

St Martin of Tours
Epsom

St Stephen on the Downs
Langley Vale

The parish of
St Martin of Tours
with St Stephen-on-the-Downs

Weekly Newsletter
Registered Charity Number: 1134149

Sunday 20th June 2021 – Third Sunday After Trinity

Dear Friends,

We are halfway through our rest, recover and restore programme. It's wonderful to see how many of us are contributing to this in various ways – making something work together is a great way of building community and fellowship. But it's not just this element of the programme that builds the Church, it's also the mission and pastoral outreach. I know that several people from our wider community have already used the resources we have provided, and some good pastoral conversations have ensued. As we begin our 're-imagine' phase of post lockdown Church life, building fellowship, together with outreach in mission and pastoral work, must be key foci for our emerging Church.

Nick Parish

THIS WEEK

Sunday 20th June – Third Sunday After Trinity

- 9.30am – Morning Prayer at St Stephen's – led by Howard Bluett
- 10.00am – Holy Communion at St Martin's in Church and live streamed – led by Nick Parish
- 6.30pm – Evening Prayer at St Martin's in Church and live streamed – led by David Candlin

Thursday 24th June

- 10.00am – Holy Communion, in Church and live streamed – led by Nick Parish
(The Epsom Wives Fellowship will be joining the service this week).

FUTURE SERVICES

Sunday 27th June – Fourth Sunday After Trinity

- 9.30am – Holy Communion at St Stephen's – led by Andris Abakuks
- 10.00am – Holy Communion at St Martin's in Church and live streamed – led by David Candlin
- 6.30pm – Evening Prayer at St Martin's in Church and live streamed – led by Furth Foxcroft

DISCIPLESHIP /STUDY/ WORSHIP MEETINGS

Retreats from the House of Prayer, June 2021.

House of Prayer

35 Seymour Road

East Molesey, Surrey, KT8 0PB

Tel: 020 8941 2313 Charitable Incorporated Organisation 1174120

Seeing in the Dark – Meeting God within struggle and uncertainty

Saturday, 26 June 2021, 10:00 am - 4:00 pm

Led by Christopher Chapman via Zoom

Life is joyful, beautiful and a rich blessing, but also sometimes difficult, painful and mysterious. This day will draw on imagery from the Christian spiritual tradition to explore the part struggle plays within our growth and our experience of God, with insights from the writings of John of the Cross, Julian of Norwich, George Herbert and Gerard Manley Hopkins. With their help we learn to travel by night deeper into God. We discover how Christ willingly falls into the depths of our difficulty. We wrestle with God yet find ourselves held by love. We learn to move in rhythm with the changing seasons of our lives. We travel the trackless wastes between endings and beginnings and find hope along the way.

Cost: £30

The Experience of God

Mon, 5 Jul 2021, 6:00 pm - Wed, 7 Jul 2021, 4:00 pm

Led by Jill Benet

This retreat explores The Experience of God by Raimon Panikkar and is underpinned by extended periods of Centering Prayer and meditation.

Arrive in time for supper at 6pm on Monday and leave by 4pm on Wednesday.

Cost: £180

Going Within: Centering Prayer Immersion Weekend

Fri, 9 Jul 2021, 7:00 pm - Sun, 11 Jul 2021, 4:00 pm

Led by Jill Benet

This weekend offers the opportunity to spend time in silence with a small group and deepen the experience of Centering Prayer. This retreat is suitable for those experienced in Centering Prayer as well as those establishing their practice.

Cost: £180

To book or for more information, please e-mail admin@christian-retreat.org. Booking is not necessary for the Open Day on 24th July.

STEWARDSHIP

Donation Station

We now have the equipment in Church to take card donations. This is located just behind the pews on the right hand side of St Martin's. The process is simple – you choose the giving campaign, the amount you wish to donate and then use your contactless card; you can also gift aid your donation using the machine.

Please do not hesitate to speak to David or John or Gina in the office who will be able to help you

Giving to St Martin's and St Stephen on the Downs

For general and stewardship giving you can give online giving via the Charities Aid Foundation.

