

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

Weekly Newsletter
Registered Charity Number: 1134149

Sunday 22nd August 2021 – Twelfth Sunday after Trinity

Dear Friends,

Autumn looks to be busy! God willing, we will re-start our 'in person' children's ministry, daily prayer, study and fellowship groups, Sunday evening worship and more. It is important to remember the point of our activity – 'to make disciples'. People who are serious about following Christ's teaching as a way of life. This shows itself in worship, in pastoral ministry, in compassionate living in the world. Without that, our activity becomes an end in itself and leads to spiritual and physical burnout. May the Spirit inspire us in our purpose as we go forward.

Nick Parish

THIS WEEK

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

Thursday 26th August

10.00am – Holy Communion – led by Andris Abakuks

FUTURE SERVICES

Sunday 29th August – 13th Sunday after Trinity

9.30am – Morning Prayer at St Stephen's – led by Graeme Lodge

10.00am – Holy Communion at St Martin's, in Church and live streamed –
led by Nick Parish

6.30pm – NO SERVICE

CHANGES TO SERVICES FROM SEPTEMBER

1. The midweek will be on **WEDNESDAYS at 10am** in the Lady Chapel, followed by refreshments and fellowship. A Study group will also begin after the service.
2. On **2nd Sundays** of the month at **8.30am** will be a BCP said communion. First service on Sunday, 12th September.
3. **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

Runs from Sunday September 5th to Sunday October 3rd. Please see the programme for full details.

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.

Churches Together in Epsom

The next meeting will be held on Wednesday 8th September at 8pm (refreshments from 7.30). It will be in Christ Church Epsom Common Parish Hall, the location of which is at:

<https://ctie.org.uk/index.php/47-how-to-find-us/61-christ-church-parish-hall>

The meeting agenda is here

<https://ctie.org.uk/index.php/48-council-meeting-agendas/62-080921>

All who worship at one of the CTiE churches are warmly invited to attend and contribute.

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

Donation Station

If you wish to give via contactless payment, please use the donation station in Church. You can give a pre-set amount, or choose one. You can also gift aid your donation.

Many thanks.

OTHER NOTICES

David and Nancy moving to the West Midlands

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

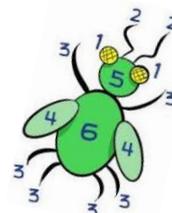
Eco Fair

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 stmartinsepsom@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

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

Almighty and everlasting God,
you are always more ready to
hear than we to pray
and to give more than either
we desire or deserve:
pour down upon us the
abundance of your mercy,
forgiving us those things of which our
conscience is afraid
and giving us those good things
which we are not worthy to ask
but through the merits and mediation
of 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

Joshua 24:1-2a. 14-18

A reading from the book of Joshua.

Joshua gathered all the tribes of Israel to Shechem, and summoned the elders, the heads, the judges, and the officers of Israel; and they presented themselves before God. And Joshua said to all the people, "Now therefore revere the LORD, and serve him in sincerity and in faithfulness; put away the gods that your ancestors served beyond the River and in Egypt, and serve the LORD. Now if you are unwilling to serve the LORD, choose this day whom you will serve, whether the gods your ancestors served in the region beyond the River or the gods of the Amorites in whose land you are living; but as for me and my household, we will serve the LORD." Then the people answered, "Far be it from us that we should forsake the LORD to serve other gods; for it is the LORD our God who brought us and our ancestors up from the land of Egypt, out of the house of slavery, and who did those great signs in our sight. He protected us along all the way that we went, and among all the peoples through whom we passed; and the LORD drove out before us all the peoples, the Amorites who lived in the land. Therefore we also will serve the LORD, for he is our God."

PSALM Psalm 34:15-22

R *I sought the Lord, and he answered me
[and delivered me out of all my terror].*

The eyes of the Lord are upon the righteous,

and his ears are open to their cry.
The face of the Lord is against those who do evil,
to root out the remembrance of them from the earth. **R**

The righteous cry and the Lord hears them
and delivers them from all their troubles.
The Lord is near to the brokenhearted
and will save those whose spirits are crushed. **R**

Many are the troubles of the righteous,
but the Lord will deliver him out of them all.
He will keep safe all his bones;
not one of them shall be broken. **R**

Evil shall slay the wicked,
and those who hate the righteous will be punished.
The Lord ransoms the life of his servants,
and none will be punished who trust in him. **R**

SECOND READING Ephesians 6:10-20

A reading from the letter of Paul to the Ephesians.

