

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 27<sup>th</sup> June 2021 – Fourth Sunday After Trinity

Dear Friends,

If all goes according to plan, I should be on holiday when you read this. I have promised myself never to take this for granted again! When I did the exercises around the Church last week, one of my promises for the future was to be more positive and appreciate life more. It's not always been easy to remain positive these last few months! It has been a challenge to faith to rediscover both the joy of the gospel and the foundation of faith that doesn't rely on certainty. I pray we will all find peace of mind and heart in our faith in the unchanging God.

**Nick Parish**

### **THIS WEEK**

#### **Sunday 27<sup>th</sup> 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 Ruth Foxcroft

#### **Thursday 1<sup>st</sup> July**

- 10.00am – Holy Communion, in Church and live streamed – led by Andris Abakuks

### **FUTURE SERVICES**

#### **Sunday 4<sup>th</sup> July – Fifth Sunday After Trinity**

- 9.30am – Morning Prayer at St Stephen's – led by John Padwick
- 10.00am – Holy Communion at St Martin's in Church and live streamed – led by Nick Parish
- 12.00pm – Baptisms of Danae & Noah
- 6.30pm – Evening Prayer at St Martin's in Church and live streamed – led by Judith Mitchell

## DISCIPLESHIP /STUDY/ WORSHIP MEETINGS

### Confirmation Course

The course is open to people aged 3-40 on Tuesdays (on zoom) and older people at St Mark's Tattenham Corner on Wednesdays.

It is open to all, but if anyone is considering confirmation, please note that this year there will be a deanery service at Christchurch, 10am on Sunday 19th September. If you are considering being confirmed, please speak with the Vicar in the first instance.'

## A four-step guide to faith

A 4 session course about the basics of christianity

**Tuesday 29th June zoom and Wednesday 30th live**

**God** Is there more to God than a "big man upstairs" or a philosophical idea?

What about the supernatural – have you had any "strange" occurrences?

**Tuesday 13th July zoom and Wednesday 14th July live**

**Bible** – the all-time best seller that collects dust! Is there any point to reading it and if so where does one begin? Isn't it just a load of ancient stories and rules?

**Tuesday 6th July zoom and Wednesday 7th July live**

**Jesus** – Jesus is central to Christianity but who was he, did he really do miracles, is his 2,000-year-old message still relevant today and is it realistic to love one's enemies?

**Tuesday 20th July zoom and Wednesday 21st July live**

**Prayer**– Most people pray when they are desperate but is there more to it. What about when prayers are not answered? Can prayer bring peace and calm to our busy lives?

Each session starts at 7.45 and ends by 9.15. For the zoom link contact Des. Live sessions are in St Mark's Church Hall, Great Tattenhams.

Contact Des for more details on  
[minister@stmarkschurch.me.uk](mailto:minister@stmarkschurch.me.uk)  
or 01737 353011 or 07948 273 075

## **Adrian Esdaile**

On Trinity Sunday Nick Parish generously commissioned me for the next stage of my ministry. I am now somewhat hampered by my mobility problems. The four elements of this ministry were to be Contemplative Prayer, Counsel, Spiritual Direction and Healing.

1. Contemplative Prayer – anyone who would like to receive the notes I send out each month, please let me know. At some point we hope to return to the Church on a monthly basis. Also, at the moment there is a Contemplative ‘workshop’ on the 3<sup>rd</sup> Thursday of each month at 8pm based on the Parish of Headley – anyone is welcome to join in – it is on Zoom and the ID is 822 1768 7907.
2. ‘Counsel’. Anyone is welcome to make an appointment to talk with me about anything informally. Anything said is confidential, of course. Please ring through and ask. Or it can be done on the phone.
3. ‘Spiritual Direction’ is a more structured and formal meeting on a regular basis (usually about every 3 months), with an emphasis on the spiritual life, but by no means confined to it. About 8-10 people come to see me on this basis.
4. We plan some meetings in the autumn to consider the healing ministry.

Do please get in touch if you wish.

01372 723 770 – 29 Hereford Close, Epsom, KT18 5DZ – esdaileadrian@yahoo.co.uk

***Adrian Esdaile***

## **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 on a Sunday or Gina or Nicky 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.**

### **Cheques to St Martins**

If you would like to give a cheque donation to St Martin’s

## OTHER NOTICES

### **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](mailto:vicar@stmartinsepsom.org)
- Robert Burns on [rburns@stmartinsepsom.school](mailto:rburns@stmartinsepsom.school)

and copy your email to the Clerk to the Governors [clerk@stmartinsepsom.school](mailto: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**

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***

### **Free Wooden Framed Electric Piano**

I have a Hohner Clavinet Wooden Framed Electric Piano that I no longer have space for. It can be disassembled for transport. If you are interested in having it please contact me on 01372 308282.

