

# NEWSLETTER

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

## Today's Hymns

St Catherine's	St John's	St Luke's
437	636	
483	605	
519	689	
12		

## Collect:

Let your merciful ears, O Lord, be open to the prayers of your humble servants; and that they may obtain their petitions make them to ask such things as shall please you; 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.

## Psalm Response:

Turn from evil and do good.

## 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.*



**"Bread of Heaven".** Bread of heaven initially referred to the Manna given miraculously to the escaping and wandering Israelites in search of the promised land. They awoke each morning to find it present for them and it sustained them in a barren land. Nowadays, we live in spiritual wastelands and are surrounded by people longing for spiritual food that will nourish and bring life to their souls. This Sunday as we continue to listen to the words of Jesus on how we should live we ask God to help us turn to him as bread par excellence for every aspect of our lives. Help us to make room in our lives for all that Jesus has done for us. Help this feed our hunger.

## Trinity 10

St Catherine's - 8:00 Holy Eucharist; 10:30 Choral Eucharist;

St John's - 9:15 Sung Eucharist; **(no evening service tonight)**

St Luke's - 10:30 Sung Mass;

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

## Today's Readings

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

**Psalm 34 1-8 9/8/15**

- 1 I will alway give thanks / unto • the / Lord: his praise shall / ever • be / in my / mouth.
- 2 My soul shall make her / boast • in the / Lord: the humble shall / hear there-/of • and be / glad.
- 3 O praise the / Lord with / me: and let us / magnify • his / name to-/gether.
- 4 I sought the Lord / and he / heard me: yea he delivered me / out of / all my / fears.
- 5 They looked unto him and were / made / glad: and their / faces • were / not a-/shamed.
- 6 Here is a poor man who cried and the / Lord / heard him: yea and saved him / out of / all his / troubles.
- 7 The angel of the Lord dwelleth round about / them that / fear him: and delivereth / them in / time of / need.
- 8 O taste and see how / gracious • the / Lord is: blessed is the / man that / trusteth • in / him.

**Next week's readings:** Proverbs 9:1-6; Ps 34:9-14; Ephesians 5:15-20; John 6:51-58

## 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](mailto: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](http://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:

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**Hall Bookings** - To book the Hall contact the clergy or email [hall.stcatherines@gmail.com](mailto: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:

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**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:

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**Hall Bookings** - To book the Hall please contact Jackie or Haydn Page on 029 2091 3808 [haydnpage@hotmail.co.uk](mailto:haydnpage@hotmail.co.uk)

**Recently Departed:** Ian Sennett

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

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

**Mon 10** Llangan and St Mary Hill; Rockhampton, Australia; **St Lawrence;**

**Tues 11** RB Cowbridge, Edward Dowland-Owen (TV); Rokon, Sudan; **St Clare of Assisi;**

**Wed 12** SE Wales Deaf Association and deaf congregations; Rorya, Tanzania; **Ann Griffiths, poet;**

**Thur 13** RB Llantwit Major, Huw Butler, Anthony Beer (TV), Rachel Simpson (C); Rumbek, Sudan; **Jeremy Taylor, Bishop;**

**Fri 14** Pendoylan w Welsh St Donats, Edward Counell, Rumonge, Burundi; **St Maximilian Kolbe;**

**Sat 15** Peterston-Super-Ely w St Brides-Super-Ely, Martyn Davies (PinC); Rupert's Land, Canada; **Mary, Mother of Our Lord;**

**Sun 16** Pontyclun and Talygarn w Llanharry, Sue Rees (V); Ruvuma, Tanzania; **Trinity 11**

**9 August 2015 – Tenth Sunday after Trinity (Proper 14)****Collect of the Day**

Let your merciful ears, O Lord, be open to the prayers of your humble servants; and that they may obtain their petitions make them to ask such things as shall please you; 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.

**First Reading**

A reading from the first book of Kings.

Elijah 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 forty days and forty nights to Horeb the mount of God.

*1 Kings 19.4-8*

This is the word of the Lord.

**Thanks be to God.**

*Psalm 34.1-8*

**R Turn from evil and do good.**

I will bless the Lord at all times;  
his praise shall ever be in my mouth.

I will glory in the Lord;  
let the humble hear and rejoice. **R**

Proclaim with me the greatness of the Lord;  
let us exalt his name together.

I sought the Lord and he answered me  
and delivered me out of all my terror. **R**

Look upon him and be radiant,  
and let not your faces be ashamed.  
I called in my affliction and the Lord heard me  
and saved me from all my troubles. **R**

The angel of the Lord encompasses those who fear him,  
and he will deliver them.

Taste and see that the Lord is good;  
happy are they who trust in him! **R**

**Second Reading**

A reading from the letter of Paul to the Ephesians.

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.

*Ephesians 4.25 – 5.2*

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.**

Jesus said to the crowd, '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.'

*John 6.35,41-51*

This is the Gospel of the Lord.

**Praise to you, O Christ.**