



**25 August  
2024**

**Trinity 13**

**JESUS  
YOU HAVE  
WORDS OF  
ETERNAL LIFE**

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) St Nicholas'  
Celebrant & Preacher Revd Gordon Parry

10:00 Child-friendly Eucharist St Barnabas'  
Celebrant & Preacher Revd Sarah Upchurch

10:00 Sung Eucharist St Nicholas'  
Celebrant & Preacher 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.

For the past few weeks, we have been  
following Jesus' discourse on The Bread of  
Heaven.

Earlier in John Chapter 6, we heard how  
Jesus fed the five thousand people from  
five small loaves and two fish. This amazed  
the crowd to extent that they said of Jesus  
'Surely this must be a prophet.' Jesus  
responded and spoke about the Bread  
from God and then said that he, himself, is  
the Bread of Life.

Many felt that statement was a step too far  
and that is when they started muttering  
amongst themselves. It was at this point  
that some of the followers deserted Jesus.  
When the going got tough, off they went.  
'Twas ever thus.

Jesus turned to his closest companions and  
asked them if they would also leave him.  
At times, the disciples were plagued by  
doubt and fear because they didn't always  
have courage. There may be times when  
we wrestle with our faith and may even  
turn away when our courage fails.

I read that a stumbling block to faith is  
only a stumbling block if once you have  
tripped up and fallen on it, you stay down.

So don't stay down. Struggle with the  
stumbling block and be challenged by it.  
Just don't hide from it or run from it.  
Consider the words of Peter 'Lord, to  
whom should we go? You have the words  
of eternal life. We have come to believe  
and know that you are the Holy One of  
God'.

The words of the Collect are helpful:

Almighty God, you search us and know us,  
may we rely on you in strength and rest  
on you in weakness, now and in all our  
days; through Jesus Christ our Lord.

*Canon Penny*

## Collect

Almighty God, you search us and know us: may we rely on you in strength and rest on you in weakness, now and in all our days; through Jesus Christ our Lord. **Amen**

## 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: '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.'

## 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 having done everything, to stand 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.

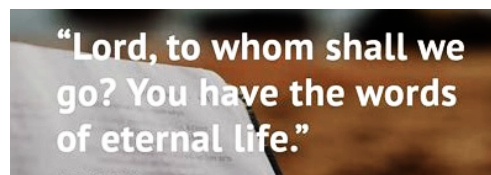
Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in 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 27 Aug	10:30 Said Eucharist	St Barnabas'
Thur 29 Aug	10:30 Said Eucharist	St Nicholas'
Sat 31 Aug	12:00 Wedding	St Nicholas'
Sun 1 Sept	8:15 Eucharist (BCP) 10:00 Sung Eucharist 10:00 Sung Eucharist	St Nicholas' St Barnabas' St Nicholas'
<b>Sunday 1 September 2024</b> <b>Trinity 14</b> Deuteronomy 4.1-2,6-9 James 1.17-27 Mark 7.1-8,14-15,21-23		

Festivals this week	
Tues 27 Aug	Monica, Mother of Augustine of Hippo 387 (LF)
Wed 28 Aug	Augustine, Bishop of Hippo, Teacher 430 (LF)
Thur 29 Aug	The Beheading of John the Baptist (LF)
Fri 30 Aug	John Bunyan, Spiritual Writer 1688 (LF)
Sat 31 Aug	Aidan, Bishop of Lindisfarne, Missionary 651 (LF)
(F) Festival; (LF) Lesser Festival; (C) Commemoration	

## NOTICES

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

### Parish Prayer Group

will meet at **14:30** on **Wed 28 Aug** at St Nicholas'. Please join us at St Nicholas' as we pray for our Parish, its clergy and its outreach.

### Friday Lunches

Friday lunch on **30 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 28 August**. Friday lunches are not exclusively for the elderly, why not bring a friend and give us a try. All welcome

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



### 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. Jumble can be brought to the Café on Fri 30 Aug between 10:00 and 12:00 or to the Hall between 19:00 and 20:00, also on the Sat. to the Hall from 9:00. Volunteers to help with the Jumble Sale welcomed - please either sign the list at St Barnabas' or ring Phyl on 01293 883362.

## Sun 1 Sept 16:00

Worth Festival Choir perform the **Fauré Requiem** and Haydn: **The Heavens are Telling** at St Nicholas'.

Entry - suggested donation of £5, all proceeds to the Organ Fund.

## RNLI

All are invited to come to our Crawley Community Café (Crawley URC) on **Sat 14 Sept** from 10:30 to 12:30 when we will be having a speaker from the RNLI come and to talk to us about their valuable work. It's entirely free and simple refreshments will be served.

## St Barnabas' Project

Thanks to the generosity of a few families, we have managed to cover the increased material costs for the St Barnabas' project, which is nearly completed. The final part is to install railings around the terraced area leading to the Hall and we are now urgently seeking £18,000 to fund this work.

Please speak to David Anderson in confidence to let him know if you can help so we can achieve this as soon as practically possible.

Very exciting!

## Scrabble and Cake

**Wed 4 Sept 14:30-16:30**, in St Barnabas' Café. Come and enjoy games, refreshments and company. £3.50, in aid of St Barnabas' Refurbishment Fund. All welcome.

## CONTACTS

### The Rector

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

### Vicar at St Barnabas'

Revd Sarah Upchurch 01293 524804  
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### Associate Vicar

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

### Assistant Priest

Revd Canon Penny Foreman  
michaelzanny@btinternet.com

### Assistant Priest

Revd Gordon Parry 07802 432398  
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### Assistant Priest

Fr Francis Pole 07764 752608  
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### Churchwardens

David Anderson (St B) 01293 409914  
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Colin Smith (St N) 01293 889894

### Worth Parish Office

Sue Perry 0300 111 8150  
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AT FIRST I WAS  
DISGUSTED  
BY JESUS' TALK  
OF EATING HIS  
FLESH.



AND  
NOW?



WELL NOW  
I FIGURE  
YOU ARE  
WHAT  
YOU EAT.



NOT BAD,  
TED.  
NOT BAD.



JOHN 6: 41-51

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