

11th February 2024

Rectors Ramblings

2 Kings 2.1-12; Psalm 50.1-6; 2 Corinthians 4.3-6; Mark 9.2-9

Dear Friends,

This week we hold His Majesty King Charles, and all those facing a diagnosis and treatment for cancer in our prayers. Apparently half of us will receive such a diagnosis at least once in our lives and this week's news highlights the importance for frank and open conversation around cancer, and the need for our continued support for those seeking a cure.

We have had a fabulous start to the week where we signed up 32 Young People and 5 Leaders to go to the Diocesan youth gathering called May Camp at Plumpton Racecourse at the end of May. This is the largest group we have ever taken, and we are one of the largest groups going to May Camp this year so your prayers would be gratefully received and many thanks to all have supported our Youth Work across the two parishes.

This Sunday concludes the Epiphany themes of revelation with the transfiguration of Jesus. His appearance with Moses and Elijah places him in a succession of witness and revelation, continued by the disciples who were present, and indeed by us today.

This week's scripture invites to reflect on the challenges of being a disciple and the importance of passing on what we have received to others.

Sharing our lived experiences, chronicling everything from pain management to drug addiction abound online, but who do they really benefit?

New research led by experts at the University of Nottingham and published this week in 'World Psychiatry' proves definitively that – in mental health settings at least – they do.

The team painstakingly curated a digital library of hundreds of audios, video, written word, and image files recounting stories of mental health recovery, told through prose, poetry and even the odd graphic novella.

Study participants, all with non-psychotic mental health problems like low mood, stress, and anxiety, were given access to use it as much or as little as they liked over the course of a year. The results revealed an uplift in their quality of life.

This research shows that sharing personal accounts of how people have overcome mental health struggles are effective at helping others in similar situations. Dr Stefan Rennick-Egglestone, the study coordinator, states that they kept all the narratives in – good and bad – in order to provide truth.

It is this truth that has helped the participants within the study, with one person explaining that 'Just sharing the story, sharing the hurt, the confusion, or the fight was enough for me.' It connected people in a truth, and within that truth came a "me too" moment, and with that came hope.

In this week's Scripture's we are delving deep into our call to be witnesses and realising the importance of telling others about Jesus.

Dr Stefan's study highlights the importance of keeping things real.

Witnessing is sharing your experience, so let's not wait for us to be strong theologians, or fully grown adults - young people can do it right now. By sharing our journey, including our doubts, confusion, anger, and pain, as well as the wow moments, we could help connect others to God in a powerful way that makes them exclaim "me too!" and bring hope.

Looking forward to seeing you at our Ash Wednesday, this Wednesday at St Mary's 7pm, and don't forget our Lent Course Starts 7pm 22nd Feb.

Have a good week, be joyful, keep the faith and keep doing the little things that make a difference to those you love and those in need.

Paul xx

Please remember those on our prayer list:

**Francis Bailey, Cole Louise Blackman, Beryl Campion-Smith,
Harri Gande, John and Elizabeth Gould, Rubie Geer, David Harmer,
Juliette Lucas, Spike MacGuire, Christina McCann,
Shirley Mansfield, Derek Marshall, Adrian, Andrea and Amber Pariss,
Gemma Peacock, Ron Perou, Dino Portelli,
Christine Ripley, Rubie (aged 11), Cheryl Stewart, Martin Tardif,
Marcus Thrower, Danielle Tora, Toni Warrilow,
Sean Watson, Arthur Wood, Nasima Wright.**

**If you would like to receive prayers, or know someone who would, please contact
Rev Paul Mundy on 01825 723186 or church.newick@gmail.com**

We send our prayers to Katie Barnwell who has been out of action following a knee operation and some much needed recovery time, but she now sends us the prayer requests for February and tells us that the translators have continued working during this time and that they will now resume checking over online Zoom meetings.

Katie asks for the following please:

***Pray** for wisdom, and the guidance of the Holy Spirit at every stage of the translation work; for good health and perseverance for all the translators.

***Pray too for the use of the translated Scriptures**, both printed copies and oral recordings, that this will result in changed lives and much blessing.

