

St. Mary's Church  
Cubbington



**Sunday 18<sup>th</sup> April**

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## 'My Strength and Stay'

Dear Friends

As we continue to mourn the loss of HRH Prince Philip Duke of Edinburgh, we pray for our Queen Elizabeth and indeed all of the Royal Family.

Sometimes, even when we are expecting life events to happen, when they actually do, it can still sometimes come as a shock to us and catch us unaware.

The success and stability of our Monarch's long and continuing reign was undoubtedly due to the steadfast support of Prince Philip and Queen Elizabeth has often paid tribute to her husband's longstanding support throughout her long reign, referring to him once as her 'strength and stay' - a phrase which completely sums up her recognition for the service to his country as well as to the wider Royal Family.

Who would you refer to as your 'strength and stay' in your own life?

I guess for me personally I would examine the theme of 'strength' from a physical, emotional and spiritual perspective. Physically, we all need friends and family that we can lean on in times of crisis, these human relationships underpin humanity itself and need nourishing. Undoubtedly the pandemic impacted on this and not everyone was able to access or get the same type of connection in a digital capacity. Hopefully restrictions will continue to ease and we can hopefully return to former times. I don't think any of us will ever take for granted again the ability to see our loved ones face to face again...

Our souls are something that live within each of us and we can use them also when we need to...they can help us cope and offer us inner strength. Some people might refer to this as '*resilience*' and naturally due to our own characteristics/life experiences and personalities, some of us will simply be more resilient than others. For others, we all need to be aware of those around us in our own families and communities who may need someone to reach out to them. This is not always possible as some people are great at putting on a 'brave face' when

behind closed doors there may be suffering. All we can do is to be sensitive and vigilant about checking in on each other.

Undoubtedly, our faith in Christ Jesus gives us a strength within our own hearts and as Christians, we are likely to say that our faith in the Lord Jesus gives us strength in our daily lives. However, when we are faced with the 'trials of life'...and when they keep on coming, then that is when our faith is really tested. Bereavement is probably the biggest challenge for our earthly lives. When we lose a loved one, we wonder how we can ever move forward, but with God's love, this can help to sustain us and he surely understands how our faith can be challenged when times are tough.

In the bible, there is lots written about being 'tested' in life. Here are some bible verses you may want keep to readily available to you:

James 1: 2-4 'Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.'

Philippians 4: 6 'Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.'

Philippians 4: 13 'I can do all things through Christ which strengthen me. He can rise superior to every condition through the strength that Christ gives.'

And finally; 2 Corinthians 4: 8-9 'We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed'.

You will no doubt remember stories in the bible when strength and courage was needed, such as the story of David and Goliath, David in the Lion's den, Samson and Delilah for example....there are countless others.

But back to Prince Philip. There is one particular part of his work which may be familiar to many of you, namely the Duke of Edinburgh Award scheme. It wasn't an opportunity that was presented to me as a young person, but it was for Reverend Graham, who completed his bronze, silver and gold awards and for which he was presented with his medal at St James's Palace by the Duke of Edinburgh himself no less.

The Duke of Edinburgh award has been for many years supporting generations to successfully navigate adult life.

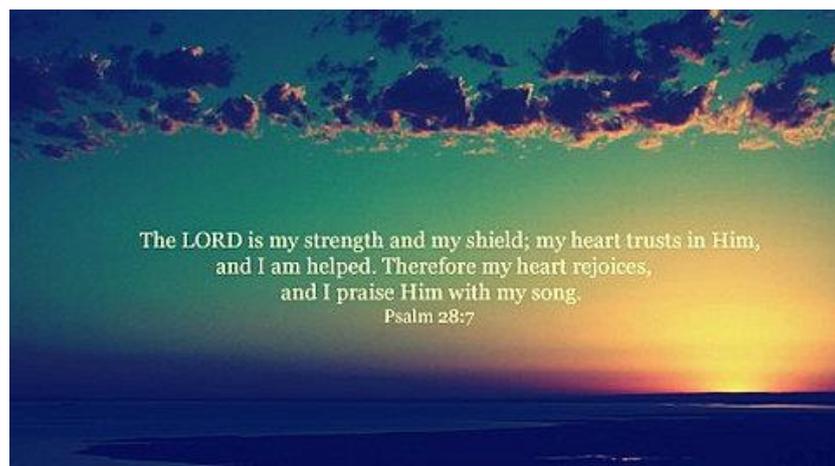
The D of E programme is open to 14-24 year olds. The bronze, silver and gold awards involve helping the community/environment, becoming fitter, developing new skills, planning, training for and completing an expedition and, for Gold only, working with a team on a residential activity.