Donations can be either a one-off donation or a regular donation using direct debit.

To make a donation either:

1. Click on the following link:

<https://cafdonate.cafonline.org/13377>

OR

2. Use your Smart Phone and Scan the QR Code below



There is also a "Donate" button on our website.

Thank you for your continued giving directly and via online giving.

Our Financial Position – what do we all need to do to help?

At the Annual Meeting, we reported that we ended 2020 with an annual deficit of £40,000 in our day-to-day income, compared with day to day expenditure, and that we anticipate a deficit of about £60K by the end of this year.

The PCC have agreed that we needed to increase our giving income to realistically match our expenses. For this to work, and for us to be able to raise our income by £60K, we all need share the load between us.

Our income in an average year is comprised of three main sources:

1. Free will giving by our congregations 39%
2. Investment income 14%
3. Rental Income from Church House, the John Chandler Hall etc: 47%

As hirers begin to return to Church House, we hope to see some rental income in this year, though it is unlikely that we will see full hiring income until 2022 at the earliest. Investment income can go up and down, so looking at the principal sources of our income, the only one over which we have control is our own free will giving, so this is the source of income we need to increase, and we are appealing to everyone to help to achieve this.

We need to increase our giving by around £60K a year. There are currently 120 people giving in the stewardship scheme, so if everyone in the scheme increased their giving by £10 a week, we would in a full year raise $£10 \times 52 \times 120 = £62,400$. This would not only eliminate our deficit, but rebuild our finances, so that we can face the future from a position of strength. If more people join the scheme, the burden is shared wider!

Could cover these deficits from our savings in the bank? Our auditors have calculated that we have about £420K in free cash in reserve but we will exhaust this sum in 5 years if nothing changes. So, the only long term solution for the Church, is for all of us to increase our giving.

We urge everyone who does not already do so to give by means of a bankers order as this eliminates the handling of money. The Parish Office can process this for you.

You can also give online via our account with CAF, the Charities Aid Foundation.

If you are able to increase your giving on a regular basis, it will be a significant help to us. May we also thank you in advance for all your gifts which will help us manage this difficult situation.

If you have any questions about our finances and want to know more, please do not hesitate to contact the wardens.

The Churchwardens

OTHER NOTICES

NEWS OF THE PAROCHIAL CHURCH COUNCIL

The PCC will meet next Thursday the 24 June.

The Agenda and all the supporting papers for this meeting have been distributed by the office on Church Suite. If you are unable to access documents in this way, please let the office know.

At the meeting the minutes of the previous meeting of the 5th May will be ratified and published as soon as possible, again via Church suite.

I would encourage you to read the agenda and papers for the forthcoming meeting and if you have any questions, please do not hesitate to talk to John, Laurence or me.

PCC Governor vacancy – Volunteer role.

A vacancy has arisen for a PCC appointed Foundation Governor at St Martin's Church of England Voluntary Aided Schools, Epsom.

Foundation Governors in a Church school play a vital role in ensuring that the Christian character and ethos of the school is promoted and maintained in line with the original Trust Deed of the Church of England school, also known as its 'Foundation'.

Foundation Governors are committed to ensuring the school's Christian ethos. It is hoped to appoint someone with a background in finance who will be able to engage with the school management in offering a supportive challenge in this vital part of the running of the school.

Being a Governor is really worthwhile and rewarding, and if you are interested in this role, please do get in touch with:

- Nick Parish on vicar@stmartinsepsom.org
- Robert Burns on rburns@stmartinsepsom.school

and copy your email to the Clerk to the Governors clerk@stmartinsepsom.school.

Applicants will be asked to complete an application form including a skills audit to support the appointment of the skills and experience needed by the governors.

Garden Party – Cancelled

Garden Party cancelled

Unfortunately we must cancel the Garden Party on 10th July because Covid-19 restrictions will still be in force limiting how many people can meet together. Nancy and I are so disappointed because it would have been lovely to see everyone.

