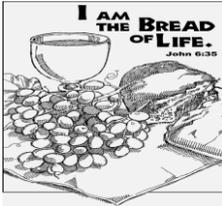




St Nicholas' Parish Church, Worth & St Barnabas' Church, Pound Hill



**Sunday August 2nd
Ninth Sunday after Trinity**

*Welcome to our churches today.
If you have time afterwards, please
stay for refreshments.*

*At the Distribution of Communion all
are welcome to come to the altar rail
to receive a blessing or, if baptised,
the Communion.*

*Children are welcome at all our
services, and there are soft toys and
children's books at the back of the
church for their use.*

SERVICES TODAY

08.00 Holy Communion (BCP)
at St Nicholas'
Celebrant & Preacher: Rev'd Steve Burston
09.45 Sung Eucharist at St Nicholas'
Celebrant & Preacher: Rev'd Steve Burston
10.00 Eucharist at St Barnabas'
Celebrant & Preacher: Rev'd James Grant
11.30 Nic's All-age with Holy Baptism
at St Nicholas'
Presiding: Rev'd Steve Burston

Next week's Readings

1 Kings 19. 4- 8 15
Psalm 34. 1 - 8
Ephesians 4. 25 - 5. 2
John 6. 35, 41 - 51

The Curate writes:

I know that it seems very hard to believe (or maybe it doesn't), but I have been on a few diets in my time and the diet market is going strong as a growth (ironic really) industry in this country with most magazines promising quick fix ways to shed the pounds that will then make you truly happy. Let me see – for me there has been the Rotation Diet, the Atkins Diet – (high protein and no carbs – I got sick of it – for a time I couldn't face seeing someone eat let, alone me eat, another Ham and Cheese Omelette in a police canteen), Weight Watchers (and its point system), the Fasting Diet (surely I should have been good at this one – but I wasn't!) and the latest that I have yet to try the Dukan Diet (a hyper protein one, healthy and natural - apparently). Then there are the diets offered in our readings – a fine flaky substance/manna from heaven and the bread of life – Jesus. These diets don't promise to make us thin, but if grasped and taken they will sustain us through thick and thin (like what I did there?). The results of these diets were for the Israelites a renewed faith and entry to the Promised Land, whilst to Christians a way never to hunger. We are only hungry when we take our eyes off of Him and try to fill ourselves from the worldly stuff that looks so tempting (like the Chocolate Brownie I am eating right now!) but never fills us. If we faithfully eat the bread of life of Jesus we are then promised the gifts of Ephesians – so as we go on holiday, rest assured I won't be dieting from food but I will hope to feed always on the bread that Jesus offers - Steve

READINGS for the day.

Collect:

Almighty God, who sent your Holy Spirit to be the life and light of your Church: open our hearts to the riches of your grace, that we may bring forth the fruit of the Spirit in love and joy and peace; 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.**

FIRST READING

Exodus 16. 2 - 4, 9 - 15

A Reading from the Book of Exodus

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, 'If only we had died by the hand of the Lord in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.' Then the Lord said to Moses, 'I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not. Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the Lord, for he has heard your complaining." 'And as Aaron spoke to the whole congregation of the Israelites, they looked towards the wilderness, and the glory of the Lord appeared in the cloud. The Lord spoke to Moses and said, 'I have heard the complaining of the Israelites; say to them, "At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God." ' In the evening quails came up and covered the camp; and in the morning there was a layer of

dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread that the Lord has given you to eat.

Psalm. 78. 23 - 29

SECOND READING

Ephesians 4 1 - 16

A Reading from Paul's letter to the Ephesians.

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, 'When he ascended on high he made captivity itself a captive; he gave gifts to his people.' (When it says, 'He ascended', what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the

full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knitted together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

GOSPEL

John 6. 24 - 35

A Reading from the Gospel according to John.

So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus. When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' Then they said to him, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat."' Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father

who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always.' 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.'

Post Communion

Strengthen for service, Lord, the hands that have taken holy things; may the ears which have heard your word be deaf to clamour and dispute; may the tongues which have sung your praise be free from deceit; may the eyes which have seen the tokens of your love shine with the light of hope; and may the bodies which have been fed with your body be refreshed with the fullness of your life; glory to you for ever.

Amen.

SERVICES during next week

St Barnabas'

Mon, Wed, Fri. & Sat only

08.30 Morning Prayer & Eucharist

Tues & Thurs

08.30 Morning Prayer

St Nicholas'

Mon – Sat 17.00 Evening Prayer (BCP)

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**Tues** 10.30 Eucharist - St Barnabas'

11.00 Home Communion

- Lanehurst Gardens

**Thurs** 10.30 Eucharist – St Nicholas'

**Sat** No Weddings.

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Services next Sunday

Tenth Sunday after Trinity

08.00 Holy Communion (BCP)

- St Nicholas'

09.45 Sung Eucharist - St Nicholas'

10.00 Eucharist - St Barnabas'

12.00 Holy Baptism - St Nicholas'

NOTICES

Friday lunches 12.30pm in the Pastoral Centre - 2 courses plus tea / coffee - £5.50
Please purchase tickets by **Aug. 4th** for August 7th at the Centre or call 883362.

Monday August 10th 11.00am St Barnabas' Julian Group—all are welcome

Monday Aug. 10th 7.30pm St Nicholas' -Public Meeting re proposed changes within part of the Conservation Area for a small housing development.

Wednesday August 19th 7.30pm at St Nicholas'. Refresher training for **Lay Ministers of Communion**. Please confirm attendance with the parish office.

Saturday August 22nd St Nicholas' Fete 12 noon – 4.00pm – refreshments, stalls, games, choir & lots more. **Offers to help** on the stalls (1hr at a time) to St Nicholas' Church Committee or Parish Office, please. Also for setting up at 11.00am, clearing away at 4.00pm. Donations of Bottles for the 'Bottle Tombola' to Pam Newley. Second-hand books, raffle prizes and cakes please to one of the Committee – or Siân Moulder (886160) Colin Smith(889894) Thank you.

Sunday August 23rd CURC Family Fun Afternoon 12.00 – 4.00pm to celebrate completion of Phase One of their 'Regeneration Project'. BBQ, Bouncy Castle, Fire Engine, Train ride & entertainment – everyone welcome.

Saturday August 29th - A Date to Save ! **5.30pm to 8pm** Rev'd Steve, Liz and the girls would like to invite you to Maidenbower Vicarage for drinks and nibbles. All welcome.

DIARY NOTES

Saturday September 5th St Barnabas 60th Anniversary Tea 2.30 – 4.30pm.
Tickets £5.50 from Sheila Dring.

Saturday September 12th Ladies' Breakfast 8.30am at the Pastoral Centre – sign-up sheets in both churches now !

Saturday September 19th Men's Breakfast 8.30am at the Pastoral Centre – sign-up sheets in both churches now !

Wednesday September 30th Open Evening at Holy Trinity C of E school, Gossops Green 5.00 – 8.30pm. See posters for details.

Sunday October 4th – our Annual Pork Roast will follow the Parish Eucharist at St Barnabas'. Please keep this date free.

The Pastoral Centre Café is open **every week on Tuesdays and Fridays** 10.30am - 12 noon and **Saturdays** 10.00am - 12 noon. Why not join us for drinks, snacks and a chat. It will reopen on **Monday afternoons** 2.00 - 4.00pm **September 7th** and continue during **school term time only**.

CONTACTS

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Churchwardens

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PARISH OFFICE

for enquiries about
weddings, baptisms, hall bookings, etc.

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Website: www.worthparish.org



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