

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 15th August 2021 – Eleventh Sunday after Trinity

Dear Friends,

Our theme this week is Christ as the Bread of Life. One of the 'I am' sayings of Jesus, he used daily realities for people as symbols of spiritual realities. Sometimes Christians are accused of being 'other worldly,' but the Jesus of the gospels was rooted in daily life. And the Church – his 'body' – needs to follow suit. And in our Parish, we are committed to doing this – beginning with our 'eco month' (details elsewhere). 'Humbler, simpler, bolder' is the vision for the C of E emerging from lockdown, and will be doing our best to prayerfully go forward in that spirit.

Nick Parish

THIS WEEK

Sunday 15th August – 11th 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 – NO SERVICE

Thursday 19th August

10.00am – Holy Communion – led by Nick Parish.

FUTURE SERVICES

Sunday 22nd August – 12th Sunday after Trinity

9.30am – Holy Communion at St Stephen's – led by Andris Abakuks

10.00am – Morning Prayer with Baptism at St Martin's, in Church and live streamed –
led by David Candlin

6.30pm – NO SERVICE

CHANGES TO SERVICES FROM SEPTEMBER

1. The midweek service returns to **WEDNESDAY** mornings but retains the earlier time of **10am**. It will revert to the Lady Chapel and cease to be live streamed. It can be followed by refreshments and fellowship again.
2. A **monthly**, earlier, Sunday morning communion service will be introduced. This will be on **2nd Sundays** of the month at **8.30am** (*not 8am*). This begins on Sunday, 12th September at 8.30am. It will follow the 'traditional' service, as was the case with the previous 8am.
3. 'In person' daily prayer returns. **Morning Prayer** will be said, **Mon – Fri**, at **9am** in the Lady Chapel. (Evening Prayer will continue to be on Zoom, to assist those who are unable to physically attend Church).
4. **Weekly 6.30pm** Sunday services return, with Evening Prayer on the first and last Sundays, Holy Communion on the second and Sung Evensong on the third.

DISCIPLESHIP /STUDY/ WORSHIP MEETINGS

Creationtide

From Sunday September 5th to Sunday October 3rd, we will be observing this season of the Church year. A programme of events, bible study, guest speakers, music and an eco-fair is in this newsletter.

Our ministry for children.

Ark will resume regular meetings from Sunday September 5th. New, will be a group for older children (year 4+). Both groups will meet during the 10am service on a fortnightly basis. Please pray that they will prosper and nurture faith in the youngest members of our congregation.



For these groups to work additional adult helpers are urgently required. This will not be a weekly commitment and any preparation will be minimal given the resources we use. If you can offer help please contact:

Yvonne (07717 651123 stmartinsark@outlook.com) for Ark or

Graeme (01372 741746 graemelodge@hotmail.co.uk) for the older group.

The Pilgrim Course

Starting in October, this will be led by Graeme Lodge. Described as a 'discipleship course' it is for anyone who wants to explore Christianity and life following a Christian way. Full details soon.

Wednesday morning study group

This resumes in September, after the 10am service, led by Howard Bluett.

STEWARDSHIP

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 Martin's

If you would like to give a cheque donation to St Martin's Church, please can you make the cheque payable to:

The PCC of the Ecclesiastical Parish of Epsom

Many thanks.

OTHER NOTICES

David and Nancy moving to the West Midlands

As I come to the end of my curacy at St Martin's, it's a joy to tell you that my next post will be as Team Rector of Bloxwich, a town in the West Midlands near Wolverhampton. Bloxwich is a large parish of 20,000 people served by three CoE churches in the Team Ministry - I will be rector of All Saints on the High Street. There are two churches on the housing estates on the edge of the town, which my soon-to-be colleague Rev Chris Davies looks after. There are five primary schools (two of which are Church of England) and a secondary school in the parish - lots to keep me busy! No date has been set yet for the move or my licensing - but I imagine it might be in late September. I'll keep you posted!

David Candlin

To add to this, David's last Sunday with us will be September 5th. Following the 10am service we'll have a farewell reception for David and Nancy. Because of the COVID safe measures currently in place, we won't be collecting cash. If you wish to give to a gift and leave a message for them, you can do so via a special website: <https://thankbox.co/app/thankbox/UrNL2VSQ>

If you cannot access the web, then you can send a message and a cheque to the Parish office, payable to The PCC of the Ecclesiastical Parish of Epsom, making clear the purpose of your donation.

