



Memories

Why do we keep all those old photographs? Those letters from long ago? Why year after year when November comes round, do we meet to remember the wars which have torn the world apart?

No doubt we all have different reasons but basically it is because memories are precious, especially if we have ourselves been involved, or if it brings back recollections of those who are no longer with us. We all have memories that we treasure. They are triggered by all sorts of things. A photograph; a familiar song. Whatever it is that brings it to mind, it transports us back to a particular place and time. We have many personal things stored away in our memories. Things we have done; places we have lived in; holidays we have shared and enjoyed; people we have known especially those who were dear to us but have now died.

There is an opportunity to share with others in remembering our loved ones and friends. It happens every year at St Mark's and all who wish to do so are welcome to come. This year it is on:

5th November at 3pm - A Service of Thanksgiving and Memorial for those who have passed away.

As a nation we join together in November to remember the conflicts we have endured through war. In particular the so called Great War of 1914 to 1918 and the second World War 1939 to 1945. We shall do again on;

12th November - Remembrance Sunday

Should we go on remembering such conflicts and many others? The wounds, of individuals and nations, are slow to heal. The danger of forgetting the past and its many mistakes is that we shall go on making them. It is sad that

we are so slow to learn, whether on an individual level or a national one. That violence does nothing to solve problems. Many of the world's difficulties are the legacy of past conflicts.

The people of Israel whose story is told in the Old Testament were often told by God to remember how he had blessed them and rescued them. They set aside special days to recollect how God had dealt with them down the years. Those special days are still observed by the Jewish people today. The Christian church also follows a pattern in its worship which, because of its Christian foundations, our nation has woven into its calendar. In Advent our services look towards Christmas and also to the promises Christ made to come again and bring about the climax to the world's history. All are welcome to come and share in the:

Advent services and the 25th December remembering Christ's Birth

Memory is a precious gift. Life is all the more difficult when it fails us. We all have those temporary irritating moments when we forget whether we locked the door when we left the house, where we put our purse; or that appointment that we should have kept or any other of those details which we need to order our lives. It is worse when, as with increasing numbers of people, our memory starts to go. Dementia is a very sad ailment. It increasingly robs its sufferers of memory, first of all of the immediate things, then more and more until all are gone and life is an empty shell. We cannot cure it but we can help by our love and care which does not forget them or give up on them. We can include them in our prayers. If appropriate, we can visit them and help them to see that they are valued and not forgotten.

Stan Carter

St Mark's Church, Woodthorpe Weekly Prayers

As part of our weekly prayers we will be praying
in church for those who live in:

November 2017

5th November Wherside Road
11th November Whitby Crescent
19th November Windsor Crescent
26th November Maitland Road, Maitland Avenue
Also staff and patients of Hospitals

December 2017

3rd December Walsingham Road
10th December Woodthorpe Drive-odds from 53
17th December Abingdon Gardens,
Lambourne Gardens
31st December Arno Vale Road, Arno Vale Gardens

January 2018

7th January Aylesham Avenue,
Winterton Close, Sheringham Close
14th January Barden Road, Malmesbury Road,
Pateley Road
21st January Beech Avenue, Shortcross Avenue
28th January Birkland Avenue, Plains Grove,
Newbury Avenue

Also staff and pupils of Arno Vale Junior School

February 2018

4th February Blakeney Walk, Syderstone Walk,
Rushmere Walk, Honingham Close
11th February Bonington Road, Gretton Road
18th February Breckhill Road (evens), Litton Close
25th February Breckhill Road (odds)
Raibank Gardens, The Wyndings

Also staff & pupils of Arnold Hill Academy

*If there is anyone or anything in particular you
would like us to pray for, please telephone and
leave a message on 926 7859.*

You are of course very welcome to
join us at any of our services.

