

St Mary the Virgin, Rickmansworth
The Church of England and The Methodist Church in Partnership



A MONTH OF SUNDAYS

PLUS a few more!

Living God's Love

Going deeper into God · Transforming Communities · Making New Disciples



You'll all have heard the phrase, 'never in a month of Sundays', meaning something is never likely to happen... this is an attempt to transform part of the phrase...

Here is a gift of 'A Month of Sundays' (with an additional good few to take us through the year!) Fifty-two suggestions in all, on a rotation of themes, to continue to help us in our exploration of the *Living God's Love* initiative that so many of us are already engaging with: Going Deeper into God, Transforming Communities, Making New Disciples.

None of the things suggested are necessarily rocket science... but there may well be something new for some of us. None of the things suggested are necessarily of deep spiritual significance... but you and God will make it so. None of the things suggested will necessarily set the world on fire... but the good Lord, through the Holy Spirit, works in mysterious ways... so all manner of things may happen.

Take each idea/activity and try it for the week. See what happens, see what doesn't. See what sticks, see what doesn't. See what comes naturally, see what doesn't. Take each idea/activity and pray for God to use you, for God to reveal something new to you, for God to enable you to grow in faith and love and hope - and for all these things to be displayed to the world around us.

With continued prayers for each one of us as we embark together on a new year of exploring and living and being people who are filled to over-flowing with the love of God, and living it together.

Deborah

9th December *Transforming Communities* Find out how to, and consider, sending a Christmas card to a prisoner.
What will you take away in prayer from the week?

16th December *Making New Disciples* Make a few journeys around your neighbourhood to drop off details of Christmas Services.
What will you take away in prayer from the week?

23rd December *Going Deeper into God* Which person in the Christmas narrative has always fascinated you?
Take time to read the story again, and pray for inspiration as to what you might learn from them. Try to share your thoughts with someone.
What will you take away in prayer from the week?

30th December *Transforming Communities* If you have been given gifts for Christmas that you feel are not to your 'taste', who or where might be glad to receive them?
What will you take away in prayer from the week?

*I hope this has been a useful and inspiring year for you...
if you have suggestions for next year, or ideas for a similar but different kind of publication, let Deborah know.*

- 28th October *Transforming Communities* As you purchase gifts for Christmas, could you add someone to the list who you know doesn't have many others who might give them a gift.
What will you take away in prayer from the week?
- 4th November *Making New Disciples* In this season of remembering, write down happy memories you have of events in your faith journey - markers on the way. Ask God to help you find ways in which you can contribute to creating memories for others, and share these ideas with a member of the Community and Outreach Committee, or with one of the members of Staff.
What will you take away in prayer from the week?
- 11th November *Going Deeper into God* If you've never been before, try to attend the *Exploring Prayer* time at The Vicarage this Tuesday evening.
What will you take away in prayer from the week?
- 18th November *Transforming Communities* Make yourself vulnerable and admit to something you find difficult - at work, in faith, in life. Accept the help of someone who can assist you.
What will you take away in prayer from the week?
- 25th November *Making New Disciples* At the beginning of the day, invite God to open your eyes and your heart to opportunities to be open with others about your faith.
What will you take away in prayer from the week?
- 2nd December *Going Deeper into God* Each night, look out at the stars in the sky and know that your place in God's creation is as wondrous as the beauty of the night sky.
What will you take away in prayer from the week?
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- Week beginning** **Theme...** **Suggested activity for the week**
- 1st January *Going Deeper into God* Make a New Year's resolution to attend Church every Sunday this year, and if family or friends come to stay, invite them along with you.
What will you take away in prayer from the week?
- 8th January *Transforming Communities* After reading/watching/listening to the News, each day pray for something/someone you hadn't heard about before.
What will you take away in prayer from the week?
- 15th January *Making New Disciples* Pray each day for someone you know who used to attend Church, that they might return.
What will you take away in prayer from the week?
- 22nd January *Going Deeper into God* Say Grace before and a Prayer of Thanksgiving after each meal.
What will you take away in prayer from the week?
- 29th January *Transforming Communities* Collect the equivalent money you would spend for one meal a day and give it to a Charity supporting those with no home or shelter.
What will you take away in prayer from the week?
- 5th February *Making New Disciples* Invite round a non-Churchgoing friend or acquaintance, or take time with a work colleague and ask them about their weekend, and tell them about yours - including good things about Church on Sunday.
What will you take away in prayer from the week?

- 12th February *Going Deeper into God* At the end of each day, give thanks for three good things that have happened that day.
What will you take away in prayer from the week?
- 19th February *Transforming Communities* Learn the names of people who serves you: in shops, your place of work, the Postie, and greet them each time you meet them.
What will you take away in prayer from the week?
- 26th February *Making New Disciples* Try reading your Bible in a coffee shop or on the bus/tube/train and be open to who engages in conversation with you.
What will you take away in prayer from the week?
- 4th March *Going Deeper into God* Set aside time each day so you can read through all through Mark's Gospel during this week.
What will you take away in prayer from the week?
- 11th March *Transforming Communities* As you journey around, to work, to the shops, or anywhere else, consciously stop and pray for one place on your route each day and for the people who work and serve in their different ways.
What will you take away in prayer from the week?
- 18th March *Making New Disciples* Make a few journeys around your neighbourhood to drop off details of Easter Services.
What will you take away in prayer from the week?
- 9th September *Going Deeper into God* If you are retired, make a point of attending either morning or Evening Prayer in Church this week. If you work, take time to log-on to either the CofE or Methodist websites and check out the Daily Prayer feed.
What will you take away in prayer from the week?
- 16th September *Transforming Communities* Look out for the places in the locality that need a bit of TLC in terms of tidying up and care: could we do something to improve it? Share your ideas with a member of the Community and Outreach Committee.
What will you take away in prayer from the week?
- 23rd September *Making New Disciples* Wear something that shows you are a Christian.
What will you take away in prayer from the week?
- 30th September *Going Deeper into God* Ponder this each day: Souls are God's jewels, every one of which is worth many worlds. *Thomas Traherne*.
What will you take away in prayer from the week?
- 7th October *Transforming Communities* Have a late-summer sort-out and drop unwanted items and clothing off into one of the Charity Shops in town.
What will you take away in prayer from the week?
- 14th October *Making New Disciples* Meet up with friends and enjoy their company!
What will you take away in prayer from the week?
- 21st October *Going Deeper into God* At midday each day (or some time near it!) pause, and give thanks for the morning that has passed and pray for the afternoon and evening ahead.
What will you take away in prayer from the week?

