

*St Mary's Weekly Sunday School Newsletter*

**"A friend loves at all times, and a brother is born for a time of adversity."**

Proverbs  
17:17



## WHAT'S GOING ON @ ST MARYS

We celebrate Easter this month  
We have services everyday.  
Flag any special activities going on that maybe of interest and encourage attendance.

## A SAINT TO KNOW

St Rita of Cascia had wanted to be a nun since she was 12. She was forced to marry and then after his death the nuns put more obstacles in her way. She persisted and was eventually admitted aged 36. See more <https://tinyurl.com/4zzjv8vh>

## DID YOU KNOW?

The book of Proverbs was mostly written by wise King Solomon.  
Along with the Book of Ecclesiastes and The Book of Job, they give us practical advice on how to live our daily lives in a meaningful way. Check it out!

## ARE YOU A FRIEND THAT LISTENS?

I used to rate myself as a pretty good friend, maybe you do too? Always full of great advice, sometimes I didn't even need to hear the whole story before I could start telling you what to do.

But was I really being a good friend? I go to Jesus in my time of need for a place of quiet reflection, non judgement and unconditional love. How could I be more Christlike in my friendships with the people I cared about?

**Listen More** Proverbs 20:5 tells us "The purposes of a person's heart are deep waters, but one who has insight draws them out." Everyone wants to be heard, understood and accepted. Helpful solutions can only come when you fully understand the problem.

**Hold off on the feedback** James 2:19 advises us that "... everyone should be quick to listen, slow to speak and slow to become angry"  
I thought of times where I'd been too quick to share my angry opinion without thinking and probably hadn't helped at all.

Finally **sometimes just being there is enough** "Carry each other's burdens, and in this way you will fulfil the law of Christ" Galations 6:2





## PENTECOST : 23RD MAY

by *Father Morris*

"The grand old Duke of York, he had ten thousand men, he marched them up to the top of the hill." Hopefully you know the tune of this popular nursery rhyme, which concludes, "When they were only half way up, they were neither up nor down." The current bit of the church's liturgical year feels a bit like that. After Jesus's death He descends to hell and conquers it, dragging up to Heaven those souls who had been granted salvation. Then the Risen Lord spends forty days after Easter walking and talking with His disciples, eating and fishing with them.

Then the Ascension comes and Jesus goes up to Heaven, where He lives and reigns and prays for us today. Then, as He promised He sends the Holy Spirit. Down comes God again to dwelling with us today. For this reason we have no reason ever to feel lonely. At Pentecost we celebrate God's presence in our lives: we just need to make room for Him.

## ADD THESE TO YOUR PLAYLIST...



**Tye Tribbett - Anyhow**  
<https://youtu.be/QHbSj4po2U4>



**Best Friends Hillsong Young & Free**  
<https://youtu.be/3CO83NTnFtw>



**Jireh | Elevation Worship & Maverick City**  
<https://youtu.be/mC-zw0zCCtg>

For more information email [fr.morris@hotmail.com](mailto:fr.morris@hotmail.com)

## KNOW YOUR SCRIPTURE

The Bible shows us how to maintain friendships and deal with those big challenges.

**Forgiving the unforgiveable.**  
Feeling betrayed, let down or hurt beyond words.

"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."  
**Colossians 3:13**

"For I will forgive their wickedness and will remember their sins no more."  
**Hebrews 8:12**

"Love prospers when a fault is forgiven, but dwelling on it separates close friends."  
**Proverbs 17:9**

**Patience**  
Friendships are built over time, like running a long marathon with your friend (not a sprint!)

Love is patient and kind; love does not envy or boast; it is not arrogant  
**1 Corinthians 13:4**

With all humility and gentleness, with patience, bearing with one another in love,  
**Ephesians 4:2**

"And endurance produces character, and character produces hope"  
**Romans 5:4**

**Thanksgiving.**  
Whether it's two or twenty, praise God for the friends in your life.

"Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!"  
**Psalms 95:2**

"We give thanks to God always for all of you, constantly mentioning you in our prayers,"  
**1 Thessalonians 1:2**