

## Sunday 18th August

### Ninth Sunday after Trinity

8am: Holy Communion at St. John's

### 10am: Service of Holy Communion

**President & Preacher:** Rev David Cattle

**Crucifer:** Richard Field

**Server:** David Millward

**Chalice:** Richard Field, Maxine Buck

**Intercessions:** Lucy Bubb

#### Readings

**Jeremiah 23:23-29** Lucy Bubb

**Hebrews 11:29-12:2** Helen Field

**Luke 12:49-56**

**Sides:** Chris Fawcett, Hilary Few

**Sound:** Sue Davies

**Coffee:** Mary Marshall, Maxine Buck

**Counters:** Helen Field, Lucy Bubb

**Duty Churchwarden:** Lucy Bubb

**Organist:** Alan Arnot

## Edward Bear Picnic

We're hosting an Edward Bear picnic on **28 August** in the church garden. This will be an opportunity for newcomers to have a taster of Edward Bear Toddler Group. If you're able to help, please speak to Lucy, Richard or Revd Gemma. Please keep the event and all the planning in your prayers.

## Newsletter Content

If you have any items for the Newsletter (including requests for prayer) please contact Janette Tadman 01245 469124

**Email** janettetadman@gmail.com

**Deadline** Wednesday evening

## From the vicar.....

Ah, August!

Long lazy days of summer holidays ahead. Time for relaxing, freedom to rest from the usual things that get us up in the morning... unless you have small children that is (It gets better, trust me, I've been there). August seems to take on a different pace though, slower somehow, it's almost as if God goes on holiday too!

God doesn't of course. God never leaves us, is always there for us but will encourage us to take time out from our schedules. Psalm 46 verse 10 says:

**Be still and know that I am God.**

This Psalm is often used to take the reader to a place of quietness within themselves, a way of finding rest that the mind, body and spirit need. It's God's encouragement to take a holiday or Holy Moment as it were. Perhaps we should look at Psalm like this though. 'Be still' is translated in the Hebrew as 'Let go'. This suggests that we allow God to take the reins of our life instead of trying to keep control for ourselves. The interesting thing is as we let go, little by little even, we find ourselves freed from the constant stresses and anxieties that plague our culture. Fancy, surrendering actually bringing freedom? That sense of freedom is like being on holiday all the time. So then...

**Be still and let it go.**

And whatever you do this August may you have a wonderful and blessed time.

Gemma

## Contacts

**Vicar** Revd Gemma Fraser 07540 152561

#### Churchwardens

Richard Field                      Lucy Bubb  
07776 208546                      07970 728673

#### Deputy Churchwardens

Mike Tadman                      Sue Davies  
07740 625454                      07708 296804

## Sunday 11th August

### Eighth Sunday after Trinity

8am Holy Communion at St. John's

**10am Second Sunday Service -**  
(Morning Worship with Hymns)

**'Willing and Obedient or Resisting and  
Rebellious... Which is it to be?'**

**Leader & Speaker** Richard Field

**Intercessions** Dave Thomas

#### Readings

**Isaiah 1:1,10-20** Dave Thomas

**Luke 12:32-40**

**Sidesman** Sue Davies

**Sound** Helen Field

**Coffee** Volunteers

**Counters** Helen Field, Dave Thomas

**Duty Churchwarden** Lucy Bubb

**Organist** Rita Roscoe

## Collect

Almighty Lord and everlasting God, we beseech you to direct, sanctify and govern both our hearts and bodies in the ways of your laws and the works of your commandments; that through your most mighty protection, both here and ever, we may be preserved in body and soul; through our Lord and Saviour Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen**

## Post Communion Prayer

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**

**TO OUR VISITORS** Welcome to our service. The **hymn numbers** are displayed on the boards, and will also be announced. When we come to receive Holy Communion, please see the notes in our **Order of Service**, which are provided for your guidance. We like to mark **birthdays** by singing "Happy Birthday to you: to Jesus be true. May God's richest blessing rest today upon you." If it is your birthday this week, please tell one of the ministers.

**The ministry of Prayer with Laying-on-of-Hands for Healing** is available every Sunday. If you would like this for yourself or another, please speak to one of the Ministers or Churchwardens.

## Readings

### Isaiah 1:1, 10-20

<sup>1</sup>The vision of Isaiah son of Amoz, which he saw concerning Judah and Jerusalem in the days of Uzziah, Jotham, Ahaz, and Hezekiah, kings of Judah.