The events team hope to be able to book in another date sometime in the Autumn.

David & Events Team

Plants

Thank you to everybody who bought plants this year. We raised £165.00 for Church funds.

Maureen Suatt

Thanks From Jay

Jay finally had his ankle operated on last Thursday and is now recuperating at home. We would like to thank everybody for all their good wishes and prayers, and also for the beautiful bunch of flowers that was delivered by one of the wardens.

Jay is facing a steady road to recovery and we will continue to be a part of St Martin's from afar for the present.

The Holloway-Nevilles

Mission For June

HOME

The Church Mission Society is a non-denominational organisation serving the community with the purpose of reaching out to them with the gospel of Jesus Christ, to teach and train them how to study the Bible .

St Martin's congregation donates to support the work of Andrea Campanale working with CMS based in Kingston, Surrey. *Meg Topley*

ABROAD

St Martin's Church continues to support Mercy Ships, who use hospital ships to provide free, life-changing medical care to some of the world's poorest people. They have touched more than 2.7 million lives, but there are many more people who need help.

For 40 years, Mercy Ships have relied on volunteers and supporters like St Martin's Church to provide free, life-changing surgeries to people in greatest need. Today Mercy Ships is focused on sub-Saharan Africa, where 93% of the population lacks access to safe, affordable, timely surgery.

Roughly 400 volunteers serve onboard our hospital ship at a time, putting their given talents to use in a variety of ways. In addition to our valiant medical staff, the volunteers serve in all sorts of roles needed to operate a floating city, such as:

- Cooks
- Engineers
- Hairdressers
- Clerks
- Carpenters

They are all unified by their desire to serve people in desperate need. They are critical to the Mercy Ships operation.

Further details will be put on our notice board at the back of St Martin's Church.

Thank you for your continuing support.

Peter and Julia White

Can you please hold these Mission areas in your Prayers – Thank you

CONTACT US

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Church House, Church Street, Epsom,

KT17 4PX Phone: 01372 722567

E-mail: stmartinsepsom@btconnect.com

Website: www.stmartinsepsom.org

The Revd Nick Parish, Vicar – 01372 743336

Email: vicar@stmartinsepsom.org

The Revd David Candlin – Curate - 07723 849 477

Email: revcandlin@gmail.com

Latest message from Chris Shortt at Food Bank

We are so grateful to all of our wonderful supporters, every donation really does make a difference!

Thank you to those who arrange supermarket deliveries to us. This is a fantastic way for people to make a direct donation. If you want to arrange a delivery to us, please pick a morning slot with your chosen supermarket and drop us a message letting us know when to expect it.

You may prefer to make a small donation by text, details are at the bottom of this email.

A huge thanks, as always, for your continued support.

Wishlist:

This week we need help with:

- | | |
|---|--|
| <ul style="list-style-type: none">• Dog Food (wet and dry) – urgent• Biscuits – urgent• Breakfast cereal (not porridge)• Pulses• Tinned meat (meatballs, ham, hotdogs etc)• Hot Chocolate• Tinned vegetables• Treats for children (chocolates, sweets, crisps etc)• Bags for life | <ul style="list-style-type: none">• Instant mash• Tinned fruit• Sweetcorn• Tinned tomatoes• Powdered milk• Washing up liquid• Shampoo / hair conditioner• Deodorant – male & female |
|---|--|

You can donate at the usual supermarket points, or bring donations to our car park (please wear a mask);

Epsom & Ewell Foodbank

Generation Resource Centre

(Behind West Ewell Primary School)

Ruxley Lane, Ewell, KT19 0JG

Donation Drop Off Times: Monday to Friday 9am – 2pm

*** PLEASE MAKE SURE ALL DONATIONS ARE SEALED, IN DATE AND DO NOT CONTAIN ALCOHOL***

Can't get to the shops? You could text to make a small donation, send us a supermarket delivery to the address above, or contact us about sponsoring some fresh fruit & veg!

