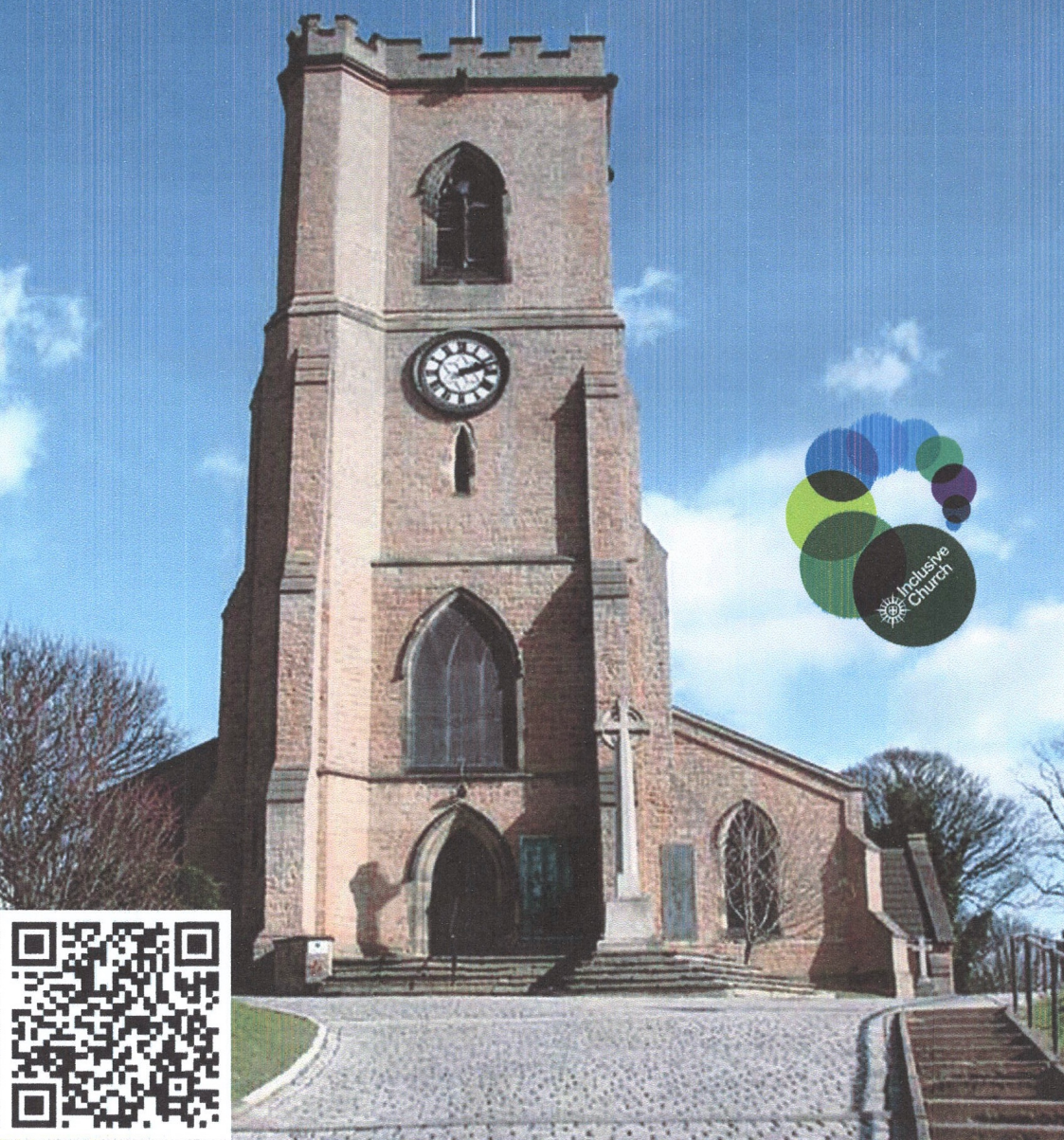


St. Mary the Virgin & All Souls Church Bulwell

A down to earth Christian Community seeking serving and
worshipping God by sharing the love of Jesus

THE CHURCH ON THE HILL

October 2025 Vol 155 No 10



CHURCH SERVICES & GROUPS

WEDNESDAY

Little Acorns Toddler Group 9.30am – 11am

Email Zoe Elliott at: zoejackson000@gmail.com for more information

Bellringing (Practice Night)

(all ages from 11 years, under 18s must be accompanied by an adult) .7.30pm – 9.00pm

Tel: Tower Captain, Michael Varney 07858 653002

THURSDAY

Midweek Mass

9.30am – 10.00am (Said. First Thurs of the month follows the Book of Common Prayer.
Last Thursday of the month Walsingham Mass)

Care Home Service

10.00am – 11.30am at one of the local Care Homes

Bible Study/Nurture Courses

2.00pm Please contact the Vicar for more information

Pub Social

7.30pm First Thursday of the Month at the William Peveril (Wetherspoons) in Bulwell

FRIDAY

6pm Choir Practice

SATURDAY

10am-12noon Church Open for Prayer 10am – 12pm Beginning with Tierce,
Exposition of the Blessed Sacrament, the Rosary and the Angelus

Muddy Church

11.30am Third Saturday of the month during term time

Email Zoe Elliott at: zoejackson000@gmail.com for more information

SUNDAY – SERVICES

10am – 11am First Sunday of the Month – Family Service (and Baptisms)

10am – 11am Second Sunday of the month - Parish Mass (sung) with Whiz Kids Sunday School during Mass

10am – 11am Third Sunday of the Month – Family Service (led by our Whiz Kids Sunday School)

10am – 11am Fourth Sunday of the month - Parish Mass (sung) with Whiz Kids Sunday School during Mass

10am – 11am Fifth Sunday of the Month – Healing Service (with Anointing)
with Whiz Kids Sunday School during the service

Please see notice sheets for any additional and seasonal services.

BELLRINGING

Sunday Service Ringing 9.30am – 10am. Practice Evening (Weds) 7.30pm – 9.00pm
(all ages from 11 years, under 18s must be accompanied by an adult)

Tel: Tower Captain, Michael Varney 07858 653002

SERVERS & EUCHARISTIC MINISTERS

Please contact the Vicar for more information



Your Vicar writes. . . .

Autumn and harvest-time is a time of year for us to stop and notice. We live in a different time from our ancestors where the harvest, and bringing in the harvest, would have dominated everyone's lives. Today, we hardly notice harvest-time except, perhaps, for seeing some combine harvesters out in the fields from the window of a car, bus or train. We carry on with our lives as if nothing is changing.

But creation all around us is changing. The leaves are changing colour and falling from the trees. Harvest is there in the calendar to make us stop and notice.

This month, whilst you are out and about, take time to notice the falling leaves. You might like to pick one up and look at it closely. What colour is it? Can you trace the veins on it? Does it have any unsightly marks, or is it nearly perfect?