Be strong in the Lord and in the strength of his power. Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the

mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

GOSPEL John 6:56-69

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

Jesus said to the crowd: "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." He said these things while he was teaching in the synagogue at Capernaum. When many of his disciples heard it, they said, "This teaching is difficult; who can accept it?" But Jesus, being aware that his disciples were complaining about it, said to them, "Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe." For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, "For this reason I have told you that no one can come to me unless it is granted by the Father." Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, "Do you also wish to go away?" Simon Peter answered him, "Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God."

POST COMMUNION

God of all mercy,
in this eucharist you have set aside our sins
and given us your healing;
grant that we who are made whole in Christ
may bring that healing to this broken world,
in the name of Jesus Christ our Lord.

Sunday Homily

TWELFTH SUNDAY AFTER TRINITY

22 AUGUST 2021

YEAR B

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

John 6:56

Illustration

Long ago in a faraway land, a boy left home to seek his fortune. Before he left, his father gave him a key. The boy was not impressed. “What use is this key,” he asked his father, “without the door it opens?” His father replied, “It’s all I have to give you, so please take it.”

Unfortunately, the boy failed to make his fortune. One day, not having eaten for days, he stole an apple. The stallholder caught him. This country had a very strict legal system and for this theft he was thrown into a Chinese box of cells, each one unlocked by a different key, and each one more unpleasant than the last. He ended up in the deepest dungeon, little removed from hell itself.

The boy was in despair, when he remembered the key his father had given him. “At least,” he thought, “if it fits the first door, I can remove myself from this deepest pit, which has the largest rats I’ve ever seen.” So he tried the key and, to his surprise and joy, it opened the door. Feeling he had nothing to lose, though he knew it wouldn’t work, he tried the key in the next door, and amazingly it opened that door too!

And so he went from door to door and found every one was opened by that one key his father had given him. Freed from prison, he made his way back home and threw himself at his father’s feet in gratitude, repenting that he’d ever doubted him.

Gospel Teaching

St John’s Gospel doesn’t contain an account of the institution of Holy Communion, but this passage in chapter 6 is surely John’s version. Christ is saying we have to feed off him to live the abundant life. His body and blood are the true bread and the true vine which ensure we remain in God. Since the true bread and the true vine are spiritual phenomena, they could be represented in the physical realm by anything we chose, as long as we were perceiving the spiritual reality within them, which is Christ himself. Christ chose bread and wine – bread was a staple of survival and wine a staple of celebration.

Thus every Communion is a statement of our dependence on Christ for spiritual survival, but also a celebration of the richness of the spiritual life we share, which is a million times greater than simple survival. It's as if we're given a food voucher, but then find its purchasing power is limitless. It's as if we are given a day to live and then find it is the first day of the rest of our life. It's as if we get a job as a cleaner in a large company, only to find we get the same pay as the chairman.

Communion is so basic, so primitive. We are invited to feed off another person, like babies at the breast. And just like children who will discover that their mothers have a bottomless treasure-trove of love, that will feed them long after the milk has dried up, we learn that the new life in Jesus, as lived out in a fellowship of faith, is more than merely a piece of bread and sip of wine. It's as if we come to light a candle and then find it's a floodlight shining on the rest of our week.

Communion is so physical, standing or kneeling side by side, rubbing elbows, chewing bread and holding the cold metal cup, and yet its effects are so spiritual, proclaiming our spiritual unity in the one body of Christ. We commemorate Christ's painfully physical death on the cross of two thousand years ago and, in the same act, celebrate, in the here and now, his rising again in our hearts and souls.

Application

As we follow the sacred round of the Church's year, let us not hold back from the table. Rather let us gather regularly, even when it feels more like a duty than a joy. We don't come just for our own sakes.

Hear what Paul says in Ephesians 5: "make the most of every opportunity, because the days are evil". By joining other pilgrims in the upper room, we are expressing solidarity with all that is holy, all that is good in the whole world: more than that, we are helping God to create the antidote to evil, by embodying Christ in the world.

