

*St Thomas's Osbaldwick and St James's Murton*  
*Churches with a heart - at the heart of our communities*

*An Inclusive Church*

**Pew Sheet for Sunday 4<sup>th</sup> August 2024**

**SUNDAY 4<sup>th</sup> AUGUST —10<sup>th</sup> SUNDAY OF TRINITY**

8am Holy Communion at St Thomas's

10am Café Church

*Readings. Ephesians 4: 1—16. John 6: 24—35*

**Wednesday 7<sup>th</sup> August**

9.30am Playgroup at St Thomas's

**Thursday 8<sup>th</sup> August**

10am Coffee Drop-in at St Thomas's

**SUNDAY 11<sup>th</sup> AUGUST —11<sup>th</sup> SUNDAY OF TRINITY**

10am Holy Communion at St Thomas's

4pm Evening Prayer at Murton

*Readings. Ephesians 4: 25—5: 2. John 6: 35 41—51*

**Lighting in our churches**

The lighting in **St James's** has now been upgraded with modern LED fittings.

Those that have recently been in the building will notice the improvement (if you haven't seen it yet there is an opportunity at Evening Prayer next Sunday).

Our thanks go to Murton Parish Council who funded the upgrade.

The upgrade of the lighting in **St Thomas's** will take place for two weeks from 16<sup>th</sup> September.

**Sunday Services will take place as usual**, but unfortunately our weekly activities will have to be cancelled for the period of the works. Apologies to all concerned, this is in the interest of the safety of the electrical contractors.

**Prayers and Prayer Pointers**

**Monday 5<sup>th</sup> August**

Go outdoors and find something natural: a stone, leaf, flower, or something else. Consider the ways God has made this thing and then reflect on how you too are wonderfully made by God. What does this mean to you?

**Tuesday 6<sup>th</sup> August**

Open your Bible at the Psalms and read one as a prayer to God. What resonates with you? Consider in what ways these old words feel new to you and offer them to God

**Wednesday 7<sup>th</sup> August**

Look up a hymn or worship song on YouTube or in a hymn book and sit and listen or read the words aloud: don't do anything else while you listen. Let your mind, body and soul tune into God through the music in prayer.

**Thursday 8<sup>th</sup> August**

Light a candle. Jesus is the light of the world. Pray about the places you experience darkness in your life, that Jesus light might shine there.

**Friday 9<sup>th</sup> August**

Learn the name of a flower or bird that you didn't already know. Look it up in a book, on the internet, take a trip to the library, a nearby garden centre, or ask a friend. As you let your brain absorb this new information, offer a prayer for creation, for newness, for creativity, for our ability to learn and grow. What else might God be teaching you today?

**Saturday 10<sup>th</sup> August**

Think about how God is at work in the lives of everyone. You can see God shining out from all people. Remember this with the next person you speak to, and give thanks for the glimpses of God you see in them.

# Collect and Readings for the 10<sup>th</sup> Sunday of Trinity

## Collects and Prayers for the week

Let your merciful ears, O Lord,  
be open to the prayers  
of your humble servants;  
and that they may obtain their petitions  
make them to ask such things  
as shall please you;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.  
**Amen.**

*All readings are from Bible Gateway - NRSV .*

## 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. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knitted together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

For the word of the Lord. **Thanks be to God.**

## 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 Christ

**Praise to Christ our Lord.**

## Post Communion Prayer

God of our pilgrimage,  
you have willed that the gate of mercy  
should stand open for those who trust in you:  
look upon us with your favour  
that we who follow the path of your will  
may never wander from the way of life;  
through Jesus Christ our Lord. **Amen**

## Personal Prayer at the end of the service

May I go out with joy and be sent forth with peace. May the Spirit of the living God go with me. May I be a blessing to others, and receive blessings from those around me, May I go in peace, hope and love, and in the power of the Spirit.