

NEWSLETTER

St Catherine's | St John's | St Luke's

Today's Hymns

St Catherine's	St John's	St Luke's
163	12	
381	299	
82	252	
286		

Collect:

Almighty God, who sent your Holy Spirit to be the life and light of your Church: open our hearts to the riches of your grace, that we may bring forth the fruit of the Spirit in love and joy and peace; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

Psalm Response:

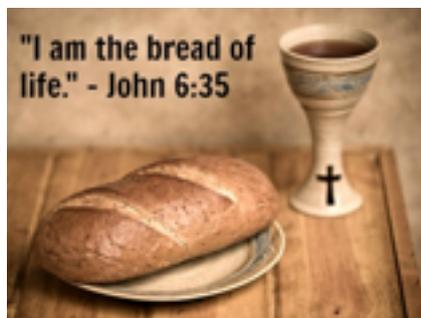
The Lord gave them grain from heaven.

Gospel Acclamation:

St John's:
Alleluia ...
Speak Lord your servant is listening, you have the words, you have the words of everlasting life.
Alleluia ...

St Luke's:

If you know of a church member, or anyone, who is unwell or would appreciate contact from our priests, please inform the clergy at the earliest opportunity.



"I am the bread of life". Today's gospel refers clearly to the sacrament of the Eucharist. Christians have differed widely on the truth and reality of this sign. We believe it is a gift from Jesus to us of his humanity: his real presence in the sacrament of the Eucharist, which gives satisfaction to soul and body, the fullness of joy, through intimate union with him. When we are nourished by this bread, there is no room for any other hunger. All our desires for love and truth are satisfied by the One who is Love itself, Truth itself.

Trinity 9

St Catherine's - 10:30 Choral Eucharist;

St John's - 8:00 Holy Eucharist; 9:15 Sung Eucharist;

St Luke's - 10:30 Sung Mass; **(no evening service tonight)**

For Weekday Services and Regular Events see the Website or Church Notice boards for times and days.

Today's Readings

Exodus 16:2-4,9-15; Ps 78:23-29; Ephesians 4:1-16; John 6:24-35

Psalm 78 23-29

23 The Lord commanded the / clouds a-/bove: and / opened • the / doors of / heaven.

24 He rained down manna upon them / for to / eat: and / gave them / corn from / heaven.

25 So man did eat / angels' / food: for he / sent them / meat e-/nough.

26 He caused the east wind to / blow • under / heaven: and brought in the / south wind / through his / power.

27 He rained flesh upon them as / thick as / dust: and feathered birds / like • as the / sand • of the / sea.

28 He let it fall a-/mong their / tents: even round a-/bout their / habit-/ations.

† **29** So they did eat and were / well / filled: for he / gave them / their de-/sire.

Next week's readings: 1 Kings 19:4-8; Psalm 34:1-8; Ephesians 4:25-5:2; John 6:35, 41-51

Benefice Notes:

Messy Church - August's Messy Church will be on 23 August at 4:00 pm in St Catherine's and the planning meeting for this will be in St John's on 16 August at 5:00pm.

Confirmation - The date for our confirmation ceremony is 22 November, the feast of Christ the King, in St Catherine's. Bishop David will preside on the day.

Noticeboard - If you would like to include something in the notes please send it to linsaycoolhouse@hotmail.com.

Vestry Home Group - Thursdays 7-9pm in St John's - Informal bible study of the readings of the coming Sunday.

Changes to Services for August - There will be no Sunday **evening** services in the Benefice during August and there will be only **one 8.00 am** celebration of the Eucharist at on Sundays. The main Sunday morning services and weekday services will not be affected. This will alternate between St John's and St Catherine's. The 8:00 am Eucharist in St John's will be on 2 and 16 August and in St Catherine's on 9 and 23 August. The usual service pattern will resume in September.

Churches Together - A new website has started to allow the joint services and social action of Churches Together in Canton to be promoted. www.cantonchurches.org.uk Our Benefice is a key supporter of this. The ventures so far are: joint worship three times a year, Canton Messy Church, Churches Youth Club and the Night Shelter which Calvary baptist hosts.

Youth Club - Most volunteers for the youth club have returned the necessary forms. We still have one or two outstanding which could delay our programme. Currently we are looking at starting the Youth Club on two nights a week in September. Wednesday nights for young people aged 11 plus in Calvary Baptist; Friday nights for young people in school year 9 and above in St Catherine's hall from 7-9pm.

Spring Clean in Autumn - Dates are as follows: Sat 19 September - St John's; Sat 10 October - St Luke's; Sat 17 October - St Catherine's. We are asking if you could give us one of these days to help clean, tidy, repair, beautify our churches and halls. It would be great if individuals from different churches could help out with the Autumn Clean of each of the churches as a sign of mutual support and generosity. We are asking if you could give us one day out of the three. More details to follow.