<sup>10</sup> Hear the word of the Lord, you rulers of Sodom! Listen to the teaching of our God, you people of Gomorrah! <sup>11</sup> What to me is the multitude of your sacrifices? says the Lord; I have had enough of burnt-offerings of rams and the fat of fed beasts; I do not delight in the blood of bulls, or of lambs, or of goats.

<sup>12</sup> When you come to appear before me, who asked this from your hand? Trample my courts no more; <sup>13</sup> bringing offerings is futile; incense is an abomination to me. New moon and sabbath and calling of convocation— I cannot endure solemn assemblies with iniquity. <sup>14</sup> Your new moons and your appointed festivals my soul hates; they have become a burden to me, I am weary of bearing them. <sup>15</sup> When you stretch out your hands, I will hide my eyes from you; even though you make many prayers, I will not listen; your hands are full of blood. <sup>16</sup> Wash yourselves; make yourselves clean; remove the evil of your doings from before my eyes; cease to do evil, <sup>17</sup> learn to do good; seek justice, rescue the oppressed, defend the orphan, plead for the widow.

<sup>18</sup> Come now, let us argue it out, says the Lord: though your sins are like scarlet, they shall be like snow; though they are red like crimson, they shall become like wool. <sup>19</sup> If you are willing and obedient, you shall eat the good of the land; <sup>20</sup> but if you refuse and rebel, you shall be devoured by the sword; for the mouth of the Lord has spoken.

**Hebrews 11:1-3, 8-16** not being read at Sunday morning service

### Luke 12:32-40

<sup>32</sup> Do not be afraid, little flock, for it is your Father's good pleasure to give you the kingdom. <sup>33</sup> Sell your possessions, and give alms. Make purses for yourselves that do not wear out, an unfailing treasure in heaven, where no thief comes near and no moth destroys. <sup>34</sup> For where your treasure is, there your heart will be also.

<sup>35</sup> Be dressed for action and have your lamps lit; <sup>36</sup> be like those who are waiting for their master to return from the wedding banquet, so that they may open the door for him as soon as he comes and knocks. <sup>37</sup> Blessed are those slaves whom the master finds alert when he comes; truly I tell you, he will fasten his belt and have them sit down to eat, and he will come and serve them. <sup>38</sup> If he comes during the middle of the night, or near dawn, and finds them so, blessed are those slaves.

<sup>39</sup> But know this: if the owner of the house had known at what hour the thief was coming, he would not have let his house be broken into. <sup>40</sup> You also must be ready, for the Son of Man is coming at an unexpected hour.'

## Please Pray This Week

For Brian, Joan, Bob, Margaret, June, Tammy, Kath, Emma, Basil, Greta, Carmen, Agnes and Revd John S

For those named on the prayer board

This week we remember:  
Cyril Rugg (11.08.1995)

## Key messages from the PCC

The PCC met on Wednesday evening (in our new church garden!), the key messages are:

- 1) a Legacy Policy was agreed, based on Church of England good practice, and more information will be available for the congregation during August;
- 2) there are eight key projects, including the ramp and the lobby doors, which will be subject to an imminent Diocesan Advisory Council visit;
- 3) an MMU approach to the 2020 Parish Share was agreed in principle;
- 4) our financial giving at the Harvest Festival/Pet Blessing service on 6 Oct will be for the charity: Support Dogs - for autism, for epilepsy, for disability.

## Celebrations Today (Sunday)

After this morning's service, we're having our Parish Social - and celebrating our new church garden!

We're having a picnic lunch and afternoon tea, with some Prosecco thrown in for good measure.

**Please stay or join us if you can - everyone is welcome!**

## This Week

The church is open daily for prayer

*Revd Gemma is on Annual Leave until 25th August*

### Monday 12 August

*Pray for Essex Fire and Rescue*

### Tuesday 13 August

*Pray for Yew Tree Gardens*

### Wednesday 14 August

*Pray for Orthodox Christians*

9.15am: Morning Prayer at St. Luke's

Edward Bear is on holiday

### Thursday 15 August

*Pray for Peace in Syria and The Middle East*

### Friday 16 August

*Pray for the servers at Holy Communion*

### Saturday 17 August

*Pray for Gloucester Avenue*

11am: Saturday Coffee

## Living Light

The Aumbry Light for August has been sponsored in memory of Chris and Neil Chambers and Terry Layton



## Saturday Coffee

17th August

*On duty: Brenda Hudson*

**Join us for coffee and fellowship**

