

SENIOR SCHOOL

St Mary's Fortnightly Newsletter for teenagers

"You will keep in perfect peace those whose minds are steadfast, because they trust in you"

Isaiah 26:3



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WHAT'S GOING ON @ ST MARYS

On Palm Sunday, 10th April, at 11.30am there's going to have be a huge blessing of the palms by Sctoalnd Green bus stop on the High Road. Come along.

A SAINT TO KNOW

Mary and Martha are the sisters of Lazarus, whom Jesus raised from the dead. When Jesus visits their home in Bethany Mary sits at His feet and listens while Martha gets everything ready. How do you see yourself in this account from the life of Jesus (St Luke 10:38-42).

DID YOU KNOW?

The Patron Saint of Meditation is Anselm of Canterbury. A famous philosopher and intellect. Anselm's motto was "faith seeking understanding" believing that an active love of God meant seeking a deeper knowledge of God.

ARE YOU A DEEP THINKER?

What do you think of when I say 'Meditation'? Being crossed legged, eyes closed and making that 'ommmm' sound? That's definitely what I think of. Being mindful, meditating and breathing exercises are all proven techniques known to manage stress and you may have tried one of these techniques already.

But the word Meditate itself simply means **to think about something, deeply**. Not to lightly consider it and move onto the next thought, or think about it with a whole bunch of other things at the same time. But to concentrate and focus on that one thing alone. To turn it around in your mind, view it from different angles and take it apart to put it back together in a way that makes sense to you.

2 Timothy 2:7 tells us "Consider what I say, for the Lord will give you understanding in everything"

What am I talking about? One of the 3 pillars of Lent is Prayer, during this period we take the time to draw closer to God through prayer. There is no better way to spend meaningful time with Him than reading His word and 'meditating' on who He is. God wants us to know Him better our faith is not based on smoke and mirrors and our faith is not about being blind. Being a Christian doesn't mean we're not to ask difficult questions or not to admit there are still things we don't understand. God knows what's in our hearts and minds, there's no fooling him so we might as well be honest with Him and ourselves about those things are confusing and invite him to take away the doubt and strengthen our faith.

To sit and meditate, to think deeply about Him and how He is present in your life. So many of us underestimate the power we have in prayer. Bible tells us

"Now this is the confidence we have before Him: Whenever we ask anything according to His will, He hears us. And if we know that He hears whatever we ask, we know that we have what we have asked Him for."

So over this Lenten period take the opportunity to pull back the curtains, shine a light into your heart and take another step towards knowing more of what God is about and what He wants for you.



FAITH SEEKING UNDERSTANDING

by Father Morris

Tayo quotes St Anselm saying 'Faith seeks understanding' on the front page. He was Archbishop of Canterbury a thousand years ago. It's an important truth for us to remember. So often we think we need to understand something before we do it and so if we don't understand it we don't do it. This isn't true. I don't really understand gravity but I know it stops me floating away. I don't really understand mechanical engineering but I drive a car. Hopefully I'll understand more about those things one day but the fact that I don't understand them not doesn't stop me using them now.

God sent His Son to die for us. I believe that to be the case. When people ask me why God did that I can tell them it is because we are sinners and our relationship with God needed to be put right, something only God can do because sin is so entangled within our life. I understand it to some extent but it's still utterly beyond my comprehension at another level.

Walking round the pictures of the Stations of the Cross and being at the services on Good Friday (1pm at St Mary's and 6pm at Good Shepherd) are chances to try and take stock of why God did this for me, for you, for that annoying person over here, and for a whole load of people who will never thank God for doing it.

There's beautiful hymn which was written by the Bishop who consecrated St Mary's 130 years ago, William Walsham How:

I sometimes think about the Cross
and shut my eyes and try to see
the cruel nails and crown of thorns,
and Jesus crucified for me.

But even could I see Him die
I could but see a little part
of that greart love which like a fire,
is always burning in His heart.

And yet I want to love thee, Lord,
O Light the flame within my heart,
and I will love thee more and more,
until I see thee as thou art.

And when we see God face to face, we need faith no more.

GOING IN DEEPER

It's easy to get stuck in a rutt in your prayer life. Falling into a habit of asking for the same things and having the same conversations.

So what can you do to shake things up and gain even more meaning from your time with God.

Here are some ideas

Join or Start a Prayer Group:
It's as simple as 2 or more of you coming together to pray, talk and worship together. Input from others can inspire you and re-energise your worship.

Praise & Worship
Create a playlist of some of your favourite Christian songs and if you don't have one spend a weekend making one. This is a great way to kick start your day and prayer session.

Podcasts and Apps
There are lots of great Bible apps, Christian podcasts and resources to tap into. Full of new ways to access the bible and points of view.

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