

## Gospel Reflection for Mark 2.23-3.6

Today's gospel is about Jesus and the disciples being told off for eating ears of corn from the field and Jesus healing the man with the withered hand. These two acts infuriate the Pharisees who ask them why they are breaking the law off the Sabbath.

What is the Sabbath for? It is designed by God to be a day of rest. He rested on the 7<sup>th</sup> day in the Genesis creation narrative. He commanded the Israelites to keep the 7<sup>th</sup> day holy in the 10 commandments and to do no work. This was taken very literally by the Jewish authorities and still is by orthodox Jews who won't even turn on the oven on the Sabbath. Hence the Pharisees' criticism of Jesus and the disciples.

But what is the Sabbath or Sunday for? Yes it is the day we worship God, and that should be an important part of it for us as Christians. But is also a day of rest, when we look after ourselves physically and spiritually. The disciples needed food for their well-being and the man with needed to have healing. What are our needs on Sundays? What do WE need as well as going to church?

*Phil Baker LLM*



**NEXT SUNDAY 09.06.2024 Trinity 2**  
10.30am in the Church

**READINGS:** OT Genesis 3: 8-15  
NT 2 Corinthians 4: 13-5: 1  
GOSPEL Mark 3: 20-35



### CONTACT US

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# St Thomas, Exeter

**2nd June 2024**

**1st Sunday after Trinity**

**10.30am in Church**

### Today

**10.30am Sung Eucharist**

*Hymn Numbers*

242 Immortal, invisible, God only wise

560 Will you come and follow me

172 God is working his purpose out

**12 noon** Holy Baptism

### Tuesday 4th June

**7.30pm** House Group. Church challenges.  
See back page for details.

### Wednesday 5th June

**10am** Walsingham Mass

**2.30pm** Celebration for the life of  
Barbara Baker

### Thursday 6th June

**9.30 –11am** St Thomas Tots

**10.30-12 noon** Knit & Natter, 19 Maple Rd.  
Details from Jenny 01392 498725

### Friday 7th June

**9.30am** Morning Prayer

**10am** Staff Meeting

### Saturday 8th June

**9am** Men's Breakfast in the Sawyers



## Collect

O God, the strength of all those who put their trust in you, mercifully accept our prayers and, because through the weakness of our mortal nature we can do no good thing without you, grant us the help of your grace, that in the keeping of your commandments we may please you both in will and deed; 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**

## Deuteronomy 5: 12-15

Observe the sabbath day and keep it holy, as the Lord your God commanded you. For six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, or your son or your daughter, or your male or female slave, or your ox or your donkey, or any of your livestock, or the resident alien in your towns, so that your male and female slave may rest as well as you. Remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm; therefore the Lord your God commanded you to keep the sabbath day.

## 2 Corinthians 4: 5-12

For we do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. For it is the God who said, 'Let light shine out of darkness', who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. For while we live, we are always being given up to death for

Jesus' sake, so that the life of Jesus may be made visible in our mortal flesh. So death is at work in us, but life in you.

## Mark 2: 23-3: 6

One sabbath he was going through the cornfields; and as they made their way his disciples began to pluck heads of grain. The Pharisees said to him, 'Look, why are they doing what is not lawful on the sabbath?' And he said to them, 'Have you never read what David did when he and his companions were hungry and in need of food? He entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions.' Then he said to them, 'The sabbath was made for humankind, and not humankind for the sabbath; so the Son of Man is lord even of the sabbath.' Again he entered the synagogue, and a man was there who had a withered hand. They watched him to see whether he would cure him on the sabbath, so that they might accuse him. And he said to the man who had the withered hand, 'Come forward.' Then he said to them, 'Is it lawful to do good or to do harm on the sabbath, to save life or to kill?' But they were silent. He looked around at them with anger; he was grieved at their hardness of heart and said to the man, 'Stretch out your hand.' He stretched it out, and his hand was restored. The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.

## Post Communion

Eternal Father, we thank you for nourishing us with these heavenly gifts: may our communion strengthen us in faith, build us up in hope, and make us grow in love; for the sake of Jesus Christ our Lord. **Amen**

## NOTICES

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

**Summer walks** Call out for help for summer project of community, reflective walks of hope! We're looking for people with IT, graphic design or project coordination skills to help produce walk leaflets and online content. Please call/text Ian's mobile, or email: [jenifertuckett@gmail.com](mailto:jenifertuckett@gmail.com) or [pioneersthomas@gmail.com](mailto:pioneersthomas@gmail.com)

**Parish Website** 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.

**House Group** meets on the 1st, 3rd & 5th Tuesdays of each month at Helen's house. The group will be studying the Acts of the Apostles. New members are welcome. For information please see Ian or Helen.

As you know the **General Election** has been called for 4th July 2024. If you have not registered to vote the last date is 18th June. The last date for a postal vote is 19th June and the last date for a proxy vote is 26th June. Photo ID is required. If you wish to stand as a candidate the closing date is 7th June !!

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

