

Trinity 14 Reflection – St Aidan

Ever since a parish pilgrimage to Durham, some 10 or so years ago, I have had a fondness for the Northern, Celtic Saints. Yesterday, 31st August, the Church remembered the life of one of these saints; St Aidan.

Aidan was born in Ireland in the early 600s, and received a monastic education at the monastery of Iona, off the west coast of Scotland. In 635 AD, he was chosen by King Oswald of Northumbria to become the bishop of Lindisfarne, just off the Northumberland coast, now also known as Holy Island.

Here, Aidan and the monks lived a life of prayer, study and austerity. He would walk the lanes, talking to all whom he met, gradually interesting them in the Christian faith. Aidan chose to walk rather than ride a horse, to enable him to be on the same level as the people he met.

Aidan was known for his gentle and compassionate approach, and many people were drawn to his message of love and forgiveness. He was also known for his charitable works, and was deeply committed to the monastic way of life, spending much of his time in prayer and contemplation. Aidan had the gift of mediating disputes and bringing peace to troubled areas.

He died on 31st August 651, and was canonized as a saint by the Catholic Church.

Prayer of St. Aidan of Lindisfarne

*Leave me alone with God as much as may be.
As the tide draws the waters close in upon the shore,
Make me an island, set apart,
alone with you, God, holy to you.*

*Then with the turning of the tide
prepare me to carry your presence to the busy world beyond,
the world that rushes in on me
till the waters come again and fold me back to you.*

May this be our prayer too.

Rev Alison



NEXT SUNDAY 08.09.2024 Blessed Virgin Mary
10.30am in the Church

READINGS: OT Isaiah 61: 10, 11
NT Galatians 4: 4-7
GOSPEL Luke 1: 46-55



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St Thomas, Exeter

1st September 2024

Fourteenth Sunday after Trinity

10.30am in Church

Today

10.30am Sung Eucharist

Hymn Numbers.

193 Hail to the Lord's anointed

428 Purify my heart

372 O Jesus, I have promised

Tuesday 3rd September

7.30pm House Group at Helen's house.

Wednesday 4th September

10am Walsingham Mass

Thursday 5th September

9.30-11am St Thomas Tots

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

Details from Jenny on 01392 498725

Friday 6th September

9.30am Morning Prayer

10am Staff Meeting

Saturday 7th September

11am—3pm Heritage Open Day:



Collect

Almighty God, whose only Son has opened for us a new and living way into your presence: give us pure hearts and steadfast wills to worship you in spirit and in truth; 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 4: 1-2, 6-9

Moses said: So now, Israel, give heed to the statutes and ordinances that I am teaching you to observe, so that you may live to enter and occupy the land that the LORD, the God of your ancestors, is giving you. You must neither add anything to what I command you nor take away anything from it, but keep the commandments of the LORD your God with which I am charging you. You must observe them diligently, for this will show your wisdom and discernment to the peoples, who, when they hear all these statutes, will say, 'Surely this great nation is a wise and discerning people!' For what other great nation has a god so near to it as the Lord our God is whenever we call to him? And what other great nation has statutes and ordinances as just as this entire law that I am setting before you today? But take care and watch yourselves closely, so as neither to forget the things that your eyes have seen nor to let them slip from your mind all the days of your life; make them known to your children and your children's children.

James 1: 17-27

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfilment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures. You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness

and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls. But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing. If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.

Mark 7: 1-8, 14, 15, 21-23

When the Pharisees and some of the scribes who had come from Jerusalem gathered around Jesus, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, 'Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?' He said to them, 'Isaiah prophesied rightly about you hypocrites, as it is written, "This people honours me with their lips, but their hearts are far from me; in vain do they worship me, teaching human precepts as doctrines." You abandon the commandment of God and hold to human tradition.' Then he called the crowd again and said to them, 'Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile. 'For it is from within, from the human heart, that evil intentions come: fornica-

tion, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person.'

Post Communion

Lord God, the source of truth and love, keep us faithful to the apostles' teaching and fellowship, united in prayer and the breaking of bread, and one in joy and simplicity of heart, in Jesus Christ our Lord. **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.

TALKWORKS can help! If you are feeling stressed, anxious, are experiencing ongoing low mood, or are having difficulty sleeping,

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

Northcott Theatre Friday 18th October to Wednesday 23rd October (local discount on Friday) *The Commotion*. More on the Prayer Book Rebellion of 1549 following our successful talk by Prof Mark Stoye. Box office phone no 01392 726363

Heritage Open Days As part of the national scheme of Heritage Open Days, the Church is being specially opened on two Saturdays, the 7th & 14th September. Visitors are undertaking self-guided tours and walks with some information provided by us. You also might like to know that other buildings in the city which are not normally open to the public may be open for free in this period.