As you hold your leaf, think back over the last year. How has it been for you this year? What have been the highlights, the best bits? And what have been the more difficult times?

Just like your leaf, all of us have had different experiences this year, different challenges. Just like your leaf, each one of us is unique and each one of us is beautiful in God's eyes. God has written his beauty into creation, and Jesus tells us that we should look at the flowers of the field (Matthew 6: 28 – 30). Jesus says, if God cares that much to make something as insignificant as a flower, or a leaf on a tree, so beautiful, how much more does God care for us? So, Jesus says that we shouldn't be rushing around worrying about everything. We need to stop, notice, stay calm and remember that, as sure as the seasons come and change, we can trust that new life will come out of death. We know that all our trees will soon look dead but in the new year, new life will come. That is God's promise to us.

This month, take the opportunity to reflect and give thanks for all the good things in life, especially the way in which the earth produces food for us to eat. Take the opportunity to give thanks for all those who work to produce food and drink for us to enjoy. Take the opportunity to say sorry for any times when we have not been grateful, that we didn't notice God's work in the world, or that we didn't look after the things that God has given us.

In the seasons we see the trees letting go of their leaves, letting them fall to the ground. When you have finished holding your leaf, put it down and think of anything that you need to let go of. It might be a resentment against a person, or something that you've been worrying about too much. As you let your leaf go, give that worry over to God also. Remember that as God cares about all the hairs on our heads, God also knows and cares about all the things that we are worried about.

Every blessing

Fr Andrew

From the Parish Registers

Baptism	6th July	Lillie-Rae Chadwick Rosalie-Anne Chadwick Maddison Jermy Hadlie Dutton
	20th July	Rosaline Jane Halstead Liliana Wladyslawa Halstead
	3rd August	Kieran John Singh-Ryan
Wedding	20th September	Gabrial West and Sarah Matthews
Funeral's	8th July	Jeff Islip RIP Gedling Crematorium.
	11th July	Marshall Bowley RIP Bramcote Crematorium and St. Mary's
	18th July	Anna Henshall RIP at St Mary's
	13th August	John Michael 'Mick' White RIP in St. Mary's
	29th August	Margaret 'Peggy' Cooke RIP Bramcote Crematorium
Burial Of Ashes	31st August	Anna Hemshall RIP



October reflection with Rev Bob

Recent events show a very nasty side of those who say they are followers of Christ as shown in the USA which reminded me of Matthew 25. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.' "Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did

we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?' you did not do for me.' "Then they will go away to eternal punishment, but the righteous to eternal life." Jesus helps us to follow him and his example with the help of the Holy spirit so let's continue to be a beacon of hope. Finally, a warning about Social Media recent events in the USA are making a certain individual a saint, if you we look at his comments we find that his version of Christianity does not fit into our Christian life because the passage says about caring for other regardless of who they are and we keep our political views to ourselves. Jesus did not tell us who to vote for but use our discernment with prayer and the bible. Where Jesus challenges us on how we care for others, and it also reminds us at St. Mary's we are an inclusive church and every one is welcome regardless of who they are, Sunday 5th October we have a number of people being confirmed which you can find in The Hill or the mirror pray for them as they take the next step in there Christian journey's.



HARVEST FESTIVAL

St. Mary's "The Church on the Hill"

Harvest Festival Mass

Sun 5th October 10 am

Followed by Refreshments in the Upper Hall.

**Please bring any Harvest gifts of in-date tins
and packets for the Bestwood &
Bulwell Foodbank**

All Welcome

A



Rev Peter discusses the Questions Jesus Asked - No 19



Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it? (Luke 14:28)

Jesus said this to emphasise the need to weigh up the cost of following him. He hammers it home by adding: "For if you lay the foundation and are not able to finish it, everyone who sees it will ridicule you, saying, 'This person began to build and wasn't able to finish.'"

I know all about that fear of ridicule. Some years ago, I was in Wickes the DIY store, with my wife, looking at a wooden conservatory. I made the big mistake of mumbling, 'I bet I could build one of

those'. I dug a trench for the foundations and ordered the smallest possible amount of ready-mixed concrete. A cubic metre of concrete looks a lot bigger when it is setting on your front drive on a hot day and you just have a small garden wheelbarrow to get it round to the back of the house. I had visions of the neighbours looking on as I had to get someone with a pneumatic drill to remove it so that I could open the garage door. I have climbed mountains and run marathons, but I have never, before or since, worked so hard.

The day I shifted 1 cubic metre of ready-mixed concrete, remains for me a vivid illustration of the level of dedication and commitment that Jesus requires of his followers. Or as Jesus said at the end of his little talk: "In the same way, those of you who do not give up everything, you have cannot be my disciples."

On the wall inside our conservatory there is a little plaque bearing a quote from the Book of Proverbs in the Bible: 'A wife of noble character who can find? She is worth far more than rubies.' It is an acknowledgement of the fact that all that effort was generated by my love for my wife and my wish to give her something she would appreciate. In the same way all our efforts to serve God are motivated not by personal pride but by our love for Him.

The conservatory has since fallen apart and been replaced, but my relationship with my wife continues to grow. Likewise, by God's grace, our relationship with Him outlives and is not dependent upon our feeble offerings.

ORGANIST NEEDED

**CHOIR @ ST MARY'S AND ALL SOULS
BULWELL, NOTTINGHAM NG6 9AD**

SUITABLE FOR :

- University / College Students
- Experienced Organists

WHO WE ARE:

- An inclusive and growing choir
(+225% in the past 2.5 years)
- A group of 10+ singers with mixed abilities

WHAT WE DO:

- 2 rehearsals weekly - 1 on Friday evening and
1 on Sunday morning
- Hymns, both ANCIENT & MODERN, and Anthems

WHAT WE OFFER:

- A honorarium at RSCM rates
- A supportive choir
- A vicar and congregation that embrace organ and choral traditions
- A well-maintained instrument for practices / lessons

WHO WE NEED:

- A passionate, forward-thinking organist with good organisation skills
- An enthusiastic individual who is willing to promote the organ and choral traditions in the local community



INTERESTED??

Please contact our Vicar, Fr Andrew, via:

a.j.fisher@outlook.com / 0115 975 5358





Confirmation Service

Confirmation is a special service in which folk confirm the promises that been made when they were baptized. During the service, the Bishop lays his hands on the candidates' heads and asks God's Holy Spirit to give them the strength and commitment to live God's way for the rest of their life. See: <https://www.churchofengland.org/life-events/confirmation>

The next Confirmation Service for 2025 will take place at 6pm Sunday 5th October at St. Peter's Church, Church Street, Ruddington NG11 6HA Please pray for Scarlett Hague, Adaeze Orji, Alexia Willis, Seamus Ashburn, Charlene Loveridge, Cassandra Nelson, David Jackson, Eagle Spitscwho will be being Confirmed.