- 29th July *Going Deeper into God* Find a daisy/dandelion/flower - and each day 'study' it, giving thanks for the amazing creativity of God revealed in nature.
What will you take away in prayer from the week?
- 5th August *Transforming Communities* If you are travelling and holidaying during the summer months, make a point of visiting a local Church - of any denomination - and pray for the people who worship there.
What will you take away in prayer from the week?
- 12th August *Making New Disciples* Pray each day for God to help you to discover who you could help to deepen their faith, and who there is who could help you to deepen yours.
What will you take away in prayer from the week?
- 19th August *Going Deeper into God* Take the Pew Sheet home with you and pray the Collect each day.
What will you take away in prayer from the week?
- 26th August *Transforming Communities* Pray for people of different faiths in our area, look in the phone book or on Google to discover where there are places of worship for the various faiths and possibly try to visit, but certainly make time to pray each day for them, and the way in which they also serve the local community.
What will you take away in prayer from the week?
- 2nd September *Making New Disciples* What can you do to aid the Back to Church Sunday message reach out across our town? Pray for inspiration, and for the Team who are leading our efforts this year.
What will you take away in prayer from the week?
- 25th March *Going Deeper into God* Remind yourself each day this week of a different person who nurtured you in faith in your childhood years and record, in some way, your thanks to and for them.
What will you take away in prayer from the week?
- 1st April *Transforming Communities* Pick up one piece of litter in your neighbourhood each day and place it in a bin. Pray for those who do this job each day.
What will you take away in prayer from the week?
- 8th April *Making New Disciples* Put up an *Easter Alleluia* poster in your window and maybe your car too!
What will you take away in prayer from the week?
- 15th April *Going Deeper into God* Borrow a hymn book from Church and read (and maybe sing) a hymn a day - *and please remember to bring the hymn book back!*
What will you take away in prayer from the week?
- 22nd April *Transforming Communities* Put some money in every Charity collecting box you see this week.
What will you take away in prayer from the week?
- 29th April *Making New Disciples* Who really needs to know you are praying for them? Send them a card to tell them you are doing so.
What will you take away in prayer from the week?

- 6th May *Going Deeper into God* Go for a walk each day, taking a camera with you, and take photographs of things you see - giving thanks for the wonder of creation. If you are unable to get out, or don't have a camera, watch the clouds in the sky for a few minutes each day, or look for the sunset.
- What will you take away in prayer from the week?*
- 13th May *Transforming Communities* Look out for new people in your neighbourhood and drop them a card to say welcome.
- What will you take away in prayer from the week?*
- 20th May *Making New Disciples* Pray each day for one friend who does not know Christ.
- What will you take away in prayer from the week?*
- 27th May *Going Deeper into God* Borrow a Service Booklet from Church and recite the Creed each day. *(Please remember to bring the Service Booklet back!)*
- What will you take away in prayer from the week?*
- 3rd June *Transforming Communities* Pray for Rickmansworth - focus on a different aspect of its life each day: businesses, residents, schools, the homeless, recreational facilities, Churches, the Council.
- What will you take away in prayer from the week?*
- 10th June *Making New Disciples* Take a friend to visit a Cathedral or Church. Perhaps time your visit to coincide with a Service, and make sure you take time in your visit to pray and maybe to light a candle.
- What will you take away in prayer from the week?*
- 17th June *Going Deeper into God* Before you go to bed, ask forgiveness of three things you have done amiss during the day: thoughts, words, deeds.
- What will you take away in prayer from the week?*
- 24th June *Transforming Communities* Take time with your address book and over the course of the week pray The Grace separately for each person.
- What will you take away in prayer from the week?*
- 1st July *Making New Disciples* Begin to think now of who you might invite to come back to Church on *Back to Church Sunday* at the end of September. Pray for them, and pray also for an opportunity to speak about the day, and courage to invite them along.
- What will you take away in prayer from the week?*
- 8th July *Going Deeper into God* Carry a timer with you, and each hour, on the hour, pause and pray the Lord's Prayer.
- What will you take away in prayer from the week?*
- 15th July *Transforming Communities* Write thank you letters to seven people in authority, making reference to good things about them, notable things that they have achieved, or the ways in which they inspire you.
- What will you take away in prayer from the week?*
- 22nd July *Making New Disciples* Remember you are part of the Body of Christ. Teresa of Avila said: Christ has no hands but yours, no feet but yours, no voice but yours. For whom could you be Christ this week?
- What will you take away in prayer from the week?*