

8<sup>th</sup> February 2026

## Worry or Hope

It is perfectly natural to have fears and concerns – life throws us plenty of challenges and uncertainties. But there are two contrasting ways we can approach those situations: worry or hope. Jesus names worry as a way of living and thinking that's rooted in fear about material needs: food, drink, clothing, and tomorrow itself (Matthew 6.25-32). He doesn't deny that these things matter; rather, he shifts our perspective on them. By pointing to the birds of the air and the lilies of the field, Jesus invites us to see a world that is sustained by God's attentive care. Worry, in this light, is not simply anxiety but a failure of trust, leading us to a kind of tunnel vision that forgets who holds our futures. Hope, as Paul describes it, is different from optimism or wishful thinking (Romans 8:24–25). "Hope that is seen is not hope," he writes, because true hope is exercised precisely when the outcome is unclear. This kind of hope requires patience and endurance, qualities that worry erodes. Worry demands immediate resolution; hope accepts delay whilst holding firm to trust: trust in what has been promised, even if it hasn't yet been revealed.

It's hard for worry and hope to fully co-exist. Worry fixes our attention on what could go wrong or what we stand to lose; while hope anchors our hearts to the one who knows our needs and loves us beyond measure. Seeking his kingdom directs our attention away from anxious self-preservation and towards trustful dependence on God.

To live in hope, then, is not to ignore uncertainty but to inhabit it differently, releasing the illusion of control and instead waiting attentively, believing that God is at work beyond what we can see. In a world full of reasons to worry, we are called to a quieter, braver response: trusting for today, waiting with patience, and letting hope shape how we face tomorrow.

*Catherine*



## Please pray for...



Phil Turnock; Malcolm Grey-Smart; Sue Norman; Brian McClellan; John Panther; Joe McPhee; Pam Clarke; Ben Robinson; John and

Ray Reynolds. We also pray for the families and friends of Margaret Neville and Ronald Hand.

*Please let the Church Office know if you would like your name added or removed from this list. The list will be routinely reviewed every few months.*

## Games Café

The next Games café is on **Tuesday 10th February at 2.00pm** in the Parish Rooms. Come along and join an afternoon of fun with board games, coffee and good company! Bring your friends and find warmth and a welcome this Winter! Games Café continues to the end of March.



## Mothers Union AGM

The Mothers' Union AGM and light lunch will be on **Monday 9<sup>th</sup> February** in the Parish Rooms, at 12.30pm

## Music Hall Sing-a-long 28<sup>th</sup> February



Coming to The Parish Rooms at 2pm on **Saturday 28<sup>th</sup> February**. Bring friends, family and neighbours to this fun event! Leaflets to advertise this afternoon are at the back of church.

## Phoenix Group

Upcoming dates:

**February 20<sup>th</sup>** – coffee and chat at Festival Drayton Centre

**March 13<sup>th</sup>** – Lunch 12.00 at the Red Lion



## Services

Services are in St Mary's Church unless otherwise indicated.

### Sunday 8<sup>th</sup> February

**9.00am BCP Holy Communion**

**10.30am CW Morning Worship**

**Readings:** Romans 8.18-25 and Matthew 6.25-end

The 10.30 service will also be on Zoom.

<https://us02web.zoom.us/j/85337124930?pwd=NFdMTzRMR2JXbXR0SctVRS9PSkZXdz09>

Meeting ID: 853 3712 4930 Password: 867888

### Wednesday Morning Prayer 9.00am ZOOM

<https://us02web.zoom.us/j/89943278704?pwd=RytPQ3RmOG5yYlBpUWpoWWkxWGFEZz09>

Meeting ID: 899 4327 8704 Password: 730701

### Thursday Holy Communion 10.00am

## Sunday Sermons

These are available on our website:

<https://www.stmarysmarketdrayton.org.uk/media>

## Bring and Share Lunches

We shall be starting the Lunches again on 15<sup>th</sup> February.

If you would like to host a lunch, either in your own home or in the Parish Rooms, please sign up on the sheet in the Welcome area. You can always co-host with others if you prefer. If using the Parish Rooms, please remember to check its availability with the office.

## Support for 'Open the Book' in Schools

Would you like to be involved in taking 'Open the Book' into our local schools? 'Open the Book' presents the Bible in a fun drama form ideal for school assemblies. There are two ways of helping. (1) Being part of the 'Open the Book' Team to go into the local schools and (2) Help make resources for outfits for the characters/stage props. This is a very important ministry as it is sharing Gods Word to the next generation. If you can offer any help/support in any way, please contact Carol Preston. Thank you.

## UCB Word For Today

Copies of the UCB Word for Today covering February/March/April are now available on the table at the entrance to the Church. UCB thank all at St. Mary's for our support and partnership during 2025.

## Foodbank Items Needed



### Stock Items urgently required:

UHT milk; instant mash; sponge puddings/cakes; jam; long-life fruit juice; tinned spaghetti; instant noodles; small jars of coffee; biscuits; anti-bacterial wipes/spray & bleach; toilet roll; male/female deodorant; shower gel; shampoo.

**We have plenty of:** Cereal; rice; baked beans; pasta.

The trolley at the back of church is now in use and donations are gratefully received.

## MD Methodist Church hosts Crafty Folk

Do you knit, sew, crochet, tat, embroider, papercraft? Bring along your craft, whatever it is, to do and enjoy in the company of other 'craft folk'. All welcome every Monday 1.30 – 3.30pm. A warm welcome and a cuppa await. For more information, contact Pauline Baker on 01630 647821 or 07977 522235.

## Film Club

Christ Church Little Drayton on **Thursday 19<sup>th</sup> February 1.00pm** showing Sister Act 2. Light lunch and raffle. ALL FREE and everyone welcome.

## Staying in Touch

Please either leave a message or send an email and we will get back to you as soon as possible.

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**Facebook:** @StMarysMarketDrayton

**Parish Rooms FB:** @TheParishRoomsMD

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Donations can be made by scanning the QR codes:



General fund



Organ fund



Security fund