Parish Registers

Funerals

25th August 2017 Philip Grant Cuthill

Baptisms

23rd July 2017 Anaya Deborah Moore
Daniel Antonio Watkins

15th October 2017 Isla Grace Sinclair

Wedding

19th September 2017 Catherine Roberts and
Daniel Fletcher

articles of interest

Christmas at St Mark's

Sunday 26 November

10:30am - Gift Service
*Please bring new unwrapped toys and toiletries for
families in need.*

4.00pm - Christmas lights switch on
Thackery's Lane Roundabout/Library

Friday 1 December

4:00pm - Somersby Road Shops
Special event in conjunction with the local shops

Sunday 17 December

10:30am - Nativity Service
Come dressed as a nativity character (optional)
6:00pm - Candlelit Carol Service (Church)
*Traditional carol service, followed by mince pies
and hot drinks*

6:00pm - Café and Carols (Church Hall)
*A laid back evening of fun, refreshments and the
occasional carol.*

Sunday 24 December

3:30pm and 5:00pm - Christingle services
*Our popular Christingle events in aid of
The Children's Society*
11:15pm - Midnight Communion
*This traditional service includes the first Communion of
Christmas.*

Monday 25 December

10:00am - Christmas Celebration
*Let's celebrate Jesus' birthday together. Children and
teenagers bring a small 'wrapped' gift to open during the
service.*

Beer and Carols

**Wednesday 20th December - 7.00pm
at the Bread and Bitter Pub,
Mapperley Top**

Come and join members of
St Marks, Woodthorpe and
All Hallows, Gedling
for a sing-along of Christmas Carols
and get in the festive spirit



Chair of Governors required

An exciting opportunity has arisen on the governing body at Ernehale Junior School. There is a vacancy for a Chair of Governors and I'm hoping you, a colleague, a friend, or family member may be interested.

The position is a community vacancy and it is crucial that we recruit on the basis of skills that complement the existing governors. The ideal individual will have experience working in education and/or experience of chairing meetings and will need to;

- meet regularly with the Headteacher;
- be contactable out of hours;
- attend two Governors meetings each term, held in the evenings for around two hours;
- and to attend a Trust Chairs meeting once a term.

The ability to be involved to a greater extent is desirable although this can be via email and telephone and not necessarily during the school day. Training and support will be given.

In return the volunteer can be assured they are joining a highly effective governing body with the role of supporting and challenging an excellent senior leadership team. I can say with absolute certainty that the role is a very rewarding and mutually beneficial one.

If you know anyone who may be interested please contact me on 0115 956 8008 or via email office@ernehale-jun.notts.sch.uk

Thank you.

Anne Batley



Remembrance Sunday

At the going down of the sun
And in the morning,
We will remember them

Remembrance Day is a day for the nation to honour those who have sacrificed themselves to secure and protect our freedom. At 6.00pm on the 12th November 2017, we will be holding a special Service of Remembrance for those who have lost their lives in wars and conflicts. This will be a quiet, meditative service held in our church. All are welcome.

Football chaplains interviewed by Bishop

Chaplains from Nottingham Forest, Notts County and Mansfield Town football teams were guests at a Men's Breakfast event, the latest in the series hosted by Bishop Tony Porter.

More than 50 men gathered at Betel Community Church, in Basford, for a cooked breakfast before Bishop Tony – who was once the chaplain at Manchester City – interviewed the Revd John Parfitt (Forest), the Revd Liam O'Boyle (County) and Ray Shaw (Mansfield) about their roles at the clubs, and how they support the players, managers and staff.

"It was so encouraging to hear of the pastoral care and concerns expressed by our football chaplains – it has given us all fuel for our prayers," said Bishop Tony.

Andy Wolfe, Dean of Younger Leadership College, then spoke to the audience about the college's 'sector mentoring' programme, which helps young adults to understand and apply their faith in all areas of life. They are paired with mentors who are experienced in the sectors of work or study in which the young people are working.

Those at the meeting then divided into small groups to share their experiences and to pray for local initiatives – a very positive and challenging session.



Get set for Christmas

Somersby Road Shops
Friday 1st December at 4.00pm

Carol singing, craft activities
and gifts to purchase

The Elephant In The Room

I recently read an article about the stigmatisation of dementia which mirrored my views exactly. Other illnesses were once stigmatized before medical advances improved their prognosis and hospice care eased the dying process so making them “acceptable”. Sadly, this is not true of dementia.

