



"My grace is sufficient for you, for my strength is made perfect in weakness." Therefore most gladly I will boast in my weaknesses, that the power of Christ may rest upon me.

2
Corinthians
12:9

WHAT'S GOING ON @ ST MARYS

We've returned to Ordinary Time, which means you'll see the priests and altars with much more green, a colour of growth and giving thanks for Creation.

SAINT OF THE MONTH!

St Alban's is just the other side of the M25. Alban lived there around 1,700 years ago and housed Christians when they were being persecuted. Then he became one.

Feast Day 20 June.

<https://tinyurl.com/44327cnc>

SMILE!

Kirk Franklin is one of our congregation's favourite Gospel Singers and this song "Smile" is one her favourite songs.

It definitely makes me smile, check it out.

<https://tinyurl.com/ba3bhdfr>

ASK FOR HELP TO STAY STRONG.

It's been a tough 12 months for **EVERYBODY**, in some way or another covid has touched everybody I know. Maybe you, like me have found yourself suddenly feeling sad or tearfull and not really knowing why. Maybe you've felt too shy, ashamed or worried about bothering someone you love to ask for help or tell them how you're feeling.

What does God tell us about learning to lean on others?

We are designed to be needy! **"The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him" Gen 2:18**

It is part of God's big plan that we can't go through life alone, he wants us to learn to depend on one other.

When you're strong you allow someone to be weak, and when you are weak you allow someone to be strong for you. Give someone the chance to be of help in your time of need.

'Carry each other's burdens, and in this way you will fulfill the law of Christ' Galatians 6:2





KISSY KISSY

by *Father Morris*

It's right we still have to follow social distancing but what will social contact look like post-pandemic? Will we have to go back to kissing Grandma or shaking hands with the other team before a game?

Long before the pandemic we in 21st century London had started feeling more uncomfortable about our bodies. We're pounded by images of the "perfect body" on social media and they don't look like us. We're constantly told the food we eat is bad for us or is hurting someone or something else by our eating of it (from cows to the climate). The rich and famous talk about a spirituality which releases us from the tensions of this crazy life. Touching anyone anywhere is open to accusations.

Our faith in Jesus however tells us it's amazing to be human. The best bit about the world is that men and women are made in the image of God and it's even possible that God can be human as we see in Jesus. Having bodies and being physical is so great that we will even have bodies in Heaven. Love, worship, friendship and service are all pretty boring without bodies so let's not grow to think they're a hindrance to being happy: rather, they're part of God's wondrous gift of life.



KNOW YOUR SCRIPTURE

Pride can stop us asking for help. We don't want others to think we can't cope.

Maintaining our image can feel more important than asking for help.

The Bible tells us Pride is a sin, it stops us being close to God.

Here are some scriptures to pray over and add to your prayer journal.

Pride goes before destruction, a haughty spirit before a fall. Better to be lowly in spirit along with the oppressed than to share plunder with the proud.
(Proverbs 16:18–19)

When pride comes, then comes disgrace, but with the humble is wisdom.
Proverbs 11:2

But he gives more grace. Therefore it says, "God opposes the proud but gives grace to the humble."
James 4:6

Pride brings a person low, but the lowly in spirit gain honour.
Proverbs 29:23

I wanted to go, He said stay;
I wanted to do, He said pray;
I wanted to work, He said wait;
I wanted to live for His sake;
Love me, child, He softly said;
Yes, Lord, I bowed my head;
I want Your way, I am your son;
Not my will, but Thine be done.
—Author unknown