

SENIOR SCHOOL

St Mary's Fortnightly Sunday School Newsletter

**"But I will restore you to health and heal your wounds,' declares the Lord."
*Jeremiah 30:17***



WHAT'S GOING ON @ ST MARYS

On Sunday 14th we keep Remembrance Sunday when we pray for those who have died in war that we might be free. The dead can so easily be forgotten but we live in light of Christ's Resurrection.

A SAINT TO KNOW

St Hilda of Whitby, whose feast day is Wednesday 17th wanted the Church to be better than it was and she needed to bang the heads of some priests together to do this. She reminds us that a well-ordered Church is not just the responsibility of priests but of all God's people.

DID YOU KNOW?

The fourth commandment is "Remember the Sabbath day, to keep it holy. Six days you shall labour, and do all your work, but the seventh day is a Sabbath to the Lord your God." It's not all about work! God **commands** us to rest, to take a break!

YES! GOD CAN HEAL ANYTHING.

When you think of 'healing' what do you imagine? Lame people walking, the blind seeing, evil spirits being cast out. The bible is full of miracles and healings, but if these feel far away from your everyday life or if you're struggling to see what healing means for you personally you're missing the true message which is that God's love can 'fix' anything that feels broken in your life. From your spirit to your body.

Your heart may be hurting from something someone has said or done to you, your body may be filled with pain from a physical illness, or your mind taken over with stress and anxiety unable to find peace. Whether these things are passing or it feels like it's been with you forever, the problem with pain is we never know when it's going to go, our biggest fear is what if we never feel 'better' or feel 'normal' again?

Before we start to approach hopelessness, it is right here in our suffering that we remind ourselves who God is, what we know about Him and the power He has to transform our lives.

"The is what the Lord, the God of your father David, says: 'I have heard your prayer and seen your tears; I will heal you.'"2 Kings 20:5

We are never alone and our cries for help are always heard. Don't stop reaching out in prayer, God is listening.

"Come to me, all you who are weary and burdened, and I will give you rest. "Matthew 11:28

There is only one place that you can go to for true comfort. We might be tempted to lose ourselves to pointless distractions, trying to feel good to outweigh the bad but these short term thrills don't last.

Only God '.. heals the broken hearted and binds up their wounds."



BODY AND SOUL

by Father Morris

We often know when we're not well but what does full health look like? We reduce our existence to our feelings (am I happy or sad) or our aches and pains (my foot hurts). The best sort of existence is not, however, one that is free of pain, we need to think about whether we're being the person God wants us to be.

Our body and our soul are connected. We should ensure we're physically fit but not just so that we look beautiful but so we can give glory to God and serve our neighbour. Similarly our soul is not to be kept free from sin just to make us feel self-righteous but so we reveal the beauty of God and can praise Him with greater vigour.

When we die, our body will perish. We are to dust and to dust we shall return. The soul endures however. Jesus leaves us this wisdom: "Do not be afraid of those who kill the body but cannot kill the soul," (St Matthew 10:28). So much we do is about our body here and now and our soul is neglected.

The soul is fed by Holy Communion. "Whoever eats this Bread will live for ever," Jesus says (St John 6:51). By kneeling when we receive the Lord of Life in to our bodies we are witnessing to a deeper truth of who we are, body and soul, destined for eternal life.

We will also need a body in Heaven: we're not just souls flying round the place. Hence we say in the Creed, I believe in the Resurrection of the Body. What that body looks like we're not sure - remember Jesus after His Resurrection looked slightly different (St John 20). It's an exciting adventure!

KNOW YOUR SCRIPTURE

Hurting is horrible, we yearn to feel better and it can drown out everything good in our lives.

Jesus knew suffering, He knew pain and heart ache was coming his way and he steadfastly moved towards his destiny.

How can we be more Jesus like and show courage and compassion to ourselves and others in pain.

Mark 5:34 (KJV).

"And he said unto her, Daughter, thy faith hath made thee whole; go in peace, and be whole of thy plague.."

Hope and Faith is our part of the deal, if we doubt that God truly cares for us how can we fully let him into our lives to do His work.

Proverbs 17:22 (KJV).

"A merry heart doeth good like a medicine: but a broken spirit drieth the bones"

From science, to scripture to our own experiences we all know that a positive and hopeful attitude to ourselves and those around is a form of healing too. The Bible reminds us that 'giving up' will only draw out our suffering.

Keep in touch with us at St Marys

<https://www.facebook.com/StMarysLansdowneRoad/>

Email: s.marysoffice@btinternet.com

Website: <https://www.smarystottenham.org/>

Phone: +4420 8808 6644