You can help by texting 70450 to donate:

Text **FOODBANKGIFT2** to donate £2

Text **FOODBANKGIFT5** to donate £5

Text **FOODBANKGIFT15** to donate £15

Kind regards, Chris Shortt

Text **FOODBANKGIFT3** to donate £3

Text **FOODBANKGIFT10** to donate £10

Text **FOODBANKGIFT20** to donate £20



COLLECT

Almighty God,
you have broken the tyranny of sin
and have sent the Spirit of your Son
into our hearts whereby we call you
Father:
give us grace to dedicate our
freedom to your service,
that we and all creation may be
brought to the glorious liberty of
the children of God;
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.

FIRST READING Job 38:1-11

A reading from the book of Job.

The LORD answered Job out of the whirlwind: "Who is this that darkens counsel by words without knowledge? Gird up your loins like a man, I will question you, and you shall declare to me. Where were you when I laid the foundation of the earth? Tell me, if you have understanding. Who determined its measurements – surely you know! Or who stretched the line upon it? On what were its bases sunk, or who laid its cornerstone when the morning stars sang together and all the heavenly beings shouted for joy? Or who shut in the sea with doors when it burst out from the womb? – when I made the clouds its garment, and thick darkness its swaddling band, and prescribed bounds for it, and set bars and doors, and said, 'Thus far shall you come, and no farther, and here shall your proud waves be stopped?'"

PSALM Psalm 107:1-3. 23-32

R Give thanks to the Lord for he is good, and his mercy endures for ever.

Give thanks to the Lord, for he is good,
and his mercy endures for ever.
Let all those whom the Lord has
redeemed proclaim
that he redeemed them from the
hand of the foe.
He gathered them out of the lands;
from the east and from the west,
from the north and from the
south. **R**

Some went down to the sea in ships
and plied their trade in deep waters;
They beheld the works of the Lord
and his wonders in the deep.
Then he spoke and a stormy wind
arose,
which tossed high the waves of the
sea. **R**

They mounted up to the heavens
and fell back to the depths;
their hearts melted because of their
peril.
They reeled and staggered like
drunkards
and were at their wits' end.
Then they cried to the Lord in their
trouble,
and he delivered them from their
distress. **R**

He stilled the storm to a whisper
and quieted the waves of the sea.
Then were they glad because of the
calm,
and he brought them
to the harbour they were bound for. **R**

Let them give thanks to the Lord for
his mercy
and the wonders he does for his
children.
Let them exalt him in the
congregation of the people
and praise him in the council of the
elders. **R**

SECOND READING

2 Corinthians 6:1-13

A reading from the second letter of Paul to the Corinthians.

As we work together with Christ,
we urge you also not to accept
the grace of God in vain. For he
says, "At an acceptable time I have
listened to you, and on a day of
salvation I have helped you." See,
now is the acceptable time; see,
now is the day of salvation! We are
putting no obstacle in anyone's way,
so that no fault may be found with
our ministry, but as servants of God
we have commended ourselves in
every way: through great endurance,
in afflictions, hardships, calamities,
beatings, imprisonments, riots,
labours, sleepless nights, hunger;
by purity, knowledge, patience,
kindness, holiness of spirit, genuine
love, truthful speech, and the

power of God; with the weapons of
righteousness for the right hand and
for the left; in honour and dishonour,
in ill repute and good repute. We
are treated as impostors, and yet are
true; as unknown, and yet are well
known; as dying, and see – we are
alive; as punished, and yet not killed;
as sorrowful, yet always rejoicing;
as poor, yet making many rich; as
having nothing, and yet possessing
everything. We have spoken frankly
to you Corinthians; our heart is wide
open to you. There is no restriction
in our affections, but only in yours. In
return – I speak as to children – open
wide your hearts also.

GOSPEL Mark 4:35-end

Hear the gospel of our Lord Jesus Christ according to Mark.

