

# Parish of St. Thomas, Apostle & Martyr, Ipswich

## Twelfth Sunday after Trinity - 30th August 2020

### Collect:

God of constant mercy, who sent your Son to save us: remind us of your goodness, increase your grace within us, that our thankfulness may grow, through Jesus Christ our Lord. **Amen.**

### Psalm 105.1-6,23-26,45

1 O give thanks to the Lord, call on his name,  
make known his deeds among the peoples.  
2 Sing to him, sing praises to him; tell of all his  
wonderful works.  
3 Glory in his holy name; let the hearts of those  
who seek the Lord rejoice.  
4 Seek the Lord and his strength; seek his  
presence continually.  
5 Remember the wonderful works he has done,  
his miracles, and the judgments he has uttered,  
6 O offspring of his servant Abraham, children of  
Jacob, his chosen ones. Then Israel came to Egypt;



Jacob lived as an alien in the land of Ham.  
24 And the Lord made his people very fruitful, and  
made them stronger than their foes,  
25 whose hearts he then turned to hate his  
people, to deal craftily with his servants.  
26 He sent his servant Moses, and Aaron whom  
he had chosen.  
45 that they might keep his statutes and observe  
his laws. Praise the Lord!

### A reading from the book of Exodus (3.1-15):

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." When the Lord saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

Then the Lord said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt." But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" He said, "I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain."

But Moses said to God, "If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" God said to Moses, "I am who I am." He said further, "Thus you shall say to the Israelites, 'I am has sent me to you.'" God also said to Moses, "Thus you shall say to the Israelites, 'The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you': This is my name forever, and this my title for all generations.

*This is the word of the Lord.*

## Hear the gospel of our Lord Jesus Christ according to Matthew (16.21-end)

From that time on, Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes, and be killed, and on the third day be raised. And Peter took him aside and began to rebuke him, saying, "God forbid it, Lord! This must never happen to you." But he turned and said to Peter, "Get behind me, Satan! You are a stumbling block to me; for you are setting your mind not on divine things but on human things."

Then Jesus told his disciples, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life? "For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom." **This is the gospel of the Lord. Praise to you, o Christ.**

### Reflection:

In our gospel today we heard Jesus speaking to his disciples, and to us, about how we need to think and act if we want to be his followers; he says "If any want to become my followers, let them deny themselves and take up their cross and follow me".

Self denial means submission of your own will, and to seek and follow God's will. At times some have chosen to interpret this as saying that we cannot enjoy the good things in life. But that is far from the truth. The statement of Jesus which we heard today, sits alongside the Greatest and first Commandment that encompasses all other commandments. This can be found in Matthew 22 verse 34, where Jesus tells his listeners, "You shall love the Lord your God with all your heart and with all your soul and with all your mind,"

Meeting with God, to seek His will, through scriptures (read or listened to) and prayer, we can trust that He is listening, but He can sometimes take us by surprise, especially when we take time to pray and are still in His presence. Sometimes it may be a clearer picture of what we have been thinking about, sometimes it is a challenge to the way we are thinking, and sometimes it is a gift that shows us how much He loves us. God has an amazing love for us, and wants us to follow the right path for us. There are often signs in creation of God's amazing love for us. Some we see because we have looked for them, such as in nature, sometimes they are a surprise!

A short while ago, I was struggling with the beginning of a day. I knew that there were tasks for this day, and I really didn't feel like doing them, it felt like a very grey day. After praying and going outside to make a start by putting up the washing line, I paused for a moment in the porch, and as I stood there a peacock butterfly landed on the doorpost next to me, and opened its wings wide to receive the morning sunshine. It was like a gift, as the sun lit up its vibrant colours, it was if the Beauty of heaven shone out of this small creature. My spirits lifted and my soul rejoiced.

Jesus goes on to say, " For those that want to save their life will lose it, and those who lose their life for my sake will find it." Whereas this is a warning to those who deliberately choose to ignore God, and choose the wrong way. We can also look at this from a psychological view - true Happiness eludes those who seek it directly, rather than seeking first the will of God. In His presence there is fullness of Joy. I leave with you Psalm 16 verse 11.

*"You show me the path of life,  
In Your presence there is fullness of Joy;  
in Your right hand are pleasures for evermore"*

- Rev Pat Wright

*God is love. Those who live in love live in God, and God lives in them.*

**The peace of the Lord be always with you.**

**Here are the words of two hymns you may like to sing or pray this week:**

I, the Lord of sea and sky,  
I have heard my people cry.  
All who dwell in dark and sin  
my hand will save.  
I, who made the stars of night,  
I will make their darkness bright.  
Who will bear my light to them?  
Whom shall I send?

*Here I am, Lord. Is it I, Lord?  
I have heard you calling in the night.  
I will go, Lord, if you lead me.  
I will hold your people in my heart.*

I, the Lord of snow and rain,  
I have borne my people's pain.  
I have wept for love of them.  
They turn away.  
I will break their hearts of stone,  
give them hearts for love alone.  
I will speak my words to them.  
Whom shall I send?

