

ST. ANSELM

Proclaiming Christ in Hayes

‘Mens sana in corpore sano’

One of the advantages we have in this parish is that we have two priests! And this advantage is increased, I believe, because Fr Josiah and I come literally from different places, with different life experiences, different cultural backgrounds, different perspectives. And all these differences inevitably result in differing theological and spiritual emphases. Not better or worse, just different. Next week's pew sheet notes will be written by Fr Josiah, and I don't know – and probably he doesn't yet know! – what he might want to write about. So, I've rather jumped the gun by writing this week about St Luke's day even though St Luke's day is not until the week after next, on 18th October.

My title for these notes is a famous Latin phrase which is usually translated as ‘a

healthy mind in a healthy body’. You might wonder what this has got to do with St Luke, but Luke has traditionally been thought of as a doctor, and so he has become associated with health and healing. As an example, our bishop is having a special service in St Andrew's Holborn on Wednesday 16th October which will incorporate the ministry of healing. I hope that some of you might want to come with us to this service.

The idea of a healthy mind in a healthy body comes, not from a Christian source, but from a Roman poet named Juvenal, who wrote a poem, 200 years after Jesus's ministry, which includes the phrase ‘*mens sana in corpore sano*’.

The danger of this way of thinking about our health is that it might seem to suggest that our minds and our bodies are two separate things, and that one of them is inside the other one! In turn, this might

lead us to think that we can either work on our mental health, or we can work on our bodily health, or both, but that these two aspects of our overall health are independent of one another. I'm not at all sure that is a good way of thinking about it.

The reality, I think, is that mental health and bodily health are just two ways of thinking about the same thing. We cannot have a healthy mind if we neglect our physical health, and we can't have a healthy body if we neglect our mental health.

This, I think, is how we should understand the message of St Luke's day. Our health is one, God-given thing, and we have a duty to look after it. Looking after our health is an aspect of the gratitude that we owe to our creator, that attitude of thankfulness which is part and parcel of the Christian way of life.

Fr. Stephen

Father Stephen Brown SSC
fr.stephen@stanselm.co.uk
020 3855 0113

Father Josiah Myles Abadoo SSC
fr.josiah@stanselm.co.uk

Susan Chick, Lay Minister
susan@stanselm.co.uk
020 4570 7618
Churchwardens:

Ruth Gakuru Nicholas Karra
020 8148 9906 020 8132 7849
Email the Office

office@stanselm.co.uk

Please let us know of illness or other need as soon as possible. e.

Prayer focus

For the peace of the
world especially
Ukraine and the
Middle East

Worship focus

That we will show the
love of Christ to every
person we come
across

This Sunday

Sunday 6th October

27th SUNDAY IN ORDINARY TIME (G)

10am - Parish Mass

Divine Office Psalter Week 3, Year B(II)

Keep in Touch



twitter.com/anselmhayes



facebook.com/stanselmhayes



07452 709238 (WhatsApp Only)

Notices

Our next PCC Meeting is on 13th October, immediately after Mass.

Please take note that the launching of the Boys' Brigade and Girls' Association has been moved to 5th November.

We need volunteers to work as sides people to support the Church Wardens before, during and after worship by welcoming people to church.

Please sign up to read the scriptures during divine worship.

Please support the church generously through your giving at www.stanselm.co.uk/giving

Years Mind

- 6th. - Swapham Mundle
- 8th - Herbert Hemmings
- 9th - John Sebastian Belcher, Eliza Dellow, Ronnie Hackett,
- 10th - Lydia Fiddler
- 11th - Susan Elizabeth Mott

Pray This Week For

Mavis & Daniel Sibley, Laura & her twins, Jenny Appleby, Chris Gomez, Freya, Omeeta Dunrad, Susanna Mansah, Mary, Tiziana Fiorillo, Lennard Jones Terrence Campbell, Dilma, Pauline, Jas, Agnes, Dixit, Alka, Samson and Sarah

Monday 7th October

Our Lady of Rosary (W/G)

9:45 - Morning Prayer | 10am - Mass

5pm - Evening Prayer

Prayer focus: St. Anselm Parish

Tuesday 8th October

Tuesday of Week 27 in Ordinary Time (G)

9:45 - Morning Prayer | 10am - Mass

5pm - Evening Prayer

Prayer focus: For all religious

Wednesday 9th October

St. John Henry Newman, Priest (W/G)

9:45 - Morning Prayer | 10am - Mass

5pm - Evening Prayer

Prayer focus: Priest and Bishops of the Society

Thursday 10th October

Thursday of Week 27 in Ordinary Time (G)

9:45 - Morning Prayer | 10am - Mass

5pm - Evening Prayer

Prayer focus: New Christians

Friday 11th October

Friday of Week 27 in Ordinary Time (G)

9:45 - Morning Prayer | 10am - Mass

12:00 pm - Angelus / Rosary

Prayer focus: Struggling Mothers and Fathers

Saturday 12th October

Saturday of Week 27 in Ordinary Time (G)

[Offices said Privately]

Prayer focus: Charity

Sunday 13th October

28th SUNDAY IN ORDINARY TIME (G)

10am - Parish Mass

PCC Meeting After Mass

Divine Office Psalter Week 4, Year B(II)

