

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

## 1st August 2021—9th Sunday After Trinity

### Collect:

Gracious Father, revive your Church in our day, and make her holy, strong and faithful, for your glory's sake in Jesus Christ our Lord. **Amen.**

### Psalm 51.1-13

1 Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions.

2 Wash me thoroughly from my iniquity, and cleanse me from my sin.

3 For I know my transgressions, and my sin is ever before me.

4 Against you, you alone, have I sinned, and done what is evil in your sight, so that you are justified in your sentence and blameless when you pass judgement.

5 Indeed, I was born guilty, a sinner when my mother conceived me.

6 You desire truth in the inward being; therefore teach me wisdom in my secret heart.

7 Purge me with hyssop, and I shall be clean; wash

me, and I shall be whiter than snow.

8 Let me hear joy and gladness; let the bones that you have crushed rejoice.

9 Hide your face from my sins, and blot out all my iniquities.

10 Create in me a clean heart, O God, and put a new and right spirit within me.

11 Do not cast me away from your presence, and do not take your holy spirit from me.

12 Restore to me the joy of your salvation, and sustain in me a willing spirit.

13 Then I will teach transgressors your ways, and sinners will return to you.



### A reading from the Letter of Paul to the Ephesians (4.1-16)

I therefore, 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. **This is the word of the Lord. Thanks be to God.**

### Hear the gospel of our Lord Jesus Christ according to John (6.24-35)

So when the crowd saw that neither Jesus nor his disciples were there, 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. **This is the gospel of the Lord. Praise to you, O Christ.**

## Notices:

**BBQ on the 8th August:** please let Alison know if you are coming so we can cater for the right number of people. And also let Alison know if you can bring salad or a pudding.

**Readers:** if you would like to help us worship by occasionally doing a reading on a Sunday morning, please let Rev Cat know. If you used to read and would like to do it again, or if you've never done it but want to start, we would welcome your gift of reading!

**Covid Update:** Booking for services is no longer required. We are keeping distanced seating in the lady aisle for those who would be more comfortable remaining distanced. In the rest of church the pews are closer together, and it is up to individual discretion as to how close you sit together. We ask that you continue to wear a face covering during Sunday services, but singing and coffee afterwards have returned! As we make these changes, please be mindful of others and considerate of what they are comfortable with.

### Dates For Your Diary:

**2nd August 7.30pm:** Licensing of Revd. Rachel Revely

**8th August:** Revd. Rachel's first Sunday with BBQ

**5th September:** Father John Irwin's first Sunday (new curate)

### *Please pray for:*

**Those with chronic or long-term illness:** Rosemary, Eric Dickerson, Jenny, Andrew Barfield, Kathy Steele, Andrew, Peggy, Margaret Christian, Natacha, Katie, Stephen, Samantha, Theresa

**Those undergoing treatment or currently ill:** Gloria Elmer, Leslie Bloomfield, Kenneth Leek, Angela, Helen Pratt, Timothy, Pat Wright

**Those who have recently died, and their families mourning their loss:**



No birthdays this week

### This Week:

#### **Sunday 1st August (Trinity 9)**

**10am:** Eucharist with Facebook livestream

#### **Monday 2nd August**

**11.30-1.30:** Church open for prayer

**7.30pm:** Licensing of Revd. Rachel Revely

#### **Tuesday 3rd August**

**6.30-7.30pm:** Zoom Meditation Group.

Contact Lucy for details & link:

[lucydrake22@gmail.com](mailto:lucydrake22@gmail.com)

#### **Wednesday 4th August**

**10am:** Eucharist

#### **Thursday 5th August**

**11.30-1.30:** Church open for prayer

#### **Sunday 8th August (Trinity 10)**

**10am:** Eucharist with Facebook livestream—Revd. Rachel's first Sunday, followed by BBQ

### **Church Website:**

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

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

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

### **Contacts:**

**Assistant Curate:** Revd Cat Connolly

**m:** 07530 412988 **Email:** [revcatconnolly@gmail.com](mailto:revcatconnolly@gmail.com)

*Cat's day off: Mondays*

**Lay Evangelist:** Malcolm Gibbs **m:** 07906 663530

**Director of Music:** Simon Clark BA (Hons) <sup>FLCM ARCO</sup>

**m:** 07961 859344 **Email:** [sussexsi@aol.com](mailto:sussexsi@aol.com)

**Church wardens:** Roger Elmer **m:** 07810 274586

Stephen Marginson 01473 258791

**If you would like to chat, you could also ring:**

Mary Bullass 625135

Gloria Elmer 745590

Rev Jackie 07962 172639

Rev Pat 464748

Rev Canon Chris 462109