Once almost unknown, greater longevity means most people will know someone with dementia. Even Christians with the promise of eternal life dislike facing their own own mortality and are embarrassed by the unpredictable behaviour of dementia sufferers caused by physical changes in their brains. So, when the delightful person we sat with in church sings during the sermon we move elsewhere. And when they go into care, there is a collective sigh of relief. They are *the elephant in the room*: invisible in life, unmentionable after death as affectionate reminiscing upsets the sensitive.

Day centres do a great job but, to many, they are frightening places. Early stage dementia sufferers know things are going wrong, and recognise “odd” behaviour in others. Thus, they fear it may be the precursor to abandonment in full time care.

Dementia is like being lost in a thick fog and waking up briefly in different places and different eras – a cross between “Groundhog Day” and “Life on Mars”. Like claustrophobic prisoners, dementia sufferers, trapped in their own shrinking brains struggle to escape. So, how can we help? Well, we can each start by asking: “*What can I do to support someone with dementia?*” This means remembering it is not about us or our feelings but about them and theirs. It means running towards instead of away from them. And remembering our loved ones are in a strange world and cannot come to us so we must go to them.

For two years I visited my friend's care home daily and was saddened at how few residents had regular visitors. Getting to know these visitors, I heard how their relatives asked after loved ones who could easily visit but didn't as

they found it upsetting and were busy with hobbies!. Yet, supporting a friend with dementia is an enriching experience if one embraces the three “Cs”: compassion, courage and commitment.

Compassion means looking with our hearts, not just our eyes, for only then will we see the real person inside.

We need **courage** to start visiting. At first it is easier to go with someone. Introduce yourself: “*I'm Ann from church,*” gives them a clue. Whereas “*Don't you remember me?*” embarrasses them. A distinctive tie, or necklace worn on each visit can be a useful mnemonic.

Thirdly, we need **commitment**, visit regularly and do some homework to make the visits a success. Read “*Contented Dementia*” by Oliver James, in which he suggests strategies for engaging with the sufferer. Bubbling about shared interests is better than firing questions, and don't contradict them however bizarre a statement might be. If they see a sea view instead of a blank wall, chat about seaside holidays. Dementia sufferers relive their childhood, so find out about their youth. Tears over a spilled drink may indicate punishment for accidents as a child. A clingy person may have felt abandoned at boarding school.

Don't be a “oncer” going not to visit but to be seen to visit and gain kudos. Go as regularly as work and family permit. Hobbies can be fitted round visits. As the disease progresses and the ability to respond diminishes don't assume the sufferer won't know if visits cease. This is not so. Hold their hand: communication can be wordless.

St. Exupery wrote: “*Every person who comes into our lives comes for a purpose – some to learn and others to teach.*”

Visiting my friend's care home, the residents taught me richer lessons of life, suffering and endurance than any I had learned previously. Truly I received more than I gave.

Meg Sutton

Alpha course

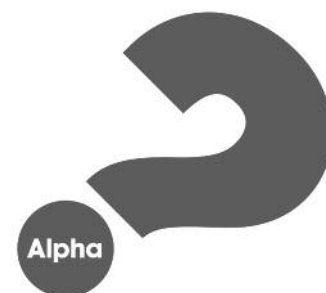
Alpha is an opportunity to explore the Christian faith through a series of talks and discussions. Did you know that the Alpha course runs in 169 countries and 112 languages, with over 24 million people having taken the course?

Earlier this year a dozen people met on Wednesday evenings to experience Alpha. After catching up over coffee and cake, we watched a themed video. The rest of the evening was spent in discussion groups, thinking about some of the issues raised by the videos.

Our themes were:

1. Who is Jesus?
2. Why did Jesus die?
3. How can I have faith?
4. Why and how do I pray and read the Bible?
5. How does God guide us?
6. Does God heal today?

Our next Alpha course starts early 2018, probably on Tuesday Evenings. For further details and to register your place, contact stmarks.woodthorpe@ntlworld.com



organisation and activity news

Mothers' Union

The following are the dates for the afternoon and evening Mothers' Union meetings.

8th November - Pauline Wainwright will be talking about Marriage 'Now and Then'. This will be in the Church Garden Room at 2.15pm. Pauline requested that members bring any memorabilia regarding their wedding.

27th November - Prayer evening in Church at 7.30pm. for the victims of Gender Violence to coincide the 16 Days of Activism.

