



**11 August  
2024**

**Trinity 11**



Welcome to  
St Barnabas' in Pound Hill and  
St Nicholas' in Worth.

This sheet details the readings in today's  
services as well as notices for everyone.

## SERVICES TODAY

Certain services will still be available  
online (live or recorded)

08:15 Said Eucharist (BCP) Celebrant & Preacher	St Nicholas' Fr Michael Boag
10:00 Sung Eucharist Celebrant Preacher	St Barnabas' Fr Francis Pole Canon Penny Foreman
10:00 Sung Eucharist Celebrant & Preacher	St Nicholas' Fr Michael Boag

Please try our QR code to  
donate to Worth Parish.  
Scan this code with a  
smartphone to take you  
straight to a giving page.



## Payments to the Parish

If you possibly can, please transfer the money  
by electronic payment to: Worth PCC, sort  
code 40-18-22, account 61223372.  
If you need help, call the Office.

In our Gospel reading we hear Christ moving the discussion about physical and spiritual nourishment to an even more significant exploration of his and our relationship to God the Father. This was challenged by Christ's Jewish listeners who couldn't accept that this man, 'Jesus, the son of Joseph...' could possibly sustain his claim to be God's Son and to have 'come down from heaven...' He strongly maintained that God would draw people to him and so to his Father. He further maintained that they would be raised from an earthly death; 'they would be 'raised up on the last day.' These are strong and, to a cynical audience, outrageous claims and they continue to be challenged today, but there was more. 'Everyone who has heard and learned from the Father comes to me.' There is an acknowledgment that God is unseeable by human beings and that the pathway to God lies through his Son. This too has been problematic for much of humanity down the two millennia of Christianity.

True spiritual nourishment, the nature of which imparts to us 'life in all its fullness', is something to which so many from different cultures and beliefs fervently aspire. It lies behind a great deal of our concern with mental health. There are so many false values – fame, prestige, wealth, excessive possessions, consumerism and superficial happiness that are placed in unthinking opposition to the way of sound mental health. Christ poignantly observes 'Your ancestors ate the manna in the wilderness, and they died.' Maintaining vibrant spiritual health helps us to live a life that is based on the principles that Christ taught us during his earthly ministry. Such a life enables us to make the final transition from earth to heaven.

*Gordon*

## Collect

God of glory, the end of our searching, help us to lay aside all that prevents us from seeking your kingdom, and to give all that we have to gain the pearl beyond all price, through our Saviour Jesus Christ. **Amen**

## Reading 1 Kings 19.4-8

But he himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: 'It is enough; now, O Lord, take away my life, for I am no better than my ancestors.'

Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.' He looked, and



there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The

angel of the Lord came a second time, touched him, and said, 'Get up and eat, otherwise the journey will be too much for you.' He got up, and ate and drank; then he went in the strength of that food for forty days and forty nights to Horeb the mount of God.

## Reading Ephesians 4.25-5.2

So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must



give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up as there is need, so that your words may give grace to

those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

## Gospel John 6.35,41-51



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.

Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' Jesus answered them, 'Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, "And they shall all be taught by God." Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'

## Post Communion

Lord of all mercy, we your faithful people have celebrated that one true sacrifice which takes away our sins and brings pardon and peace: by our communion keep us firm on the foundation of the gospel and preserve us from all sin; through Jesus Christ our Lord. **Amen**

### SERVICES THIS WEEK

Tues 13 Aug	10:30 Said Eucharist	St Barnabas'
Thur 15 Aug	10:30 Healing Eucharist	St Nicholas'
Sun 18 Aug	8:15 Eucharist (BCP) 10:00 Sung Eucharist 10:00 Sung Eucharist 11:45 Baptism	St Nicholas' St Barnabas' St Nicholas' St Nicholas'
<b>Sunday 18 August 2024</b> <b>Trinity 12</b> Proverbs 9.1-6    Ephesians 5.15-20 John 6.51-58		

### Festivals this week

Tues 13 Aug	Jeremy Taylor, Bishop of Down and Connor, Teacher 1667 (LF) Florence Nightingale, Nurse, Social Reformer 1910 (C) Octavia Hill, Social Reformer 1912 (C)
Wed 14 Aug	Maximilian Kolbe, Friar, Martyr 1941 (C)
Thur 15 Aug	<b>The Blessed Virgin Mary (F)</b>
(F) Festival; (LF) Lesser Festival; (C) Commemoration	

**Toddlers Group** next meets in St Barnabas' Hall after the Summer holidays.

## Alastair Wells

It is with great sorrow that we report the death of Alastair on Monday 29 July. The funeral will be held at St Nicholas' on Friday 23 August at noon. A private cremation will follow and a reception at the Alexander House Hotel to which all who have attended the funeral are invited.  
Please pray for Alastair, Rose and their family.  
Rest in Peace, Rise in Glory

## NOTICES

### St Barnabas' Julian Group

meets on **Mon 12 August at 14:00** in St Barnabas'. Old and new friends very welcome

### St Nicholas' Julian Group

meets on **Wed 14 August at 12:30** for half an hour of silent prayer. Please feel free to join us - everyone welcome!