Thank you.

Nick Parish

Could you help with the paperwork?

A couple in our congregation are getting behind with paying bills and other everyday admin. Do you have a bit of time to help them out? Clearly this is a sensitive matter and so if you feel you could offer them some of your time, could you contact me in the first instance?

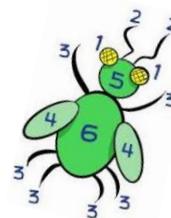
David Candlin

Eco Fair

As part of the Eco Fair on 25th September (and hopefully raising some money, too!) we are planning to put together a 2022 calendar. This will be available to buy (or at least, pre-order) at the fair. An attractive calendar needs some excellent pictures, of course, which is where you come in: is there a picture you would like to submit? I think it would be nice to stick to images from within the parish, or at least Epsom/Ewell, but apart from that, anything on the theme of God's world/eco is welcome. Please send high quality photographs or art work to the office (the images need to be good quality in order to withstand being enlarged; highest quality possible on a mobile phone or a high resolution scan e.g. 600dpi), and please don't be shy - it will be lovely to see what appeals to you! We'll include as many as we can. Thank you. **Helen Williams**

*** SAVE THE DATE *** - BEETLE DRIVE

You are all invited to a **Beetle Drive** on **Saturday 16th October 2021** between 5.00 – 7.00 pm in Church House. We will be supplying tea and cake and all you need to play that old favourite – “Beetle”. We will continue to follow the relevant COVID guidelines and be socially distanced although we cannot speak for the beetles! **Events Team**



**** SAVE THE DATE ****

St Martin's Christmas Fair will be held on **Saturday 27th November 2021** between 11.00 am and 3.00 pm. Please put this date in your diaries so that you can come and support us. The Christmas Fair is always very successful with lots of goodies to buy, food to eat and friends to meet. Watch out for more information in due course. Thank you **Events Team**

Church Boiler Door Code

We are going to be changing the door code to the Church Boiler Room at the end of August. If you require access to the Church Boiler Room please email the parish office at smartinsepsom@btconnect.com detailing the reason for accessing the boiler room.

Parish Office Opening Hours throughout August up to and including the 3rd September.

Tuesdays, Wednesdays, Thursdays & Fridays
10.00am to 12.00pm

Mondays, the office will be closed for August only.



MISSION FOR THE MONTH

HOME

Epsom and Ewell Refugee Network

Epsom and Ewell Refugee Network help refugees and asylum seekers in this area with support and guidance. They connect with people and organisations who can help with English classes, housing, clothing, food and other essential needs and also organising social events. They collect goods and donations to help all refugees in the UK and Abroad.

Jill Chapman

ABROAD

USPG

The United Society of Partners in the Gospel are the Anglican mission agency that partners churches and communities worldwide in God's mission to enliven faith, strengthen relationships, unlock potential and champion justice.

St Martin's Mission and Outreach make a donation through USPG specifically to South India.

Meg Topley

Latest message from Food Bank

Wishlist: This week we need help with:

Urgent:

Nappies & pull-ups: Size 5 & 6

Crisps, snacks, chocolate bars and treats for kids

Cooking sauce (not pasta sauce), Bags for life

Wanted:

Long life sponge pudding, Powdered milk, Meat pies

Tinned vegetables, Mayonnaise, Tomato ketchup, Spaghetti in sauce

Honey

Noodles (such as egg or rice noodles), Peanut butter

Sugar 500g bags), Longlife fruit juice

Meat (hot dogs, meatballs etc – not spam or corned beef)

Nappies & pull-ups: Size 6+, Training pants and pull-ups

Shaving foam

Baby wash, Pump soap, Shampoo

Washing up liquid, Washing powder and pods (bio and non-bio), Shower Gel

No more: pasta, tampons, sanitary towels, marmalade, cat/dog food, spam/corned beef, adult toothbrushes.

