

Serving Crawley in Worth, Pound Hill, Maidenbower and Forge Wood









# **26** Aug 2018

**Trinity 13** 

Welcome to our services at St Barnabas' in Pound Hill & St Nicholas' in Worth

This sheet details the readings in today's services as well as notices for everyone. Please do take it home and share it.

There are soft toys and books available for children.

At Communion, everyone is welcome to come up and receive a blessing or, if baptised, share the bread and wine. If you are here for the first time, please introduce yourselves. After the 10.00 service on Sunday please join us for refreshments.

#### **SERVICES TODAY**

St Nicholas' 08.00 Holy Communion Celebrant & Preacher: Fr Michael Boag

10.00 Eucharist St Nicholas' Celebrant & Preacher: Fr Michael Boag

10.00 Child-friendly Eucharist St Barnabas' Celebrant & Preacher: Revd Sarah Upchurch

11.45 Baptism Fr Michael Boag

> Please send pew sheet notices to pewsheet@worthparish.org.uk or phone 0300 III 8150

# Ephesians 6: 10-20

Life is an adventure, full of opportunities, experiences, beauty, laughter and joy. If you had to prepare a virtual backpack for life what would you pack? How about energy, enthusiasm, health, intelligence, a sense of humour?

I wonder what else comes to your mind? "Now hang on just a minute" I hear you cry,

For some quite the opposite in fact.

"life isn't all happiness and excitement."

Things go wrong, sadness and troubles threaten our lives, rob us of our health and wellbeing, interfere in our relationships and sometimes create chaos or despair so that we have trouble finding our way out without help.

At times like these we need some other 'equipment' to see us through. It won't prevent suffering, but it will help us face difficulties.

This is the armour of God! There is no greater protection.

The helmet of salvation - reminds us that we are loved and are precious to God.

The breastplate of righteousness - helps us stand up for what is right and good.

The belt of truth - helps us to seek the truth and tell the truth.

The boots of peace - helping us to contribute peace not antagonism.

The shield of faith - defend us against the fiery arrows of the devil.

The sword of the Spirit - the word of God.

This God's recommended armour is protection against lies, negativity and all that would endanger us and prevent us from living our lives to the full. It is activated by prayer, our greatest weapon.

Peace be with you Revd Sarah

#### Collect

Almighty God, who called your Church to bear witness that you were in Christ reconciling the world to yourself: help us to proclaim the good news of your love, that all who hear it may be drawn to you; through him who was lifted up on the cross, and reigns with you in the unity of the Holy Spirit, one God, now and for ever. **Amen** 

# First Reading

Joshua 24.1-2a,14-18

Then Joshua gathered all the tribes of Israel to Shechem, and summoned the elders, the heads, the judges, and the officers of Israel; and they presented themselves before God. And Joshua said to all the people, 'Thus says the Lord, the God of Israel: Long ago your ancestors—Terah and his sons Abraham and Nahor—lived beyond the Euphrates and served other gods.

'Now therefore revere the Lord, and serve him in sincerity and in faithfulness; put away the gods that your ancestors served beyond the River and in Egypt, and serve the Lord. Now if you are unwilling to serve the Lord, choose this day whom you will serve, whether the gods your ancestors served in the region beyond the



River or the gods of the Amorites in whose land you are living; but as for me and my household, we will serve the Lord.' Then the people answered, 'Far be it from us that we should

forsake the Lord to serve other gods; for it is the Lord our God who brought us and our ancestors up from the land of Egypt, out of the house of slavery, and who did those great signs in our sight. He protected us along all the way that we went, and among all the peoples through whom we passed; and the Lord drove out before us all the peoples, the Amorites who lived in

the land. Therefore we also will serve the Lord, for he is our God.'

# Psalm 34 15-22

# BROKEN HEART? PSALM 34:18

# **Second Reading**

Ephesians 6.10-20



Finally, be strong in the Lord and in the strength of his power. Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not

against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and everything. done to firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith. with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God.

Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

# Gospel

John 6. 56-69



Those who

eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.' He said these things while he was teaching in the synagogue at Capernaum.

When many of his disciples heard it, they said, 'This teaching is difficult; who can accept it?' But Jesus, being aware that his disciples were complaining about it, said to them, 'Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe.' For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, 'For this reason I have told you that no one can come to me unless it is granted by the Father.'

Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, 'Do you also wish to go away?' Simon Peter answered him, 'Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God.'

#### **Post - Communion**

God our creator, you feed your children with the true manna, the living bread from heaven:

let this holy food sustain us through our earthly pilgrimage until we come to that place where hunger and thirst are no more; through Jesus Christ our Lord.

Amen

SERVICES THIS WEEK		
Tues	10.30 Healing	St Barnabas'
28	Eucharist +	
	Refreshments after	
Thur	10.30 Eucharist +	St Nicholas'
30	Refreshments after	
Sat I	14.00 Wedding	St Nicholas'
Sun 2	08.00 Holy	St Nicholas'
Sept	Communion	
	10.00 Eucharist	St Barnabas'
	10.00 Eucharist	St Nicholas'
	11.45 Baptism	St Nicholas'

# Sunday 2 Sept 2018, Trinity 14

Deuteronomy 4.1-2,6-9 Psalm 15 James 1.17-27 Mark 7.1-8,14,15,21-23

We are looking for someone who is either proficient at Calligraphy or has a good decorative script and is willing to volunteer for a small "writing" task once or twice a year. If this is YOU please contact Joan Tick on 01293 884695, email to <a href="mailto:tickjoan@gmail.com">tickjoan@gmail.com</a>. Thank you.

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# **DIARY NOTES & NOTICES**

Mondays -The PC will be closed on Bank holiday Monday. JayDee's cake café opens again on 3 Sept. Unfortunately, the Tuesday Forget-me-Not lunch café is struggling for support so this will stop in Sept whilst they consider what they can try next.

**Friday Lunch** in the Pastoral Centre, 2 courses and tea/coffee for £6.50. All welcome. To help with catering, please order tickets by **29 Aug for 31 Aug** at the Pastoral Centre or by calling 0300 111 8150.

**Saturday I Sept** - Saturday Market in the P Centre, 10.00am - 11.45am. Join us for bargains and refreshments.

**Tues 4 Sept** Mag meeting 17.00 at the Sue's. Please send titles of articles for inclusion into the office before this date and the copy deadline will be Sun 23 Sept.

The Worth Park History Soc launches on **Tues 18 Sept**, 2-4pm, Montefiore Meeting Rooms, Ridley's Court, Worth Park., top of Milton Mount Avenue. Parking is very limited so please walk or carshare

## Men's Breakfast Sat 29 Sept. 08.00

Full English Breakfast on offer to any of the men in the parish (Ladies' turn on 13 Oct) Sign-up sheets in the churches from 2 Sep



**Sun 30 Sept** at 2.30pm, 4th Worth Scout Group celebrate 110 years, at a special service at St Nicholas, everyone welcome.

#### Pastoral Centre Café

Many say that they would like to see the PC open more often. We would too!

However, we need to get the hours it is open manned regularly first. Even when we aren't busy H&S requires that we have two people there at a time - Have you got a spare 2hrs every 4/6 weeks?

'A vision without a plan is a dream. A plan without vision is a chore...but a vision with a plan can change the world'

We have a vision & a plan – be part of it! Call Phyl on 883362 or 0300 111 8150



### Age UK West Sussex, Crawley

Join us for a classic film, whilst having a tasty cream tea

Summer /Autumn Programme

Friday 14th Sep Breakfast at Tiffany's Friday 19th October

There's No Business Like Show business

Friday 16th Nov Some Like it Hot

**Time:** 2– 5pm (film starts at 2.30pm)

Cost: Members of Age uk: £5 an individual, £6 for a couple of friends coming together. Non-members + £2 Includes: film with tea or coffee and cream & jam scone.

**Venue:** Age Uk Crawley Centre. I Town Barn Road, West Green. RHII 7XG. Book your seat on 01293 544144 or email bunty.dann@ageukwestsussex.org.uk

# **CONTACTS**

#### The Rector

Fr Michael Boag 01293 882229 rector@worthparish.org (Tues-Sun)

# Vicar at St Barnabas

Revd Sarah Upchurch 01293 524804 vicarstb@worthparish.org (Tues-Sun)

#### **Assistant Priest**

Revd Gordon Parry 07802 432398 gordon@worthparish.org

#### Churchwardens

 Sheila Dring (St B)
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#### Worth Parish Office

Sue Perry 0300 111 8150