***Pray for Nigeria as a whole**, that the newly elected president and other leaders will act to stop the violent attacks and conflicts that are happening, promoting justice, peace and proper distribution of resources for the whole country.

Services - February 2024

<p>Sunday 4th February</p> <p><i>2nd Sunday before Lent</i></p>	<p>8am - BCP Holy Communion <i>Preacher: Rev Paul Mundy</i></p> <p>10am - Worship & Praise Proverbs 8:1,22-31 Colossians 1:15-20 John 1:1-14 <i>Preacher: Rev Paul Mundy</i></p> <p>6pm - Evensong <i>Preacher: Ian Reekie</i></p>
<p>Sunday 11th February</p> <p><i>Sunday before Lent</i></p>	<p>8am - BCP Holy Communion <i>Preacher: Fr Martin Morgan</i></p> <p>10am - Holy Communion 2 Kings 2:1-12 2 Corinthians 4:3-6 Mark 9:2-9 <i>Preacher: Fr Martin Morgan</i></p> <p>6pm - Worship2 <i>Leader: Mandy Stockwell</i></p>
<p>Wednesday 14th February</p> <p><i>Ash Wednesday</i></p>	<p>7pm - Imposition of Ashes & Holy Communion Joel 2:1-2, 12-17 2 Corinthians 5:20b-6:10 John 8:1-11 <i>Preacher: Rev Paul Mundy</i></p>
<p>Sunday 18th February</p> <p><i>1st Sunday of Lent</i></p>	<p>8am - BCP Holy Communion <i>Preacher:</i></p> <p>10am - Family Communion & Owls Genesis 9:8-17 1 Peter 3:18-22 Mark 1: 9-15 <i>Preacher: Rev Paul Mundy</i></p>
<p>Thursday 22nd February</p>	<p>7pm Lent Course at St Mary's <i>Leader Fr Martin Morgan</i></p>
<p>Sunday 25th February</p> <p><i>2nd Sunday of Lent</i></p>	<p>8am BCP Holy Communion <i>Preacher: Rev Paul Mundy</i></p> <p>10am Holy Communion Genesis 17:1-7, 15-16 Romans 4:13-25 Mark 8:31-38 <i>Preacher: Canon Simon Holland</i></p>
<p>Thursday 29th February</p>	<p>7pm Lent Course at St Mary's <i>Leader Fr Martin Morgan</i></p>

Prayer Meeting for Church Service Every Sunday 9.30 - 9.45 Barn Centre



Parish Dates for your diary!!

Imposition of Ashes & Holy Communion - St Mary's Wednesday 14th February 7pm

Lent Course - St Mary's (7pm Pudding 7.30 start) 22nd & 29th February, 7th, 14th & 21st March

Holy Communion Service - 10 am Sunday 25th February *Preacher - Canon Simon Holland*

REGULARS

Friday Hub - Community Centre 9-12

Prayers for Church - Barn Centre every Sunday 9.30-9.45

Prayer Group - Barn Centre 2pm (fortnightly)

PLACEHOLDER IN YOUR DIARY

Wendy Piccinini from the Leprosy Mission attending our 10am Service on 17th March

Uckfield Deanery Confirmation Service - Sunday 30th June 5pm St Mary's

Message from Paul....

I am pleased to confirm that the **Uckfield Deanery Confirmation Service** will be held at **St Mary's Newick** on **Sunday 30th June at 5pm** with Bishop Will presiding.

I will publish dates for Confirmation Class shortly, but if you are thinking about confirmation and would be interested in pursuing this or, you know of anyone who would, please do let me know in the meantime.

Paul.



Sing your story

Join Intergenerational Opera at Newick C of E Primary School.

Singing is amazing for the mind, body and soul so why not reach out and connect with other generations in your community as well as learn new skills and communicate through music making!

Intergenerational Opera was founded by two professional opera singers, who met whilst working for Glyndebourne Opera. We are looking for participants aged over 65 to join with pupils from Newick C of E primary school to strengthen community relations and have fun learning something new together!

We meet on a weekly basis for 90 mins of music making, singing and creative communication.

Dates – Friday 23rd of February 2024 - Friday 22nd of March 2024.