You can donate at the usual supermarket points, or bring donations to our car park 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

To give:

You can help by texting 70450 to donate:

Text **FOODBANKGIFT5** to donate £5

Text **FOODBANKGIFT15** to donate £15

Text **FOODBANKGIFT10** to donate £10

Text **FOODBANKGIFT20** to donate £20





Creationtide at St. Martin of Tours, Epsom

A programme of events in church to celebrate God as the Creator and Sustainer of life and to explore the challenges facing the natural world.
All are welcome to these events.

Sunday 5th September

10am Holy Communion: Love your neighbour

Sunday 5th September

3pm Reading and Discussion: "The Man Who Planted Trees" by Jean Giono

Monday 6th September

7.30pm Bible Study: Genesis 1

Saturday 11th September

3pm Keynote Talk: Rt. Hon. Chris Grayling, MP for Epsom and Ewell.

Looking forward to COP26

Sunday 12th September

10am Choral Matins: A living community

Monday 13th September

7.30pm Bible Study: John 1

Saturday 18th September

4.30pm Music at Saint Martin's Recital: The Twilight Ensemble

A programme of music inspired by our beautiful planet and the wilds of nature including arias and songs by Rameau, Vaughan Williams, Rutter, Liza Lehmann, Schumann and Orlando Gough.

Sunday 19th September

10am Holy Communion: Need, not greed.

Guest speaker Katie Williams, UK Youth Climate Coalition

Sunday 19th September

3pm Keynote Debate: Question Time on the environment with a panel of local politicians

Monday 20th September

7.30pm Bible Study: Song of Songs 7

Saturday 25th September

9am-12 noon EPSOM ECO FAIR

SUSTAINABLE
EPSOM & EWELL

In conjunction with

Our Eco Fair is a great opportunity to discover a wide range of local (and not so local) green groups, businesses and campaigns. Pop in at any time during the morning.

The Eco Fair will provide:

INFORMATION: practical ideas about what we can do individually and as a community around climate change issues. For those who don't know where or how to start the stalls will provide an opportunity to chat to others and explore the opportunities

LINKS: there are amazing things happening, so it is good to meet like-minded people for mutual support

RESOURCES: a forum for climate-focused action groups

Sunday 26th September

10am Harvest Festival with Holy Communion: Water of life.

Guest speaker Alison Moulden, Diocesan Environmental Adviser

Monday 27th September

6.30pm Speak up for the Planet.

A public speaking competition giving young people a voice on the environment

Sunday 3rd October

10am Holy Communion: Saint Francis of Assisi.

Guest speaker Rachel Hill, Eco-lead at Saint Martin's School

Additional services will be held throughout Creationtide on Sunday evenings at 6.30pm and Wednesday mornings at 10am.

If you have any questions about these events please contact Helen Williams (helen@canossa.co.uk) or Graeme Lodge (graemelodge@hotmail.co.uk)



Invitation



Epsom and Ewell Veterans Community Hub is re-opening!!

Please join us in our new location which is covid secure for a friendly cuppa, natter and a biscuit or two!

Where: The Army Reserve Centre, Welbeck Close, Ewell, KT17 2BG
When: Tuesday 7th September 2021 (and then the 1st Tuesday of the month.)
Time: 10.30am-12.30pm.

Any questions please contact Zoe Kirby - zkirby@britishlegion.org.uk
or Tracey Morris tracey.morris@surreycc.gov.uk

Protection of Horton Cemetery

Horton Cemetery in Epsom is an abandoned and desecrated cemetery that was used to bury as paupers the unclaimed bodies of people that died in Epsom's Horton, St. Ebba's, Long Grove, The Manor and West Park hospitals between 1899 and 1955. The cemetery contains almost 9,000 people. There is a very active local project to protect this cemetery from development by researching and telling the stories of the people buried there. See <https://hortoncemetery.org/horton-cemetery-stories/>

Our hope is that these stories, which bring these people "back to life", will gain public support for the protection of the cemetery. We are trying to get our Council to add Horton Cemetery to a Heritage list and the Council are now asking for the local community's opinions on whether Horton Cemetery should be added to the council's local list of buildings, monuments and landscapes which have historical or architectural interest. It is essential for our Charity's cause ("The Friends of Horton Cemetery") of protecting the ground from development by a property developer, that the cemetery is added to this list. Addition which will give the cemetery formal heritage status and therefore a lot of protection.

