

Reflection for Third Sunday before Lent

Matt 5.13-20

In this weeks Gospel Jesus tells us that we are the light of the world. We carry his light, the light of Candlemas. But he warns us that if we hide our light, we then do not shine out to the world. The world needs to see what we do in His name and glorify God.

I see this as going a little further. We need to think about the things we can do, the skills we have and use them for the good of God's people and for the good of the Church. We need to examine ourselves and think about what needs doing and whether we would be able to do it. If a task needs doing we should ask ourselves this question: "Is that something I could do or am I hiding my light away? Is this a way I can show God's love to others?"

Phil Baker



WARM SPACE ST THOMAS PARISH HALL

THURSDAY 3-5PM



Free refreshments in a warm space.

NEXT SUNDAY 12.02.2023 2nd Sunday before Lent

SERVICES: 10.30am Sung Eucharist in the Hall.

READINGS: OT Genesis 1: 1-23
NT Romans 8: 18-25
GOSPEL Matthew 6: 25-34



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St Thomas, Exeter

5th February 2023

3rd Sunday before Lent

10.30am in the Hall

Today

10.30am Sung Eucharist

Hymn Numbers

49 Awake, awake: fling off the night

317 Lord, the light of your love is shining
(Shine, Jesus, shine)

514 Thou, whose almighty word

Tuesday 7th February

7.30pm House Group. 'The Practice of Confession'. See Ian for details.

Wednesday 8th February

10am Holy Communion (BCP)

Thursday 9th February

9.30-11am St Thomas Tots.

9.30-10.30am Community Larder

10.30am-12noon Knit & Natter

3-5pm Warm Space in the Hall.

Friday 10th February

9.30am Morning Prayer.

10am Staff Meeting.

Saturday 11th February

9am Men's Breakfast in the Sawyers



Collect

Almighty God, who alone can bring order to the unruly wills and passions of sinful humanity: give your people grace so to love what you command and to desire what you promise, that, among the many changes of this world, our hearts may surely there be fixed where true joys are to be found; 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**

Isaiah 58: 1-9a

Shout out, do not hold back! Lift up your voice like a trumpet! Announce to my people their rebellion, to the house of Jacob their sins. Yet day after day they seek me and delight to know my ways, as if they were a nation that practised righteousness and did not forsake the ordinance of their God; they ask of me righteous judgements, they delight to draw near to God. 'Why do we fast, but you do not see? Why humble ourselves, but you do not notice?' Look, you serve your own interest on your fast-day, and oppress all your workers. Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do to-day will not make your voice heard on high. Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the Lord? Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rearguard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am.

1 Corinthians 2: 1-12

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came

to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God. Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written, 'What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him'—these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God.

Matthew 5: 13-20

Jesus said, 'You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. 'You are the light of the world. A city built on a hill cannot be hidden. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven' Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

Post Communion

Merciful Father, who gave Jesus Christ to be for us the bread of life, that those who come to him should never hunger: draw us to the Lord in faith and love, that we may eat and drink with him at his table in the kingdom, where he is alive and reigns, now and for ever.

Amen

NOTICES

Knit and Natter. On Thursdays from 10.30am-12noon at 19 Maple Road. Details from Jenny on 01392 498725.

Community Larder is receiving donations on Thursdays between 9.30 and 10.30am. Please note new day and time. On Sundays there will also be an opportunity to bring donations to the 10.30 service.

House Group Fortnightly on Zoom. New people are always welcome; see Ian for Zoom details.

Our proposal is to stay in the Hall until Palm Sunday.

In the interests of safety we suggest that people should **not work alone in the Church.**

Food Fight (Food for Sundays) are looking for donations of warm clothing, such as hats, gloves, jackets and socks. They are also happy to receive individual-serving bottles/tetra packs of water or juices. **Volunteers are outside Nat West bank on Sunday mornings from 11am-1pm** so any donations can be dropped off there.

Simon James, social prescriber at St Thomas Medical Centre, is asking for volunteers on behalf of the **ExwickTwo's Company Befriending Service.** His telephone number is 01392 676638 For more information see <https://linkinglives.uk/project/exwick/>

We need a volunteer urgently to be responsible for **Hall party and regular users bookings** from Easter onwards and someone to be responsible for a team opening and closing the Hall after parties. These roles can be combined or split We mostly operate this system through emails. If you are interested please see Ian for details. It is important that these roles are filled **as the Hall is a significant source of income for the Church.**