



July 28th – August 25th 2019

**Welcome to St. Peter's, we hope
you enjoy your time with us.
Please stay for some
refreshments afterwards!**

Disconnect This Summer

Whether or not you are going away on holiday, let me suggest that over the Summer season you digitally disconnect by drastically cutting your engagement with social media, email and the web. Why? Because there are growing concerns about how dependent we are becoming on social media, the use of email and web browsing.

When we go on holiday, it is imperative we withdraw from work. After all, to remain connected to your job in the same way as when you are at work means that you are not, in any real sense, on vacation. My concern is that, when we are on holiday, there are some who continue to use social media, email and browse websites, and ironically, free from workplace constraints, some spend even more time on the web.

The lure of the web is strong. It gives us the sense that we have opportunity and accessibility and, through social media, offers the illusion of belonging to a real community. The result of even a brief separation from such things as Facebook, Twitter, Snapchat or Instagram is to make us feel isolated. However, there is no better time than a holiday to cut down on our use of social media, because:

- 1. Disconnecting is good for our body.** We spend too long staring at screens. Let's look up and gaze at real people. Holidays are supposed to be where we rest and relax, and we can't switch off if we are permanently switched on.
- 2. Disconnecting is good for our mind.** Psychologists suggest that the overload of information from the internet is changing the way the brain works. Memory skills are in decline, we no longer reason in a linear fashion using sustained arguments, but instead, think only in disconnected fragments. Many internet users say it's a struggle to read a book. Enjoy some digital silence and let your mind be at peace.
- 3. Disconnecting is good for our spirit.** It has been said that some people's relationship with their smartphone is idolatry, as the worship of a handheld idol brings comfort. Whether or not you subscribe to this, we are created to relate to God and one other, and must be disciplined to ensure that digital connectivity does not get in the way of both relationships.
- 4. Disconnecting is good for our relationships.** Holidays are an essential time to connect with those around us, whether family or friends. We need time to discuss issues, rebuild connections and heal wounds. This will not happen if we are staring at a screen. Demonstrate your values and priorities and refuse to put social media ahead of the priority of relationships. Disconnect from social media and the web and, this summer, connect afresh with God, family and friends.

Paul

Open to Learn

Whether or not you are involved in leadership in a formal way, we all need to be able to lead at some point in our lives. Good leaders are constantly learning, the alternative is to get stuck in particular ways of doing things. Yet how do we keep ourselves open to learning?

Trust Me by Potter and Hastings has an interesting list of how to be an active learner:

1. Take time to reflect.

Don't just do things, reflect on things. Time to reflect and work out what is going on ensures we are drawing the most out of every situation.

2. Tune in to the outside world.

New ideas, new ways of doing things, new insights, new opportunities, new challenges, new movements are all out there, so it helps not to have tunnel vision and miss out on connection that will help us.

3. Regularly seek feedback.

Ask for it and accept criticism well. If you're not sure how to improve your leadership, just ask someone you lead.

4. Have a wide range of interests.

Be perennially curious. Ask questions of everyone.

5. Demonstrate an attitude of optimism and persistence.

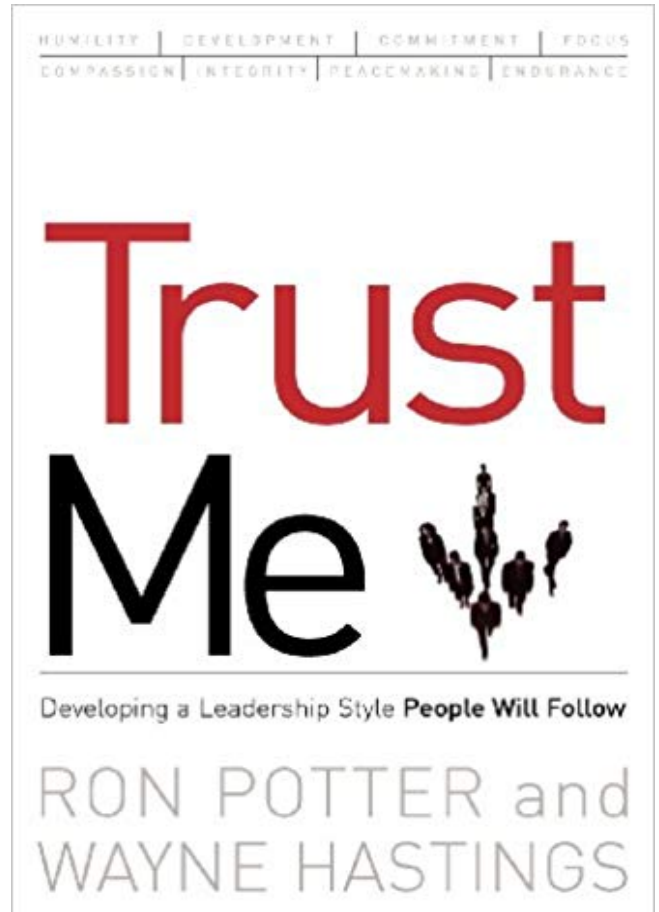
Mistakes and failure are nearly always opportunities to learn and grow, but only if we face them with an attitude that determines not to be put off by them.