Please email LPenman@epsom-ewell.gov.uk before 31st August and tell him, with great respect, that Horton Cemetery must be added to the list.

If you would like any more information please contact Kevin McDonnell email: hortoncemetery@gmail.com

Family Fun



with Little Hands Nursery
Forest School

and Christ Church Epsom

Bronze Eco Church



Sat 4th Sept 2021

Campfire Cooking, Outdoor Crafts,

Bouncy Castle & Soft Play

Refreshments

2 - 4pm

Christ Church

Hall Garden.

Cake and Cordial

Every Saturday in August

Christ Church grounds

10am – 12noon

Pop by for a chat and delicious homemade refreshments.

Treats for 4 legged friends too!

CONTACT US

Parish Office:

***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

The Revd Canon Adrian Esdaile - Priest in Retirement - 01372 723770

Email: esdaileadrian@yahoo.co.uk

***(available for Contemplative Prayer, Counsel,
Spiritual Direction and the Healing Ministry)***

COLLECT

O God, you declare your
almighty power
most chiefly in showing mercy
and pity:
mercifully grant to us such a
measure of your grace,
that we, running the way of
your commandments,
may receive your gracious
promises,
and be made partakers of your
heavenly treasure;
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

Proverbs 9:1-6

A reading from the book of Proverbs.

Wisdom has built her house,
she has hewn her seven pillars.
She has slaughtered her animals,
she has mixed her wine, she
has also set her table. She has
sent out her servant-girls, she
calls from the highest places in
the town, "You that are simple,
turn in here!" To those without
sense she says, "Come, eat
of my bread and drink of the
wine I have mixed. Lay aside
immaturity, and live, and walk
in the way of insight."

PSALM Psalm 34:9-14

R *The Lord is near to the
brokenhearted.*

or

R *The Lord ransoms the life of
his servants.*

Fear the Lord, you that are his
saints,
for those who fear him lack
nothing.

The young lions lack and suffer
hunger,

but those who seek the Lord
lack nothing that is good. **R**

Come, children, and listen to
me;

I will teach you the fear of the
Lord.

Who among you loves life
and desires long life to enjoy
prosperity? **R**

Keep your tongue from
evil-speaking
and your lips from lying words.
Turn from evil and do good;
seek peace and pursue it. **R**

SECOND READING

Ephesians 5:15-20

A reading from the letter of Paul to the Ephesians.

Brothers and sisters, be
careful then how you live,
not as unwise people but as
wise, making the most of the
time, because the days are
evil. So do not be foolish, but
understand what the will of the
Lord is. Do not get drunk with
wine, for that is debauchery;
but be filled with the Spirit,
as you sing psalms and hymns
and spiritual songs among
yourselves, singing and making
melody to the Lord in your
hearts, giving thanks to God
the Father at all times and for
everything in the name of our
Lord Jesus Christ.

GOSPEL John 6:51-58

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

Jesus said to the crowd: "I
am the living bread that came
down from heaven. Whoever
eats of this bread will live for

ever; and the bread that I will
give for the life of the world
is my flesh." The Jews then
disputed among themselves,
saying, "How can this man
give us his flesh to eat?" So
Jesus said to them, "Very
truly, I tell you, unless you eat
the flesh of the Son of Man
and drink his blood, you have
no life in you. Those who eat
my flesh and drink my blood
have eternal life, and I will
raise them up on the last day;
for my flesh is true food and
my blood is true drink. Those
who eat my flesh and drink my
blood abide in me, and I in
them. Just as the living Father
sent me, and I live because of
the Father, so whoever eats
me will live because of me.
This is the bread that came
down from heaven, not like
that which your ancestors ate,
and they died. But the one
who eats this bread will live
for ever."

POST COMMUNION

Lord of all mercy,
we your faithful people have
celebrated that one true
sacrifice
which takes away our sins and
brings pardon and peace:
by our communion
keep us firm on the foundation
of the gospel
and preserve us from all sin;
through Jesus Christ our Lord.

Sunday Homily

ELEVENTH SUNDAY AFTER TRINITY

15 AUGUST 2021

YEAR B

“Those who eat my flesh and drink my blood
abide in me, and I in them.”

