

St Mary's Church, Arnold

Welcome to St Mary's. We live in interesting times and with the church closed for the first time in its 870 year old history, we are trying to communicate without using paper!!

We hope that you are finding our weekly notice sheet helpful in these difficult times. We include the weekly readings for your bible study. We would be pleased to receive anything, which you feel would be encouraging e.g. Prayers & Reflections.



Sunday September 6th Thirteenth Sunday after Trinity

Morning Readings: Exodus 1:8 to 2:10	
10.30 am	Zoom Communion Service

Vicar Margaret writes:

I don't know about you, but for me the last few weeks have been exhausting. Lots of things to do, to get through, and to sort out, on lots of levels, not just in Church! And I'm sure that is the same for a many of us in different ways. Those suffering with ill health or those caring for a loved one, stress at home, or at work, those raising a family and getting them safely back to school, and much more, can sometimes seem like a steep road that we feel we just don't have the energy to face and to climb.

Its at times like this that I turn to scripture or song, and soak in the words of God that bring me relief, rest and respite. Words That help me to refocus and re-energise my batteries.

A favourite song of mine that called 'I will lift up my eyes', is rooted firmly in scripture and it's based on parts Isaiah 38 verses 13, 14, 20, with a smattering of Psalm 121 thrown in!

It starts like this, 'My eyes grow weak, facing heavenward, oh Lord, I am in straights, be my surety! Like the eyes of a maiden on the hand of the Lord, so our eyes are stayed upon you, so our eyes are stayed upon you. I will lift up my eyes, unto the mountains. I will lift up my eyes, from whence shall come my help. I will lift up my eyes unto the Lord.'

As I read or sing, I imagine the majestic mountains that the Lord of all creation has made and gaze for a while on his greatness, his might and his goodness. And I lift my heart and my hands to him in humbly surrender to receives a blessing from the God who loves me and you.

I never rush this. This is a time to linger and soak in his presence. No words need to be said. All we need is to just feel them and rest in his presence. Because the Lord knows where you are, and what you face, and he will give you the strength and the peace you need to carry on and to be able to rejoice in his in secure love, knowing that he is Lord of all.

'My eyes grow weak, facing heavenward, oh Lord, I am in straights, be my surety! Like the eyes of a maiden on the hand of the Lord, so our eyes are stayed upon you, so our eyes are stayed upon you. I will lift up my eyes, unto the mountains. I will lift up my eyes, from whence shall come my help. I will lift up my eyes unto the Lord.'

Why not like me find time this week to read and reflect. To lift up your eyes, and in the quiet allow God our Creator to minister to you his precious beautiful child, and allow him to renew your strength, your peace, and your trust in Him.

Amen

Evening Prayer - Light a Candle

Don't forget to light a candle every evening at 7.00 pm and spend some time in prayer. Margaret has produced a Prayer Sheet, which can be downloaded from the website.

Morning Gathering - Holy Communion

We will be worshipping together again this week in our Virtual Church on Sunday morning at 10.30 am via Zoom. This week we will be having a Holy Communion Service and so please have some bread and wine ready so that we can share communion together, albeit remotely. You will need the Order of Service if you want to follow the service.

People don't have to have Zoom downloaded on their machine, they can just click on the link. However, their device may ask them to 'run' Zoom which they will need to do.

Details of joining the service:

<https://us02web.zoom.us/j/82326995588?pwd=cXdWUWRTEctFcW9SSUJMR295VHBXdz09>

Meeting ID: 823 2699 5588

Password: 690975

You can also join the service by phone. Dial: 0131 460 1196 and follow the instructions when to input the Meeting ID and Password.

APCM Meeting Tuesday 8th September: 7.30 pm

This year's APCM meeting will be held on Zoom:

Meeting ID: 828 0305 7463

Passcode: 269641

<https://us02web.zoom.us/j/82803057463?pwd=NDR0NmozK0pzS0ovU1gyVUFWNGx1Zz09>

Phone details : 0131 460 1196(see above)

Start the Day

Bishop Paul and his wife Sarah are continuing with their series of videos on Tuesdays featuring a reading from Psalms, a reflection and prayer.

The videos go live at 9.30am on the diocesan [YouTube channel](#), but can be seen at any time.

Jam Jars

Janet Jackson would like to thank all those that have provided jam jars so far. However still more are needed as they still have fruit to process that has been kindly donated. The food bank are really grateful. So more glass jam jars with lids are needed and so if you can help, please contact Janet on 0115 955 5166. She will be happy to collect.

