

Reflection for the Blessed Virgin Mary

Whenever I read the words of the Magnificat, I try to imagine them being spoken by a teenage girl. It's an extraordinary piece of writing; feisty and defiant from someone whose life has been turned upside down by the revelation that she is to become the mother of the Messiah.

Mary begins by recognising her own part in history but quickly transfers her attention to the wonder and majesty of God. God's engagement with his people throughout history and his seemingly topsy-turvy values are recounted. Perhaps this was a spontaneous outburst yet, as I read the words from Isaiah, I recognise that Mary had a rich heritage on which to draw. Alongside the words of Samuel's mother, Hannah, there are other women in scripture who speak directly to God in equally poetic and passionate terms. I wonder if you recognise any of Mary's words in those of Hannah:

'My heart exults in the Lord; my strength is exulted in my God. My mouth derides my enemies because I rejoice in my God...the bows of the mighty are broken but the feeble gird on strength' (1 Samuel 2. 1, 4).

As you read scripture, listen out for words which seem to call to you; they may be inspiration for the days ahead!

Rev'd Sarah



NEXT SUNDAY 15.09.2024 Holy Cross
10.30am in the Church

READINGS: OT Numbers 21: 4-9
NT Philippians 2: 6-11
GOSPEL John 3: 13-17



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St Thomas, Exeter

8th September 2024

Blessed Virgin Mary

10.30am in Church

Today

10.30am Sung Eucharist

Hymn Numbers.

448 Sing we of the blessed Mother
136 For Mary, mother of our Lord
467 Tell out, my soul

Wednesday 11th September

10am Holy Communion (BCP)

Thursday 12th September

9.30-11am St Thomas Tots

No Knit & Natter.

Friday 13th September

9.30am Morning Prayer

10am Staff Meeting

Saturday 14th September

9am Men's Breakfast in the Sawyers



Collect

Almighty God, who looked upon the lowliness of the Blessed Virgin Mary and chose her to be the mother of your only Son: grant that we who are redeemed by his blood may share with her in the glory of your eternal kingdom; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen**

Psalm 45: 10-17

Hear, O daughter; consider and incline your ear; forget your own people and your father's house. So shall the king have pleasure in your beauty; he is your lord, so do him honour. The people of Tyre shall bring you gifts; the richest of the people shall seek your favour. The king's daughter is all glorious within; her clothing is embroidered cloth of gold. She shall be brought to the king in raiment of needlework; after her the virgins that are her companions. With joy and gladness shall they be brought and enter into the palace of the king. Stead of your fathers you shall have sons, whom you shall make princes over all the land. 'I will make your name to be remembered through all generations; therefore shall the peoples praise you for ever and ever.'

Isaiah 61: 10,11

I will greatly rejoice in the Lord, my whole being shall exult in my God; for he has clothed me with the garments of salvation, he has covered me with the robe of righteousness, as a bridegroom decks himself with a garland, and as a bride adorns herself with her jewels. For as the earth brings forth its shoots, and as a garden causes what is sown in it to spring up, so the Lord God will cause righteousness and praise to spring up before all the nations.

Galatians 4: 4-7

But when the fullness of time had come, God sent his Son, born of a woman, born under the law, in order to redeem those who were under the law, so that we might receive adoption as children. And because you are children, God has sent the Spirit of his Son into our hearts, crying, 'Abba! Father!' So you are no longer a slave but a child, and if a child then also an heir, through God.

Luke 1: 45-55

And Mary said, 'My soul magnifies the Lord, and my spirit rejoices in God my Saviour, for he has looked with favour on the lowliness of his servant. Surely, from now on all generations will call me blessed; for the Mighty One has done great things for me, and holy is his name. His mercy is for those who fear him from generation to generation. He has shown strength with his arm; he has scattered the proud in the thoughts of their hearts. He has brought down the powerful from their thrones, and lifted up the lowly; he has filled the hungry with good things, and sent the rich away empty. He has helped his servant Israel, in remembrance of his mercy, according to the promise he made to our ancestors, to Abraham and to his descendants for ever.'

Post Communion

God most high, whose handmaid bore the Word made flesh: we thank you that in this sacrament of our redemption you visit us with your Holy Spirit and overshadow us by your power; strengthen us to walk with Mary the joyful path of obedience

and so to bring forth the fruits of holiness; through Jesus Christ our Lord. **Amen**

NOTICES

TALKWORKS can help! If you are feeling stressed, anxious, are experiencing ongoing low mood, or are having difficulty sleeping,

NHS TALKWORKS is a free, confidential, talking therapies service helping you to feel better and giving you the tools and techniques to improve your mental well-being. 0300 555 3344 Give us a call and see how we can support you. www.talkworks.dpt.nhs.uk

Northcott Theatre Friday 18th October to Wednesday 23rd October (local discount on Friday) *The Commotion*. More on the Prayer Book Rebellion of 1549 following our successful talk by Prof Mark Stoye. Box office phone no 01392 726363

Heritage Open Days As part of the national scheme of Heritage Open Days, the Church is being specially opened on Saturday the 14th September. Visitors are undertaking self-guided tours and walks with some information provided by us. You also might like to know that other buildings in the city which are not normally open to the public may be open for free in this period.

Walsingham Pilgrimage. Please pray for everyone in our Diocese who will be going to Walsingham this week. Led by Fr David Way. There will be no Knit and Natter group on Thursday 12th September, because of this pilgrimage.

