



The Benefice of Ross
with Walford
and
Brampton
Abbotts

Newsletter

26th August 2018

13th Sunday after Trinity

*We offer a warm welcome to
everyone at our services today.*

rawchurch.org.uk



The focus today on healthy eating can sometimes become a morbid obsession with diet. We have many more opportunities today for eating well and living healthy lives, yet the right concern about good bodily sustenance can easily grow into another addictive behaviour. The connection between eating well and a healthy spiritual life can get lost.

You may have noticed for five weeks now the Sunday Gospel has been all about the 'bread of life', a message hammered home a bit excessively we might think. What started as a story of multiplying the loaves seems to become a repeated message about 'living bread'. This Sunday's gospel actually repeats nearly half of last week's gospel. The lectionary this month has in fact inserted John Chapter 6 in between the Year B readings from St. Mark's gospel. The reason for this is that John takes us deeper into the stories of the other gospels, and shows us a deep knowledge of the mind of Jesus from a perspective of perhaps some sixty years after the event. We therefore go beyond the storytelling into a personal encounter with Jesus who is 'the living bread'. The story about sharing food with others goes to a

much deeper symbolic level as we learn how the incarnate God is received in bread and wine.

In the Anglican Church the Parish Communion movement of the 1960's restored the Eucharist to the centre of Church life where it should always have been, especially as the Reformation aimed to restore regular communion for all the faithful. It is the ultimate spiritual encounter that we share as Christians. The 5,000 disciples on the hillside above Galilee had to learn that same lesson. It is that encounter we have as we enter into the mystery of the Eucharist. That healthy balance is restored as we become the living incarnate Body of Christ.

Chris

Explore "Shining as a light in the world" with Bishop Richard

at Bridstow Primary School on Tuesday 25 September. 7pm for 7.30 start—9pm. More info to follow.

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The Rev'd Sarah Jones | 01989 562175 | sarah.jones@rawchurch.org.uk (not Tuesdays)
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The Rev'd Canon Chris Blanchard | 01989 762368 | frchris2@icloud.com (Sun - Wed)
Intergenerational Missioner: Christine Cattanach | christine.cattanach@hereford.anglican.org

TODAY'S 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.

POST COMMUNION PRAYER

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.

WE PRAY FOR THOSE WHO ARE ILL:

Brad Knapper, Margaret Jones

WE REMEMBER THOSE WHO HAVE DIED AND WE PRAY FOR THEIR FAMILIES:

William Carr, Hilary Drew

TODAY'S READINGS

First Reading: Joshua 24. 1-2a, 14-18

¹Joshua 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. ²And Joshua said to all the people, ¹⁴'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. ¹⁵Now 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.' ¹⁶Then the people answered, 'Far be it from us that we should forsake the LORD to serve other gods; ¹⁷for 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; ¹⁸and 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.'

Second Reading: Ephesians 6. 10-20

¹⁰Be strong in the Lord and in the strength of his power. ¹¹Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. ¹²For 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. ¹³Therefore 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. ¹⁴Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. ¹⁵As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. ¹⁶With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. ¹⁷Take the helmet of salvation, and the sword of the Spirit, which is the word of God. ¹⁸Pray 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. ¹⁹Pray 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, ²⁰for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

Gospel Reading: John 6. 56-69

Jesus said to the crowd: ⁵⁶'Those who eat my flesh and drink my blood abide in me, and I in them. ⁵⁷Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. ⁵⁸This 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.' ⁵⁹He said these things while he was teaching in the synagogue at Capernaum. ⁶⁰When many of his disciples heard it, they said, 'This teaching is difficult; who can accept it?' ⁶¹But Jesus, being aware that his disciples were complaining about it, said to them, 'Does this offend you?' ⁶²Then what if you were to see the Son of Man ascending to where he was before? ⁶³It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. ⁶⁴But 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. ⁶⁵And he said, 'For this reason I have told you that no one can come to me unless it is granted by the Father.' ⁶⁶Because of this many of his disciples turned back and no longer went about with him. ⁶⁷So Jesus asked the twelve, 'Do you also wish to go away?' ⁶⁸Simon Peter answered him, 'Lord, to whom can we go? You have the words of eternal life. ⁶⁹We have come to believe and know that you are the Holy One of God.'

NOTICES

Toast Club does have a few volunteers who are willing to help once a month but could really do with a couple more people who can come and join me in making Tea and Toast from 8.45 -10.15 on a Wednesday mornings. Please do let me know if you could be a part of this ministry so that we can launch it in September. Many thanks, Christine Cattanach.