John 6:56

Illustration

A newly married couple, thrilled with the automatic bread-maker given them as a wedding present, looked forward expectantly to waking to the smell of freshly baked bread wafting from the kitchen.

They quickly became accustomed to that delicious homely aroma as they put their present to immediate use. The wonderful smell of newly baked bread, however, was never quite matched by the quality of the bread itself. They followed the instructions meticulously but somehow the bread seldom came out as intended. The loaves barely rose, and were sometimes a soggy mess. Oh dear!

Determined not to be beaten, they reread the instructions and (in the small print!) discovered some helpful hints, among them a firm recommendation that a special sort of yeast should be used in bread-makers.

Thereafter they woke to the smell, and the taste, of excellent, wonderful crusty loaves – and marvelled at how a small amount of one simple ingredient could be so important, so vital, and make such a difference.

Gospel Teaching

John, as so often, is not seeking to report Jesus' words with strict accuracy, but to convey the real significance of what Jesus said. In our Gospel reading today he recounts Jesus' teaching about spiritual food.

Jesus uses bread – a symbol of daily life, a very simple, basic but vital commodity – to make his point. He describes himself as the “living bread”, bread that “came down from heaven”, and he emphasises that whoever eats this bread will live for ever. His listeners, perhaps not surprisingly, challenge this, thus giving Jesus the chance to reiterate that he is talking about spiritual food, and about eternal life, life beyond the frontier of death. It is the eternal life of Jesus within those who believe which holds out the promise of life for ever.

The Jews would have had some understanding of the concept of “bread from heaven” for they knew of the manna that had sustained their ancestors during their desert exodus (even if it had not extended their lifespan beyond the normal

expectation). What was this bread from heaven Jesus was talking about, that would enable them to live for ever?

If this was not sufficiently challenging to them, Jesus' listeners were thrown by his talk of "those who eat my flesh". He wasn't advocating cannibalism, was he? And as for drinking blood, did he not know that the strict Jewish food rules and rituals forbade this?

Of course Jesus knew these rules, but his challenge was intended to get his listeners to look beyond their earthly needs, beyond their stomachs to their spiritual needs, and beyond their restricting rituals to new life within each of them.

Application

Jesus most certainly is not advocating cannibalism and the eating of his actual flesh but is inviting his listeners then – and us today – to feed on his humanity. "Fill your heart, your mind, your soul, your very inner being, with me." is what he is saying.

Reworking an image sketched by the much-loved and respected theologian William Barclay, try to imagine a man surrounded by well-stocked bookcases. Much knowledge is available to him in those books, but as long as they remain on the shelves – unread – all this array of knowledge is outside him, beyond him. But when he takes a book from the shelves, opens it and reads it, it becomes part of him. It fills his mind and his imagination; some parts fire his heart; others lift his spirits. Thereafter, whether the book is in his hand or on the shelves, he is able to feed on it, on its wisdom, knowledge, inspiration.

So it is with Jesus. When we take him into our hearts, consume him, then we are able to feed on him, and all that he offers. So, too, with his blood. Jesus' divinity was to take him beyond death, beyond the cross, to new life, and all who drink of him share this life, everlasting life with Jesus himself.

In our re-enactment of Jesus' command at the communion table we eat bread and drink wine, representing the broken body of Jesus and the blood he spilled for us. The bread remains bread, the wine remains wine, but by consuming it in faith, we take Jesus' body and blood, his humanity and his divinity, into ourselves, into our very being. He becomes part of us, as we become part of him.

A small piece of bread, and the merest sip of wine, simple, natural everyday things – and yet so important, so vital, and they make such a difference.

MONDAY

16 AUGUST

Judges 2:11-19

Psalm 106:34-42

Matthew 19:16-22

TUESDAY

17 AUGUST

Judges 6:11-24

Psalm 85:8-end

Matthew 19:23-end

WEDNESDAY

18 AUGUST

Judges 9:6-15

Psalm 21:1-6

Matthew 20:1-16

THURSDAY

19 AUGUST

Judges 11:29-end

Psalm 40:4-11

Matthew 22:1-14

FRIDAY

20 AUGUST

Ruth 1:1. 3-6. 14-16. 22

Psalm 146

Matthew 22:34-40

SATURDAY

21 AUGUST

Ruth 2:1-3. 8-11; 4:13-17

Psalm 128

Matthew 23:1-12

REFLECTION

Continuing last week's theme of loving the stranger, Jesus stresses on Friday that loving other people is second only to loving God, and is actually "like" doing so. It brings us closer to God.