***Glenys Scadden***

## MISSION FOR THE MONTH

### HOME

#### Cross Rhythms

XRhythms has grown to be recognized as one of the pioneering media initiatives proclaiming Christ into the mainstream market place. Media should be able to engage with the wider community whether attending church or not. They believe in collaborating with other organisations whose impact on society is different to their own.

### ABROAD

#### AMECA

AMECA is committed to health care delivery, training healthcare professionals and to healthcare education in Sub-Saharan African Countries through sustainable initiatives. The latest project was the building of a maternity clinic and this has been completed. With the completion of the new maternity clinic, initial feedback was hugely positive. All the mothers commented on the quality of care and attention given by the excellent maternity staff.

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

*Meg Topley*

### FREE No Cold Calling stickers

Do you support vulnerable people who live independently? Let them know about the free 'No cold calling' stickers from Buckinghamshire and Surrey Trading Standards. Email [trading.standards@surreycc.gov.uk](mailto:trading.standards@surreycc.gov.uk)

## CONTACT US

### *Parish Office:*

***Church House, Church Street, Epsom,  
KT17 4PX Phone: 01372 722567***

***E-mail: [stmartinsepsom@btconnect.com](mailto:stmartinsepsom@btconnect.com)***

***Website: [www.stmartinsepsom.org](http://www.stmartinsepsom.org)***

**The Revd Nick Parish, Vicar – 01372 743336**

**Email: [vicar@stmartinsepsom.org](mailto:vicar@stmartinsepsom.org)**

**The Revd David Candlin – Curate - 07723 849 477**

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

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

O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy:

increase and multiply upon us your mercy; that with you as our ruler and guide we may so pass through things temporal that we lose not our hold on things eternal; grant this, heavenly Father, for our Lord Jesus Christ's sake, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

## FIRST READING (Alternative readings)

**Wisdom of Solomon 1:13-15; 2:23-24**  
A reading from the book of Wisdom.

God did not make death, and he does not delight in the death of the living. For he created all things so that they might exist; the generative forces of the world are wholesome, and there is no destructive poison in them, and the dominion of Hades is not on earth. For righteousness is immortal. For God created us for incorruption, and made us in the image of his own eternity, but through the devil's envy death entered the world, and those who belong to his company experience it.

*The Canticle (Lamentations 3:22-33) may be used in place of Wisdom 1:13-15; 2:23-24 as the First Reading.*

## CANTICLE OR PSALM (Alternative readings)

Either **Lamentations 3:22-33**

**R** *The Lord is good to those who wait for him.*

The steadfast love of the LORD never ceases,  
his mercies never come to an end.  
They are new every morning;  
great is your faithfulness. **R**

"The LORD is my portion," says my soul,  
"therefore I will hope in him."  
The LORD is good to those who wait for him,  
to the soul that seeks him.  
It is good that one should wait quietly for the salvation of the LORD. **R**

It is good for one to bear the yoke in youth,  
to sit alone in silence when the Lord has imposed it,  
to put one's mouth to the dust (there may yet be hope),  
to give one's cheek to the smiter,  
and be filled with insults. **R**

For the Lord will not reject for ever.  
Although he causes grief,  
he will have compassion according to the abundance of his steadfast love;  
for he does not willingly afflict or grieve anyone. **R**

## Or Psalm 30

**R** *To you, O Lord, my heart shall sing without ceasing.*  
I will exalt you, O Lord,

because you have lifted me up  
and have not let my enemies triumph over me.

