

Parish of St. Thomas, Apostle & Martyr, Ipswich

22nd August 2021—12th Sunday after Trinity

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 84

¹ How lovely is your dwelling place, O Lord of hosts!

² My soul longs, indeed it faints for the courts of the Lord; my heart and my flesh sing for joy to the living God.

³ Even the sparrow finds a home, and the swallow a nest for herself, where she may lay her young, at your altars, O Lord of hosts, my King and my God.

⁴ Happy are those who live in your house, ever singing your praise.

⁵ Happy are those whose strength is in you, in whose heart are the highways to Zion.

⁶ As they go through the valley of Baca they make it a place of springs; the early rain also covers it with pools.

⁷ They go from strength to strength; the God of gods



will be seen in Zion.

⁸ O Lord God of hosts, hear my prayer; give ear, O God of Jacob!

⁹ Behold our shield, O God; look on the face of your anointed.

¹⁰ For a day in your courts is better than a thousand elsewhere. I would rather be a doorkeeper in the house of my God than live in the tents of wickedness.

¹¹ For the Lord God is a sun and shield; he bestows favour and honour. No good thing does the Lord withhold from those who walk uprightly.

¹² O Lord of hosts, happy is everyone who trusts in you.

A reading from Paul's Letter to the Ephesians (6.10-20)

Finally, be strong in the Lord and in the strength of his power. Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

This is the word of the Lord. Thanks be to God.

Hear the gospel of our Lord Jesus Christ according to John (6.56-69)

Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.' He said these things while he was teaching in the synagogue at Capernaum. When many of his disciples heard it, they said, 'This teaching is difficult; who can accept it?' But Jesus, being aware that his disciples were complaining about it, said to them, 'Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe.' For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, 'For this reason I have told you that no one can come to me unless it is granted by the Father.' Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, 'Do you also wish to go away?' Simon Peter answered him, 'Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God.'

This is the gospel of the Lord. Praise to you, O Christ.

Post Communion Prayer

God of all mercy, in this eucharist you have set aside our sins and given us your healing: grant that we who are made whole in Christ may bring that healing to this broken world, in the name of Jesus Christ our Lord. **Amen.**

Notices:

Sunday Servers: Are you interested in joining our Server Team for Sunday worship? If so, we are going to be doing some training in September. Please speak to Malcolm or Revd Rachel if you would like to part of the team!

Invite from Revd. Rachel: Revd. Rachel would like to invite everyone who would like to have a "get to know you" cup of tea/coffee with her to tell her over the next few weeks so you can arrange a time. She looks forward to hearing from you.

Growing Leaders Course: this is a great Diocesan course starting again in September, for people who might have the skills or desire to be leaders in some way, and to build up confidence. Lyanne, Emma and Alison have just completed the course, so do speak to them about it. Let Rev Rachel know if you have questions or might be interested!

New Curate: We're pleased to be welcoming Father John Irwin on Sunday 5th September! We hope you'll be able to join us for his first service at St. Thomas.

Ride and Stride: This year the Suffolk Historic Churches Ride and Stride is Saturday 11th September 9am - 5pm. Do sign up to church-sit, or to cycle or walk yourself! Remember you can be sponsored for riding, striding, or for being at St Thomas as a greeter!

Date for your Diary—Deanery Online Conference: on 16th October from 9.30am to 3.30pm, join in online for the Ipswich "Immeasurably More" Conference! With keynote speakers and practical workshops you can join at home, please note down the date! Booking details to follow in September.

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.

Please pray for:

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

Those undergoing treatment or currently ill: Gloria Elmer, Leslie Bloomfield, Angela, Helen Pratt, Pat Wright, Katie

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



Revd. Jutta Brueck (22nd)
Debbie Rudge (25th)
Archie Lightbody (25th)
Gerry Biggs (26th)

Church Website:

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

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

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

This Week:

Sunday 22nd August (Trinity 12)

10am: Eucharist with Facebook livestream

Monday 23rd August

11.30-1.30: Church open for prayer

4.15pm: STPC Evening Prayer—contact Malcolm for more details

Tuesday 24th August

6.30-7.30pm: Zoom Meditation Group.

Contact Lucy for details & link:

lucydrake22@gmail.com

Wednesday 25th August

10am: Eucharist

Thursday 26th August

11.30-1.30: Church open for prayer

Sunday 29th August (Trinity 13)

10am: Eucharist with Facebook livestream

Contacts:

Priest in Charge: Revd Rachel Revely

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Rachel's days off: Fridays and Saturdays

Assistant Curate: Revd Cat Connolly

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Cat's day off: Mondays

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

Director of Music: Simon Clark BA (Hons) ^{FLCM FRCO}

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

Stephen Marginson 01473 258791

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

Mary Bullass 625135

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Rev Jackie 07962 172639

Rev Pat 464748

Rev Canon Chris 462109