1st December - Get set for Christmas at Somersby Road Shops 4pm to 6.30pm.

4th December - Archdeaconry Day at St Judes Mapperley 10am for 10.30am

5th December - Deanery Advent Service at St. Marks 2pm. This will take the place of our December afternoon meeting. I do hope as many members as possible will be able to attend. Tea and cake will follow this service.

10th December - Carol singing in the local Care Homes during the afternoon. Details to follow in the weekly sheet.

Details of next years meetings will be in the weekly sheet. Our annual AGM and Lunch will take place on the second Wednesday on February. Next years subscriptions are now due. They are £25.

I look forward to seeing you at our meetings.

God Bless

men@stmark's

St. Mark's has a group specifically for the men in our parish; we meet about 6 times a year, usually in one of our local pubs.

The meetings are a mixture of 'Social' events where we just chill out playing skittles or 10 pin bowling etc. and other 'Fellowship' events where we can explore aspects of the Christian faith as it relates to our everyday life.

All men are welcome to join us either just to mix with some other men or to have the opportunity to find out more about us and our faith. All our meetings are published on the 'What's On' page of our web site at www.stmarksonline.co.uk. For more information contact Alan at menatstmarks@virginmedia.com or ring the church office on 9267859 who will put you in touch with me. We are also on Facebook.

Woodthorpe Ladies Group

Woodthorpe Ladies Group - 7.45 for 8.00

We normally meet in the small Church Hall, St. Marks Church, De Vere Gardens, Woodthorpe on the 3rd Monday of each month commencing at 7.45pm (talks start at 8pm).

We have arranged interesting and varied speakers and group visits. Many good friendships within the group have been forged over the years. Ladies from Woodthorpe and surrounding areas are all welcome.

The cost is £3 per meeting for Guests although the first visit is free.

Our next scheduled meetings are:-

Monday 20 November 2017 - 'Christmas Decorations' with Peter Smith

Monday 18 December 2017 - Christmas Party (Members Only)

Monday 15 January 2018 - 'Will the real Duke of Portland please stand' - an illustrated talk by Lilly Ann Dawes

Monday 19 February 2018 - 'Nottingham Air Ambulance' This talk will be given by Sue Curtis.

We look forward to seeing you all over the winter months and this opportunity in wishing you all a very Merry Christmas and a Happy New Year 2018.

For more information please contact the Group Leader Celia Dennis on 0115 955 4059 or any Committee Member.

Mother and Toddler Group

The group has been running for over twenty years and meets on Friday mornings between 9:00 – 11:00 am during school term time. It takes place in St Mark's large hall which has lots of seating and in the summer months, when the weather is suitable, the large outdoor grassed area is also used. We have a large selection of indoor toys, ranging from tunnels and slides to jigsaws and baby toys as well as bicycles and scooters for outside. We offer snacks for the children as well as tea, coffee and biscuits for the adults. The group is supervised entirely by parents and carers. We have a time of singing at the end of the session. We aim to provide a stimulating environment for children that is also friendly and welcoming for adults.

For further information please call 0115 9209854.

Regular Activities in St Mark's Church Hall

MONDAY

9.30am to 10.30am

Shake, Rattle and Rhyme

11.00am to 2.00pm

Pilates with Claire

5.30pm to 6.30pm

3rd Woodthorpe Rainbows

6.00pm to 7.30pm

4th Woodthorpe Brownies

8.00pm to 9.30pm (3rd of month)

Woodthorpe Ladies Group

8.00pm to 9.30pm

Woodthorpe Singers

TUESDAY

5.00pm to 9.00pm

Slimming World

6.30pm to 7.30pm

Michelle Thatcher Zumba

7.30pm - 8.30pm

Michelle Thatcher Zumba

WEDNESDAY

11.00am to 2.00pm

Gedling Asian Elders Association

2.15pm to 3.45pm

Mothers' Union (2nd of month)

5.00pm to 8.00pm

Pilates with Claire

THURSDAY

Variable Times

Thursday Club

(3rd of month for senior citizens)

6.00pm to 7.30pm

3rd Woodthorpe Brownies

FRIDAY

9.30am to 11.00am

Woodthorpe Toddler Group

5.30pm to 7.00pm

3rd Woodthorpe Scout Group (Beavers)

SUNDAY

10.30am to 12.00pm

Children and Youth

If you are interested please contact the organiser of the activity at the start time indicated above.