**Messy Church** takes a break in August.  
Back in September!



### Friday Lunches

Friday lunch on **16 August** in The Café at 12:30. Two courses and a drink £7.00. To help with catering please book your place at the Café (café open Wed and Sat) or via the Parish Office, by **Wed 14 Aug**. Profits for Parish funds. The lunches are not exclusively for the elderly, why not bring a friend and give us a try. All welcome!

### The Hangout

Youth Club at St Barnabas'  
For Year Groups 7-11. Entry free.  
Weekly during term time – next meets after the Summer holidays.

## Jumble Sale

**Sat 31 Aug 10:00-11:30** in St Barnabas' Hall, in aid of St Barnabas' Refurbishment. Please save your jumble but do not bring it before 30 August as we have nowhere to store it. Volunteers to help with the jumble sale welcomed - please either sign the list at St Barnabas' or ring Phyl on 01293 883362.

## Harvest Appeal 2024

Local schools and places of worship have generously supported Crawley Open House and the Easter Team at harvest time for many years.

We estimate that over the last year, we provided around 80,000 hot drinks and 35,000 meals to homeless, disadvantaged, and socially excluded people. We also gave out approximately 8,500 food parcels to those in crisis. These are given out from a new town centre hub, Crawley Open House, to those sleeping rough and to those staying in temporary accommodation locally.

Crawley Open House and The Easter Team have now combined food donations and stores under the name of the Crawley Foodbank Partnership. Given the unprecedented scale of need, we are making a joint appeal to ask you to consider donating your harvest festival donations to us this year.

The most useful items are tins or packets of the following: sugar, UHT milk, meat and fish, vegetables, fruit, beans, bottles of squash, soup, cereals, rice, cooking sauces, desserts, tea/coffee, and biscuits but, of course, all donations are welcome.

To arrange a harvest donation and collection, please contact Jane at Crawley Open House at 01293 447712 or

[jane.nulty@crawleyopenhouse.co.uk](mailto:jane.nulty@crawleyopenhouse.co.uk)

Thank you so much for your support.

## Sun 1 Sept 16:00

Worth Festival Choir perform the **Fauré Requiem** at St Nicholas'.

If you would like to participate, one hour rehearsals on Sundays at 16:00; and last rehearsal tomorrow.

### 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  
gordonmwparry@btinternet.com

#### Assistant Priest

Fr Francis Pole 07764 752608  
francis.pole@virgin.net

#### Associate Vicar

Revd Dr Greta Sawyer (Thurs & Sun)  
associatevicar@worthparish.org

#### Churchwardens

David Anderson (St B) 01293 409914  
stbwarden@worthparish.org  
Colin Smith (St N) 01293 889894

#### Worth Parish Office

Sue Perry 0300 111 8150  
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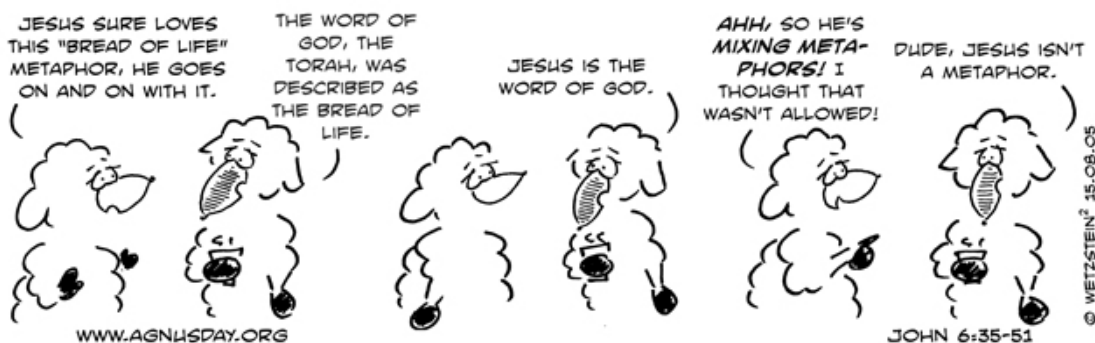
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