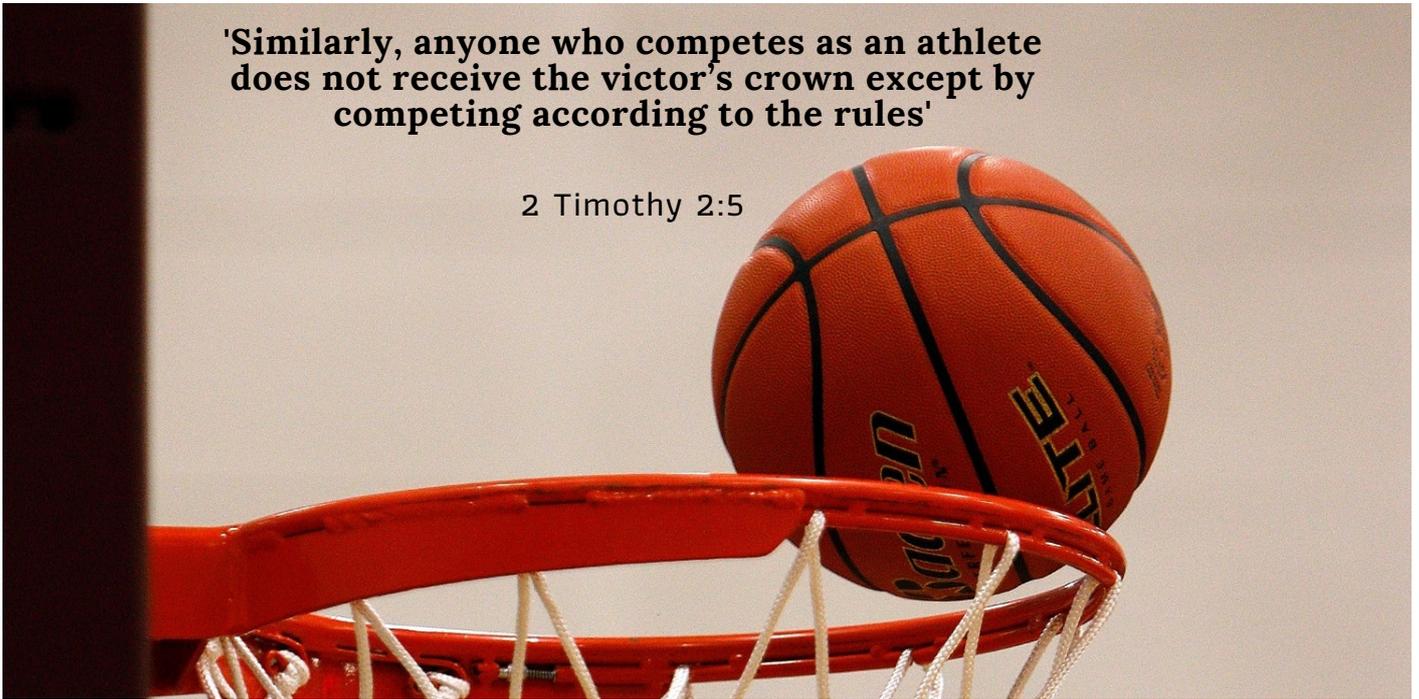


'Similarly, anyone who competes as an athlete does not receive the victor's crown except by competing according to the rules'

2 Timothy 2:5



WHAT'S GOING ON @ ST MARYS

Day pilgrimage to Walsingham on Bank Holiday Monday 30th August.

Mary appeared here a thousand years ago and every since then prayers have been answered here.

A SAINT TO KNOW

On Monday 26th July we celebrate St Anne and St Joachim, the parents of Mary, Jesus' grandparents. We pray for our own grandparents and ponder one day maybe we'll be parents, grandparents, uncles or aunts. What will we teach them?

DID YOU KNOW?

Sports played during the time of Jesus would have been ones that we recognise today such as running, wrestling and boxing. Sports tournaments such as the Olympics created by the Romans would have been a place to compete against others.

ARE YOU A WINNER?

Do you like watching sports? My favourite is athletics, there is almost always a runner who immediately after crossing the finish line kneels down to touch the ground, making the sign of the cross or looks up into the sky with their lips moving in prayer.

This is surely someone of faith giving thanks to God. Maybe they've heard Matthew 23:12 "Whoever exalts himself will be humbled, and whoever humbles himself will be exalted," and know our successes are not our own and belong to him.

Faith and Sport go hand in hand. Endurance, Self Control, Belief, Discipline and Playing By the Rules are some of the key attributes of being a successful athlete and these ring true for being a Christian too. God asks us to believe in Him, to practice self control and discipline in our everyday lives by choosing to do the right thing and following His commandments. Pushing ourselves to be the best we can be.

2 Timothy 4:7 tells us "I have fought the good fight, I have finished the race, I have kept the faith."

Next time you're preparing for a big sporting event think of what role God can play in your preparation. Sport and Faith, they're closer than you think!





A LIVELY COMMUNITY

by Father Morris

"I came that all may have life and have it in abundance," Jesus says (St John 10:10) and so the Church ends up being concerned with all the different aspects of life, hence we host lunch clubs, engage in children's work, host summer fetes and fireworks parties. And this includes sport and indeed football. When Spurs started off as a football team, they were part of All Hallows' Church up the road, near Bruce Castle Park. The boys attended the church and the first Chairman was heavily involved with its life. When the boys were worried they might not have balls with which to practise, John Ripsher apparently used to say, "The Lord will provide." He did and does.

But the source of all that life and good living is the Mass where we see the Son of God, our Saviour Jesus Christ, showing us the Way to the Father and giving us the strength we need to be faithful to God. We see afresh in the Mass Christ offering Himself to the Father as we are to lay ourselves down in love and service to the Lord and to each other.

One phrase I love in the Scriptures describes Jesus' priesthood as existing "through the power of an indestructible life," (Hebrews 7:16). May that life be at work in each of us.

PUT THE BALL IN GOD'S COURT!

Below is a photo of a baseball team kneeling down in prayer, something they make a habit of doing before every game.

By doing this not only do they connect with God they use this huge platform to bring awareness to their Christian Faith.

Think how you can bring your faith more into your everyday?

What sports opportunity can you use to share your faith?



KNOW YOUR SCRIPTURE

There is comfort and motivation found in the Bible passages if you are training hard or trying out a new sport for the first time.

We know sport is more than the physical, people spend as much time on working on their mind as they do on their body.

So what can the Bible teach us around good sportmanship.

Endurance

To keep going even when you want to quit, to find the strength to take another step.

Whether we're runners or not we all know how it feels to want to quit something that feels impossible.

"Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing." James 1:2-4

"May you be strengthened with all power, according to his glorious might, for all endurance and patience with joy" Colossians 1:11

Self Believe

This goes hand in hand with endurance, if you don't believe that you're capable of amazing things and that God works through you to further his works. Then every obstacle will feel insurmountable.

We are told ...

"...you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well" Psalm 139:13-14

"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope." Jeremiah 29:11