Benefice Magazine - Summer Edition: Is now available at the back of our churches.

Paradise Run - The next run is on Saturday 15 August. Please take your food to Sylvia's (114, Pencisely Road) or to Diana's (23, Greenfield Avenue) between 6-7pm on the day. If you would like to know more, contact Diana (02921 400367 / 07754179373). Thank you so much.

St Catherine's Notes:

Hall Bookings - To book the Hall contact the clergy or email hall.stcatherines@gmail.com.

Gardening Club - Every Tuesday from 1:30 until 3:00 pm. All are welcome. For more details ask Hilary or Gareth.

St John's Notes:

Church Booking - To book the Church please contact the clergy (see below for contacts).

Ty Bronna - The collection this month (August) is for sugar, tea and coffee.

St Luke's Notes:

Hall Bookings - To book the Hall please contact Jackie or Haydn Page on 029 2091 3808 haydnpage@hotmail.co.uk

Recently Departed: Ian Sennett

This Week in the Benefice: (Diocesan Prayer / Anglican Prayer Cycle / Events and Services)

Sun 2 Duffryn, Stephen Bodycombe (V); Renk, Sudan; **Trinity 9**

Mon 3 Llansawel, Briton Ferry; Rhode Island; **St Germanus**;

Tues 4 RB of Neath, Stephen Ryan (R), Lynda Newman (TV), Wendy Taylor (C), Liz Rees (CNSM); Rift Valley;

Wed 5 The Dean and Archdeacons; Rio De Janeiro; **St Oswald**

Thurs 6 Skewen, Chris Coles (PinC); Rio Grande; **The Transfiguration of the Lord**;

Fri 7 Vale of Neath, Andrew Davies (V); Riverina, Australia;

Sat 8 Vale of Glamorgan Deanery, Martyn Davies; Rochester; **St Dominic**;

Sun 9 Colwinston, Llandow, Llysworney, Alan Kettle (PinC); Rochester, USA **Trinity 10**;

2 August 2015 – Ninth Sunday after Trinity (Proper 13)**First Reading**

A reading from the book of Exodus.

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, ‘If only we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.’

Then the LORD said to Moses, ‘I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not.’

Then Moses said to Aaron, ‘Say to the whole congregation of the Israelites, “Draw near to the LORD, for he has heard your complaining.”’ And as Aaron spoke to the whole congregation of the Israelites, they looked towards the wilderness, and the glory of the LORD appeared in the cloud. The LORD spoke to Moses and said, ‘I have heard the complaining of the Israelites; say to them, “At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the LORD your God.”’

In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, ‘What is it?’ For they did not know what it was. Moses said to them, ‘It is the bread that the LORD has given you to eat.’

Exodus 16.2-4,9-15

This is the word of the Lord.

Thanks be to God.

Psalm 78.23-29

R The Lord gave them grain from heaven.

The Lord commanded the clouds above
and opened the doors of heaven.

He rained down manna upon them to eat
and gave them grain of heaven.

So mortals ate the bread of angels;
he provided for them food enough. **R**

He caused the east wind to blow in the heavens
and led out the south wind by his might.

He rained down flesh upon them like dust
and winged birds like the sand of the sea. **R**

He let it fall in the midst of their camp
and round about their dwellings.
So they ate and were well filled,
for he gave them what they craved. **R**

R The Lord gave them grain from heaven.

Second Reading

A reading from the letter of Paul to the Ephesians.

I, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all.

But each of us was given grace according to the measure of Christ's gift. Therefore it is said,

‘When he ascended on high he made captivity itself a captive;
he gave gifts to his people.’

(When it says, ‘He ascended,’ what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Ephesians 4.1-16

This is the word of the Lord.

Thanks be to God.

Gospel

Hear the holy Gospel of our Lord Jesus Christ according to John.

Glory to you, O Lord.

When the crowd saw that neither Jesus nor his disciples were at the place where Jesus had given the bread, they themselves got into the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the lake, they said to him, ‘Rabbi, when did you come here?’ Jesus answered them, ‘Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.’ Then they said to him, ‘What must we do to perform the works of God?’ Jesus answered them, ‘This is the work of God, that you believe in him whom he has sent.’

So they said to him, ‘What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, “He gave them bread from heaven to eat.” ’ Then Jesus said to them, ‘Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.’ They said to him, ‘Sir, give us this bread always.’

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.’

John 6.24-35

This is the Gospel of the Lord.

Praise to you, O Christ.

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.