If you would like to know more about Confirmation, or would like to be Confirmed, please speak with Rev Bob or Fr Andrew.

Deanery News.



We're really pleased to announce that Katie Barlow will be our new Deanery Administrator for Nottingham North and South (20 hours per week). Katie will be joining the team on 22 September 2025. Katie is a member of St Margaret's Aspley, and we both look forward to helping Katie get up and running in her role of supporting the leadership and mission of the parishes across both deaneries.

Our big thanks extend to Katharine for supporting the deaneries on an interim basis since Kirsty left.

Jo Tatum and Peter Huxtable
Area Deans

Advance Notices

On the 2nd November (All Saints' Day) at 10am we will be holding our Remembering Saints and Angels' Service for the Bereaved. If you would like a departed loved one remembered in prayer and by lighting of a candle please let Fr Andrew know before October 19th, or write their name on the list at the back of Church.

On the 9th November (Remembrance Sunday Mass we be at 9.30am at Requiem Mass for the Fallen followed at 10.55am Outdoor Service/Act of Remembrance by the Parish War Memorial.

St Marys Church, Bulwell
"the church on the hill"
Little Acorns Toddler Group



FREE

LIMITED SLOTS

Wednesdays
9.30 -11.30
termtime only

CONTACT ZOE FOR MORE INFORMATION

ZOEJACKSON000@GMAIL.COM

OR

SEE OUR FACEBOOK PAGE-ST MARY THE
VIRGIN AND ALL SOULS



Children at St Mary's

Little Acorn Toddler group is back and on each Wednesday 9.30 to 11.30. This is a free group but any donation can be made towards the cost of drinks and snacks if you wish. We offer hot and cold drinks for parents plus a biscuit and all children are offered a cold drink, plus fruit and a biscuit. We have a hour and a half of free play followed by a story and singing, with musical instruments for the children to use.

Whiz Kids continues on the 2nd and 4th Sundays of a month(and the 5th Sunday when this occurs, usually every 3 months)

We have a story, thanked to the service or discuss a theme, such as The Lords prayer, He apostles creed, What is the Eucharist?

Easter, Christmas, Baptism, The Trinity and many more, followed by a linked craft or activity. The children and young people love to show and discuss what they have done at the end of the service.

Whiz kids mass, the 3rd Sunday of each month. A service for Children and Families, led by the Whiz kids. The children are invited to read the reading for the Sunday from the lectionary and lead the prayers. The children love doing this and show pride in leading our service. The children also manage the collection and taking the elements up to the altar. We are looking onto how we can involve the children further in the service.

Any children who would like to read can parents please let me know on zoejackson000@gmail.com

Muddy Church will be back in October, with a better than Halloween theme ! Children of all ages are welcome. All children do need to be accompanied by an adult.

Parents do need to book in so that we can ensure we have numbers attending for lunch numbers. Also let us know any food requirements such as allergies, vegetarian or vegan.

Children's corner. We remind parents that this is primarily for children under 5 and school age to come up to Whiz kids.

Parents can we ask that you and your children to put the toys away tidily where they go and to possible keep children playing with the toys in the vicinity of the children's corner when possible.

If there is anything that parents would like to see in the children's corner please let Zoe know.

If parents to can try if possible and show children who are of an age or ability to understand, how to be a little quieter during those quiet parts of the Sunday service, such as prayers and the eucharist.

Zoe Jackson



The Gift of Giving

"On the first day of every week, each one of you should set aside a sum of money in keeping with your income..." (1Cor 16:2)

We are all reviewing our finances as the cost of living goes up. Churches are also reviewing their finances and are thinking how best they can pay their bills. St Mary's requires money to continue doing what we do – sharing God's love in Bulwell and beyond, and a large proportion of this money comes from our giving as a congregation. Our giving goes towards local costs such as our...

Worship (including maintaining the organ and paying the organists, CD player/ CDs and Digital Hymnal, hymn books, service books, Bibles and lectionaries, robes, candles, bells, bread and wine for Holy Communion, baptism and confirmation gifts and certificates etc). Heating and lighting costs, insurance premiums, water rates etc. All of which cost considerably more than a domestic home.

- Printing, photocopying, stationery, flyers, posters and postage.
- Children's work such as Whiz Kids and Muddy Church
- Community, church and social events
- School visits and assemblies

Services in nursing homes, sheltered housing complexes and Highbury Hospital.

- Expenses incurred as part of the clergy's ministries.

Keeping the church, hall and grounds maintained, and arranging for regular inspections.

- Any outward, charitable giving that St Mary's makes.

Our giving also helps Southwell & Nottingham Diocese by means of our Parish Share to pay for:

The work of the central church organisation on behalf of all the parishes. Negotiating with government departments, working with other Churches and running the General Synod (the Church's parliament)

- the help given by Diocesan officers to parishes.
- Clergy stipends and the pensions of retired clergy and their dependents.
- Training new clergy for future service.

Money is part of our following of Jesus. The Bible tells us that a rich man could not let go of his wealth, that Zacchaeus responded to Jesus with joyful generosity, and that St Paul challenged the church in Corinth to give generously. A healthy relationship with money is a normal part of our discipleship, and there are a variety of ways we can support the ongoing mission and ministry at St Mary's:

Envelope Scheme The Envelope scheme is an efficient way of giving, especially for taxpayers. In the packs are a numbered envelope for every Sunday of the year. This enables you to give every week even if you are away.

Standing Order Some people give monthly or weekly standing order direct from their bank account. This is a very efficient way to give to the church as there is less effort required to keep track of your giving to reclaim tax.

Gift Aid If you are a taxpayer and make a Gift Aid Declaration, St Mary's can reclaim the tax you have paid on your giving. This makes every £1.00 given worth £1.25.

Donating Gifts other than Money The rules for Gift Aid mean that the Church cannot reclaim tax from gifts other than money.

If you have any questions on the Envelope Scheme, Gift Aid, using the Blue Envelopes or wish to make a Gift Aid Declaration then please contact our Treasurer, Peter Stanley, our Churchwardens, Eleanor Lang and Martin Walton, or Fr Andrew, and above all, thank you.

"Behold, I am making everything new!" Revelation 21:5

It is true that our world is terribly broken, but God has made a promise to us in declaration, that what is now, is not what will be in the future.

The human heart tends to hold on to past mistakes, we remember every harsh word we ever spoke, every opportunity we missed, every time we let ourselves or someone else down, and somewhere along the way we start believing that these moments define us, that our past has written the final chapter of our story.

