

St Mary's Weekly News

3rd January 2021



St Mary's
BATTERSEA
Growing together with God



stmarysbattersea

Picture © Leslie Spatt

<https://www.stmarysbattersea.org.uk>

St. Mary's Church, Battersea

3rd January 2021



Welcome to St Mary's Weekly Newsletter. On behalf Simon, Aaron and the whole team at St Mary's we wish you a very Happy New Year.

What's On This Sunday 3rd January 2021

The Second Sunday of Christmas

8.30am Holy Communion (Traditional Language)

9.30am Family@Church for families and children

11.00am Parish Eucharist

(Preacher at 8.30/11am: Grace Cowley Kennedy)

Our services are streamed online at facebook.com/stmarysbattersea

And at [Live Streaming at St Mary's – St Mary's, Battersea](#)

Sunday Zoom Coffee Times

9.30am: [Click Here](#) (Password: 7XNPO4)

12.15pm: [Click Here](#) (Password: 6JLUEP)

Wednesday 6th January The Feast of the Epiphany

12.30pm Holy Communion for the Feast of the Epiphany

Sunday 10th January 2021

The Feast of the Baptism of Jesus

8.30am Holy Communion (Traditional Language)

11.00am Parish Eucharist with Renewal of Baptismal Faith

Preacher at Morning Services: Reverend Aaron Kennedy

6.00pm Choral Evensong sung by St Mary's Choir

Preacher: Canon Simon Butler



Weekday Worship & Events

St Mary's is open for private prayer Monday to Friday this week from 9.30am to 12.30pm.

- 4th January Morning Prayer at 8.30am 
- 5th January Holy Communion at 8.30am 
The Funeral of the late
Lawrence Fashesin at 12.30pm
- 6th January **THE EPIPHANY OF OUR LORD**
Lectio Divina at 8.30am*
Holy Communion at 12.30pm 
Choir Practice at 7.30pm
- 7th January Midday Prayer at 12 noon 
- 9th January PCC Half-Day Meeting at 9.30am

*Lectio divina is a way of prayerfully listening to scripture. [Click Here for our Wednesday morning Zoom call](#). The passcode is 259290.

For Your Prayers

The sick and those in need: Mary Paton, Lloyd and Hubert Maxwell, Jeremy Edwards.

The recently departed and their families: Christine Lewis, Clifford Brett, Lawrence Fashesin & Chikako Hashimoto

First Communion Classes: We hope to begin these classes for children aged 7 or above later this month, leading to admission to Holy Communion at Easter. If your child would be interested in being admitted, and you would be supportive of that, please let Simon know in the coming weeks.

Choral Evensong returns next Sunday at 6pm and there will be a special ecumenical Evensong on 24th January with our friends from Sacred Heart Roman Catholic Church.

Winter Recital Series: Owing to the Tier situation, we cannot currently begin the planned series. If we return to Tier 3 before the beginning of Lent, we hope to resume these popular events as soon as possible.

Anyone Have a Car for Sale? One of our church members, Dianne Nelmes, has been doing a wonderful job helping someone through Coronavirus Angels who is looking to buy a cheapish runaround car. If you might be able to help, please contact Dianne at dianne.nelmes@gmail.com

Baptism & Confirmation: Bishop Richard will be baptising Tim Walker and confirming Nicola Buckthorp, Ruth, Hollely, Tim Walker, Jazz Wilson-Grey, Lizzie Wilson-Gray and Charlie Wickham at 11am on Sunday 17th January 2021. Come and support them.

Home & Study Groups: One of our goals in the coming years is to grow the size and number of our Home/Study Groups. Although the current restrictions make physical meetings very difficult, this is a great time to be thinking about being part of something going forward, as we emerge from lockdown. If you might be interested in finding out more, please contact Simon, Aaron or Leslie Spatt les@lesliespatt.co.uk to find out more.

Intercessors: Our team of those leading prayers at Sunday Eucharists has shrunk a bit in recent months. If you might be interested or willing to take part in worship in this way, please contact Simon or Debbie Apostolides (dgha@sky.com). Training will be provided.



Happy New Year? Tips for Finding Your Way in the Dark Aaron Kennedy

I spoke to a good friend of mine today and inquired how he

was in himself. "Never been better, mate!" came the somewhat surprising reply. I think there are few of us who could say this statement in all truthfulness, given the year 2020 has been. We reflected together on why he felt so good, and part of it is that he is quite a sanguine sort of chap, up beat and sociable as a general rule. Another likely contributor to his mental well-being is the fortunate reality that his work has continued almost without interruption or the need for adaptation since the pandemic first hit these shores.

By contrast, many of us have experience great changes in the way we work, and the need to be creative and responsive to the changing context. Many have found themselves being furloughed, and a good deal have become unemployed; others have had to adapt to working from home, sometimes with a partner who also finds themselves in that situation, and not uncommonly, with a child unable to attend nursery or school for periods of time.

Add to that the day-to-day reality of hand sanitising, mask wearing, social distancing, and the restrictions movement of the periods of lockdown and the various tiers we've been placed in, which have changed from time to time in response to the infection rate, and you have a recipe – for many people – for anxiety, depression and even burn out. It is also quite likely that our relationships with those we are closest too have come under greater strain than usual; and quite

frankly, our relationships with those who are normally at a distance from us have also been disrupted in unpredictable ways.