Food Bank - Contributions can be left in the box outside the front door of the vicarage. (They will be taken to food bank) Alternatively they can be taken directly to Daybrook Baptist Church in the car park (in Daybrook Square) Monday, Wednesday and Friday from 1.00 and 3.00 pm. If you would rather make a donation of money, go to justgiving.com/arnoldfoodbanknotts. Thanks!

Inspire - You may already be familiar with Inspire now the provider of libraries on behalf of Nottinghamshire County Council. Inspire also provide adult learning courses to adults across the county through Inspire Learning. They have now released their Autumn Term courses which can be found on their website: <https://www.inspireculture.org.uk/skills-learning/community-learning/>. There is a wide range of topics on offer from Functional Skills English, Maths and ICT through 'A little Latin', to 'The History of Computers - Ada Lovelace Connection'. All of these will be offered through Zoom in the first instance and they will all continue to be free of charge for this term. Priority will be given to residents of Nottinghamshire on all of our courses. They can also be found on Facebook (@InspireLearningSkills).

RealLIFE

The next RealLIFE course starts on 14th Sep. Find out what it's all about, and how you could explore your faith at : <https://southwell.anglican.org/real-life-questions/>

Prayers & Reflections

Every concept formed by the intellect in an attempt to comprehend and circumscribe the divine nature can succeed only in fashioning an Idol, not in making God known.
Gregory of Nyssa(c330- 94)

Thirst was made for water; Inquiry for truth. C.S Lewis (1898-1963)

Detractors proclaim our madness because we honour a crucified man alongside the unchangeable and eternal God, the creator of all. They do not discern the mystery in this, and it is to this mystery that we beg you attend . Justin (c100-165)

Loving God, we did not choose you - you chose us. You are the one who opens the way for us to know you, who breaks down the barriers that keep us apart, who holds the future in your hands. Help us to remember that and to be open to all the possibilities it presents. Save us from presumptuously limiting you to our own and narrow expectations or from thinking that we can map out our destiny. Teachers that you are a God of the unexpected, a God always waiting with new surprises to enrich our lives. Amen.

Sovereign God, we can't help wondering sometimes about the fairness of life. When we see the good suffer and the wicked prosper, our faith is shaken and we inevitably start to question. There is so much that doesn't seem to make sense; so much that appears to deny everything we believe about you. Teach us despite the apparent contradictions of life, to keep faith that you are there, striving against everything that frustrates your will and denies your love. Teach us to hold on to these moments when we see wrongs righted and justice done. Above all, teach us to look at the cross of Christ and to draw strength from the victory you won there over what had seemed to be the triumph of evil. Amen

Weekly Readings		Psalm	Old Testament	New Testament
Sunday	6 th September	119:17-32	Jonah 3:10-4:11	Revelation 8:1-15
Monday	7 th September	126	2 Samuel 18:1-18	Acts 10:34-end
Tuesday	8 th September	132	2 Samuel 18:18-19:8a	Acts 11:1-18
Wednesday	9 th September	119:153-end	2 Samuel 19:8b-23	Acts 11:19-end
Thursday	10 th September	143	2 Samuel 19:24-end	Acts 12:1-17
Friday	11 th September	144	2 Samuel 23:1-7	Acts 12:18-end
Saturday	12 th September	147	2 Samuel 24	Acts 13:1-12
Sunday	13 th September	119:65-88	Isaiah 44:24-45:8	Revelation 12:1-12



Monthly Prayer sheet - Please keep on praying! Please contact Chris Baker on baker-christopher1@sky.com with requests and outcomes and these can then be circulated by email.

Contacts

NEW EMERGENCY HELP LINE ISSUED BY LOCAL GOVERNMENT IS 0300 500 8080
This is NOT for medical emergencies the number for that remains the same 111

The current lockdown situation is very difficult for those living in abusive relationships.

For those suffering with Domestic abuse and sexual violence in the home there is a Nottingham 24 hr Freephone helpline for Women 0808 800 0340 and Helpline for Men call 0115 960 5556.

Vicar: Rev Margaret Caunt 0115 967 3805

margaret.caunt@outlook.com

Church Wardens:

David Rodgers 0115 953 1654

dave.rodgers3@ntworld.com

Liz Turley 07425145282

elizabethturley2@gmail.com

Safeguarding & Domestic Abuse Officer :

Larrie Thompson 0115 967 333

larrie73@gmail.com

Parish Administrator(Office): 0115 920 9848

admin@stmarysarnold.org.uk

If you have a favourite faith item that you think others would appreciate, please send to Ed Sands : ejrsands@gmail.com for inclusion in the next issue.

