

## Rest and Relaxation

"Oh, give it a rest!". Not an uncommon response, but perhaps we should *give it a rest*. We all need a break occasionally, how much we all look forward to 'getting away,' something many were not able to do at all last year. A change of scenery lifts our spirits and not to have to go through the usual routine is something we can all enjoy, whatever that routine is.

Even the military encourages occasional R & R [Rest and Relaxation]. It does us all good. After a rather busy day even a few hours with your feet up can be restorative, with a glass of something special or a hot drink is even better. We need to relax away from the daily grind. It enables us to bring a new refreshed focus for the next day, or event.

As a church community we speak of 'resting in God's presence'. Putting the world and all its troubles to one side and just BEING with God in a quiet place. Some can enjoy this on a daily basis, reading the Bible and in prayer both speaking and listening to God. It doesn't come easy to some of us. The worries of the world or the activities we are involved in seem to jump into that space and put up a barrier.

I have spoken before about being Martha rather than Mary. Preferring to be busy like Martha rather than spending time at Jesus' feet, as her sister Mary chose to do. I have to say I find it so much easier to spend time 'doing' rather than 'resting'. Resting while watching TV or reading a book is easy but resting in God's presence, I find that harder. Even in prayer I find it easier to speak than to listen, even though I know it is more important to listen to what God has to say to me than for him to listen to my thought, which he knows anyway. I am aware God gave me two ears to hear with and only one mouth to speak, so listening must be twice as important as speaking.

Oh, I can make time to pray and research for a talk but re-establishing old habits like putting aside a regular time to read my Bible and in prayer is less easy. I am going to try my best; I know it is a must. I need to make the time to rest and relax in God's presence.  
*Tricia Berry*



# Welcome to the Alcester Minster Group of Churches Sunday 07 November 2021

## 3 before Advent Green

*"And Jesus said to them, 'Follow me and I will make you fish for people."*

Mark 1 v 17

### Collect

Almighty Father,  
whose will is to restore all things  
in your beloved Son, the King of all:  
govern the hearts and minds of those  
in authority,  
and bring the families of the nations,  
divided and torn apart by the ravages  
of sin,  
to be subject to his just and gentle  
rule;  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

### Alternative Collect

God, our refuge and  
strength,  
bring near the day when  
wars shall cease  
and poverty and pain shall  
end,  
that earth may know the  
peace of heaven  
through Jesus Christ our  
Lord.

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### Ministry Team:

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Revd Julian Davey: The Field House, Allimore Lane  
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### Children & Family Worker:

Vacancy

### Administrator:

Tricia Berry (Monday - Friday 10.00am - 1.30 pm) Tel: 01789 509 278  
email: [administrator@alcesterminster.org](mailto:administrator@alcesterminster.org) Alcester Minster Office, Church House,  
17 Butter Street, Alcester, B49 5AL (Office Opening Hours 10.30 - 12.30pm)

**Alcester Minster website:** [www.alcesterminster.org](http://www.alcesterminster.org)

**Facebook:** [www.facebook.com/AlcesterMinster](https://www.facebook.com/AlcesterMinster)

## Next week's services and events

<b>Sunday 07 November</b>	<b>3 before Advent</b> <i>Green</i>
Haselor 9.00 am	Family Service
Alcester 11.00 am	Morning Worship
Great Alne 11.00 am	Holy Communion
Sambourne 4.00 pm	Evening Prayer
Alcester 3.00 pm	Baptism Preparation

### Monday 08 November

### Tuesday 09 November

Alcester 7.30 pm	St Nicholas Choir Practice
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### Wednesday 10 November

Alcester 10.00 am	Mid-week Holy Communion
Sambourne 1.30 pm	Keep Fit for over 65s (term time only)

### Thursday 11 November

### Armistice Day

Alcester 10.40 am	Armistice Day service
Sambourne 10.55 am	Armistice Day service
Alcester 7.30 pm	St Nicholas Bell-ringing Practice

### Friday 12 November

### Saturday 13 November

### Sunday 14 November

### Remembrance Sunday *Red*

Arrow 9.00 am	Remembrance
Alcester 10.45 am	Remembrance
Haselor 10.45 am	Remembrance
Kinwarton 4.00 pm	Reflection on Remembrance

**11 November 2021 – Armistice Day**  
Armistice Day services at Alcester and Sambourne

**14 November 2021 – Remembrance Sunday**  
Please note additional services and times of services.

*This notice sheet is being distributed on Friday 31 October as the Administrator is not available during the week commencing 01 November. Normal service will resume on Monday 08 November*

## Readings for the week

<b>Today</b>	Hebrews 9 v 24 – 28 Mark 1 v 14 – 20
Monday	Matthew 4 v 23 – 5 v 12
Tuesday	Matthew 5 v 13 – 20
Wednesday	Matthew 5 v 21 – 37
Thursday	Matthew 5 v 38 – 48
Friday	Matthew 6 v 1 – 18
Saturday	Matthew 6 v 19 – 34

## Prayer



Please pray for the following topics:

1. *November is Cancer Awareness month for different forms of cancer, so let us pray for all those who are suffering with any form of cancer. May they find the right medical and spiritual support and assistance to aid them in their struggle against this disease. For those who have lost loved ones to cancer, may they find God's compassion and friendship even in their loss.*
2. *Lord, help us find time to rest in your presence, surrounded by your love and listening to your voice of calm.*

*Please ensure all mobile phones are switched OFF during the service. Visitors are invited to Gift Aid their offerings in the envelopes provided.*

Contact Tricia Berry (01789 509 278 or 07840 284 294 or administrator@alcesterminster.org) by 6 pm on Tuesday to add notices of church activities to notice sheet for Sunday 14 November

*Check out the website calendar for further details on events/services coming up*  
[www.alcesterminster.org/minster-calendar.html](http://www.alcesterminster.org/minster-calendar.html)



Did you know that you can now 'LIKE' Alcester Minster on Facebook? Find details and pictures of events at [www.facebook.com/AlcesterMinster](https://www.facebook.com/AlcesterMinster) If you would like to submit event notices or photos to be published on the page then please email administrator@alcesterminster.org