MONDAY

23 AUGUST

1 Thessalonians

1:1-5. 8-end

Psalm 149:1-5

Matthew 23:13-22

TUESDAY

24 AUGUST

Bartholomew
the Apostle

Isaiah 43:8-13 or

Acts 5:12-16

Psalm 145:1-7

Acts 5:12-16 or

1 Corinthians 4:9-15

Luke 22:24-30

WEDNESDAY

25 AUGUST

1 Thessalonians

2:9-13

Psalm 126

Matthew 23:27-32

THURSDAY

26 AUGUST

1 Thessalonians

3:7-end

Psalm 90:13-end

Matthew 24:42-end

FRIDAY

27 AUGUST

1 Thessalonians

4:1-8

Psalm 97

Matthew 25:1-13

SATURDAY

28 AUGUST

1 Thessalonians

4:9-12

Psalm 98:1-2. 8-end

Matthew 25:14-30

REFLECTION

Glancing at this week's Gospel readings we'd be forgiven for thinking we're already in Advent rather than August. All these parables from Thursday to Saturday highlight the need to be prepared, ready for the Lord's return, even though we don't know when that will be.

Other readings this week consolidate themes from earlier this month. Celebrating Bartholomew on Tuesday, we again hear Jesus caution his disciples against wanting to be the greatest, echoing what he said last week. He himself came to serve, he tells them, and he would do so by laying down his life for others. In his scathing criticism of religious hypocrites (in Monday and Wednesday's readings) we're reminded that Jesus practised what he preached.

As we don't know when he'll return, Paul reminds us on Saturday to love our brothers and sisters while we wait and remain firm in faith (Thursday) – the faith that, as Jesus said in Matthew 17, can move mountains.

August may be drawing to a close, Advent may be a while off, but by serving others we can bear witness to him, as Bartholomew and Paul did, today and every day.

PRAYER

Loving God, your care for us remains constant whatever the month or the season.

As summer draws towards its end in the northern hemisphere,
and winter retreats in the south,
we give you thanks for your eternal and never-changing love.



St Bartholomew, by Rembrandt van Rijn, c. 1661

PART III – REFORMATION TO THE BOOK OF COMMON PRAYER

The sixteenth-century Reformation theologians were unanimous in regarding the congregation's exclusion from almost every aspect of the Eucharist as untenable. Communion should take place only if people and clergy both received bread and wine. However, the nature of Christ's presence in the Eucharist provoked profound debate and disagreement. Martin Luther rejected the traditional doctrine that at consecration bread and wine became Christ's body and blood, yet he maintained that while the elements remained of bread and wine Christ was nevertheless present in them. Others, such as Ulrich Zwingli, went further: bread and wine were purely symbols of Christ's body and blood, Communion simply evoking remembrance of the Lord's sacrifice and thus was only a means to devotion, not an agency of grace. The paradox was that while the reformers reclaimed the Eucharist for everyone, translating its key texts into the vernacular, by downgrading its importance they dramatically reduced the frequency with which it was celebrated.

European Reformation theology influenced Thomas Cranmer's transformation of the Church of England. By 1549 English was used throughout a new Eucharistic liturgy and all references to the Mass as sacrifice were removed. More radical change was introduced in the 1552 Prayer Book that rejected Cranmer's emphasis on Christ being present when bread and wine were faithfully received by each congregant. The liturgy now explicitly declared that the elements were simply eaten in grateful remembrance of Christ's passion. Vestments were reduced to plain surplice over cassock, clergy instructed to preside from the north side of a wooden table adorned only with linen and positioned in the chancel on an east–west axis. Penitence rather than celebration became the overriding tone.

The 1559 revision softened some instructions regarding vestments and the position of the Communion table, while further minor changes were introduced when the Book of Common Prayer was approved in 1662. But, textually, Anglican liturgy from 1559 to the middle of the twentieth century was remarkably consistent with Cranmer's original reforms, providing a comforting spiritual rhythm across personal and national life.

LIVE theWORD

SUSTAINING YOU
THROUGH THE WEEK

Edited by
Caroline Hodgson
and
Heather Smith



Ninth week
after Trinity

Monday 2 August
to Saturday
7 August 2021

WEEK

Choosing sides

Gillian Cooper *reflects on* Joshua 24:1-2a. 14-18

It may seem obvious whose side the people of Israel *ought* to be on, but it is more complicated than we may think. The Old Testament tells a story of a bunch of slaves, rescued from Egypt, formed into a cohesive whole by many years of wilderness travel and by a meeting with God at a desert volcano, settling in a land occupied by others among whom they have to live. They have plenty of gods to choose from; gods of Egypt and of the Canaanite people of the land of Israel. The Canaanite gods in particular have their attractions; they are gods of fertility and harvest, gods for an agricultural community. What can Yahweh the God of the desert mountain know about making the crops grow?