When evening had come, Jesus said
to his disciples, "Let us go across
to the other side." And leaving the
crowd behind, they took him with
them in the boat, just as he was.
Other boats were with him. A great
gale arose, and the waves beat into
the boat, so that the boat was already
being swamped. But he was in the
stern, asleep on the cushion; and
they woke him up and said to him,
"Teacher, do you not care that we are
perishing?" He woke up and rebuked
the wind, and said to the sea, "Peace!
Be still!" Then the wind ceased, and
there was a dead calm. He said to
them, "Why are you afraid? Have
you still no faith?" And they were
filled with great awe and said to one
another, "Who then is this, that even
the wind and the sea obey him?"

POST COMMUNION

O God, whose beauty is beyond our
imagining
and whose power we cannot
comprehend:
show us your glory as far as we can
grasp it,
and shield us from knowing more
than we can bear
until we may look upon you without
fear;
through Jesus Christ our Saviour.

Sunday Homily

THIRD SUNDAY AFTER TRINITY

20 JUNE 2021

YEAR B

“Teacher, do you not care that we are perishing?”

Mark 4:38

Illustration

For a time in the late 1970s, the daily news programmes on British television showed images of streets which were not cleaned, rubbish which was not collected, trains and buses which did not run. There seemed to be trouble everywhere. Everybody seemed to be on strike, even the dead were not being buried. The period was described as the “Winter of Discontent”. The then Prime Minister, James Callaghan, returning from a trip abroad, was met at the airport by dozens of journalists who asked him one simple question: “What are you going to do about the crisis?”

Trying to play down the situation, the Prime Minister reportedly responded: “Crisis? What crisis?” This underestimation of the gravity of the situation very soon afterwards cost Mr Callaghan his job.

Gospel Teaching

In today’s Gospel we hear the lovely story of the storm at sea. It had been Jesus’ suggestion to take the boat across that evening. He then seems totally unconcerned when the gale gets up, and he remains fast asleep on the cushion. The first few chapters of Mark’s Gospel show the whirlwind of activity that Jesus has been living in, with crowds following him everywhere. So are we perhaps meant to think that he is just tired out? Too tired to notice the storm?

At first sight it looks as though Jesus, like the politician, has a similarly cavalier and almost irresponsible attitude to the danger he and the disciples face. While the disciples struggle to save their very lives, Jesus sleeps, either unaware or unconcerned at the situation. The disciples, not surprisingly, are singularly unimpressed and ask: “Teacher, do you not care that we are perishing?” However, there is a big difference between the kind of complacency and indifference which we can often exhibit in the face of other people’s suffering and Jesus’ attitude here.

Jesus’ apparent lack of concern comes not from indifference, or even from weariness, but from an absolute trust and confidence in the power of God to save. Such was his intimacy with God that he never once doubted his Father’s

love for him. This is the faith which the disciples lacked – a real, deep and personal knowledge and experience of God’s total, unconditional love for them. It was this love which Christ himself came to manifest, to make present to his disciples. And Christ is the one who makes this saving relationship with God a real possibility for us, his present-day disciples.

Application

As a Church and as individuals, we face many storms; many things seem to threaten to overwhelm us. As a Church, we face problems over the falling numbers in our parishes, the lack of people committing themselves to the ministry, the lack of consensus on many moral and doctrinal issues, even a lack of confidence in the Church’s relevance in the modern world. As individuals, we can feel swamped by depression, anger, hurts, resentments, failed relationships, jealousy, powerlessness and a sense of hopelessness. We can each add to this list.

The message of today’s Gospel is not that we should meet these problems with a naive complacency or indifference. Only a lack of love could do this. Rather, as Christians, we are called to develop such a deep and intimate relationship with God that we are never truly threatened by any outside force or interior emotion. Our faith – our total trust in the power of God to save – is all that we need.

This does not insulate us against pain and loss: the cross is a reality in every Christian’s life. However, as St Paul says, it is the love of Christ which overwhelms us, and only that. Once we belong to him, nothing can come between us and the love of God. Nothing else can touch us, because we are a new creation – not immune to the sufferings of this world (our own or other people’s) – but secure in the knowledge that we have as our Father a God who is able to calm every evil which threatens to destroy us.