O Lord my God, I cried out to you,  
and you restored me to health.  
You brought me up, O Lord, from the dead;  
you restored my life as I was going down to the grave. **R**

Sing to the Lord, you servants of his;  
give thanks for the remembrance of his holiness.  
For his wrath endures but the twinkling of an eye,  
his favour for a lifetime.  
Weeping may spend the night,  
but joy comes in the morning. **R**

While I felt secure, I said,  
"I shall never be disturbed."  
You, Lord, with your favour,  
made me as strong as the mountains."  
Then you hid your face,  
and I was filled with fear. **R**

I cried to you, O Lord;  
I pleaded with the Lord, saying,  
"What profit is there in my blood,  
if I go down to the Pit?  
will the dust praise you or declare your faithfulness?  
Hear, O Lord, and have mercy upon me;  
O Lord, be my helper." **R**

You have turned my wailing into dancing;  
you have put off my sack-cloth and clothed me with joy;  
Therefore my heart sings to you without ceasing;  
O Lord my God, I will give you thanks for ever. **R**

## SECOND READING 2 Corinthians 8:7-15

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

You excel in everything – in faith, in speech, in knowledge, in utmost eagerness, and in our love for you – so we want you to excel also in this generous undertaking. I do not say this as a command, but I am testing the genuineness of your love against the earnestness of others. For you know the generous act of our Lord Jesus Christ, that though he was rich, yet for your sakes he became poor, so that by his poverty you might become rich. And in this matter I am giving my advice: it is appropriate for you who began last year not only to do something but even to desire to do something – now finish doing it, so that your eagerness may be matched by completing it according to your means. For if the eagerness is there, the gift is acceptable according to what one has – not according to what one does not have. I do not mean that there should be relief for others and pressure on you, but it is a question of a fair balance between your present abundance and their need, so that their abundance may be for your need, in order that there may be a fair balance. As it is written, "The one who had much did not have too much, and the one who had little did not have too little."

## GOSPEL Mark 5:21-43

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

When Jesus had crossed again in the boat to the other side, a great crowd gathered around him; and he was by the lake. Then one of the leaders of the synagogue named Jairus came and, when he saw him, fell at his feet and begged him repeatedly, "My little daughter is at the point of death. Come and lay your hands on her, so that she may be made well, and live." So he went with him. And a large crowd followed him and pressed in on him. Now there was a woman who had been suffering from haemorrhages for twelve years. She had endured much under many physicians, and had spent all that she had; and she was no better, but rather grew worse. She had heard about Jesus, and came up behind him in the crowd and touched his cloak, for she said, "If I but touch his clothes, I will be made well." Immediately her haemorrhage stopped; and she felt in her body that she was healed of her disease. Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, "Who touched my clothes?" And his disciples said to him, "You see the crowd pressing in on you; how can you say, 'Who touched me?'" He looked all around to see who had done it. But the woman, knowing what had happened to her, came in fear and trembling, fell down before him, and told him the whole truth. He said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease." While he was still speaking, some people came from the leader's house to say, "Your daughter is dead. Why trouble the teacher any further?" But overhearing what they said, Jesus said to the leader of the synagogue, "Do not fear, only believe." He allowed no one to follow him except Peter, James, and John, the brother of James. When they came to the house of the leader of the synagogue, he saw a commotion, people weeping and wailing loudly. When he had entered, he said to them, "Why do you make a commotion and weep? The child is not dead but sleeping." And they laughed at him. Then he put them all outside, and took the child's father and mother and those who were with him, and went in where the child was. He took her by the hand and said to her, "Talitha cum," which means, "Little girl, get up!" And immediately the girl got up and began to walk about (she was twelve years of age). At this they were overcome with amazement. He strictly ordered them that no one should know this, and told them to give her something to eat.

## POST COMMUNION

Eternal God,  
comfort of the afflicted and healer of the broken,  
you have fed us at the table of life and hope:  
teach us the ways of gentleness and peace,  
that all the world may acknowledge the kingdom of your Son Jesus Christ our Lord.

# Sunday Homily

## FOURTH SUNDAY AFTER TRINITY

27 JUNE 2021

YEAR B

"If I but touch his clothes, I will be made well."

Mark 5:28

### Illustration

Over recent years, the Church's ministry of healing has undergone a massive renewal. It has been present from the earliest times as an essential part of the pastoral ministry. Now it has been rediscovered. It receives great emphasis, and is widely practised. It is difficult to know precisely what the results are. Some spectacular claims have been made, supported by what appears to be anecdotal evidence. On the other hand, there have been disappointments, and some occasions reported when healing sessions have gone tragically wrong.

So we need to be cautious in our choice of words. Healing is not a word used in medical circles, at least not in the active sense of bringing about a beneficial change in someone's condition. Healing is something that happens from within, for example, when a wound heals. Probably no doctor would claim to have healed anyone, not, at least, in the biblical use of the word. The most a doctor would claim is to have prescribed a course of treatment which led to the patient being cured.