6. Learn from other people's failures and successes.

They provide insights we can use to help us as we approach opportunities and challenges. They are accessible through books, videos, podcasts, and films.

I wonder what you would add to the list that has helped you to keep learning?

A stuck, static or stale leader is not a great leader to be around. Learning might just be one of the most powerful antidotes to prevent such a condition. Perhaps over the Summer we could each lean in to one of these ways of learning, and ask God to help us draw out all that we can as we seek to be open to learn.



Your Defining Moment

The devotional writer, Christine Caine, in her book “Unshakeable,” writes the following reflection which is worth considering over the Summer, which is often a time to slow down and review priorities.

It is based on Esther 4 v 4: *Who knows but that you have come to your royal position for such a time as this?*

At some point in your Christian life, you'll be faced with a crossroads decision. We face them when we consider changing jobs, moving home, or going back to studying. We face them when we have to choose between looking out for our own interests or the interests of others.

Esther was a queen in the Bible who faced such a decision. An evil adviser had persuaded her husband, King Xerxes, to sentence her people, the Jews, to death. Her uncle Mordecai pointed out that she was uniquely positioned to save the people by petitioning the king, but it was dangerous. Esther chose to put God and the people first.

I call that a defining moment – and eventually, we all have them. Maybe yours hasn't happened yet, but at some point you will have the opportunity to make an eternal difference in the lives of others. It may be something as simple as driving someone to the doctor or skipping a visit to the cinema to be with a hurting friend, but it will be a defining moment. A moment when you choose to do the right thing and it affects someone's life.

Keep close to God and attune your heart to His plans around you, so you don't miss any defining moments.

God, please show me the defining moments you send my way. Thank you for opportunities to make an eternal difference in someone's life today and every day.

Prayer ...

People wearing a 'Prayer Team' badge would be glad to pray for you. Do not hesitate to ask for prayer, this can be for any concern you have, it needn't be a crisis! We all face difficulties and challenges, and prayer works! Or maybe you would like to thank God for answered prayer. Whatever your situation, we'd love to pray with you! In an emergency, call Bren (07967 183601), and those on the prayer chain will pray for you.

IN THE WEEK

Monday to Friday, 10.00-3.00: Church is open

Tuesday and Friday, 11.00-12.30: refreshments are served

Friday, 12.30: Lunchtime Service

Space to take notes from today's readings, prayers and sermon.

St. Peter's in the City Staff:

Vicar: Revd. Canon Paul Morris
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Building Manager: Melvyn Wood
Kitchen Supervisor: Gillian Wood

Associate Priest: Revd. Anita Matthews
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Church Wardens: Tim Benson, Sung-Hee Lee
Inside Out Team: Wayne Haycock

Vicar's PA and Projects Administrator:
Kismet Barber (beginning September 1st)
office@stpetersderby.org.uk

We are a community of faith, hope and love in the heart of the city
Follow us on Twitter: @stpetersderby
www.stpetersderby.org.uk

St. Peter's Centre office (01332 360790) is open:

Monday to Thursday from 9.00-2.30

Parish Safeguarding Link: Revd. Anita Matthews