We would do well to consider what things we are afraid of and ask God, present among us, to take control of them. He will reassure us with his presence – he may even ask why our faith is frail. But most of all we can pray to gain a deeper knowledge and experience of God’s love for us personally. And we can be a support to others who themselves feel threatened by some crisis and need the presence of a strengthening faith.

MONDAY**21 JUNE**

Genesis 12:1-9
 Psalm 33:12-end
 Matthew 7:1-5

TUESDAY**22 JUNE**

Genesis 13:2. 5-end
 Psalm 15
 Matthew 7:6. 12-14

WEDNESDAY**23 JUNE**

Genesis 15:1-12.
 17-18
 Psalm 105:1-9
 Matthew 7:15-20

THURSDAY**24 JUNE**

Birth of John the Baptist

Isaiah 40:1-11
 Psalm 85:7-end
 Acts 13:14b-26 or
 Galatians 3:23-end
 Luke 1:57-66. 80

FRIDAY**25 JUNE**

Genesis 17:1. 9-10.
 15-22
 Psalm 128
 Matthew 8:1-4

SATURDAY**26 JUNE**

Genesis 18:1-15
Canticle:
 Luke 1:46b-55
 Matthew 8:5-17

REFLECTION

The world's prejudices have been challenged recently by the MeToo movement and Black Lives Matter. On



Thursday, we read

Paul's words to the Galatians that gender and race are immaterial in God's eyes. We're all children of God, he writes, through faith in Jesus. Moreover, Gospel readings this week show how God loves "all the children of earth," as Monday's psalm puts it.

Jesus mentions false prophets on Wednesday. Many still twist what he said and did, moulding the Gospel to suit their own prejudices and preoccupations, ignoring his teaching on Tuesday about the "golden rule" – treating others as we would want them to treat us. This, Jesus says, is what matters; this sums up all the Law and the prophets. And on Monday he'd cautioned against judging others. What a warning against prejudice of any kind!

On Friday we see Jesus healing a leper. Saturday's stories, of Jesus healing the Roman centurion's servant and Peter's mother-in-law, show that neither race nor gender are barriers to God's saving love. So, if we claim to follow Jesus, is there any excuse for us to treat others without respect?

PRAYER

Loving God, your Son died for the sins of the whole world.

Help us to admit our sins against those who are different from us in any way.

May we learn from his example of compassion for all, so that we may truly be his disciples.

PART I – MALMESBURY ABBEY

Heather Smith continues her series from April, visiting some holy sites and reflecting on their significance.

St Aldhelm, the first saint of Wessex, was born around 639. Described as a pioneering church planter and evangelist by the Community of St Aldhelm based at Malmesbury Abbey (now in Wiltshire), he studied with the North African Scholar, Hadrian, in Canterbury. Afterwards he returned to Malmesbury where he had received his early education. He is famous as a scholar and a poet and his writings were known as far as Italy, leading him to be invited to visit Rome. In Malmesbury he became abbot and in 705 he added the newly created See of Sherborne to his responsibilities. He was buried in the church of St Michael, here at the abbey.

The current building dates from the twelfth century and is the third structure to stand on the site. In the time of St Aldhelm it was a wooden building, but he replaced it with large complex of stone buildings during his time as abbot.

A small market town, Malmesbury is an attractive place for a pilgrim. If you approach from the south you travel up the steep High Street as it bends round towards the crossroads at Abbey Row, with its fifteenth-century market cross. Behind the cross lies the abbey gateway which leads you into the churchyard and gives a stunning view of the west side of the church with its beautiful carved stone entrance. The nave is all that is left of the once extensive abbey buildings, covered with bullet marks made during the English Civil War. The large building dominates the small town and in its heyday must have been an impressive complex.

Step inside and you are greeted by a broad space. Although St Aldhelm himself did not see the current structure, you can meditate on the community he led here. Walk around the building to the cloister garden, where it is easier still to be transported back in time and to imagine the monks silently going about their business.