### Gospel Teaching

So, as we read that Jesus actually healed people, we need to consider what it was he was doing. On some occasions his ministry seems to have been confined to curing people of their illness, for example, leprosy or epilepsy. On others, he appears to have been confronting something more deep-seated within them. He had the ability to penetrate beyond the presenting symptoms of the illness and perceive personal, spiritual and emotional malaise.

We see examples of this in today's Gospel. The crowd formed round Jesus as he responded to Jairus' request to visit and heal his daughter. In the midst of all the hustle and bustle, the woman who was suffering from chronic bleeding approached him. "If I but touch his clothes, I will be made well." Immediately, she was aware that "she was healed of her disease" and, equally, Jesus was "aware that power had gone forth from him". He challenged the crowd, "Who touched me?" and the woman "came in fear and trembling and... told him the whole truth". The moment was cathartic for her. She felt cleansed and relieved that she had been able to confront the truth about herself. She was healed not only physically, but emotionally and spiritually within herself as well.



The healing of Jairus' daughter carries much less medical detail, about either the cause of the illness, or what Jesus actually did. We only know that he took her by the hand, and told her to get up. We have no clue as to whether this brought about an inner as well as an outer healing. The really significant change seems to have occurred amongst the bystanders. Their jeers and laughter when Jesus first appeared turned to amazement when the child got up and walked. Whatever happened to her, it was those around her who were healed.

So today's Gospel gives an example of healing in the person cured, and an example of a cure with others being healed. For a third alternative, we need to look, not at the Gospels, but at people facing illness amongst us today, whether at home or in hospital. Probably most of us can think of someone who is not going to get better, for whom nothing more can be done. From a medical point of view, no further treatment is available, a cure is out of the question. Yet such a person can be, and often is, a source of hope and inspiration to their friends, family and carers. Facing death, they know resurrection. Embracing death, they are healed.

## Application

One final thought. The words healing and wholeness stem from the same word in Old English, and are closely related. None of us is whole. None of us is what we could be, or should be, or, indeed, want to be, on our better days. All of us suffer from dis-ease. All of us are in need of healing. When we have the courage to see ourselves as we are, to acknowledge our shortcomings, and our need of forgiveness and acceptance, we open ourselves to the healing touch of Christ. "If I but touch his clothes, I will be made well." Jesus replied, "Your faith has made you well; go in peace and be healed of your disease."

**MONDAY****28 JUNE**

Genesis 18:16-end

Psalm 103:6-17

Matthew 8:18-22

**TUESDAY****29 JUNE****Peter and Paul,  
Apostles**

Zechariah 4:1-6a,

10b-end

or Acts 12:1-11

Psalm 125

Acts 12:1-11 or 2

Timothy 4:6-8. 17-18

Matthew 16:13-19

**WEDNESDAY****30 JUNE**

Genesis 21:5. 8-20

Psalm 34:1-12

Matthew 8:28-end

**THURSDAY****1 JULY**

Genesis 22:1-19

Psalm 116:1-7

Matthew 9:1-8

**FRIDAY****2 JULY**

Genesis 23:1-4. 19.

24:1-8. 62-end

Psalm 106:1-5

Matthew 9:9-13

**SATURDAY****3 JULY****Thomas the Apostle**

Habakkuk 2:1-4

Psalm 31:1-6

Ephesians 2:19-end

John 20:24-29

**REFLECTION**

The Gospels often show Christ surrounded by crowds jostling to hear his teaching and witness his miracles. This gives the impression he was idolised like some modern-day pop star, but this week's Gospel readings reveal he was far from universally popular. Religious leaders oppose him, accusing him of blasphemy and criticising him for associating with tax collectors and sinners, and those who witness him heal two demoniacs demand that he leave the neighbourhood.

Sadly, even some who claim to follow Jesus are shown to be half-hearted in their commitment, unprepared to put Christ before financial security and family.

Christ was so often misunderstood and rebuffed it is no wonder Christians believe that the words of the Old Testament prophet Isaiah, "he was despised and rejected by others" describe Jesus. That Christ was prepared to suffer so greatly, not only on the cross but throughout his ministry, really demonstrates how much he loves us.



Church of the Immaculate Conception, Connellsville, Pennsylvania: Thomas putting his hand in the side of Jesus. Nancy Bauer/ Shutterstock.com

**PRAYER**

Lord Jesus, thank you that you love us so much that you were prepared to leave the comfort of heaven to dwell on earth and suffer so greatly among us. Help us to understand better the depth of your love.