Time – 10.00am - 11.30am

Venue –

Newick C of E Primary school, 63 Allington Road, Newick, Lewes BN8 4NB

No previous singing experience is necessary!

SESSIONS ARE FREE OF CHARGE COME ALONG AND HAVE SOME FUN

To book your place Contact Charlotte Wicks at intergenopera@gmail.com

And for more info visit www.intergenerationalopera.com

St Mary's, Newick's Church

And

St. Peter's, Chailey Parish Church

LENT COURSE 2024

THURSDAYS

22nd and 29th February

7th, 14th and 21st March

7.00pm "Pudding Time in St Mary's"

7.30.pm Start.

'COME, FOLLOW ME'

*"You did not choose me but I chose you and I appointed
you to go out and bear fruit, fruit that shall last."*

John 15.16

God may every breath we take be for your glory,

May every footstep show us our way,

That, trusting in your presence in this world,

We may, beyond this life, still be with you

Where you are alive and reign for ever and ever.

Amen

WORLD DAY OF PRAYER

(Interdenominational)

at

ST. JAMES THE LESS, NUTLEY CHURCH

On

Friday 1st March 2024 at 2.00 p.m.

The Theme is Written by the Christian Women of Palestine

‘I BEG YOU, BEAR WITH ONE ANOTHER IN LOVE’

As we see and hear the unfolding horrors of suffering of the people of Palestine and the people of Israel, we feel great sympathy. Before 7th October and the beginning of the present crisis, an ecumenical group of Christian women from Palestine, the land in which Jesus was born, prepared the 2024 World Day of Prayer Service.

As we participate in the Service, we are part of a great wave of prayer encircling the globe, which begins as the sun rises over Samoa and ends 36 hours later in the Pacific as the sun sets over American Samoa. We will be joining with people in over 146 countries and islands around the world to pray with and for the people of Palestine, and for peace.

The Service shares the experiences of 3 Palestinian Christian women, from 3 different generations, who witness to the power of bearing together in love, despite difficulties and differences, united in prayer for just and harmonious solutions that will bring an end to human suffering, achieving security and peace for all people around the world.

Refreshments will be served after the Service.



**Lewes
District**

**8th March
St. Peter's Church,
Chailey 10.30am-12**

Local transport can be provided by the Newick
Good Neighbours service from Chailey Newick
and Fletching please ring 07933096033

Drop-in Advice session

Information and advice about

- Cost of Living support
- Benefits
- Debt
- Housing
- ...and much more



www.lewesdistrictca.org.uk

***A date for your diaries, for all those
questions you would like advice on.***

Legacies

The Church of England has always encouraged people to make wills, and at St Mary's we encourage that too. Making a will ensures that the assets in your Estate are distributed as you see fit. Many people will of course leave the bulk of their assets to their families, and favourite "good causes".

Please consider including St Mary's. We struggle to meet our expenses year by year, and have always relied on legacies to support our service to the community. The daunting costs of upkeep of our beautiful Grade 2 listed church must also be met. A key element of our work in the community is youth work and pastoral outreach.

How Do I Put a Legacy In Place?

First, make sure you have a will in place that includes how you would like to distribute your assets using either your own solicitor or the service provided by the Church of England.

(www.churchlegacy.org.uk)

Please contact Rev Paul Mundy or any member of our Treasurer's team if you would like assistance. Please remember that St Mary's is a charity, so gifts to St Mary's are free of Inheritance Tax.

If you would like to make a gift to our church in memoriam, please come and discuss this with us too.

Our Prayer for Growth

God of Mission Who alone brings growth to your Church,

Send your Holy Spirit to give

Vision to our planning,

Wisdom to our actions, and power to our witness.

Help our church to grow in numbers,

In spiritual commitment to you,

And in service to our local community,

Through Jesus Christ our Lord.

Amen



Welcome



Important changes...

**Take a look at the new Website for St Mary's
and save it to your favourites!**

[St Mary's Newick \(stmarysnewicks.church\)](http://stmarysnewicks.church)

**Please amend your contact lists to make sure your
email to the Church Office is never ignored:**

churchoffice@stmarysnewicks.church