I, the Lord of wind and flame,  
I will send the poor and lame.  
I will set a feast for them.  
My hand will save.  
Finest bread I will provide  
till their hearts be satisfied.  
I will give my life to them.  
Whom shall I send?

All heav'n declares  
the glory of the risen Lord.  
Who can compare  
with the beauty of the Lord?  
For ever he will be  
the Lamb upon the throne.  
I gladly bow the knee  
and worship him alone.

I will proclaim  
the glory of the risen Lord,  
who once was slain  
to reconcile us to God.  
For ever you will be  
the Lamb upon the throne;  
I gladly bow the knee  
and worship you alone.

*Call this number ↓ for free, to  
listen to hymns being sung, prayers,  
or reflections. Give it a go, it's a lovely  
way to worship from home!*



A free phone line of hymns,  
reflections and prayers



Our services back in Church, combined with ZOOM at 10am, followed by ZOOM coffee at 11, are working well. **In order to attend church on Sundays, you need to book in, ideally with the electronic booking form or by phoning 01473 742973** (Church answer phone) by Saturday 9 am. **To attend the Wednesday 10am communions**, book in by phone, but you can just come along. We look forward to seeing you soon.

**St Thomas Church is open for Private Prayer, on Mondays and Thursdays, between 11 am and 2 pm. The Peace Garden is Open for use every weekday. On Monday 31st (bank holiday) church will only be open for private prayer between 11am—12.30pm.**

**Please pray for:**

**Those with chronic or long-term illness:** Eric Dickerson, Rosemary, Sophie, Adam, Jenny, Andrew Barfield, Kathy Steele, Frank D., Andrew Derrett, Peggy, Pat, Natacha, Christine, Stephen, Julie, Samantha, Jill, Rex, Molly Johansen, Margaret Christian, Marion (Val's sister-in-law)

**Those undergoing treatment or currently ill:** Emily & family, Juliet Adams, Gloria Elmer, Helen Harlow, Jean Dominy, Leslie Bloomfield, Pete Tancred, Katie (cancer), Peter, Jim, Richard (June's nephew), Sylvia Eley, Dougie, Robert, Andy, Alice (Joan's grandson's wife), Beryl Field, Vincent Lightbody

**All who are affected by the Coronavirus** in the UK and around the world: *For all who have lost their jobs due to Covid19; all who are despairing. For the people of Beirut as they rebuild their city—for all who have lost their lives & livelihoods, the injured, the bereaved. For sufficient assistance and recovery. For our government & MP's: for honesty in politics, for wisdom and justice for all.*

**Those who have recently died, and their families mourning their loss:** Susan Rutter, Sethe Dube R.I.P

**Sunday Worship Video & other Worship resources on the Church Facebook page:**

<https://www.facebook.com/stthomasipswich/>

**Sunday 30th August Trinity 12 - 10 am:**  
Eucharist & ZOOM Worship, followed by  
11am ZOOM coffee

**Wednesday, 2nd September, 10am**  
Eucharist in Church with livestream on  
Facebook/StThomasipswich

**Pray for members of the St Thomas Congregation**  
*(each week we will include a dozen names)*

*Angela Waldrige, Brian Ward, Audrey West, Natacha & Amber Wilcox, Jill Wilson, Pat & Jan Wright*



**Birthdays this week:**

Russell Dickerson (31st), Alan Banks (2nd Sept), Adam Higgins (3rd), June Browes (4th)

**Church website:**

<http://stthomasipswich.org.uk/>

**Please note: Our website is down** due to problems with the server. Please go to [facebook/stthomasipswich](https://www.facebook.com/stthomasipswich/) for any updates

**Contacts:**

Priest in charge: Revd Jutta Brueck  
m: 07958 360564 (on holiday)

Email: [jutta.brueck@cofesuffolk.org](mailto:jutta.brueck@cofesuffolk.org)

*Jutta's days off are: Fridays & Saturdays*

Assistant Curate: Revd Cat Connolly  
m: 07530 412988

Email: [revcatconnolly@gmail.com](mailto:revcatconnolly@gmail.com)

*Cat's day off: Mondays*

**YOUR SUPPORT NEEDED FOR NWIPSWICH  
FOODBANK organised by the Big Local Trust:**

**Please** drop non-perishable food at  
Castlehill Community Centre, Highfield Road  
on MONDAYS between 9.30 and 11.00am.

**If you would like to chat, please do give us a ring:**

Revd Jutta: 07958 360 564      Rev Cat 07530 412988

Roger Elmer 07810 274586    Sylvia Dickerson 07903 739487

Malcolm Gibbs 07906 663530    Mary Bullass 625135

Gloria Elmer 745590

Rev Jackie 07962172639

Revd Pat 01473 464748