

Parish of St. Thomas, Apostle & Martyr, Ipswich

8th August 2021—10th Sunday After Trinity

Collect:

Lord of heaven and earth, as Jesus taught his disciples to be persistent in prayer, give us patience and courage never to lose hope, but always to bring our prayers before you; through Jesus Christ our Lord. **Amen.**

Psalm 34.1-8

¹ I will bless the Lord at all times; his praise shall continually be in my mouth.

² My soul makes its boast in the Lord; let the humble hear and be glad.

³ O magnify the Lord with me, and let us exalt his name together.

⁴ I sought the Lord, and he answered me, and delivered me from all my fears.

⁵ Look to him, and be radiant; so your faces shall never be ashamed.



⁶ This poor soul cried, and was heard by the Lord, and was saved from every trouble.

⁷ The angel of the Lord encamps around those who fear him, and delivers them.

⁸ O taste and see that the Lord is good; happy are those who take refuge in him.

A reading from the Book of 1 Kings (19.4-8)

But he himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: 'It is enough; now, O Lord, take away my life, for I am no better than my ancestors.' Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.' He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the Lord came a second time, touched him, and said, 'Get up and eat, otherwise the journey will be too much for you.' He got up, and ate and drank; then he went in the strength of that food for forty days and forty nights to Horeb the mount of God.

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

Hear the gospel of our Lord Jesus Christ according to John (6.35, 41-51)

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.'

Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' Jesus answered them, 'Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, "And they shall all be taught by God." Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'

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

Notices:

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.

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!

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.

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.



Rick Bayly (8th)
Abigail Rudge (10th)
Dan Lightbody (12th)

This Week:

Sunday 8th August (Trinity 10)

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

Monday 9th August

11.30-1.30: Church open for prayer

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

Tuesday 10th August

6.30-7.30pm: Zoom Meditation Group.
Contact Lucy for details & link:

lucydrake22@gmail.com

Wednesday 11th August

10am: Eucharist

Thursday 12th August

11.30-1.30: Church open for prayer

Sunday 15th August (Trinity 11)

10am: Eucharist with Facebook livestream

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, Angela, Helen Pratt, Pat Wright

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

Church Website:

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

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

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

Contacts:

Priest in Charge: Revd Rachel Revely

m: 07429 325559 **Email:** rachel.revely@outlook.com

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 ARCO}

m: 07961 859344 **Email:** 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