Edited by
Caroline Hodgson
and
Heather Smith



Third week after Trinity

Monday 21 June to
Saturday 26 June
2021

Our hero

Gillian Cooper *reflects on* 1 Samuel 17:[1a 4-11. 19-23] 32-49

David and Goliath". We hear the familiar phrase and we know that a little person has taken on someone powerful in some way and won the day. We can picture the shepherd boy with his stone and sling, bravely facing the huge warrior in all his armour with his vast spear at the ready.

We have met this boy before in the Old Testament story, twice. We have witnessed him being chosen in secret ultimately to replace King Saul, who now cowers in his tent before the Philistine threat. And we have met him as the court musician, playing to soothe the king. We know he has a heart that pleases God. We know he is handsome and talented. Now we see him in a different situation. This boy also has courage and faith.

Poor Saul. He has tried so hard to measure up as king, and he has failed. His successor is everything he is not – talented, brave and blessed. It is only a matter of time. Our hero takes his stance in the name of the God of Israel, and throws his stone. As Goliath hits the ground, Saul's reign is effectively over. Even Saul's own son Jonathan has fallen for David's charms.

Saul cowers, but David stands up in the face of the threat on behalf of his people, with faith in victory but knowing the cost of defeat. His descendant will stand against an even greater enemy, and will emerge the victor by a harder and darker way. 🍷



Turn our hearts, O Lord, to you, and give us faithfulness and courage, that we may discern your will and defend your truth, and know your blessing in our lives now and in all eternity. Amen.

Fruits of the Spirit

– a meditation on Galatians 5:22-23

The peach is an example of gentleness

by Caroline Hodgson

The soft, velvety skin of the peach represents the gentleness we need to nurture in our hearts, even if it sometimes means we bruise more easily.

Mother Theresa said: "It is better to commit faults with gentleness than to work miracles with unkindness." In recent weeks you may have been practising love, joy, peace, patience, kindness, goodness and faithfulness. Now consider who you reveal these

qualities to. Do you find it easier to show them to someone you feel comfortable with? Do you perhaps make judgements about who is vulnerable or strong? Sometimes it's worth remembering that we all – rich or poor, young or old, in sickness or health – have fears, worries and doubts. It's simply part of the human condition. If we soften our hearts and nurture the qualities of gentleness and understanding, if we drop our judgemental side and practise an open, approachable manner, we soon start to radiate God's love. 🍷

“**May my teaching drop like the rain, my speech condense like the dew; like gentle rain on grass, like showers on new growth.**”

Deuteronomy 32:2

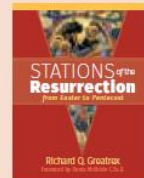
The Eucharist Part III, the early Church (continued)

by Richard Greatrex

When Constantine adopted Christianity as the official Roman religion, the Eucharist moved from private homes into the public sphere, became influenced by court ceremonies and eventually took place in specially designed buildings. Prayers led by the presiding bishop expanded to include the text we know as the *Sanctus* (beginning "Holy, holy, holy, Lord...") as well as an account of the Last Supper (1 Corinthians 11:23-26), along with prayers

that those present might benefit from the sacrament.

As the public nature of worship drew larger crowds, the elements of bread and wine gained increasing centrality as the locus for Christ's presence. This led to the introduction of prayers for their consecration, that they become Christ's body and blood. The Roman rite introduced these into the long Eucharistic prayer before the institution narrative, but the Eastern Church also added an extra petition for the descent of the Spirit, called the *epiclesis*. Thus liturgies began to diverge. 🍷



Stations of the Resurrection
(RP Books product code: 1841 ISBN: 9780852315453, £12.95)



Sunday 20 June 2021
Mark 4:35-41
12th Sunday in Ordinary Time

IN THE GOSPEL TODAY

My name is _____

Jesus and his disciples sail across a lake but are hit by a terrible storm along the way. The disciples are so frightened they wake Jesus up. Jesus calms the storm and wonders why his friends did not have more faith.

DON'T BE SCARED!

Join the dots to see the wind, waves and storm clouds that Jesus and his disciples faced.