So Joshua makes them choose, once and for all. And they give the right answer. There is only one God who is their God, the one who has watched over them for generations and brought them to where they are now. They swear allegiance. They make a covenant. They will, of course, break it many times, but for now they know whose side they are on, and who is on their side.

Our world presents many claims on our attention and our allegiance, many of which matter greatly. But above all, like the Israelites, we have to choose to be on the side of the God who saves and guides us through all eternity. 🍌

Help us, Lord, to stay true to you amid all the complexity of our lives. Keep us mindful of the immensity of your love for us, that we may know where our true allegiance lies and worship only you, our one true God. Amen.

St Paul

Part I

by Becky Mynett

For the next four weeks Becky will be looking at St Paul, his life and theology.

Paul was born in Tarsus, in modern-day Turkey, at around the same time Jesus was born. He was Jewish and (like many Greek-speaking Jews) he also used a Jewish name, Saul. According to Acts, he was a Roman citizen, but he was also a Pharisee, which means he followed the Jewish Law in the strictest possible way. Acts says Paul was

brought up in Jerusalem and studied under Gamaliel, the leader of the Pharisees, but most scholars now think he was brought up in Tarsus (although he may have studied in Jerusalem later). In any case, he did not follow Gamaliel's advice to leave Jesus' followers alone; in his letter to the Galatians he admits that he was initially a violent persecutor of the Church.

Without Paul, we may never have heard of Jesus, far less consider him to be the son of God. His influence on Christianity was crucial to its development from a minor Jewish sect to the world religion it is today.

Becky is a translator, editor and writer, and Reader in the Diocese of St Albans. 🍌

“Faith, as Paul saw it, was a living, flaming thing leading to surrender and obedience to the commandments of Christ.”

A. W. Tozer (1897-1963), pastor, author and spiritual mentor

Food in the Bible

Locusts

by Caroline Fletcher

John the Baptist is well known for eating locusts. Some argue that the word translated as “locusts” in our Bibles refers to carob beans, but most disagree. After all, consuming locusts was not unusual. Jewish dietary laws allowed them to be eaten and even today they are part of some people's diets across the world.

Indeed, in 2013 the BBC reported Israelis dealing with an influx of locusts by enjoying them coated in chocolate and breadcrumbs. In biblical times they were often ground up and added to flour, providing an invaluable source of protein.

John's diet was compatible with the simple lifestyle of a prophet living in the wilderness. This is probably why the Gospel writers tell us he ate locusts: they wanted to emphasise his link to the wilderness to show John as the new Elijah, recalling the Old Testament prophet Elijah who spent time in the wilderness hiding from queen Jezebel (1 Kings 19). 🍌



Sunday 22 August 2021
John 6:60-69
21st Sunday in Ordinary Time

My name is _____

IN THE GOSPEL TODAY

Simon Peter tells Jesus that his close friends will never leave him. They have faith in him and know that he is the Holy One of God. What Jesus teaches his friends is true.

JESUS IS MY FRIEND

d = f = h = n =
e = g = l = o = y =

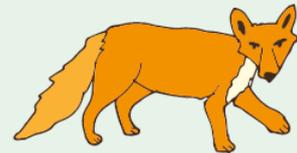
Crack the code and see who Jesus is.



Jesus is the _____

Something special

Fill in the spaces with the first letter of each picture.









True or false?

The disciples knew that what Jesus taught them was true. Are these statements **true** or **false**?

We need water to live.

All birds have wings.

Jesus teaches us about God.

Apples are vegetables.

Football are square.

✓ Tick the ones that are **true**.

All fish have legs.

True friends

Jesus' friends loved him very much. True friends stay with you no matter what happens.

Friends are **FUN** and **KIND**. They **CARE**, **SHARE**, **UNDERSTAND**, **LISTEN** and **LOVE**. Fit these words into the grid. What word can you read down the red column?



The disciples had _____ in Jesus

A PRAYER TO SAY

Dear Jesus, help us to always have faith in you and what you teach us about God our Father. May we be like the disciples and stay with you no matter what happens. Amen.