But that voice telling us that we're stuck, that all is hopeless, this is not the voice of our Heavenly Father, when God looks at us, he does not see a collection of failures, he sees his beloved child ready for a fresh start. God is calling us into a new beginning with him, Paul's letter to the Corinthians says, "anyone who belongs to Christ has become a new person. The old life is gone, a new life has begun!" God is calling us to himself and saying stop looking at your past and look at what I am doing in your life right now, in Isaiah 43:18-19 God says "Do not remember the former things, nor consider the things of old, for I am about to do something new." God isn't asking us to pretend our past didn't happen, he's asking you to stop giving it power over your present and future. There is no pit so deep that God's love cannot reach into, there is no mistake so big that God's mercy cannot forgive. Let us put our trust in our Heavenly Father, for his unfailing love has redeemed us, our Heavenly Father has crowned us with his love and tender mercies. Let us thank God for his mercies that are new every morning knowing that we are a new creation in Jesus Christ.

God bless you Daniel Newton



If you're looking for a place to meet new people, get plugged into your local community, boost your wellbeing, and support a worthy cause, then look no further! Here are different ways you can get involved by volunteering with St Mary's church today.

Gardening

St Mary's Church is set in beautiful grounds, maintained by the Council and volunteers. There is something hands-on to do in every season, from planting and weeding to cutting grass and raking.

Food Bank

Sadly, with the cost-of-living crisis, food banks have never been more in demand. The support offered is often a lifeline to the most vulnerable members of the community. From processing donations and making up bags of food to listening and praying with people in need, there are many ways to volunteer.

Cleaning and Maintenance

All old buildings require regular attention and St Mary's is no exception! Volunteers work on all kinds of odd jobs and repair work to ensure our building can remain open and safe for the community to use. From cleaning the brass work to hoovering the carpets, painting and decorating to restoration work, there are opportunities to use your skills – or learn new ones – and help preserve our amazing building.

Welcoming

Whether it's someone who's visited the church for generations or someone coming along for the first time, a friendly face can make all the difference. Having someone on hand to welcome people and to sign post them to what they need means that people can get the help they need from their visit – and they will be more likely to recommend St Mary's to others.

Children's Groups

From St Mary's Toddler Group to the Sunday School or Muddy Church, there's always a lot happening at St Mary's church! Our children's groups rely on volunteers to welcome visitors, help with setting up and tidying away, be a listening ear and to get involved in the activities!

Hospitality

Churches often serve refreshments after services or are open for visitors during the week (not just on Sundays!) From cooking and baking, to serving tea and coffee or talking to guests, there's lots you can be involved in.

Admin and Tech Support

For St Mary's to stay open and run the range of activities we do, admin and tech support is needed. This could be managing databases, updating the church website and social media pages, or even filming or photographing an event or service St Mary's is hosting.

Volunteers are desperately needed to help protect the mission and ministry St Mary's offers to our communities. However you choose to volunteer, you'll be making a vital difference to the lives of others as well as helping to keep St Mary's open and in use.

Fr Andrew Fisher AOJN, Vicar,
St Mary the Virgin & All Souls
'The Church on the Hill'
Highbury Road, Bulwell
Nottingham, NG6 9AD
0115 075 5358 a.j.fisher@outlook.com

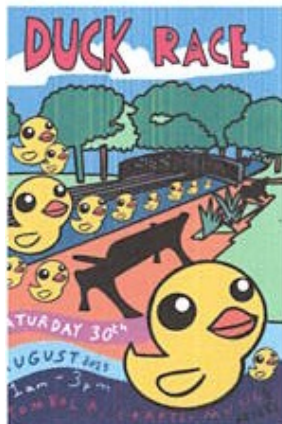


Additional Dates for your Diaries during October

1st	3pm	Harvest Festival at Cantrell Primary School
2nd	11am	Holy Communion Service at Oark House Care Home (Fr A)
	7.30pm	Healing & Deliverance Ministry Team Meeting Jubilee House FrA
5th	10am.	Harvest Festival Maa folloed by sweet & savoury Crudites boards in the Upper Room.
	3pm	Farnaby & Co Concert in Church
	6pm.	Confirmation Service at St Peters, Ruddington
6th - 8th		Diocesan Clergy Conference (Fr A)
9th	2pm	Chaplaincy visiting at St. Andrew's Winslow (JB)
14th	9am	Harvest Festival Crabtree Primary School in Church (Fr A)
15th	9am	Bulwell St Mary's CofE Primary School F2 Welcome Service in Church (Fr A)
16th	11am	Holy Communion Service at Fairway View Care Home (JB)
19th	10am	Family Mass led by our Sunday School (Whiz Kids) with baptisms of Harrison & Layla Willis.
23rd	11am	Holy Communion at Hall Park Care Home (JB)

Fr Andrew will be unavailable 18th - 21st October inclusive. If you require urgent spiritual or pastoral care, please contact the **Revd. Bob Stephens** at revbob63@sky.com 07757 422 260. For matters relating to the church building or churchyard please contact **Eleanor Lang** at ellielang@btinternet.com 0115 927 7212 or **Martin Walton** at 07746 535552 martinwalton57@outlook.com. For Bestwood & Bulwell Foodbank please contact **Nigel Webster** at info@bestwoodbulwell.foodbank.org.uk 07527 048226. For Safeguarding, please contact **Maureen Pates** at 0115 976 4612 maureeni.pates@googlemail.com.

St Mary's Bulwell Summer Story – "Ey Up Me Duck!"



St Mary's Church, Bulwell, joined with other community stakeholders (including Bulwell Academy, Thriving Nottingham and the Hucknall Ukelele Band) to support the annual Bulwell Bog's Duck Race on Saturday 30th August. The event was organised by the local One Vision Partnership (which St Mary's is a part of) and the Friends of Bulwell Bogs. St Mary's church ran a craft stall saying, "Ey Up Me Duck" to families, and inviting them to join in with the fun, making - appropriately enough - ducks!



A Little Gem by Les Ward



My wife and I have recently returned from a weeks holiday in Cornwall. Like most people we search out local places of interest such as historic or scenic towns and villages, beaches, pubs, castles and coves. One extra on the list for us is churches. We have to find one to attend mass and we love to visit others to view

and say a prayer.

A special one we found this time was in the village of Widemouth Bay near Bude. An anglican church dedicated to Our Lady and St. Anne. Set in a beautiful garden, this church was built in 1929 of wood and asbestos. It was moved from it's original to the present location in 1940. It can only seat a maximum of 24 people but is used for worship every week and is lovingly maintained. I am so glad we found this little gem.



Christianity and the Right

Some Christians around the world have fused Christianity and conservative values into one religious entity... but that doesn't mean Christianity is right wing. In many ways authentic Christianity is very liberal (read Matthew 10: 7-8). The first Church was a socialist commune (read Acts 2: 44). In other ways the Church can be very conservative - the shape of the liturgy is still very much like it was hundreds of years ago. Perhaps it is easiest for Christians to be conservative with ourselves and liberal with others? As St Paul said, we are to judge only those inside the Church and leave those outside the church to God (who is love). Fr

Andrew



We are proud to announce a new volunteering opportunity for parents in Bulwell!

Want to help make life better for families in Bulwell?

We're looking for friendly, community-minded people to become Volunteer Parent Organisers. In this role, you'll help bring families together, listen to what matters, and support local parents to lead positive change.