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For Sale

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advertise here
please contact the
Church Office on
926 7859 for details.



Woodthorpe Singers

Christmas Charity Concert

**St Marks Church,
De Vere Gardens, Woodthorpe**


Saturday 9th December 2017, 7.30pm

The Cost

£6.00 per ticket (including coffee and mince pie)

**All proceeds will be given to
our chosen Charity**

For tickets and more information contact:
Tom Bird on 07712 585031 or tom-bird@ntlworld.com



**St Mark's
Woodthorpe**

Children's and Youth Ministry

Pre-school children meet in the Chapel during most 10.30am services at St Mark's, where appropriate activities and toys are available.

During term-time, school-aged children and young people meet every Sunday at 10.30am at St. Mark's.

We go across to the church hall together to have lots of fun, play games and do activities which help us learn more about God and what it means to be His disciples.

If you would like any more information then please call Linda Sheppard, Children's and Family worker on 0115 926 7859. We look forward to seeing you at St Mark's.



Tiddlywinks

**Fun and interactive Bible stories, songs and craft
for Preschoolers and their adults**

**St Mark's Church,
Woodthorpe**

Wednesdays

2.00 – 3.15 pm

During school term time

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Woodthorpe**
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Tel: 926 7859
for details and availability



**St Mark's
Woodthorpe**

A heart for the Community

calendar

November 2017

Sunday 5th November

8.45am Morning Prayer
10.30am Morning Service (Communion)
3.00pm Thanksgiving and Memorial Service
6.00pm Evening Service

Sunday 12th November

8.45am Holy Communion (CW)
10.30am Morning Service
6.00pm Evening Service

Sunday 19th November

8.45am Morning Prayer
10.30am Morning Service
6.00pm Holy Communion

Sunday 26th November

8.45am Holy Communion (BCP)
10.30am Morning Service (Gift Service)
6.00pm Evening Service

December 2017

Sunday 3rd December

8.45am Morning Prayer
10.30am Morning Service (Communion)
6.00pm Evening Service (Service of Light)

Sunday 10th December

8.45am Holy Communion (CW)
10.30am Morning Service
6.00pm Evening Service

Sunday 17th December

8.45am Morning Prayer
10.30am Morning Service (Nativity Service)
6.00pm Candlelit Carol Service
6.00pm Café and Carols in the Church Hall

Sunday 24th December

3.30pm Christingle Service (All Age)
5.00pm Christingle Service (All Age)
11.15pm Midnight Communion

Monday 25th December

10.00am Christmas Celebration

Sunday 31st December

10.00am Morning Service

Dates for January and February 2018
will be available on our website
stmarksonline.co.uk
or from the church office.

A brief description of our Sunday services

8.45am A traditional reflective start to the day.

10.30am A contemporary service for all.
Children and young people's groups are provided most weeks. There is a chance to talk with friends over tea, coffee and biscuits afterwards.

6.00pm A chance to meet, to pray and to worship together and to respond to the Word of God.

Prayer Ministry is available after all our services for physical and emotional issues.

Contacts

Vicar: Rev. Matt Roberts
Tel: 926 7859 (Church Office)

Ordinand: Mrs Jack Bull
(Trainee vicar) Tel: 926 7859 (Church Office)

Honorary Assistant: Rev. Stan Carter c/o The Church Office

Family Worker: Linda Sheppard c/o The Church Office

Youth Worker (Intern): Will Sayers-Flood c/o The Church Office

Pastoral Visiting Co-ordinator: Diana Mallows c/o The Church Office

Parish Administration: The Church Office, St Mark's Church
De Vere Gardens, Woodthorpe,
Nottingham NG5 4PH
Tel: 926 7859
E-mail: stmarks.woodthorpe@ntlworld.com

Parish Office Hours: Monday 9.30am - 11.30am
Wednesday 9.30am - 11.30am
Friday 1.00pm - 3.00pm

For baptism and wedding enquires, please contact the Church Office in the first instance.

Website: www.stmarksonline.co.uk

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