

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

## 29th August 2021—13th Sunday after Trinity

### Collect:

Almighty God, you search us and know us: may we rely on you in strength and rest on you in weakness, now and in all our days; through Jesus Christ our Lord. **Amen.**

### Psalm 45.1-2, 6-9

1 My heart overflows with a goodly theme; I address my verses to the king; my tongue is like the pen of a ready scribe.

2 You are the most handsome of men; grace is poured upon your lips; therefore God has blessed you for ever.

6 Your throne, O God, endures for ever and ever. Your royal sceptre is a sceptre of equity;

7 you love righteousness and hate wickedness.



Therefore God, your God, has anointed you with the oil of gladness beyond your companions;

8 your robes are all fragrant with myrrh and aloes and cassia. From ivory palaces stringed instruments make you glad;

9 daughters of kings are among your ladies of honour; at your right hand stands the queen in gold of Ophir.

### A reading from the Letter of James (1.17-end)

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfilment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures. You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls. But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing. If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world. **This is the word of the Lord. Thanks be to God.**

### Hear the gospel of our Lord Jesus Christ according to Mark (7.1-8, 14, 15, 21-23)

Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around him, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, 'Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?' He said to them, 'Isaiah prophesied rightly about you hypocrites, as it is written, "This people honours me with their lips, but their hearts are far from me; in vain do they worship me, teaching human precepts as doctrines." You abandon the commandment of God and hold to human tradition.' Then he called the crowd again and said to them, 'Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile.' For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person.'

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

### Post Communion Prayer

God our creator, you feed your children with the true manna, the living bread from heaven: let this holy food sustain us through our earthly pilgrimage until we come to that place where hunger and thirst are no more; through 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 next week 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



Lyanne Brendt (29th)  
Russell Dickerson (31st)  
Alan Banks (2nd)  
Adam Higgins (3rd)

### **Church Website:**

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

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

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

### **This Week:**

**Sunday 29th August (Trinity 13)**

**10am:** Eucharist with Facebook livestream

**Monday 30th August**

*Bank Holiday—Church closed*

**Tuesday 31st August**

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

Contact Lucy for details & link:

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

**Wednesday 1st September**

**10am:** Eucharist

**Thursday 2nd September**

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

**Sunday 5th September (Trinity 14)**

**10am:** Eucharist with Facebook livestream & Father John Irwin's first service

### **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 FLCM FRCO

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

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**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