Jephthe's daughter, engraved illustration, Magasin Pittoresque, 1836

The Roman philosopher Cicero once said, "Virtue is its own reward." Generosity makes us feel

good – but that shouldn't be our motivation. On Friday and Saturday, Ruth (ancestor of David and Jesus) is amply rewarded for her selfless help of her widowed mother-in-law. But she isn't to know that.

We're also cautioned this week against thinking ourselves better than others. Several words from Jesus about "first" and "last" warn us against any kind of condescension in our giving, our helping. Loving others should be a relationship of equals. If the first will be last and the last first, then we all meet in the middle.

On Thursday Jephthah makes a bargain with God, promising that, if he defeats the Ammonites, he will sacrifice whoever comes to his house after that. He clearly thinks he'll be greeted by one of his servants. Surely it won't matter if he has to sacrifice one of them. The folly and wickedness of his vow is illustrated when he sees his beloved daughter instead – a vivid reminder that we're all equal in the sight of God.

PRAYER

Generous God, help us to give without counting the cost, to serve without seeking reward and to love unconditionally.

For that is how your Son revealed your great love for each one of us, and we long to follow him.

PART XXXVI – ZEPHANIAH – A BOOK ABOUT DISASTER AND DESTRUCTION

Georgina Byrne continues our book-by-book series about the Bible.

“Neither their silver nor their gold will be able to save them on the day of the Lord’s wrath.” Zephaniah 1:18

There is a glimmer of joy in Zephaniah but to reach it the reader must first wade through a torrent of disaster. This is fitting with the great message of the book: that the unremitting horror of divine judgement is, ultimately, something that will purify and refine those who are left. But few, it seems, will be left to rejoice.

The prophet is named in the first verse as a descendent of Hezekiah, the righteous and respected king of Judah (2 Kings 18). He utters his prophecy during the days of Josiah, another respected king of Judah and a noted reformer (verse 22), but his words point to the coming devastation of the fall of Judah to the Babylonian Empire. Josiah’s son Eliakim, renamed Jehoiakim we read elsewhere, did what was evil in the sight of the Lord and the kingdom was overrun (2 Kings 23:34 – 24:6).

The coming disasters will be universal. **“I will utterly sweep away everything from the face of the earth,”** the Lord declares at the outset, and no one will be exempt. Yet there is detail in the text. The cry will be heard from the Fish Gate, a wail from the Second Quarter and a loud crash from the hills. Gaza will become deserted and Ashdod’s people will be driven out at noon.

The prophet uses vivid language to describe the devastation. Coastal areas will be pastured, and land possessed by nettles and salt pits. Birds will hoot or croak at windows and the city will become the lair of wild animals.

The reason for such destruction becomes clear in chapter three. The city has not listened to the Lord and officials are corrupt. The people will be humbled, therefore, and those who are left will be those who are faithful and lowly. Only over these will God cast protection, restoring their fortunes, and making them to be praised. When the time of purification is over, the remnant will remain.

LIVE the WORD

SUSTAINING YOU
THROUGH THE WEEK

Edited by
Caroline Hodgson
and
Heather Smith



Eleventh week
after Trinity

Monday 16 August
to Saturday
21 August 2021

WEEK

Magnificat

Gillian Cooper *reflects on* Luke 1:46-55

“My soul magnifies the Lord.” Where does Mary find the strength and the courage for this song? Pregnant before marriage in mysterious circumstances, visited by a terrifying divine messenger, why is she not cowering in her parents’ home, hoping it will all go away? But Mary is brave. God has, it seems, chosen well.

Mary’s Magnificat is extraordinary. It is magnificent. It comes from a meeting of two women, both bearing miracles inside them. And it tells of possibilities. The rules that govern the life we know can be broken. Those who think a lot of themselves may not necessarily be rewarded. Those who hold power can lose it. Those with all the money may find it does not buy them what they need. And those who are poor, marginalised, oppressed, insecure, despairing – they can find freedom and hope. As we solemnly sing Mary’s words at Evensong, we are singing about revolution. We are reminding ourselves that God’s values are not the values of our world and that God’s plans do not involve the obvious people. The most important event the world has ever known is announced by a young woman from an obscure village in a remote corner of the Roman empire.