How would you have felt if you were in that boat?



amazed

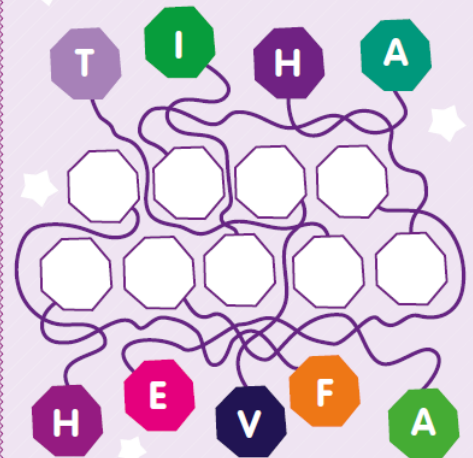
afraid

happy

What is Jesus telling us?

How amazing, that Jesus was asleep in the middle of the storm!

What did he want to teach the disciples?



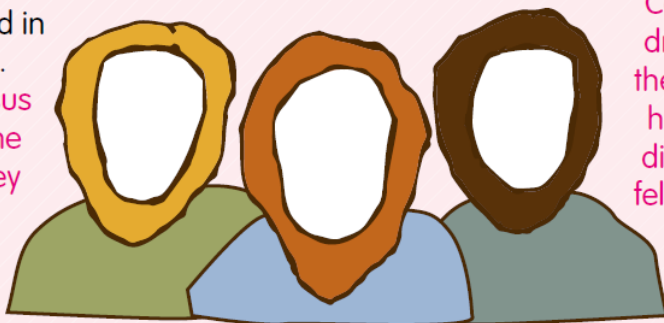
Move each letter to its empty shape to see what Jesus wanted them to learn.

Scary times

The disciples are happy now they know that Jesus can calm any storm.

The disciples were very afraid in the storm.

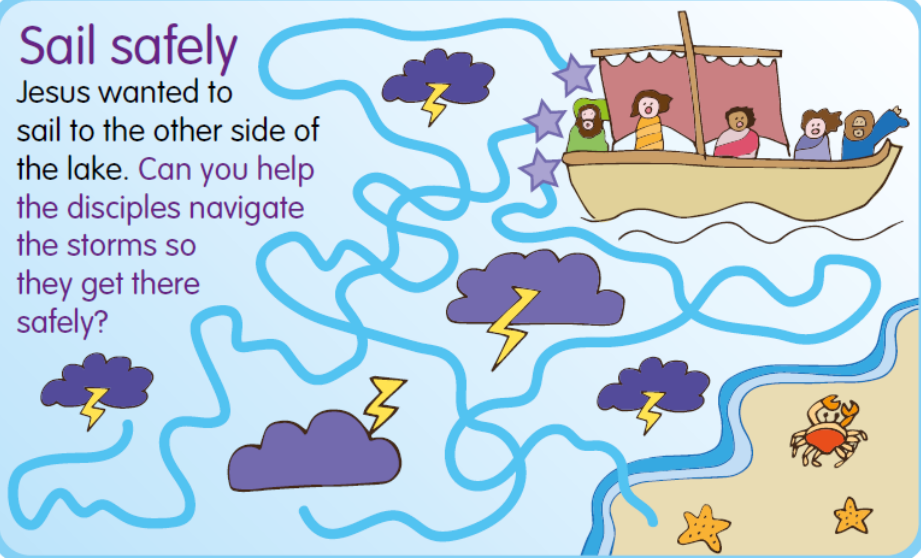
When Jesus calmed the storm, they were amazed.



Can you draw on the faces how the disciples felt in the boat?

Sail safely

Jesus wanted to sail to the other side of the lake. Can you help the disciples navigate the storms so they get there safely?



A PRAYER TO SAY

Dear Jesus, sometimes I am afraid of things I think will happen to me. Sometimes it is only my mind telling me these things. Help me remember that I am loved and that, no matter what, you are always at my side. Amen.

Answers: Have faith.