

Reflection :- Trinity 4 Mark 4:35-41

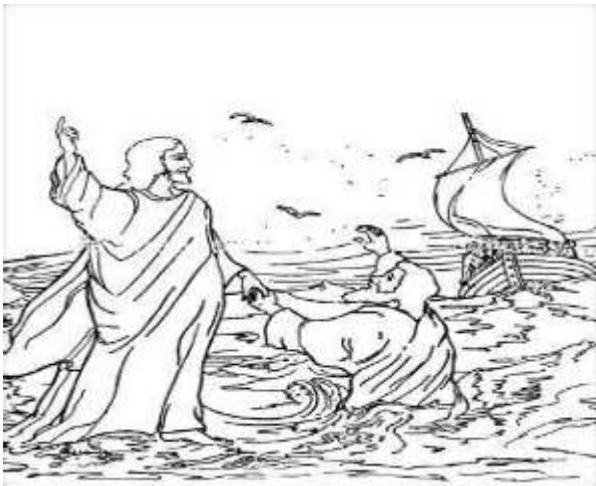
Have you ever noticed that in a relatively short time that Jesus walked this Earth how water figures very much in His Ministry,

When we cross the seas of life, we ourselves can meet storms that can arise in surprising ways. We need to turn to the Lord for guidance and help when the going gets choppy, not rely solely on our own resources.

The Disciples were certainly scared, they had concern even though Jesus was relaxed, even asleep. His message is one of peace and calm.

If we can wake up from our fear, we can realise that the Lord is present, especially in the midst of our storms, and that Jesus says "Do not be afraid I will keep you safe on your journey"

Fr Terry



NEXT SUNDAY 30.06.2024 St Thomas
10.30am in the Church

READINGS: OT Habakkuk 2: 1-4
NT Ephesians 2: 19-end
GOSPEL John 20: 24-29



CONTACT US

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

[Revd Sarah Cumming] Assistant Priest on secondment
at Pinhoe Church until 28th July]

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

X (formerly Twitter): @sttexeter

Office Tel: 01392 437486 Messages at any time.



St Thomas, Exeter

23rd June 2024

Fourth Sunday after Trinity

10.30am in Church

Today

10.30am Sung Eucharist

Hymn Numbers

226 I cannot tell how he whom angels

154 Give thanks with a grateful heart

114 Eternal Father, strong to save

Tuesday 25th June

7.30pm House Group at Helen's house. I see
the heavens opened.

Wednesday 26th June

10am Holy Communion (BCP)

2pm Young at Hearts trip to Greendale.

Thursday 27th June

9.30 – 11am St Thomas Tots

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

Details from Jenny 01392 498725

Friday 28th June

9.30am Morning Prayer

10am Staff Meeting

Saturday 29th June

3pm Ordination of Carys Puleston in the
Cathedral. Tickets still available.



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. **Amen**

Job 38: 1-11

Then the LORD answered Job out of the whirlwind: 'Who is this that darkens counsel by words without knowledge? Gird up your loins like a man, I will question you, and you shall declare to me. 'Where were you when I laid the foundation of the earth? Tell me, if you have understanding. Who determined its measurements—surely you know! Or who stretched the line upon it? On what were its bases sunk, or who laid its cornerstone when the morning stars sang together and all the heavenly beings shouted for joy? 'Or who shut in the sea with doors when it burst out from the womb?—when I made the clouds its garment, and thick darkness its swaddling band, and prescribed bounds for it, and set bars and doors, and said, "Thus far shall you come, and no farther, and here shall your proud waves be stopped?"

2 Corinthians 6: 1-13

As we work together with him, we urge you also not to accept the grace of God in vain. For he says, 'At an acceptable time I have listened to you, and on a day of salvation I have helped you.' See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labours, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of

spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honour and dishonour, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see—we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything. We have spoken frankly to you Corinthians; our heart is wide open to you. There is no restriction in our affections, but only in yours. In return—I speak as to children—open wide your hearts also.

Mark 4: 35-41

On that day, when evening had come, he said to them, 'Let us go across to the other side.' And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great gale arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, 'Teacher, do you not care that we are perishing?' He woke up and rebuked the wind, and said to the sea, 'Peace! Be still!' Then the wind ceased, and there was a dead calm. He said to them, 'Why are you afraid? Have you still no faith?' And they were filled with great awe and said to one another, 'Who then is this, that even the wind and the sea obey him?'

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.

Amen

NOTICES

Carys Puleston our new Curate is being ordained as a Deacon in Exeter Cathedral on Saturday 29th June and her first service at St Thomas will be the following day. Please pray for her as she prepares for this great step of faith, and we look forward to welcoming her and her family to our community. After next Sunday's service we will be having a short celebration with cake in the Church Hall. Please come along!

Community Larder is closing (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. Thank you for your generosity to the Community Larder over the last 4 years.

Summer walks around our Parish will be happening on selected days from late July to the end of August. More information to follow!

House Group meets approximately fortnightly at Helen's house. The group is studying the Acts of the Apostles. New members are welcome. For information please see Ian or Helen.

General Election A selection of prayer guides are available via the Exeter Diocesan website. www.exeter.anglican.org

We thank the sides people for volunteering to stand again. New people are always welcome. A list of duties is available and is posted on the notice-board.