Whether you're a parent, carer, grandparent or simply passionate about community we'd love to hear from you.

Interested? Find out more on the OVP website here: [Cradle to Career - One Vision Partnership](#)

Receiving Holy Communion



Coughs and Sneezes Spread Diseases!

As winter approaches there will be the usual rise in coughs, colds, sneezes and worse! Given that Church is a place where people from different ages and health come together, within our congregations there will be those who are in contact with lots of people and those who may have immune deficiencies.

Good Habits

If you aren't well, then it's worth considering those who may have a weaker immunity than yourself. Bring hand sanitiser or tissues if you think you will need them, use them as required and dispose of them carefully. Handwashing facilities are available in our lavatories.

The Eucharist and Intinction

The Church of England's national policy concerning the distribution of Communion is that intinction of the wafer breads (dipping) is only permissible by the celebrating priest, not individual members of the congregation. Although many people who prefer to dip do it carefully, there is still a chance that a person's fingers could touch the outside of the chalice or the wine itself. Our hands are known to carry germs, many more so than are found on our lips. The wafer bread, having already been in the hand before it goes into the wine can transfer these germs. Dipping the wafer bread into the wine also has implications for those who are gluten intolerant as traces of gluten are more likely to enter the wine.

The precious metal of the chalice and the nature of one's mouth actually means there is a smaller risk of spreading a disease by drinking from the chalice than by intinction. There is a useful article about the actual risk of infection from the common cup from the Church of Canada which you can read online at: <https://www.toronto.anglican.ca/wp-content/uploads/2022/03/2022-03-The-Common-Cup-M-Garner.pdf>

Receiving in One Kind

If you would like to receive the Holy Communion by intincted wafer bread from the celebrating priest, please let the priest know when they come to you at the altar rail.

Should you decide to decline the common cup, and not to receive an intincted wafer bread from the celebrating priest, you are still participating fully in Holy Communion. Whether you participate in only the wafer bread or only the wine

(as is sometimes the case for folk at the end of life or who are unable to swallow solids), both fully embody the Presence of Christ. Receiving in one kind is therefore considered to be no less 'effective' than receiving in both kinds.

It is sensible not to receive the wine from the chalice if you are aware that you could be in some way infectious or if you feel uncomfortable receiving the wine. Similarly, those uncomfortable with drinking alcohol, even if it is a part of the sacrament, can be sure of the fact that they are fully participating in the Lord's Supper by only receiving the wafer bread.

Spiritual Communion

Communicants who cannot physically receive the sacrament are to be assured that they are partakers by faith of the Body and Blood of Christ and of the benefits Christ conveys to us by them.

If you have any questions or would like to speak to Fr Andrew, please do not hesitate to do so.



St Mary's Church

'The Church on the Hill'

Third Saturday of the Month 11.30am to 1.30pm
(termtime only)

Crafts, Games, Lunch, And so much more...

FUN FOR ALL

ALL WELCOME !

TO BOOK your FREE PLACES contact Zoe - zoejackson000@gmail.com

Booking essential to enable planing of numbers for food, dietary needs and crafts.
Thank you.



Pupils of Piotr Wisniewski perform
duets and solos to celebrate the
seasons and the harvest festival
with Piotr at the piano.

Seasonal songs

**Sunday 5th
October**

3pm

St Mary's Church
Bulwell NG6 9AD



Free entry and retiring collection.
Refreshments provided.

Understanding ADD & ADHD by Holly Sharpe

"I'm Holly Sharpe! I am a mama, wife, and follower of Jesus. The special needs community has my heart...I am a proud special educator! It's my desire that every individual with special needs be welcomed, accepted, and supported by the church - and that all people have the opportunity to know Jesus."

We live in a time where it is unusual for someone to NOT be familiar with these terms:

- ADD
- ADHD

Sadly, these terms may often be associated with these descriptors:

- Out-of-control
- Rude
- Lazy
- Uncooperative

If you are struggling to understand a child or youth in your church who has ADHD, following is some basic information about the disorder and some key ideas you can use to love and minister to your child and these special members of God's family.

What Is ADHD, Anyway?

The first thing a church needs to know about ADHD is what it is! Knowledge is power after all. ADHD, or attention deficit hyperactive disorder, is a neurodevelopmental disorder that can affect a person's ability to pay attention or focus, control their body, control their behaviour, process information, or make decisions.

It was once known as ADD, or attention deficit disorder, but now three different forms of the disorder — inattentive type, hyperactive type, and combined presentation — are covered under the label ADHD.

ADHD is almost always diagnosed in childhood and lasts into adulthood.

People with ADHD may struggle with:

- Paying attention
- Maintaining focus
- Remembering details
- Cause and effect
- Being still
- Thinking before acting
- Managing strong emotions

People with ADHD may also possess the following strengths:

- Ability to hyperfocus on areas of interest
- Creativity

- Intelligence
- Resilience
- Love for others
- Strong sense of justice
- Willingness to take risks
- Spontaneity

ADHD is not a condition that can be cured, but the symptoms can be managed and improved with teaching, practice, patience, accommodation, and sometimes medication. People who have ADHD often describe it as the uncontrollable urge to move, or like the channel in their brain keeps changing and they don't have the remote. There is hope for people with ADHD in new treatments and interventions that are being developed all the time!

Don't Take It Personally!

The second thing a church should know about ADHD is, it's not personal! People with ADHD are not trying to cause problems. Unfortunately, people with ADHD are often associated with these labels:

- Poorly parented
- Wild
- Defiant
- Into everything
- "Bad" kids

Symptoms of ADHD can be truly difficult to manage and respond to ... but keep in mind, if it is hard for those of us outside of ADHD to deal with it, it is immeasurably harder for people with ADHD to deal with it!

More often than not, people with ADHD are working all the time to manage and improve the symptoms of ADHD that they struggle the most with. This is worth remembering — it will help foster compassion and empathy.

I'm not giving a blanket excuse for kids or teens who have ADHD to just behave however they want, and I'm not advocating that churches, parents or volunteers leave them to their own devices. What often happens is that ADHD makes things too frustrating or too challenging, and sides form — adult versus child — and that creates division. Whatever difficulties may be present due to the disorder, the child or youth in question didn't choose this for themselves, and it isn't personal. It isn't hopeless either because symptoms or problems that arise due to ADHD can be improved, and that is the next thing I want to tell you about!

Practical ADHD Ministry

Here are the practical steps to successfully work with someone with ADHD in a church, at home or at school:

1. Identify their strengths and areas of struggle.
2. Plan opportunities for success.

3. Teach, practice, and reward.

4. Repeat.

1. Identify Their Strengths And Areas Of Struggle

The first thing you can do to effectively relate to a child or youth with ADHD is to find out what they are good at and where they need your support.

