

# NEWSLETTER

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

## The Eleventh Sunday after Trinity

We come because God has stirred in us a spiritual hunger that only God can satisfy. We come because Jesus invites us to feed on his presence and his word, to be sustained by him. So let us taste and see that the Lord is good.

### Collect of the Day

O God, you declare your almighty power most chiefly in showing mercy and pity: mercifully grant to us such a measure of your grace, that we, running the way of your commandments, may receive your gracious promises, and be made partakers of your heavenly treasure; 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.

### Today's Readings

**First Reading** 1 Kings 19:4-8

As Elijah flees Jezebel's murderous threats, angels provide food and drink to sustain the weary and dejected prophet on his journey towards sanctuary at Mount Horeb.

**Second Reading** Ephesians 4:25 – 5:2

Paul urges his readers to model their lives on the forgiving love of Jesus, turning from divisive passions and practices to foster unity through generosity and grace.

**Gospel** John 6:35. 41-51

Jesus shocks his listeners by declaring he is bread come from heaven, not just to meet physical needs, as manna did the Israelites, but to sustain those who eat in eternal life.

**St Catherine's:** 10.30 am Choral Eucharist

**Today's Hymns:** 467, 643, 411, 314

**St John's:** 9.00 am Sung Eucharist

**Today's Hymns:** 467, 212, 314

**St Luke's:** 10:30 am Sung Mass

**Today's Hymns:** 551, 212, 610, 695

**Psalm response:** Turn from evil and do good.

**Gospel Acclamation:** Alleluia, Alleluia give thanks to the Risen Lord, Alleluia Alleluia give praise to His name

**There are no other services in the Benefice today.**

### Psalm 34:1 -8

- 1 I will always 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: blessèd is the / man that / trusteth • in / him.

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

**Newsletter:** for any items to be included in this newsletter please email Sue Jones ([office@beneficeofcanton.org.uk](mailto:office@beneficeofcanton.org.uk)) Deadline is 12 noon on Fridays. For an email copy of the newsletter please contact Sheila at [mgsmkelly1@gmail.com](mailto:mgsmkelly1@gmail.com)

## St Catherine's Notes:

**Hall Bookings:** Please note a change of email contact for booking St Catherine's Hall. Bev can be contacted on [hall.stcatherines@beneficeofcanton.org.uk](mailto:hall.stcatherines@beneficeofcanton.org.uk) The previous gmail address is no longer active.

**St Catherine's Grounds on TV - twice in one week:** The "Heno" programme on S4C on the evening of Wednesday 1st August included a feature broadcast **LIVE** from the hall and gardens. The occasion was the third in a series of fundraisers for the National Eisteddfod in Cardiff. The feature included shots of activities in the hall, including a ukulele band and disco, and four short interviews in the gardens on the subject of "Fashion." The organisers, participants and film crew all commented very positively on the attractiveness of the hall and grounds. On Friday evening the ITV Wales programme "Coast & Country" featured Hilary (St Catherine's Churchwarden), Carolyn from the RSPB, and Liam from Buglife Cymru talking about the importance of the site as a haven for wildlife, pollinators and bugs. For example the grounds host ten types of bees, many pollinator plants and an amazing variety of bugs! If you missed these programmes try your i-player.

**No Midweek service**

## St John's Notes:

**Ty Bronna:** We are collecting washing up liquid throughout August. Please leave in the box in church.

**Harvest Supper:** Friday 28th September 6.30 for 7.00 pm. Tickets will be available soon.

**Advance notice:** Christmas Tree festival: Thursday 6<sup>th</sup> – Sunday 9<sup>th</sup> December. More details to follow.

**No Midweek Service**

## St Luke's Notes:

**No Midweek services**

**Recently Departed:**

## Diocesan and Anglican Prayer Cycle

Sun Aug 12 <sup>th</sup>	ELEVENTH SUNDAY AFTER TRINITY Pentyrch & Capel Llanilltern: Michael John (V) <i>Church of the Province of South East Asia</i>
Mon Aug 13 <sup>th</sup>	Radyr: <i>Florida</i>
Tues Aug 14 <sup>th</sup>	Rectorial Benefice of Whitchurch: John Davis (R) <i>Fredericton</i>
Weds Aug 15 <sup>th</sup>	Department for Parish Resources: <i>Freetown (Sierra Leone)</i>
Thurs Aug 16 <sup>th</sup>	St. Fagans & Michaelston-super-Ely: Ven. Peggy Jackson (PinC) <i>Gahini - (Rwanda)</i>
Fri Aug 17 <sup>th</sup>	Tongwynlais: Zöe King (PinC) <i>Fond du Lac</i>
Sat Aug 18 <sup>th</sup>	Rectorial Benefice of Canton: Canon Mark Preece (R) <i>Gambia</i>

**Team Rector:** Canon Mark Preece

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