Coffee Morning Saturday 1st September, 10.30 - 12 noon in St Mary's Church, hosted by the bell ringers.

Sunday Afternoon Teas will be served in St Mary's Church every Sunday in August from 2.30pm to 5.00pm. Delicious scones and cakes. We look forward to seeing you and your friends. Margaret Mason.

A Quiet Time. Join us at St Mary's Church on Sunday 2nd September, 6.30pm , for a 'Quiet Time' - a time of quiet reflection and prayer. Freda Davies.

Harvest Supper Advanced notice, Saturday 22nd September. Details to follow.

Thinking Film An informal night out with film and conversation starts on Thursday 6th September at 7.00pm in St Mary's Church Hall with *Eat, Pray, Love* the story of one woman's search for everything ! For details phone Simon Tarlton.

Rubbish Please note, under the terms of hire for the church hall, all users are asked to take away their rubbish. The same applies to all those responsible for church activities, eg coffee mornings. There is no council rubbish collection from the church hall . Church Hall Committee.

Laurence John, together with his parents and grandparents, would like to thank everyone who in any way supported his organ recital on Saturday. It was a wonderful turnout and over £1300 profit was raised for The Friend's of St Mary's Church. Thank you to you all!

HEREFORD CATHEDRAL VISIT

Friends of Hereford Cathedral are hosting a visit on Saturday 8 September at 2pm. £10 to include a guided tour, tea and a viewing of the College Garden and Cloister Garden. Own transport but lift share can be arranged if required. There is a sign up sheet at the back of the church. Money to Graham John or Church Office by 31 August. Please phone or email Graham 769548 grahamandsharn@msn.com or Sue Edwards 769090, 07751693479 suee869@gmail.com if interested. Friends of St Mary's

Many thanks to all the kind people who said prayers, sent cards and best wishes during my recent operation. God Bless, Sue Ryan.

Jean Bonner was a long standing member of St Mary's congregation until she moved to Devon some years ago. She has now moved into Residential Care and would be very happy indeed to receive news from anyone who knew her. If you would like to contact Jean please e mail Andrew Morris who can supply you with her contact details. Andrew's address is amorris@okells-law.co.uk

THE FRIENDS OF ST MARY'S Sadly The Friends of St Mary's are losing their secretary Sue Edwards who is moving out of the area. Sue has been a tremendous help to the Friends and as a member of the congregation she knew all the right people who could assist at our various fund raising activities and events. We are now looking for a new secretary, preferably from the congregation, to help in the rewarding challenge of fund raising to assist in the preservation of your church. If you feel you could offer your assistance please contact either of the below:-
John Taylor, Friends Chairman
on 01989766120 or john.b.taylor@btintern
et.com Ashley Letts, Friends Trustee
on 01989562659 or lettsla@gmail.com

Collection for Sarah. As we announced on Sunday 12 August, Sarah will be leaving us at the end of September to take up the post of Priest in Charge of St John the Baptist, Cardiff. Sarah has been with us, first as curate then as rector, for a total of 14 years, during which she has contributed greatly to the life of the church. We shall be making a presentation to Sarah, to thank her for all that she has done for Ross, after her last service here on 30 September. We will collect donations after the 9.30 a.m. service on 2, 9 and 16 September, or money may be left at the Rectory office. Janet Cooper and John Setchfield

SERVICES TODAY

8.00am Holy Communion - Ross

The Rev'd Simon Tarlton

9.30am All Age Eucharist - Ross

The Rev'd Simon Tarlton & The Rev'd Sarah Jones
The Choir is on holiday in August

Setting: A New English Mass - *Appleford*

Introit: 2 Christ, whose glory fills the skies

Psalm: 34.15-22 *said - see insert*

Grad: 236 Breath on me, Breath of God

Offertory: 510 Will you come and follow me ?

Post Com: 638 Give me joy in my heart

Please join us for coffee after this service

11.15am Family Communion - Walford

(refreshments from 10.45am)

The Rev'd Canon Chris Blanchard and The Rev'd
Prebendary Caroline Pascoe

Hymn: 686 Through all the changing scenes of life

Hymn: 658 There is a Redeemer

Hymn: 305 Lord of the dance

SERVICES NEXT WEEK

Thursday 30th August

10.00am Holy Communion - Ross

Sunday 2 September

8.00am Holy Communion - Ross

9.30am Sung Eucharist - Ross

9.30am Morning Prayer - Walford

11.15am Church Café - Brampton Abbots School

6.30pm Quiet Time - Ross