- Maybe you have a kiddo who can sit still for a lesson, but their mind wanders often, and they miss details.
- Maybe you have a kiddo that rolls on the floor, accidentally bumps into other kids, knocks things over, or walks around and distracts others but can repeat what they heard you say word for word if asked.
- Maybe you have a kiddo who interrupts you, blurts out, walks away while you are talking to them, or can't seem to follow instructions or social niceties, but they are by far the child who is most excited about church!

For each one of these examples, you can observe and discover the things they can do easily, and the things that they can't. Once you know this, you can make a plan that will give them more opportunities to show off their strengths and work to help them improve their areas of weakness.

2. Plan Opportunities For Success

Once you know a person's ADHD profile of strengths and weaknesses, you can plan how to work with them.

When They Can't Sit Still

If you know you have a child in church who cannot sit still to hear a 15-minute Bible story, think about how you can adjust the environment.

- Churches could decrease the amount of time required for sitting, or give the child an alternative to sitting — allow them to stand, give them a designated area to wander while they listen (mark it off with duct tape!), give them something to wiggle on like a cushion, or give them something to do with their hands like manipulate Play-Doh or Silly Putty.
- Talks and presentations can be adapted — shorten your story or present it in a more interactive way that gets everyone up and moving a bit.
- When you consider that a child can't be still and you change your requirements for sitting, you give the child the opportunity to be successful!
- When a child that is hyperactive has an outlet or you make a talk, service or presentation interactive for everyone, you are spending your time ministering instead of fighting a losing battle.

When Their Mind Wanders

Let's imagine you have a child who sits just fine, but their mind wanders and you never really know if they are getting anything out of your time with them. First, examine how you are interacting. To compete with a child's attention span, change up your structure:

- You can start with something calm like a story ...
- then move on to something with movement or action like a game ...
- then transition to an activity like colouring or crafting.

All of these activities can be related to the same topic you are focussing on, and one of them is bound to maintain the attention of your child for long enough that they learn something! Plus, it keeps things fresh and exciting, which benefits you and all of your kiddos.

When They Struggle Behaviourally

Suppose you have a child that struggles behaviourally — they blurt out, interrupt, or get into things. What you do not want to do is spend time butting heads with them or repeating things like, “Stop!” or “No!” the whole time. You can support this child in the same way as in the examples above:

- First, think about their strengths or what they do well. Maybe they are vocal and into everything because they can’t contain their enthusiasm!
- Then, think about how to bring the focus onto their enthusiasm — put them to work! There are plenty of opportunities for helpers in a church, and including these enthusiastic and busy kiddos is a great way to love on them and disciple them.
- When they have a specific job to do, that will decrease the opportunity to get into other things.

3. Teach, Practice, And Reward

When you have let your child’s strengths shine, think about how to teach, practice, and reward the behaviours you want to see.

Explicit Instructions

When you want to teach a new behaviour to a kiddo with ADHD, explicit instruction gets right to the point. Tell them what you want them to be able to do and why.

- You can lovingly explain to the child who blurts out that by raising his hand and waiting on his name to be called, everyone has a chance to share.
- For the child whose wiggling on the carpet disrupts their friends or the wider congregation, you can explain how standing or containing their wiggles in their own area helps everyone learn.
- Maybe you explain to the child who feels big emotions that the best way to get help is to use words instead of tantrums. Always give them an ‘instead’ — then you are teaching, not complaining.

Commit to helping them learn and remember the new behaviour they are going to learn and tell them how:

Will you hold up one finger to remind them to wait on their name to be called?

- Will you give them a pencil and paper to write down questions to ask after you're done talking?
- Will you give them a special cushion to wiggle on, so they don't disturb their neighbours?
- Will you prompt them to share their emotions, then help them address it?

There are endless ways to teach and practice new behaviours! Remember that this is a process; it takes time, practice, and patience for everyone.

Rewards Need To Be Immediate, and rewards come in all kinds of forms.

- There may be a child who learns quickly if they receive a chocolate every time they follow directions or remember to raise their hand! This works for Fr Andrew!
- Maybe your child prefers to have your praise and attention when they are working hard to do their best.
- Even still, some children would be thrilled to have earned a special privilege at the end of church for practicing new or more appropriate behaviours with you.

What is important to remember about rewards, whatever kind you choose, is that they should be as immediate as possible. There are very few children with ADHD who can wait for a whole church service to receive a reward for positive behaviour and denying them anything for their hard work — even if they haven't perfected new behaviours yet — can be cruel.

- Small edibles like chocolates or mini marshmallows are fun and easy ways to give a small immediate reward.
- Stickers or stamps can also be collected and shown off for hard work.
- Praise, hugs, high-fives, and fist bumps are immediate rewards for kiddos who love attention.
- Earning smiley faces, or tally marks to get a special privilege at the end of church can be a fun reward for children that love to be involved.

Try this idea to combine immediate rewards (smiley faces) with delayed rewards (special privilege) for hard work: Maybe a child earns 3 smiley faces for practicing new behaviours and gets to give everyone a squirt of hand sanitizer before they leave for the day.

4. Repeat

Repeat. ADHD will not disappear! Get comfortable with the idea that considering how you look after your child with ADHD in church, your child's strengths, areas of struggle, and practicing/rewarding new behaviours will need to happen again and again so that you are spending your time ministering and worshipping instead of struggling.

Talking to you Children about God and Church at Home.

Parents of kids with ADHD have an especially important role to play in the spiritual development of their children. Because kids with ADHD are wired to learn more

effectively in 1:1 or small group settings, they may process information presented by a parent more efficiently than in a large group setting with lots of distractions at church.

Families who pray together regularly, engage in regular Bible study or devotions, serve together on a regular basis and regularly attend church are more likely to have kids with positive spiritual outcomes. Let's talk about how parents can positively influence each of these practices in their kids with ADHD:

Pray together regularly: Parents need to establish and maintain routines for regular prayer that are difficult for kids with ADHD to establish for themselves. Praying with a parent or select family member helps kids with ADHD from wandering too much mentally during the process. Kids with ADHD need parents to model appropriate prayer priorities. Parents can share from their personal experiences of how God answers prayer to communicate the relevance of prayer in daily life.

Study the Bible regularly or engage in regular family devotions: Parents of kids with ADHD have lots of opportunities to talk to their kids about the application of their faith in day-to-day life. Mealtimes, bedtime, and time spent riding in the car, bus, train or tram to practices, activities and appointments are all good teaching opportunities. Something as simple as discussing the content of what everyone in the family learned at church on Sunday can help reinforce the lessons being taught. Parents and family members can have a powerful impact upon kids with ADHD when they're willing to share their own faith experiences to make Jesus and the teachings of the Bible more real.

