

Reflection for Trinity 7. Mark 6.14-29

Herod has got himself into a difficult situation. He has made an unconditional offer to daughter when she dances for him and his guests and pleases them greatly. Influenced by her mother, who has a grudge against John the Baptist, she asks for the one thing he does not want to give, his execution signified by his head on a plate. Having arrested him to please his wife, he still regarded John as a holy and righteous man and wanted to protect him. In fact Mark says that Herod feared John.

But Herod is in fact a weak man who is scared to upset those around him and he has made a public promise to his daughter and does not want to lose face by going back on it so he has John beheaded and head brought to her on a platter.

This has a moral to it! Don't make a promise you don't want to keep and secondly be ready to do what is right even if it means losing face and being thought a fool by the world.

Phil Baker



NEXT SUNDAY 21.07.2024 Mary Magdalene
10.30am in the Church

READINGS: OT Song of Solomon 3: 1-4
NT 2 Corinthians 5: 14-17
GOSPEL John 20: 1-2, 11-18



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St Thomas, Exeter

14th July 2024

Seventh Sunday after Trinity

10.30am in Church

Today

10.30am Sung Eucharist

Hymn Numbers

46 At the name of Jesus

124 Father of heaven, whose love profound

532 We have a gospel to proclaim

Tuesday 16th July

7.30pm House Group. Most Unlikely
Conversion

Wednesday 17th July

10am Holy Communion (BCP)

Thursday 18th July

9.30-11am St Thomas Tots

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

Friday 19th July

9.30am Morning Prayer

10am Staff Meeting



Collect

Lord of all power and might, the author and giver of all good things: graft in our hearts the love of your name, increase in us true religion, nourish us with all goodness, and of your great mercy keep us in the same; 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**

Amos 7: 3-14

This is what he showed me: the Lord was standing beside a wall built with a plumb-line, with a plumb-line in his hand. And the LORD said to me, 'Amos, what do you see?' And I said, 'A plumb-line.' Then the Lord said, 'See, I am setting a plumb-line in the midst of my people Israel; I will never again pass them by; the high places of Isaac shall be made desolate, and the sanctuaries of Israel shall be laid waste, and I will rise against the house of Jeroboam with the sword.' Then Amaziah, the priest of Bethel, sent to King Jeroboam of Israel, saying, 'Amos has conspired against you in the very centre of the house of Israel; the land is not able to bear all his words. For thus Amos has said, "Jeroboam shall die by the sword, and Israel must go into exile away from his land." ' And Amaziah said to Amos, 'O seer, go, flee away to the land of Judah, earn your bread there, and prophesy there; but never again prophesy at Bethel, for it is the king's sanctuary, and it is a temple of the kingdom.' Then Amos answered Amaziah, 'I am no prophet, nor a prophet's son; but I am a herdsman, and a dresser of sycamore trees, and the LORD took me from following the flock, and the LORD said to me, "Go, prophesy to my people Israel."

Ephesians 1: 3-14

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and

insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance towards redemption as God's own people, to the praise of his glory.

Mark 6: 14-29

King Herod heard of it, for Jesus' name had become known. Some were saying, 'John the baptizer has been raised from the dead; and for this reason these powers are at work in him.' But others said, 'It is Elijah.' And others said, 'It is a prophet, like one of the prophets of old.' But when Herod heard of it, he said, 'John, whom I beheaded, has been raised.' For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, 'It is not lawful for you to have your brother's wife.' And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, 'Ask me for whatever you wish, and I will give it.' And he solemnly swore to her, 'Whatever you ask me, I will give you, even half of my kingdom.' She went out and said to her mother, 'What should I ask for?' She replied, 'The head of John the baptizer.' Immediately she rushed back to the king and requested, 'I want you to give me at once the head of John the Baptist on a platter.' The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. Immediately the king sent a soldier of the guard with orders to bring John's head. He went and be-

headed him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb.

Post Communion

Lord God, whose Son is the true vine and the source of life, ever giving himself that the world may live: may we so receive within ourselves the power of his death and passion that, in his saving cup, we may share his glory and be made perfect in his love; for he is alive and reigns, now and for ever. **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.

House Group meets approximately fortnightly at Helen's house. New members are welcome. For information please see Ian or Helen.

St Thomas Taster Prayer Walks Our summer project is taking shape really well. We want St Thomas to know that we pray for them and a great way to do this is to show them. We would love for you to join us in prayer, either at home or in person for approx. 60 minutes on all or any of the following dates. We will meet outside the church hall.

Thursday 25th July: 2pm for Walk 1

Thursday 1st August: 6pm for Walk 2

Thursday 15th August: 2pm for a repeat of Walk 1

Thursday 29th August: 2pm for a repeat of Walk 2

For the 2pm walks you could pray in the church building whilst we walk and then meet us when we return. More details to follow next week ready for the first walk.