## PART II – ST LAURENCE’S CHURCH

**S**t Aldhelm, seventh-century Abbot of Malmesbury and first Bishop of Sherborne, also established a monastery in Bradford-on-Avon in Wiltshire. If you visit the town, travelling down one of the steep inclines that leads into the centre, you reach the River Avon. Having crossed over the road bridge, if you turn into the car park, you can re-cross over a footbridge into Church Street. The river here is shallow with attractive weeds and the bridge brings you in front of All Saints Church. Look up to the right and, on slightly higher ground, stands the tiny church of St Laurence. This perfectly preserved Saxon church building is thought to be a foundation of St Aldhelm, although there is some dispute.

If you had come to Bradford-on-Avon, a town of woollen mills, in the nineteenth century, you would have had no idea that this tiny place existed. Surrounded by sheds for storing woollen cloth, a coach house and stables and the house of a rich clothier, its presence went completely unnoticed by townsfolk and visitors alike. Although it was known that a monastery had existed, there seemed no trace until repairs to the chimney of a schoolroom uncovered two stone angels embedded in a wall. It turned out to be the east wall of the church.

It is thought St Laurence’s was lost because the Normans abandoned the tiny place in favour of the newer All Saints. But there is no fear of missing it now. The church stands on risen ground and is carefully preserved, open for reflection and prayer. Its altar has been restored and above it are fragments of a stone cross.

This tiny place is known for its atmosphere, the lingering presence, perhaps of the Bradford monks, or even St Aldhelm himself. The prayers of those who frequented it long ago seem to still live in the stones, connecting us with those who are long gone, but part of the great Christian communion.

Edited by  
Caroline Hodgson  
and  
Heather Smith



Fourth week after Trinity

Monday 28 June to  
Saturday 3 July  
2021

# Part of God's plan



Gillian Cooper *reflects on* 2 Samuel 1:1. 17-end

**K**ing Saul and his son Jonathan are dead. Their death has long been inevitable, because God has withdrawn his blessing from Saul and placed it on David. It is excruciating to read the long story of the charmed life of David and his rising popularity, set against the sad decline of poor doomed Saul into despair and madness. Now the agony is over. Saul and Jonathan have been killed in battle. David is not king yet, though of course he soon will be. In the next chapter of 2 Samuel we will be plunged once more into tales of power struggles and assassinations before David can finally be crowned. But now we pause, for a lament that has captured the imagination of readers down the ages.

"Tell it not in Gath" lest there should be rejoicing. Let the place where they died stay for ever dry and barren. Let everyone weep. "How the mighty have fallen!" The beloved and lovely have died, and their strength and courage have died with them.

We may wonder about David's sincerity. He has not openly opposed Saul, but nor has he discouraged his own adulation by the people. David's motives, however, are not the point. This is a story of God at work. God's people look back through their history and they know God wanted David to be their king. Saul is a mere footnote. It is David who is God's choice, and part of God's plan of salvation. 🕊

Be with us, Lord, in our world full of violence and grief, laughter and joy. Be present as we mourn and as we rejoice, that we may discern your presence in every aspect of our lives, and know ourselves blessed by your love. Amen.

## Fruits of the Spirit

– a meditation on Galatians 5:22-23

by Caroline Hodgson

*Caroline Hodgson concludes her series about the Fruits of the Spirit, by examining what a grape can teach us about self-control.*

We've been thinking about the fruits of the spirit, and now we turn our attention to the spirits of the fruit. Since biblical times humans have had an uneasy relationship with the grape and its product, wine. This potent liquid – the blood of Christ we imbibe at the Eucharist – has the power to turn people into jibbering, even violent idiots. Those who witnessed the

amazing events of Pentecost (Acts 2:1-21), initially assumed the disciples were drunk. But they hadn't lost self-control – they had surrendered it to the Holy Spirit.

Surrendering to the Holy Spirit is nothing like being drunk. It doesn't have to take the form of shouting, swaying or tongues – it can happen through quiet prayer – but it is a powerful, intoxicating force. And in order for the Holy Spirit to work through us we must learn to exercise self-control. That doesn't mean giving up everything we enjoy, but it does involve prioritising the Holy Spirit over our earthly desires and behaviours. 🕊

“We must have a spirit of power towards the enemy, a spirit of love towards men, and a spirit of self-control towards ourselves.”