Serving together: To quote James, 'faith without works is dead'. All of us in the faith have a role to play as God uses the church to re-establish His Kingdom on Earth. For kids with ADHD, service provides an opportunity to develop the self-confidence that comes from the recognition that they have gifts and talents they can use to serve others in a meaningful way. Parents can help their kids to identify service opportunities that are a good fit for the way they're wired. Many kids with ADHD are gifted musically or artistically. For other kids, being involved in acts of service that enable them to be active physically (fixing or building things, setting up tables, serving as buddies for younger kids with special needs) may be rewarding.

Regularly attend church: Kids with ADHD are part of the church, too! It's important for parents of kids with ADHD to model a routine of regular church attendance. It's also important for parents of kids with ADHD, whenever possible, to ensure their kids are getting the benefit of prescription medication for church if medication is beneficial during the week in other learning environments. Parents also can't share something with their kids that they don't already possess. An ongoing connection with a caring and supportive church is an indispensable tool for parents seeking to raise their child with or without a significant disability in the Christian faith.

Remembering Saints & Angels

A Service for the Bereaved

10am Sunday 2nd Nov 2025



There will be a special service to remember our departed loved ones at St Mary the Virgin & All Souls Church, Highbury Road, Bulwell, Nottingham, 10am Sunday 2nd November.

There will be special readings and hymns, and the opportunity for candles to be lit and prayers said. You and your family are most welcome to join us. If you would like a departed loved one during the service, please

contact:

Fr Andrew Fisher
0115 975 5358
a.j.fisher@outlook.com

**St Mary the Virgin
& All Souls Church
Bulwell, Nottingham**



BEAVERS

TIME FOR FUN

For fun, friendship and
activities that get you thinking as well as
doing.

48th Nottingham have space for immediate
start for 6-8 year olds

Get in touch - Andy - 07976 300013
or search www.scouts.org.uk/groups



<https://www.facebook.com/groups/48thnottingham/>
You will need to request to join



Made-up Bible Verses in Movies

The Bible is the best-selling book of all time, and one of the most quoted too. Biblical references are found in all art forms, and film is no exception. Though sometimes we mistake some movie quotes for being from the Bible, when in fact they're more like the word of the screenwriter rather than the word of God. In this article, you'll find a bit of everything: from misquotes and mishmash versions of real Bible verses, to quotes that are completely made up (but sound very biblical). Thou shalt browse through and be enlightened by the words we're about to share with thee!



'Harry Potter and the Deathly Hallows: Part 2' (2011)

"From this day forth, you put your faith in me."

'Avengers: Age of Ultron' (2015)

"Did you know this church is in the exact center of the city? The elders decreed it so that everybody should be equally close to God."

'Ghostbusters' (1984)

"And I looked, and he opened the sixth seal, and behold there was a great earthquake. And the sun became black as sackcloth, and the moon became as blood."

'Cape Fear' (1991)

"I am like God and God like me. I am as large as God, he is as small as I. He cannot be above me, nor I beneath him be." This is actually a quote from German priest Angelus Silesius.

'Footloose' (1984)

"Praise ye the lord. Sing unto the lord a new song. Let him praise His name in the dance."

'Black Panther' (2018)

"We will work to be an example of how we, as brothers and sisters on this earth, should treat each other."

'The Shawshank Redemption' (1994)

"His judgment cometh, and that right soon."

'My Best Friend's Wedding' (1997)

"This, too, shall pass."

'Star Wars: Episode VII: The Force Awakens' (2015)

"Dear child, the belonging you seek is not behind you...it is ahead."

'Pulp Fiction' (1994)

"And you will know my name is the Lord when I lay my vengeance upon thee."

'Braveheart' (1995)

"Your heart is free...have the courage to follow it."

'War for the Planet of the Apes' (2017)

"I did not start this war. I offered you peace. I showed you mercy."

'Shakedown' (1988)



As we seek to make the living hope of Christ known throughout our churches and diocese, aspiring to ensure the very best standards in safeguarding is a fundamental part of the gospel and ministry we share. This includes the importance of continual improvement, openness to learn, and develop healthy safeguarding cultures in every part of the life of our churches and diocese.

In 2023, the Archbishop's Council appointed INEQE Safeguarding Group to carry out in Safeguarding Audits in every diocese across the Church of England between 2023-2028. The Diocese of Southwell and Nottingham audit is taking place over the next three months. The auditors will visit the Diocese and Minster, including meeting with specific focus groups and churches who will be contacted by the Safeguarding team beforehand, between 6th-9th January 2026. The aim of the audit is to ensure that safeguarding is not just about policies and protocols but is integral to everything we do in Growing Disciples. The audit will result in a report and action plan, to help us build on our strengths and improve where needed, bringing us closer to a truly safer Church for all. Several dioceses have already undergone these audits and completed reports from these dioceses can be viewed on the Church of England website:

<https://www.churchofengland.org/safeguarding/reviews-and-reports/independent-safeguarding-audit-programme>

The audit is seeking to assess to what extent safeguarding is an integral part of the culture of our diocese and therefore INEQE would like to hear from you, and folk who engage with St Mary's church community through completing questionnaires. There are several surveys that can be completed, and these can be found on the INEQE website:

<https://ineqe.com/churchofengland/southwell-and-nottingham/>

Each survey is for a different group of people, and you are encouraged to complete as many surveys as are relevant to you (including any youth groups and parents of children). The wider the response, the more helpful it will be for INEQE to build an accurate picture and helpfully advise as to how we can make our worshipping and ministry environments safer for all.

Thank you for your assistance in ensuring that the auditors receive as much information from as many voices as possible. If you have any questions about the audit please do contact the Diocesan Safeguarding Officer, Mr Julian Hodgson

julian.hodgson@safeguarding.org.uk

who will be able to direct your query to the right place.

Expression of Thanks



Dale

With Thanks from
St Andrew's Healthcare
for your support & kindness
for our patients.

Pete Selby.

From Pam

I wish to thank every body on the occasion of my 85th Birthday provides me with a wonderful cake and gifts in the Upper Room after Mass.

Pam Hicking

DEAR ST MARTS BULLWELL,

THANKS FOR THE
SUPPORT AND KINDNESS
DURING MY TIME HERE

WE WILL MEET AGAIN AT
SOME POINT.

BEST,

Howard Lee.

8/31/2025

COME, LET US SING
FOR JOY TO THE
LORD "

~ PSALM 95:1

The tale of the Tower Builder



JESUS OFTEN TOLD STORIES WITH HIDDEN MEANINGS



ON ONE OCCASION JESUS EXPLAINED HOW IT WOULDN'T ALWAYS BE EASY TO FOLLOW HIM.



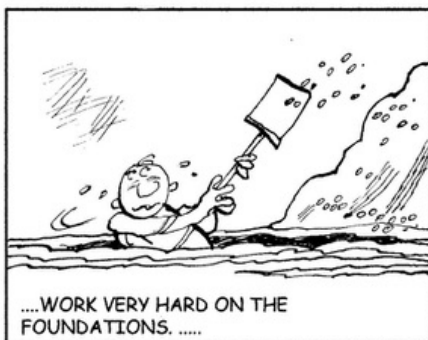
JESUS BEGAN, 'IF ONE OF YOU PLANS TO BUILD A TOWER....