Therein lies our hope. When we look at the world and despair, Mary reminds us that things can change. God’s angel can come, God’s Spirit can breathe, the world can be transformed. 🍷

Keep us mindful, Lord, of your promises, brought to their first fulfilment in Christ, that our spirits may rejoice in you, our Saviour, as we look for the coming of Christ’s reign, when all things will be made new. Amen.

The Sheldon community in a time of pandemic

Part III – “it is good for us to be here”

by Julian Smith

When we met for Sheldon’s first post-lockdown retreat, both guests and volunteers echoed the words that Peter said to Jesus at the transfiguration.

Things had moved on since the trial run in July, and much time, thought and money had been invested in the safe re-opening of the centre. Opening windows had replaced fixed glass, air “scrubbers” had been bought, and open doors

and windows enabled fresh air to circulate. Face masks were standard and one was never far from a hand-gelling station. Lunch and supper were served cafeteria-style to masked, hand-sanitised queues.

It wasn’t Sheldon as we had known it, but the welcome was still warm, the atmosphere tranquil and God was close at hand. Above all, in these uncertain times, we felt safe and knew that everything that could be done for our well-being was being done.

www.sheldon.uk.com 🍷

Catherine Booth

Co-founder of the Salvation Army, Catherine Booth is commemorated with her husband William on Friday. Jeni Parsons looks at her life and legacy.

Here is a woman of great spirit who, with her husband William, founded the Salvation Army. Her Methodist background and her work among very poor people led her to try to help those struggling with alcoholism from the cheap “grog” of the time. Catherine was working against poverty rather than as a killjoy.

She founded food shops where those who were poor could buy a cheap meal. She was a remarkable preacher at a time when it was thought unfeminine for women to speak in religious meetings and her preaching was to those who were rich.

So here is a practical, energetic, Christian woman who raised eight children and was active in the Church and the world. That makes her an interesting role model for all sorts of people of faith, because what motivated her was a profound belief in the equality of men and women before God, rather than a secular view of equality. 🍷

“I don’t believe in any religion apart from doing the will of God.”

Catherine Booth (1829-1890)

LOOK

Sunday 15 August 2021
 Luke 1:39-56
 The Assumption of the Blessed
 Virgin Mary

IN THE GOSPEL TODAY

When Mary find out she is pregnant, she goes to visit her cousin, Elizabeth. While she is there, Mary gives a prayer of thanks to God for the baby she is expecting - Jesus!

My name is _____

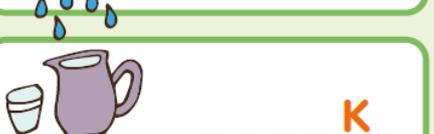
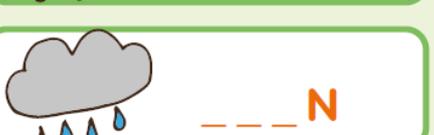
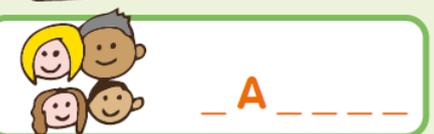
THANK YOU!

Mary is going to see her cousin, Elizabeth. Can you help her find her way?



Thank you God!

Use the picture clues and fill in the missing letters to find some things we can say "thank you" for.



Bringing joy!

Mary's baby, Jesus, brings joy to the world. How will you bring joy to the world this week?



Draw yourself inside the "O" doing something to spread happiness!

Mary's prayer

There are ten letters hidden around this page. When you find them, circle the same ones on the grid to reveal Mary's prayer.

B	F	M	Y	X	N	W	Q
J	G	K	S	O	U	L	F
P	R	A	I	S	E	S	N
K	T	H	E	G	B	Z	W
Q	X	Z	J	L	O	R	D

A PRAYER TO SAY

Dear Jesus, I love you and, like Mary, I am so happy that you came to us. Be with me today and always. Amen.