

Reflection for Lent 5 from Revd Sarah

Our gospel reading today centres on the core elements of our faith: taking the images of burying a hard, dry seed into the dark earth and the raising of the Son of Man upon the cross: death and life; light and darkness; love of life and loss. I found the following poems helpful in exploring these themes:

A seed sits on a shelf,
warm and dry,
light and safe and comfortable.
It grows dry and dusty,
inert and impotent,
and is forgotten.
A seed is planted,
buried into cold and dark,
fearful vulnerability.
It dies to its old self,
and is transformed to new life.
It grows shoots and buds and leaves,
seeks light
and the waters of life.
It bears fruit
and is harvested,
torn apart and ground down.
It is baked,
given thanks for,
broken and shared,
in remembrance of Him.

Revd Katie Welborn Van Santen

Bread of the world, in mercy broken,
Wine of the soul, in mercy shed,
By Whom the words of life were spoken,
And in Whose death our sins are dead.

Look on the heart by sorrow broken,
Look on the tears by sinners shed;
And be Thy feast to us the token,
That by Thy grace our souls are fed.

Reginald Heber (1783-1826)



WARM SPACE ST THOMAS PARISH HALL



THURSDAY 3-5PM

Free refreshments in a warm space

NEXT SUNDAY 24.03.2024 Palm Sunday

10.30am in the Hall/Church

READINGS: OT Isaiah 50: 4-9a
NT Philippians 2: 5-11
GOSPEL Mark 14: 1 to end of 15



CONTACT US

Fr David Nixon 01392 667192. Day off: Mondays
rev.dave@virgin.net

Revd Sarah Cumming Assistant Priest 07543604115
rev.sarahcumming@gmail.com

Revd Alison Whiting Associate Priest
rev.alisonwhiting@gmail.com

Revd Mike Clark Associate Priest
mike.clark@exeter.anglican.org

Phil Baker, Reader 07970 216740
lionelbaker@outlook.com

Revd Terry Litherland 07594633195
tlitherland36@gmail.com

Ian Totterdell Church Warden 01392 848674
07536459096 ian.totterdell@cantab.net

Liz Pioneer Community Worker
pioneerstthomas@gmail.com

Email: parishoffice@stthomaschurchexeter.co.uk

Facebook: www.facebook.com/sttexeter

Website: www.stthomaschurchexeter.co.uk

Twitter: @sttexeter

Office Tel: 01392 437486 Messages at any time.



St Thomas, Exeter

17th March 2024

Fifth Sunday of Lent

10.30am in Hall

Today

10.30am in the Hall

Hymn Numbers

426 Praise to the Holiest in the height
148 From heaven you came, helpless babe
346 My song is love unknown

Tuesday 19th March

7.30pm House Group. Lent Course at Helen's house. 'Come and See'. Matthew 28: 1-10

Wednesday 20th March

10am Holy Communion (BCP)

Thursday 21st March

9.30—11am St Thomas Tots
10.30-12 noon Knit & Natter, 19 Maple Rd.
Details from Jenny 01392 498725
3-5pm Warm Space in the Hall

Friday 22nd March

9.30am Morning Prayer
10am Staff Meeting
11.30am Stations of the Cross

Saturday 23rd March

12.30pm Ladies Lunch at the Royal Oak



Collect

Most merciful God, who by the death and resurrection of your Son Jesus Christ delivered and saved the world: grant that by faith in him who suffered on the cross we may triumph in the power of his victory; 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. **Amen**

Jeremiah 31: 31-34

The days are surely coming, says the Lord, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the Lord. But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, 'Know the Lord', for they shall all know me, from the least of them to the greatest, says the Lord; for I will forgive their iniquity, and remember their sin no more.

Hebrews 5: 5-10

So also Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him, 'You are my Son, today I have begotten you'; as he says also in another place, 'You are a priest for ever, according to the order of Melchizedek.' In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

John 12: 20-33

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, 'Sir, we wish to see Jesus.' Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, 'The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour.' Now my soul is troubled. And what should I say—"Father, save me from this hour"? No, it is for this reason that I have come to this hour. Father, glorify your name.' Then a voice came from heaven, 'I have glorified it, and I will glorify it again.' The crowd standing there heard it and said that it was thunder. Others said, 'An angel has spoken to him.' Jesus answered, 'This voice has come for your sake, not for mine. Now is the judgement of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself.' He said this to indicate the kind of death he was to die.

Post Communion

Lord Jesus Christ, you have taught us that what we do for the least of our brothers and sisters we do also for you: give us the will to be the servant of others as you were the servant of all, and gave up your life and died for us, but are alive and reign, now and for ever. **Amen**

NOTICES

Lent Reflection Activity we will be returning to the St Thomas History Time-line after the

Eucharist on Sunday mornings. Please bring your memories, ideas and inspirations.

Community Larder There will be a collection box in the hall on Sundays for food donations. The need remains great so please be mindful of our wider community.

House Group is using the Diocesan Lent Course 'Come and See'. The group meets weekly until Easter at Helen's house. Details from Helen or Ian.

There will be a **Sunday Evensong** from 18th February until 17th March at 5pm. Zoom codes:

Meeting ID: 863 2592 5604 Passcode: 645534

Tel Nos: 0203 481 5240, 0131 460 1196,
0203 481 5237

Parish Website when we reviewed the website to include more details about the bell ringers we noticed that the last Blog entry was in 2022. We are looking for a small team of people who would be prepared to write something occasionally for this Blog. Please speak to one of the staff team.

Electoral Roll It is now time to revise the parish electoral roll ahead of the APCM in May. Please see Carolyn Bryant if you wish to be added to the roll or if you have moved house or changed any other details in the past year. Forms will be available from Carolyn or Ian. If you have any questions please contact Carolyn after the Sunday morning service or call 07780 707183.

Easter Flowers. If you would like to make a donation towards the cost of the flowers in remembrance of a loved one, please speak to Mary Naish or one of the clergy.