Any young person can do the award, regardless of ability, gender, background or location. Achieving an Award isn't a competition or about being first. It's all about setting personal challenges and pushing personal boundaries. Through this course, young people have fun, make friends, improve their self-esteem and build confidence. They gain essential skills and attributes for work and life such as resilience, problem-solving, team-working and communication. What a wonderful legacy this is that has been left by HRH Prince Philip.

Let each of us find within ourselves our own skills or attributes that might make a real difference to each other, ourselves or our communities and let our hearts be gladdened upon discovering them.

Yours in Christ's love

**Sam x**



## 3<sup>rd</sup> Sunday of Easter and our readings are

Acts 3: 12-19

### Peter Speaks to the Onlookers

<sup>12</sup> When Peter saw this, he said to them: “Men of Israel, why does this surprise you? Why do you stare at us as if by our own power or godliness we had made this man walk? <sup>13</sup> The God of Abraham, Isaac and Jacob, the God of our fathers, has glorified his servant Jesus. You handed him over to be killed, and you disowned him before Pilate, though he had decided to let him go. <sup>14</sup> You disowned the Holy and Righteous One and asked that a murderer be released to you. <sup>15</sup> You killed the author of life, but God raised him from the dead. We are witnesses of this. <sup>16</sup> By faith in the name of Jesus, this man whom you see and know was made strong. It is Jesus’ name and the faith that comes through him that has given this complete healing to him, as you can all see.

<sup>17</sup> “Now, brothers, I know that you acted in ignorance, as did your leaders. <sup>18</sup> But this is how God fulfilled what he had foretold through all the prophets, saying that his Christ would suffer. <sup>19</sup> Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord,



and the Gospel reading is

### Luke 24: 36b-48

#### Jesus Appears to the Disciples

<sup>36</sup> Jesus himself stood among them and said to them,  
“Peace be with you.”

<sup>37</sup> They were startled and frightened, thinking they saw a ghost. <sup>38</sup> He said to them, “Why are you troubled, and why do doubts rise in your minds?



<sup>39</sup> Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have.”

<sup>40</sup> When he had said this, he showed them his hands and feet. <sup>41</sup> And while they still did not believe it

because of joy and amazement, he asked them, “Do you have anything here to eat?” <sup>42</sup> They gave him a piece of broiled fish, <sup>43</sup> and he took it and ate it in their presence.

<sup>44</sup> He said to them, “This is what I told you while I was still with you: Everything must be fulfilled that is written about me in the Law of Moses, the Prophets and the Psalms.”

<sup>45</sup> Then he opened their minds so they could understand the Scriptures. <sup>46</sup> He told them, “This is what is written: The Christ will suffer and rise from the dead on the third day, <sup>47</sup> and repentance for the forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem. <sup>48</sup> You are witnesses of these things.



## Third Sunday of Easter

### ***Collect***

Almighty Father,  
who in your great mercy gladdened the disciples  
with the sight of the risen Lord:  
give us such knowledge of his presence with us,  
that we may be strengthened and sustained by his risen life  
and serve you continually in righteousness and truth;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

**Amen.**

# SUNDAY 18<sup>th</sup> April



**Altar Flowers:** Margaret and Snowdon **WHITELOCK**  
and  
**Church Flowers:** in memory of the late **Gordon SIMMS**

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## SERVICE TODAY

Invitation only  
**10.00am: Common Worship**

## Service for Sunday 25<sup>th</sup> April

Invitation only  
**10.00am: Book of Common Prayer**

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## This coming Week

Monday 19<sup>th</sup> April  
**3.15pm: Funeral for the late  
Gordon Harold SIMMS**

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## Date for your Diary

**ANNUAL PAROCHIAL CHURCH MEETING**  
**10<sup>th</sup> May 2021**  
Please see APCM booklet for details.