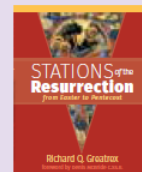
Watchman Nee (1903-1972), Chinese church leader and Christian teacher

## The Eucharist Part IV, the medieval period

by Richard Greatrex

In the medieval Church the idea of Christ present in bread and wine flourished, although the general congregation began to receive communion less frequently. Shifting the altar from its central position among the people to a separate, screened-off space led to exclusivity. Only those deemed worthy were now graced by reception of the sacred elements.

While initially only bishops presided at the Eucharist, as Christianity spread local priests took over the role. By the medieval period priests were praying the liturgy for and not with the people, using Latin, a language the majority didn't understand, saying the most sacred texts inaudibly, often out of sight. The congregation was reduced to passive observers who received communion twice a year only, and even then they were denied the wine in case it was spilled. Matters were ripe for change. 🕊



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



Sunday 27 June 2021  
 Mark 5:21-43  
 13th Sunday in Ordinary Time

My name is \_\_\_\_\_



Jesus helps two people get better. The first is a woman who has been sick for many years, someone the doctors were not able to cure. The second is a twelve-year-old girl who Jesus brings back to life. All Jesus asks of them and their loved ones is to have faith in him.

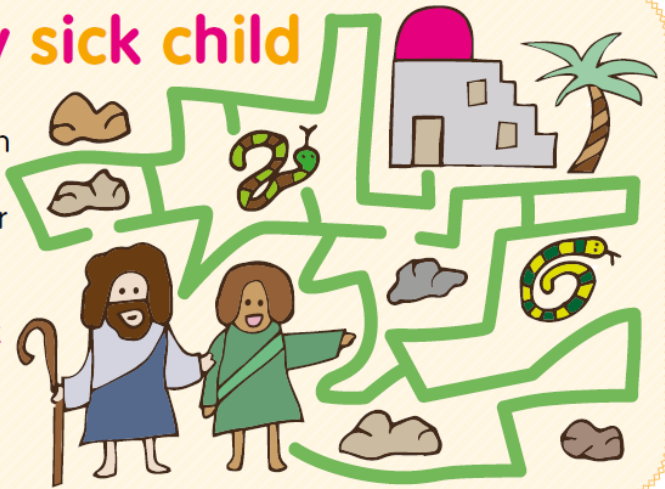
# JESUS HEALS

Jesus cured many sick people. Who helps us get better when we are sick? Match the words to the pictures.

--- SE (NRU)      SCI --- T (ENSIT)  
 D --- T (COOR)      P --- NT (REA)

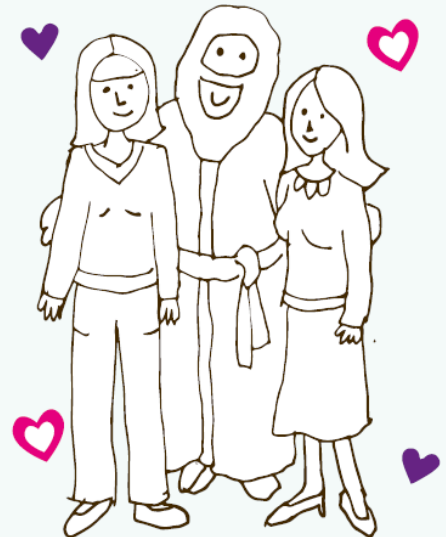
## Cure my sick child

Jairus loves his daughter so much that he asks Jesus to make her well again. Help Jesus and Jairus find the way back to Jairus' house, so that Jesus can make her better.



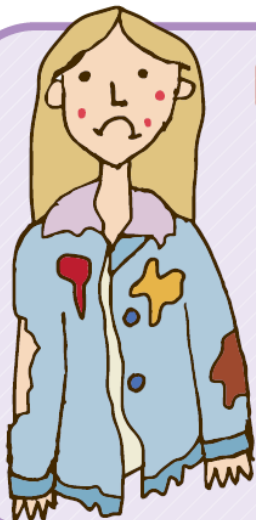
## Jesus' friends

Jesus helps two women in today's gospel. Women are very special in Jesus' life.



Colour in the picture to show some of the many women who support and love Jesus.

## Feeling better!



It is not nice being sick.

Spot the differences between the pictures of this woman of when she was ill and after she was cured.



## A PRAYER TO SAY

Dear Jesus, Jairus was so sad that his daughter was sick that he ran to you and begged for your help. May all parents love their children in the way that Jairus loved his daughter, so all children can have happy lives. Amen.