



# PARISH NEWS

1873 - Celebrating 150 Years of Christian Witness in Painters Forstal - 2023

## WELCOME

Today is

## Sexagesima

Comm: St Benedict Bishop

12th February 2023

The Propers of the Mass are on page 375 of the Book of Common Prayer

## HYMNS

372

430

273

439

At the end of Mass,  
we will conclude with  
The Angelus



Please  
Turn off Your  
Mobile Phones

*Dear Friends,*

As we heard last Sunday, Lent is a time of spiritual training, and that just as Athletes have to train to run in a race, so we too must train our minds and bodies and bring them into subjection, so that we can remain focused on what is important and not be distracted.

Lent is a reminder that as Christians we actually have to practice what we preach, to be prepared to share and hold fast to what our traditions and beliefs state, and convey their truth to others or else like athletes who have failed to train properly, we will fall on our faces – either lacking confidence, stamina, knowledge, faith, hope or love!

As St Paul reminded us, if athletes rigorously practice and prepare “... to obtain a corruptible crown;” We should remember we do it for “... an incorruptible” crown. (1 Corinthians 9:25).

However, Lent is also a time for rest. Busyness and rest at the same time? Isn't that a contradiction? Well, the Lent rest means a rest from something which we humans far too often over indulge in and become obsessed with - worry. Now perhaps you might be tempted at this point to say - “It is all very well saying stop worrying. But if one has something to worry about, one can't help worrying.”

Lent is a time for rest. “Why? How? When? Where?” I started to think about it last week while I was reading the Gospel of Saint Mark, “And the apostles gathered themselves together unto Jesus, and told Him all things, both what they had done, and what they had taught. And He said unto them, Come ye yourselves apart into a desert place and rest awhile.” (St Mark, Chapter 6: 30-31).

The Greek word translated “rest,” means to stop doing what one has



been doing. However, notice “rest” is followed by “awhile”. What does a while mean? In the context of worry – and I am only too aware of how overpowering worry can be - perhaps we can rest from worrying for only awhile which may be only fifteen minutes or half an hour. But what for? What shall we do in that fifteen or thirty minutes?

First we shall do well to tell Our Lord what we have been doing, and what we have been worrying about. If what we have been doing and worrying about has been right, then the telling God will be praying. If it has been wrong, the telling will be confessing. We ought to do a great deal of both kinds of telling in Lent.

If we are to do either or both with thoroughness, we shall need very much to be alone for that brief resting awhile. We may not be able to manage that very easily or for long both because of the pressures of family life, work, the distractions of the modern world.

One would think I do my ‘best’ praying in Church. But, I suspect that, my best prayers are when I am soaking in a hot bath or in the still of

## Please Note

We regret there will be no weekday (including Wednesday) services for the time being — except as below.

## February

✕

### Sunday 12th

*Sexagesima*

*(Comm: St Benedict Biscop)*

11am Sung Mass

✕

### Sunday 19th

*Quinquagesima*

11am Sung Mass

✕

### Wednesday 22nd

*Ash Wednesday*

12 noon Low Mass

*With imposition of ashes*

✕

### Sunday 26th

*First Sunday in Lent*

11am Sung Mass

✕

## March

✕

### Sunday 5th

*Second Sunday in Lent*

11am Sung Mass

*Followed by Healing*

the night when I can't sleep. (Incidentally if you can't sleep and don't find the age old 'counting of sheep' doesn't help — Go straight to the Good Shepherd and talk to him!).

Perhaps we can only manage a few minutes, But, when we have stopped praying or confessing we should strive for exterior quiet and interior stillness during that precious time, so that we might have an opportunity to listen. In this quiet and stillness we shall, after a while, create the right atmosphere to begin to be conscious of the Presence of Our Lord. It will be a wordless experience. But it will be amazingly clarifying. A sense of steadiness and proportion and balance will drift in. Erratic tendencies will fall away. Emotional impulses will subside. We shall be quiet. If we think, we shall think more clearly than we usually do, and God will be the centre of our thoughts. This is what we call true Mental Prayer. If we allow our feelings and desires to go *Godward*,

that will be Affective Prayer.

If we are without thoughts and desires, save the single thought and desire to have every thought captivated and every desire directed, that will be Simple Prayer. The result in each case will be rest.

And yet the rest will not be idleness. It will be a spiritual exercise. This spiritual exercise of *resting in God* will take the place of the busyness of worry which rests in self. We can never take anything away from ourselves, without providing the substitute of something better. That is always futile and perilous. To pass from restlessness of self, to rest in God is an infinite gain.

This is the rest that is to be found in Lent.



## YOUR PRAYERS ARE ASKED FOR ...

Canon Don and Di Walker; Chris Bosworth; Margaret and Laurence Mead; Diane Smith, Sue Fletcher; Todd, David and Sheila; Colin Rumens; Ann Chapman; Pauline Allison; Harrison and Edward Eckert; Margaret and Peter Martin; Dorothy Hipkiss; Fr Miles Maylor; Vickie Wall; Pat Johnson; Fr Ed & Liz Bakker; Deb Stuck; Angela, Barrie and Sylvia; Kathleen Dunford; Sarah, David, Nicole and Corrina Winterburn; Deacon Jong; Malcolm Munn; Barbara Bowers; Isabella Ighodaro, Fr Howard Marsh, David Miller, Graham Owen, John Sullivan, Roy Hipkiss, for the victims of the earthquake in Turkey and Syria, and those who mourn the loss of loved ones.

*For those who read these Parish Notes on our Notice Board outside Church and all who receive email or paper copies.*

- For our neighbours and the people of **Painters Forstal** and the surrounding countryside and villages, the **growth** of our **Church Family**.
- For **persecuted Christians** especially in Africa, Pakistan, Afghanistan, the Middle East and China.
- For Peace in Ukraine and Russia and throughout the World.

*For those in our Diocesan Cycle of Prayer*

- Diocese of the West, Fr Damien Truslow-Trudeau Vicar General;
- Those whose belief in God is compromised by modern social teaching.

*And we remember the recently departed: especially Anthony McFegan, Thomas John Satterthwaite, Deacon David Jewess, Kim Proctor-Walsh, Barbara Henderson, Jaine Meredith Kite, David Lewis Dix, priest, and those whose anniversaries fall at this time:*

✕ Rest Eternal Grant unto them, O Lord **R/s:** And let light perpetual shine upon them

(Parish) [www.staugustineacc.uk](http://www.staugustineacc.uk) (Diocese) [www.anglican catholic.org.uk](http://www.anglican catholic.org.uk)



### CHURCH FLOWERS

*To make a donation for Flowers in Church—Please*

*see Mrs Margaret Mead*

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