

**Contacts:**

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Ninfield: Catriona Owen ☎225421 after 4.00p.m.

**PRAYERS & INTENTIONS**

*Pray daily for peace and all those who suffer from illness especially*

Linda Bligh, Cass Chapman and Nick Crawshaw.

This week we pray for all the residents of  
Coombe Hill, Ninfield, Mill Lane Gardens, Hooe  
and Ninfield Horticultural Society.

In the CTiB cycle of prayer we pray for St Augustine's Church,  
Bexhill and Robert Coates.

On 18<sup>th</sup> August the ashes of Donald Paine are being  
interred at St Oswald's after the service.

**Any items for  
the  
Weekly Sheet  
to  
Nicki Murphy  
at  
nickimurphy3@  
sky.com  
by  
Wednesday  
6p.m. please.**

**PRAYER**

*David Adam*

Father, we give you thanks that you have called us to know you and to love you. You have drawn us to you with bands of love. Help us to listen and to obey your word. We pray for all preachers and pastors, for ministers of the word and of the sacraments. We remember before you all who do not know or love you and we ask your blessing upon all who reach out in mission and love to them. We pray for any who have lost faith in themselves or in you. Lord our God, our hope is in you.

**Amen.**



**THE PARISHES OF  
St OSWALD'S HOOE  
and  
St. MARY'S NINFIELD**  
**WEEKLY SHEET ~ 11th August 2024**

www.ninfield.org.uk



*A warm welcome to everyone, especially any visitors.*

*If you are new to our Churches please introduce yourselves to the sides  
people on duty. If you need help in any way during your time in church  
please talk to one of the sides people.*

*Please note that both churches are installed with hearing loops to help  
those who wear a hearing aid with the T setting.*

**SERVICES NEXT WEEK**

**St. Mary's**

**Sunday 9.30a.m. ~ Family Eucharist**

**St. Oswald's**

**Sunday 11.00a.m. ~ Parish Eucharist**



*I am the bread of life. (John 6:48)*

## TODAY'S READINGS 11th Sunday after Trinity

### Collect

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.

### First Reading ~ 2 Samuel 18.5-9, 15, 31-33

The king gave orders to Joab and Abishai and Ittai, saying, 'Deal gently for my sake with the young man Absalom.' And all the people heard when the king gave orders to all the commanders concerning Absalom. So the army went out into the field against Israel; and the battle was fought in the forest of Ephraim. The men of Israel were defeated there by the servants of David, and the slaughter there was great on that day, twenty thousand men. The battle spread over the face of all the country; and the forest claimed more victims that day than the sword. Absalom happened to meet the servants of David. Absalom was riding on his mule, and the mule went under the thick branches of a great oak. His head caught fast in the oak, and he was left hanging between heaven and earth, while the mule that was under him went on. And ten young men, Joab's armour-bearers, surrounded Absalom and struck him, and killed him. Then the Cushite came; and the Cushite said, 'Good tidings for my lord the king! For the Lord has vindicated you this day, delivering you from the power of all who rose up against you.' The king said to the Cushite, 'Is it well with the young man Absalom?' The Cushite answered, 'May the enemies of my lord the king, and all who rise up to do you harm, be like that young man.' The king was deeply moved, and went up to the chamber over the gate, and wept; and as he went, he said, 'O my son Absalom, my son, my son Absalom! Would that I had died instead of you, O Absalom, my son, my son!'

### Second Reading ~ 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.

### Gospel Reading ~ 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.'