

Coming Up This Week:

Sunday 10th July (Trinity 4)

10am: Eucharist with Facebook livestream

5.30pm: Mobilise BBQ in Vicarage Garden

Monday 11th July

11.30-1.30pm: Open Church

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

Tuesday 12th July

9.30am: Morning Prayer

6.30pm: Zoom Meditation Group. Contact Lucy for details:

lucydrake22@gmail.com

Wednesday 13th July

10am: Eucharist

Thursday 14th July

9.30am: Morning Prayer

11-2pm: Good Things Café

Sunday 17th July (Trinity 5)

10am: Eucharist with Facebook livestream

Birthdays This Week:

★ Darren Corken (12th)

★ Audrey West (12th)

★ Luke di Benga (13th)

Many happy returns from all at St. Thomas!

Please Pray For:

Rosemary, Jenny, Andrew, Margaret, Natacha, Samantha, Theresa, Gloria, Angela, Helen, Pat, Eddie, Andrew C., Betty, Muriel M., Linda, Nigel, Myrtle, Joan, Cathy, Elizabeth, Victoria, Tina, Meghan and Eleanor, Siouxsie, Jeff

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

Baby Marcus, Sandra, Yogesh



St. Thomas the Apostle & Martyr, Ipswich 10th July 2022—Fourth Sunday after Trinity

Collect:

Eternal Lord God, You alone have spread out the heavens and rule the raging of the sea; bless and keep all who go down to the sea in ships; preserve them in all dangers and bring them in safety to the haven where they would be, with a thankful remembrance of Your mercies, to praise and glorify Your holy name; through Jesus Christ our Saviour, who is alive and reigns with You, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

Psalm 107:23-31

Some went down to the sea in ships, doing business on the mighty waters; they saw the deeds of the Lord, his wondrous works in the deep. For he commanded and raised the stormy wind, which lifted up the waves of the sea. They mounted up to heaven, they went down to the depths; their courage melted away in their calamity; they reeled and staggered like drunkards, and were at their wits' end. Then they cried to the Lord in their trouble, and he brought them out from their distress; he made the storm be still, and the waves of the sea were hushed. Then they were glad because they had quiet, and he brought them to their desired haven. Let them thank the Lord for his steadfast love, for his wonderful works to humankind.

A reading from the Book of Acts (27:27-44)

When the fourteenth night had come, as we were drifting across the sea of Adria, about midnight the sailors suspected that they were nearing land. So they took soundings and found twenty fathoms; a little farther on they took soundings again and found fifteen fathoms. Fearing that we might run on the rocks, they let down four anchors from the stern and prayed for day to come. But

Contacts:

Priest in Charge: Revd Rachel Revely
m: 07429 325559

Email: rachel.revely@outlook.com
Rachel's days off: Fridays and Saturdays

Assistant Curate, SSM: Revd John Irwin
m: 07957 579680

Email: rev.john@irwin.ch
John's Parish days: Weds/Thurs

Lay Evangelist: Malcolm Gibbs
m: 07906 663530

Director of Music: Simon Clark BA
FLCM FRCO m: 07961 859344

Email: sussexsi@aol.com

Treasurer: Lucy Drake
m: 07950 661221

Email: lucydrake22@gmail.com

Church wardens:
Roger Elmer m: 07810 274586
Stephen Marginson 01473 258791

when the sailors tried to escape from the ship and had lowered the boat into the sea, on the pretext of putting out anchors from the bow, Paul said to the centurion and the soldiers, 'Unless these men stay in the ship, you cannot be saved.' Then the soldiers cut away the ropes of the boat and set it adrift.

Just before daybreak, Paul urged all of them to take some food, saying, 'Today is the fourteenth day that you have been in suspense and remaining without food, having eaten nothing. Therefore I urge you to take some food, for it will help you survive; for none of you will lose a hair from your heads.' After he had said this, he took bread; and giving thanks to God in the presence of all, he broke it and began to eat. Then all of them were encouraged and took food for themselves. (We were in all two hundred and seventy-six persons in the ship.) After they had satisfied their hunger, they lightened the ship by throwing the wheat into the sea.

In the morning they did not recognize the land, but they noticed a bay with a beach, on which they planned to run the ship ashore, if they could. So they cast off the anchors and left them in the sea. At the same time they loosened the ropes that tied the steering-oars; then hoisting the foresail to the wind, they made for the beach. But striking a reef,^b they ran the ship aground; the bow stuck and remained immovable, but the stern was being broken up by the force of the waves. The soldiers' plan was to kill the prisoners, so that none might swim away and escape; but the centurion, wishing to save Paul, kept them from carrying out their plan. He ordered those who could swim to jump overboard first and make for the land, and the rest to follow, some on planks and others on pieces of the ship. And so it was that all were brought safely to land.

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

Hear the Gospel of our Lord Jesus Christ according to Mark (4:35-41)

On that day, when evening had come, he said to them, 'Let us go

across to the other side.' And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great gale arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, 'Teacher, do you not care that we are perishing?' He woke up and rebuked the wind, and said to the sea, 'Peace! Be still!' Then the wind ceased, and there was a dead calm. He said to them, 'Why are you afraid? Have you still no faith?' And they were filled with great awe and said to one another, 'Who then is this, that even the wind and the sea obey him?'

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

Post Communion Prayer

Gracious Lord, in this holy Sacrament You give substance to our hope, that it may hold us steadfast as an anchor in the storms of life: bring us at the last to that fullness of life for which we long, our heavenly harbour; through Jesus Christ our Lord. **Amen.**

NOTICES

Youth Art Workshop: Any 12-19 year olds who would like to come along to St. Francis Church to join in an acrylic paint pouring workshop, please speak to Rachel. It will run for three weeks on 29th June, 6th and 13th July from 3:30 to 5pm.

Thank You: to everyone who made the fayre such a success, and who helped out with the various BBQs we've had—you're all amazing!

Good Things Café: every Thursday between 11am and 2pm in Church.