

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 11th August 2024

SUNDAY 11th AUGUST —11th 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

Wednesday 14th August

9.30am Playgroup at St Thomas's

Thursday 15th August

10am Coffee Drop-in at St Thomas's

SUNDAY 18th AUGUST —12th SUNDAY OF TRINITY

10am Family Communion at St Thomas's

Readings. Proverbs 9: 1—6. John 6: 51—58

Sunday Reflection

Every week, the Diocese of York offers a new reflection and prayer resource on video, for personal use. This week the Most Revd. Stephen Cottrell, Archbishop of York, reflects on John 6: 35, 41—51 for the Eleventh Sunday after Trinity.



Find the video here, or at vimeo.com/dioceseforyork.



Prayers and Prayer Pointers

At the start of each time of prayer:

God who is mystery, God who is Spirit, God who is Creator, God who is Christ, This day, I come into your presence, Open my heart and mind that I might receive something of your word today. **Amen.**

Monday 12th August - What does the good news of the Gospel feel like to you? Can you express it as a prayer of thanks in just a sentence or two?

Tuesday 13th August - Think of a question you have about your faith. Either look it up on the internet, or ask somebody else about it. How does God meet you in what you hear? Have you changed your thoughts or beliefs or feelings as a result of what you've learned?

Wednesday 14th August - What injustices make you angry in the world? Consider the ways you see God as a God of justice and pray that God will work through those injustices.

Thursday 15th August - Draw a picture of your local church. Include on the picture all the ways you see God at work, and all the things you want to ask God to work in. Pray about it.

Friday 16th August - Look at the palm of your hand. Consider the story of Palm Sunday when Jesus rode into Jerusalem on a donkey before his crucifixion and the crowds welcomed him. Think of five ways, one for each finger, that you welcome Jesus into your life?

Saturday 17th August - Pour a glass of water. Think about the things you do that get in the way of your relationship with God. You might think it muddies the water of your life, but God forgives us for all these things, and offers us living water. Drink some of the water and give thanks for the way God reaches out to you with love and forgiveness.

Collect and Readings for the 11th Sunday of Trinity

Collect and Prayer for the week

O God, you declare your almighty power most chiefly in showing mercy and pity: mercifully grant to us such a measure of your grace, that we, running the way of your commandments, may receive your gracious promises, and be made partakers of your heavenly treasure; 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.**

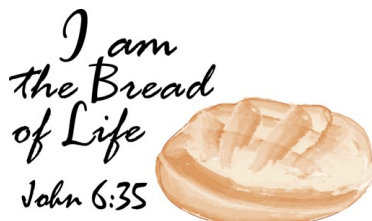
All readings are from Bible Gateway - NRSV.

Ephesians 4: 25—5: 2

So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

For the word of the Lord.

Thanks be to God.



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 Christ

Praise to Christ our Lord.

Post Communion Prayer

Lord of all mercy,
we your faithful people have
celebrated that one true sacrifice
which takes away our sins
and brings pardon and peace:
by our communion
keep us firm on the foundation of the gospel
and preserve us from all sin;
through Jesus Christ our Lord.
Amen.

Personal Prayer at the end of the service

Make me into a channel of your peace – a
reservoir of your love, your hope, your joy.

Help me to be an answer to prayer.

This and every day. **Amen.**