposed work are on display in the church. Please let the office know if you would like them sent, ideally by email. To make the most of this meeting, ideally in writing, please let us in advance **have your questions, comments, etc.**

### **THE VILLIERS QUARTET-MUSIC & MEDITATION Oct18 4-5pm**

With grace and spirit, this string Quartet perform the Fantasias by Henry Purcell, Haydn's "Sunrise" Quartet, Op. 76, and other musical works, in the beautiful, historical surroundings of St Mary's Church. Details at [www.nottchamberfest.com](http://www.nottchamberfest.com)

**ANNUAL CHURCH MEETING** postponed because of Covid, now on **Sunday 25 October** immed after the 11am Service. Elections of Church Wardens, Deanery Synod and PCC members. 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> Oct.

**REMEMBRANCE SUNDAY - 8<sup>th</sup> November 1045am** with many of the usual elements, Notts TV will be televising the service. Numbers will be strictly limited, in line with regulations. Please let Di know asap if you would like to come and if you are able to help on the day.

**THE MEADOWS FOODBANK** - this week they welcome toiletries & washing up items, jelly packets, tinned meat/veg, custard. Contact Beth Mitchell 07775707855 0115 947 6736 [tony.m1941@icloud.com](mailto:tony.m1941@icloud.com)

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

- Numbers limited to 50, please let the office know if you are coming. **Test and Trace** signing in or by App, please.
- Automatic hand **sanitiser** at door and/or **wash hands**.
- **Wearing of masks**, please.
- Communal singing is not permitted
- **Communion**, bread only.
- Please take away **the paper service sheet** you use

**GIVING MONEY** - Best done online via either the **QR code** or **Donate** button on the website. Preferable from St Mary's viewpoint is a **Standing Order** (NatWest 560061 00834602) For **one-off** donations, cheque, cash yellow envelope, in chest by South Door.

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  
11.30-230pm each weekday - please call to confirm if visiting*

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

*(Livestreamed - see our website and follow the link, including Order of Service)*

**6.15 WEDNESDAY EVENSONG**

**6.30 THURSDAY EVENING PRAYER (skype) Contact Tom**

**Please continue to pray for**

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



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