



The Lion

A Monthly News Sheet for St. Mark's Church, Basford

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How and Why to let go this Lent..

How many self help books have you read? Some popular titles include: 7 habits of effectual people, 7 spiritual laws of success and 3 steps to happiness. Do you greet these publications with the same scepticism that I am disposed to?

If so then I understand where you are coming from. This Lenten season we are all set upon a course where through discipline and prayer we recommit ourselves to the example and pattern of Christ.

Despite my scepticism of such material, I have found myself enamoured and captivated by an author whose book '12 Rules for life' would appear to fall within that 'self help' category.

Jordan Petersons offering is much more than a self help book, yet for those with eyes to see there may well be a new articulation Christian teaching contained therein that can be of some use to us.

Reflecting on Lent and the preparation required for Holy Week, Peterson outlines 8 steps that characterise our journey of faith. These are intended to be accessible to all people regardless of their background. Please read each step slowly and diligently, there is great utility in familiarising oneself with such thinking so as to be clear for our own motives in Lent but also to have the apparatus to converse these truths to the world intelligibly.

The 8 steps to our Lenten re-commissioning and following article:

- 1. To decide that and then enact the proposition that Being is Good despite its tragedy and malevolence.**
- 2. To work, in consequence, for the continual and eternal improvement of that Being, and to know that as Love.**
- 3. To do such work in Truth.**
- 4. To let everything inadequate burn off in that pursuit, and to welcome its replacement by what is better.**
- 5. To know that as the sacred Imitation of Christ**
- 6. To understand that although Christ's sacrifice redeemed us all the work still has to be done.**
- 7. To accept that work as the sacred Meaning of Life.**

8. To strive toward the Heavenly City on the Hill in that manner.

The idea that the Saviour is the figure who dies and resurrects is a representation in narrative form of the brute fact that learning itself requires continual death and rebirth.

If you face a crisis in your life brought about by a catastrophic failure, the new information that confronts you cannot be incorporated without the painful death of your previous conceptions, and all the awful realisations thus entailed. When something new emerges to confront you, what is old and anachronistic within must burn off and die. Yet even when thrust into the underworld by the dread events of life, we must not characterise ourselves as permanent inhabitants of that dark place.

We must remember, instead, that we are all of us works in progress. This is the idea enacted during the Eucharist. The voluntary incorporation of the body of Christ is the symbolic transformation of the participant into the imitator of Christ; into the person who is willing to undergo whatever death is necessary to bring about the next state of being; into the person willing to embrace their confrontation with the tragedy and malevolence of life, to learn from that process of embrace and to move one step closer, in consequence, to the eternally receding City of God.

To progress, both psychologically and spiritually, you must eternally let go. You must abandon those things and people who impede your progress, however close they are to your heart. When you're wrong, when you've missed the mark, you must let the part of you that is wrong die. Only then can you allow the new spirit within to spring to life.

Christ is, symbolically and truly the Way and the Truth of Life —and no one comes to the Father except through Him. Embracing the process of voluntary death and rebirth that Christ embodies is synonymous with the kind of psychological development that comes from moving forward and upward despite life's horrors. This is the psychological essence of Christian ritual and belief. We must identify with that part of ourselves that

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is always stretching beyond what we currently know and has the faith to let go of old certainties, so that new patterns of being can be brought into place.

Ask yourself: what is the absolute hypothetical limit of human attainment, when vulnerability and ignorance are fully and completely accepted? That is exemplified by Christ's acceptance of the crucifix, His willingness to be betrayed by his closest companions and subjected to the evil of the state — and His embrace of brokenness and death.

Here is the question of faith: will you sacrifice your life to find out who and what you are? Will you put everything on the line to act in the best possible manner? Are you willing to allow who you might be to continually triumph over who you currently are?

If you treat yourself like you matter, then you thrive. If you treat those around you as if they are inhabited by a spark of divinity, then your relationships stabilise and grow simultaneously. If we produce a society predicated on the great idea of the inherent value of each individual (from saint to criminal), then people become free and productive and capable of living the meaningful and productive lives that lend dignity to the tragedy of their limited existences. Is this not all indicative of some profound truth?

We are in danger, in the West, of abandoning our culture, of leaving our great stories to die on the altar of our inquisitiveness, cynicism and carelessness. It's not a path that will lead to where we would want to be, if we were conscious and careful. It is necessary for each of us to open ourselves up to the tragedy of being. It is psychologically true that we should encounter Satan in the desert, understand ourselves as the epicentre of evil as well as good, pick up our tragic burdens and crosses, die, and renew our souls.

That is the death and the resurrection, celebrated by Easter, and it is time for us to wake up and recognise it as such.

Blessings *Patrick*



Holy Week Programme

Tuesday of Holy Week -7.00pm – Devotional Film

Wednesday of Holy Week – 10.30am HC-BCP

Maundy Thursday – 7.30pm HC + Foot Washing

Good Friday – 11.00am Matins / 2.00pm Meditation

Easter Eve – 8.00pm Vigil / HC / Party

Diary Dates for April

6 th	Saturday	11.00am	Church Spring Clean
7 th	Sunday	11.30am	Hall: Sort and Spring Clean
28 th	Sunday	16.00pm	Confirmation rehearsal
30 th	Tuesday	19.00pm	St Marks Day HC + APCM

Early May Dates

1 st	Wednesday	19.30pm	Reading Circle resumes
2 nd	Thursday	19.00pm	Confirmation Service
16 th	Thursday	19.00pm	Fashion Show
18 th	Saturday	19.30pm	String Trio Concert

Worship Services during April

3 rd	Wednesday	8.00am	Morning Prayer
		10.30am	Holy Communion (BCP)
4 th	Thursday	8.00am	Morning Prayer
7 th	Passion Sunday	8.00am	Holy Communion (BCP)
		9.30am	'First Sunday' with HC
10 th	Wednesday	8.00am	Morning Prayer
		10.30am	Holy Communion (BCP)
11 th	Thursday	8.00am	Morning Prayer
14 th	Palm Sunday	8.00am	Holy Communion (BCP)
		9.30am	Holy Communion
17 th	Wednesday	8.00am	Morning Prayer
		10.30am	Holy Communion (BCP)
18 th	Maundy Thursday	8.00am	Morning Prayer
		19.30pm	HC with Foot Washing
19 th	Good Friday	11.00am	Matins BCP
		14.00pm	1hr Meditation
20 th	Holy Saturday	20.00pm	Vigil and HC
21 st	Easter Sunday	8.00am	Holy Communion (BCP)
		9.30am	Family Worship with Baptism
24 th	Wednesday	8.00am	Morning Prayer
		10.30am	Holy Communion (BCP)
28 th	Second after Easter	8.00am	Holy Communion (BCP)
		9.30am	Holy Communion
30 th	Wednesday	8.00am	Morning Prayer
		10.30am	Holy Communion (BCP)

Spring clean

It's that time of year where we fling open the windows and have a good clean and sort out. So if you would like to help please join us on 6th in the church at 11am and 7th April after the service in the hall. Remember many hands make light work.



Easter flowers

As Easter approaches anyone wishing to make a donation towards the Easter flowers please see Pat Roberts.

Gardening Team

Once again it's that time of the year when the Gardening Team request donations for the purchase of Summer Bedding plants to enhance the Church garden. Each year they rely on your kind donations and it is really appreciated by all the team.