...YOU'LL FIRST NEED TO WORK HOW MUCH IT WILL COST.



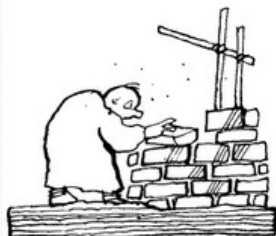
IF YOU DON'T DO THE SUMS....

...YOU MIGHT MAKE A START,

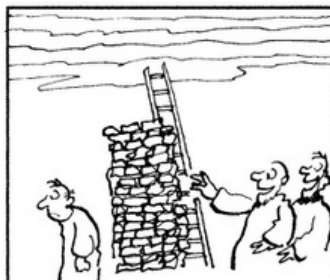


....WORK VERY HARD ON THE FOUNDATIONS.

...THEN START TO LAY THE BRICKS,...



...BUT SUDDENLY RUN OUT OF MONEY!!



THEN PEOPLE WILL LAUGH AT YOU!



WE NEED TO REALISE THAT ALTHOUGH FOLLOWING JESUS IS THE RIGHT THING TO DO, IT'S ALSO A GREAT CHALLENGE.

Bible Bite

A short story from the Bible

It can be read in the Bible in
Judges 6:36 - 7:8, 16 - 22

God had told Gideon he would drive the Midianite invaders out of his country. 32000 men had come to fight with Gideon.

Gideon asked God for proof.



God did as Gideon had asked.



Could you show me again, but with the wool dry and the ground wet?

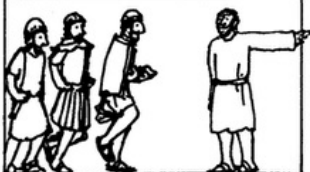


God said

The army is too big. They will think that they beat the Midianites, not Me.



So Gideon sent home all who were afraid - 22000 of them



There were still too many, so Gideon told them to drink from the spring.



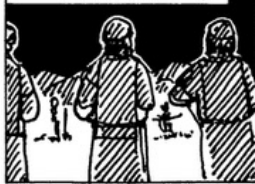
300 scooped up water to drink, and the rest were sent home.



Each man was given a jar with a lit torch in it and a horn.



That night they surrounded the Midianite camp.



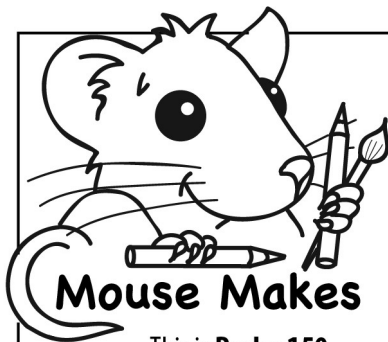
At the signal, they blew the trumpets, smashed the jars and shouted a war cry



The Midianites were so shocked they attacked each other, and then ran



The Israelites won without having to do any fighting.



Mouse Makes

This is **Psalm 150**,
a song of praise to God,
it tells us why and how
to worship God.
*How do you praise and
worship God?*

Praise God in His Temple,
Praise Him in His mighty heavens.
Praise Him for His acts of power,
Praise Him for his surpassing greatness.

Praise Him
with the sounding trumpet,
Praise Him
with the harp and lyre,
Praise Him
with tambourine and dancing,
Praise Him
with the clash of cymbals,
Praise Him
with the resounding cymbals.
Let everything that has breath
PRAISE THE LORD!



P	K	G	C	Y	M	B	A	L	S	A
O	L	R	H	E	A	V	E	N	S	B
W	T	E	M	P	L	E	T	U	A	R
E	T	A	M	B	O	U	R	I	N	E
R	H	T	L	U	T	E	U	A	C	A
D	A	N	C	I	N	G	M	P	T	T
R	R	E	P	I	P	E	P	R	U	H
U	P	S	F	L	U	T	E	A	A	H
M	D	S	G	O	D	E	T	I	R	O
S	T	S	T	R	I	N	G	S	Y	R
O	Y	L	E	D	L	Y	R	E	Y	N



PRAISE • GOD • TEMPLE • HEAVENS • SANCTUARY • POWER • GREATNESS
TRUMPET • HORN • PIPE • FLUTE • HARP • LYRE • LUTE • STRINGS
TAMBOURINE • DANCING • CYMBALS • DRUMS • BREATH • LORD

ORGANISATIONS & ACTIVITIES

Some meetings are term-time only - please check with organisers. Meetings are held at St Mary's church unless otherwise stated.

SUNDAY (First & Third in month)

Farnaby & Co 7.15pm to 9.25pm.

MONDAY

48th Nottingham Beavers (boys & girls, 6-8 years) 6.15pm – 7.15pm
Tel: 0115 877 6569 or 07976 300013

TUESDAY

87th Nottingham Brownies (7-10 years) 6.15pm -7.30pm
Tel: 07596 758440.

WEDNESDAY

Trefoil Guild (first Wednesday of the month) 12pm - 2pm
Tel: 0115 916 3249

Bestwood & Bulwell Foodbank 1.00 – 3.00pm Tel: 07527048226
Email: info@bestwoodbulwell.foodbank.org.uk

Polish Speaking Al- Group - Spokoj 6.15pm - 8.15pm

Bellringing (Practice Night) 7.30pm - 9pm. All ages from 11 years. under 18s must be must be accompanied by an adult. Tel 07858653002

THURSDAY

88th Nottingham Brownies (7-10 years) 6.00pm – 7.30pm Tel: 07817 3786543

87th Nottingham Guides (10-15 years) 7.00-9.00pm Tel: 07793 823440

Rangers (age 14+) 7.00pm to 9.00pm Tel: 07786 226663

Pub Social

First Thursday of the Month at the William Peveril (Wetherspoons) in Bulwell

FRIDAY

Rainbows 5.15pm to 6.15pm Tel: 07812 160455

Choir Practice Alternate Fridays. Please contact the Organist.

CONTACT DETAILS

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Licensed Lay Minister.	Juliet Twumasi	julirom@hotmail.co.uk
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Church Wardens	Eleanor Lang	0115 9277212 ellielang@btinternet.com
	Martin Walton	07746535552 martinwalton57@outlook.com
Church Warden Emeritus	Robert Naylor	0115 9161787 jillian.naylor@ntlworld.com
Organist	Vacant	
Tower Captain	Michael Varney	07858653002 MichaelVarney2015@outlook.com
Magazine & Mirror Editor	Ray Hotson	07526505426 rhotson@tiscali.co.uk
Foodbank	Nigel Webster	07527048226 info@bestwoodbulwell.foodbank.org.uk

St. Mary the Virgin & All Souls Church
Highbury Road, Bulwell, NG6 9AD

St. Mary's Church near you website QR Code>>>

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