

Reflection for Trinity 11

A few years ago a friend asked if I could teach her how to make bread. I agreed in exchange for a constant supply of tea and cake. She was a little surprised that after only 15 minutes of mixing and kneading the ingredients, we settled down for an hour of waiting in which I expected to eat my body weight in cake! Making bread takes energy, and benefits from practice and experience, yet is also a simple process involving a lot of waiting while the ingredients are transformed.

Jesus often speaks of bread; one of the most basic foodstuffs. Even the boy, whose food eventually fed the 5000, was carrying bread. Bread is an astonishing product. When yeast, flour, water and salt are set out on a kitchen worktop, how is it possible that such a delicious product will result?

In church we can often feel as though we are being thrown together with people who aren't much like us. That's one of the extraordinary things about being here: it is one of the few really open-door spaces in our society. Yet week by week we gather, and by being together we are transformed by God's love.

Revd Sarah



NEXT SUNDAY 18.08.2024 Trinity 12
10.30am in the Church

READINGS: OT Proverbs 9: 1-6
NT Ephesians 5: 15-20
GOSPEL John 6: 51-58



CONTACT US

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

Revd Carys Puleston Curate 07977090932
rev.carys@gmail.com

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

X (formerly Twitter): @sttexeter

Office Tel: 01392 437486 Messages at any time.



St Thomas, Exeter

11th August 2024

Eleventh Sunday after Trinity

10.30am in Church

Today

10.30am Sung Eucharist

Hymn Numbers.

26 Alleluia, sing to Jesus

227 I come with joy, a child of God

531 We hail thy presence glorious

Wednesday 14th August

10am Holy Communion (BCP)

Thursday 15th August

9.30-11am St Thomas Tots

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

Details from Jenny on 01392 498725

Friday 16th August

9.30am Morning Prayer

10am Staff Meeting



Collect

O God, you declare your almighty power most chiefly in showing mercy and pity: mercifully grant to us such a measure of your grace, that we, running the way of your commandments, may receive your gracious promises, and be made partakers of your heavenly treasure; 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**

1 Kings 19: 4-8

But he himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: 'It is enough; now, O Lord, take away my life, for I am no better than my ancestors.' Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.' He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the Lord came a second time, touched him, and said, 'Get up and eat, otherwise the journey will be too much for you.' He got up, and ate and drank; then he went in the strength of that food for forty days and forty nights to Horeb the mount of God.

Ephesians 4: 25-5: 2

So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, to-

gether with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

John 6: 35, 41-51

Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty. Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' Jesus answered them, 'Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, "And they shall all be taught by God." Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. 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.'

Post Communion

Lord of all mercy, we your faithful people have celebrated that one true sacrifice which takes away our sins and brings pardon and peace: by our communion keep us firm on the foundation of the gospel and preserve us from all sin; through Jesus Christ our Lord. **Amen**

NOTICES

Knit & Natter is starting again this Thursday, 15th August.

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-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 15th August: 2pm - 3pm

Thursday 29th August: 2pm - 3pm

If you are feeling stressed, anxious, are experiencing ongoing low mood, or are having difficulty sleeping, [TALKWORKS](#) can help! 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