The [Museum of Happiness](#) recently reported on [research that shows](#) that depression and anxiety continue to increase around the world. And the Office of National Statistics (ONS) has revealed [Covid-19's impact](#) on the UK's levels of depression;

- Almost **one in five** adults of all ages experienced some form of depression in June 2020, up from one in ten before the pandemic
- For those aged **16 - 39**, almost **one in three** experienced moderate to severe depressive symptoms, up from one in nine
- The rise in **key workers** experiencing some form of depression has risen from about one in 20 to over **one in six**
- For **non-key workers**, the percentage has risen from about one in thirteen to one in five
- The most common effect on well-being? **Feeling stressed or anxious**

But it's not just adults. Even before the pandemic, **one in eight children and young people** aged 5 - 19 had a [diagnosable mental health condition](#).

[The Mind and Soul Foundation](#) recently set out some good advice for those who may feel that they are on the edge of a severe drop in mental health or even burnout. They urge anyone who feels they may be in that place to acknowledge that fact, stop expecting themselves to be fine, and seek help. Since when our minds are overwhelmed we are incapable of reasoning very well and making sense of life, things are almost certainly **not** as bad as they seem. And rather than judging ourselves, or listening to the judgemental voices of others, it is absolutely crucial at such times to be gentle with yourself, and



make some changes in our life to bring about the necessary healing. They offer three main things we can do to begin to turn this situation around.

1. Find space: take a bold and decisive break from the things that are making demands on us; this may also involve reconnecting with the people and activities that we find give us life (friends and family time, hobbies, etc).
2. Find escape: throw yourself into an activity – reading a brilliant novel, or a physical newspaper (the deluxe weekend edition!) or favourite magazine from cover to cover without interruption – that can give you a sense of satisfaction, but doesn't make demands on you.
3. Find a new rhythm: we may eventually need to return to life as it was before our burnout, and if that is so, make sure you put some things in place to increase your resilience to the burdens you carry. For example, you could plan daily slots for meditation, prayer, walking in the park, physical exercise, or hot baths. But you could also make intentional changes around how much social media, news, and TV you consume, stopping or limiting some of that, to make room for more nourishing habits.

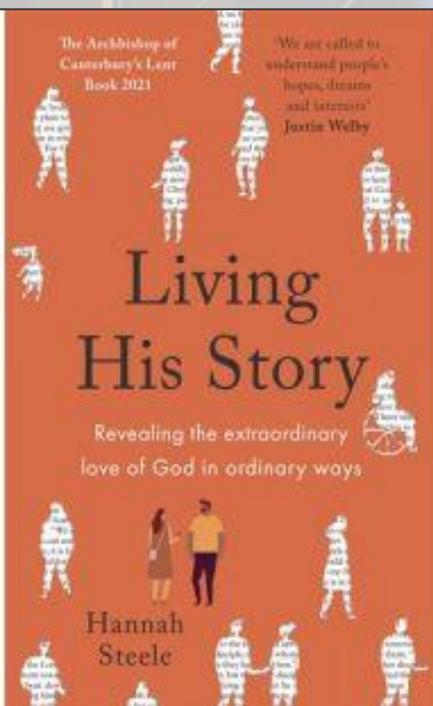
I can relate to all of the above, and much of it I have experienced first-hand either during this extraordinary year, or at another moment in my life.

Remember, you are not a failure if you feel this way. You are human, and you have limits. Try to show yourself some gentleness and understanding and – crucially – talk to someone. You are not alone.

Aaron

Announcing our Lent Book & Course 2021

As part of St Mary's Mission Action Plan for 2020-25, we remember we are **sent to tell** the good news of Jesus Christ. Our Lent Book and Course this year will give us the opportunity to explore the call to evangelise and bear witness using Archbishop Justin's Lent Book for 2021, *Living His Story*, by Hannah Steele. We will happily order copies for anyone who wants one, at £8.99 a copy. If you are able to pay £10 for your, we can get a few copies for those for whom £9 would be a stretch. Email office@stmarysbattersea.org.uk to order your copy.





Contacts

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Canon Simon Butler

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07941 552407

Reverend Aaron Kennedy

Associate Vicar for Community Development &
Mission (Day Off: Friday)

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The clergy are always ready to visit, or to offer confidential pastoral care. Please contact them directly. If you hear that a member of the parish is unwell or needs a visit or a call from one of the clergy, please let the clergy know. They may not have heard and are grateful to be kept informed.

Giving To St Mary's

We invite and encourage everyone who considers St Mary's their spiritual home to make a financial contribution to our work.

The best way of doing this is through setting up a Standing Order, so that your giving doesn't depend upon how often you are able to get to church.

To do this, just use these details

Account Name: Battersea Parish Church PCC

Sort Code: 502101

Account Number: 82127468

To Gift Aid your Standing Order or one-off donation, please contact the Parish Office



You can now also give using this QR code (please indicate if you are able to Gift Aid)