

Reflection for Trinity 12 The Bread of Life

Anyone who has ever been in the same room as a newborn baby will know where all the attention is focused. That little person, though tiny, is rightly recognised as precious and of immense value. We cradle them carefully and their arrival is cause for celebration. And yet newborn babies are an everyday joy. They are part of the fabric of life.

Similarly, bread is a staple on our kitchen tables. Toast is undeniably delicious, but it's neither rare nor vastly expensive. It's not something we need to visit a Michelin starred restaurant to enjoy. So how is it that the tiny scrap of bread we receive at communion is so different and has such value? It is small, simple and humble. Its monetary value is very low, and yet nothing else we touch in this life comes anywhere close to its infinite worth or contains its power to transform us.

We live in a world where value is overwhelmingly placed on the big, the expensive and the flashy; on the high-ticket items we buy to show ourselves and others that we've somehow 'made it'. Jesus turns all that upside down. In his Kingdom, where the least becomes the greatest, it is no surprise that he chooses to meet us in the small, the humble and the everyday. At communion, as we hold that tiny piece of bread in our hand, we hold all of eternity. We hold God himself. Nothing could be more precious.

Revd Carys



NEXT SUNDAY 25.08.2024 Trinity 13
10.30am in the Church

READINGS: OT Joshua 24: 1-2a, 14-18



NT Ephesians 6: 10-20

GOSPEL John 6: 56-69

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St Thomas, Exeter

18th August 2024

Twelfth Sunday after Trinity

10.30am in Church

Today

10.30am Sung Eucharist

Hymn Numbers.

49 Awake, awake, fling off the night

72 Broken for me, broken for you

231 I heard the voice of Jesus say

Wednesday 21st August

10am Requiem Mass for Steve Carroll

Thursday 22nd August

9.30-11am St Thomas Tots

10.30-12 noon Knit & Natter. 19 Maple Rd.

Details from Jenny on 01392 498725

Friday 23rd August

9.30am Morning Prayer

10am Staff Meeting

Saturday 24th August

12.30pm Ladies Lunch at the Royal Oak



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. **Amen**

Proverbs 9: 1-6

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.'

Ephesians 5: 15-20

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.

John 6: 51-58

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

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. **Amen**

NOTICES

Community Larder has closed (existing clients are being transferred to the main Exeter Foodbank, which now operates from Cowick Street). Collection bins for the Foodbank are available in many local supermarkets and in a few weeks time we will be starting a collection in Church at the Sunday service.

Walsingham Pilgrimage Monday 9th—Friday 13th September 2024

There are still places available for this year's pilgrimage. Please contact the organizer, Fr David Way, if you would like to come. The cost is £390, for transport, full board and accommodation.

Payment can be by cheque to St Peter's Pilgrimage Fund and posted to Fr David Way, St Peter's Vicarage, 23 Wyndham Square, Plymouth, PL1 5EG; or by bank transfer to Natwest Bank, St Peter's Pilgrimage Fund, Ac no 46650342 Sort Code 56-00-63, Reference 24/your name.

It is most peaceful and restorative experience, which I most sincerely recommend. Jenny Tuckett

Plans are in place for our next set of prayer walks based on our experiences from the first two walks and your feedback. Meet outside the church hall. Wet weather plan in place!

Thursday 29th August: 2pm - 3pm

Funeral Service for Steve Carroll Tuesday 27th August 2pm in Church.

St Thomas Pleasure Ground there will be an event to celebrate the life of Marianne Westcott at 12noon on 31st August. (Marianne was the lady who came into Church to use the Community Fridge and complained to the Rector when there was no food she liked!)

TALKWORKS can help! If you are feeling stressed, anxious, are experiencing ongoing low mood, or are having difficulty sleeping,

NHS TALKWORKS is a free, confidential, talking therapies service helping you to feel better and giving you the tools and techniques to improve your mental well-being.
0300 555 3344 Give us a call and see how we can support you. www.talkworks.dpt.nhs.uk

