

# *This Week at St Mary's*

19th March 2023

## WRESTLING WITH OUR DEMONS.

For most of us, the biggest battles we face are not 'out there', they are 'in here'. They need to be faced, head on. No matter how much you turn up the volume on your air-pods, how many G & T's you drink, you cannot drown them out. If you try to avoid them, they will continue to spring up and bite you. To fight these battles, St. Paul tells us to put on the 'whole armour of God', and here are three things to help us.

Irina Ratushinskaya , a poet from Odessa, was arrested in 1982 accused of activities subverting the Soviet Union and sentenced to 7 years in prison, including a solitary year in an unheated cell, often in sub-zero conditions. During that time, she wrote poems with a matchstick on bars of soap, which she then committed to memory. By the time she left prison she had written and memorized over 250 poems.

To do battle with your demons, learn some key texts from the Bible and let them take root in your heart. Learning by heart, a skill we in the West have largely lost, helps us internalize the message, so that it becomes part of us. In his 40 day fast in the wilderness, it was to the scriptures that Jesus turned when his demons assaulted him.

It is in prayer also that we face and wrestle our demons. This doesn't mean taking an endless shopping list to God, rather taking time to come into God's presence, trying to open our hearts and to offer to God what's on them.

It takes courage to face the demons which we would rather avoid. Courage does not mean 'not being afraid', rather it means acknowledging our fears but doing it anyway.

And 'the Lord your God will be with you, wherever you go'.

*From Alan Hargrave's sermon on Sunday*

## GET OUR BELLS RINGING AGAIN

The gap is narrowing—very many thanks to all who have so far responded. **£89,500** has now been given or pledged, **50%** of the £180,000 we need to raise. Let's pray and all now give what we can, so that the bells can be rung on 6th May. To donate online,



## LAST WEEK AT ST MARY'S

**SATURDAY** Lou Lou's Vintage Market

### REFLECTING ON OUR NEWLY-GILDED ANGELS

Walking into St Mary's at the west end, as we hope we will all soon be doing, our eyes will pick out the newly gilded Angels. The original architect's likely intention is deliberate, for all to lift their heads. We are here to worship God, symbolically 'up there' in heaven.

The Bible has some vivid visions of the worship of heaven. Revelation 7 describes angels surrounding the throne, falling on their faces (presumably then lifting them) singing in worship of God. In our Eucharists, a tremendous climax comes as we 'join with angels and archangels and all the company of heaven' in the words, 'holy, holy, holy...'. .

The word angel comes from the Greek *angelos*, meaning messenger. Commonly, in the Bible an angel's presence means something of particular importance is being communicated. No better examples will be found than the young Mary being told by Gabriel she is to give birth to a baby who will be great, the son of the Most High and the faithful women going early to the tomb on Easter morning to be greeted by two angels in white, who ask why they look for the living among the dead, "he is not here, but has risen".

Angels come to those who serve God to strengthen, as 'ministering spirits' - hence the idea of a guardian angel, although one on permanent duty may be stretching things. The most poignant example of angelic strengthening is in the Garden of Gethsemane just before his death, as Jesus sees vividly the full horror of what lay before him.

As we see the ten angels looking down, let's appreciate the majestic scale of what goes on when we worship together. Let's open our eyes, ears and hearts to the towering importance of all God has done in Christ, praying that we are strengthened to respond by serving God with our lives.

**INSIGHT MEETING 22nd March 12-1.30pm** The present Nottingham Playhouse opened 60 years ago this year. At the next Nottingham Workplace Chaplaincy Meeting Chief Executive, Stephanie Sirr, will be joined by Head of Participation, Martin Berry, to give an INSIGHT into the world of theatre and the wide-reaching participation programmes that help create life-changing experiences for our community. A buffet lunch is provided. To confirm your attendance please email: [lensimmonds@gmail.com](mailto:lensimmonds@gmail.com)

**THE NOTTINGHAM PASSION 31<sup>st</sup> March & 1<sup>st</sup> April, 7.30pm** Both nights are now SOLD OUT, in large part due to your immense support—thank you. The cast, crew, and production committee would be very grateful for your prayers as the project enters its final stages.

## SERVICES FOR HOLY WEEK AND EASTER

**PALM SUNDAY 2<sup>ND</sup> APRIL 10.45am** Choral Eucharist with Procession of the Palms and dramatic reading of the Passion Narrative; **6.30pm** Choral Evensong

**MAUNDY THURSDAY 6<sup>TH</sup> APRIL 7.30pm** Solemn Eucharist with Stripping of the Altars and Silent Vigil

**GOOD FRIDAY 7<sup>TH</sup> APRIL 10.30am** Good Friday Service; 2pm Children's Gathering; **7.15pm.** The Choir of St Mary's and 18th Century Sinfonia will be performing Rheinhard Keiser's *Markus-Passion*. Free admission with retiring collection.

**EASTER DAY 9<sup>TH</sup> APRIL 5.30am** Dawn Vigil with Readings and the First Eucharist of Easter; **10.45am** Choral Eucharist; **6.30pm** Choral Evensong

**ST MARY'S BOOK GROUP** 11am 6<sup>th</sup> April (*Shuggie Bain* by Douglas Stuart), 4<sup>th</sup> May (*A Child in the Forest* by Winifred Foley). All welcome.

**MEADOWS FOODBANK** please support with especially: tinned fruit, meat, fish & soup; UHT milk; cereal; biscuits; fruit juice; toiletries. Tues 5.30-7.15, Fri 10-12, Sat 11-1pm NG2 2JD

**DONATIONS** - from members and friends are a vital part of our income. Please prayerfully consider how you might so be able to help.

Options for making a donation. **Online banking** (NatWest 56-00-61, St Mary's PCC a/c 00834602); cash or cheque in the donations chest; the **card reader**; via the **website**, or **standing order**, using **Gift Aid** if you are a UK tax-payer.

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

### SERVICES COMING UP

**SUNDAY 19<sup>th</sup> Mar:** Service for Mothering Sunday (with St Mary's Boys' and Girls' Choirs) 10.45am

**SUNDAY 19<sup>th</sup> Mar:** Choral Eucharist (BCP) 6.30pm

**WEDNESDAY 22<sup>nd</sup> Mar:** Choral Evensong 6.15pm

**THURSDAY 23<sup>rd</sup> Mar:** Holy Communion 12.45pm

**THURSDAY 23<sup>rd</sup> Mar:** Evening Prayer (Skype) 5.30pm

**SUNDAY 26<sup>th</sup> Mar:** Choral Eucharist 10.45am

**SUNDAY 26<sup>th</sup> Mar:** Choral Evensong 6.30pm

**ST MARY'S is OPEN for private prayer & reflection  
11.00-2.30 Monday-Friday**

**WORKPLACE WEDNESDAY** at St Mary's, each week, a third space to work away from home & the office. 9am-12pm, no fee or booking.

### **PLEASE CONTINUE TO PRAY FOR**

Estelle Barks  
Jenny Du May & her husband Peter  
Stephen Morris Kirsten Solway  
Oliver Webb & Helen Latham

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