

17 October 2021:

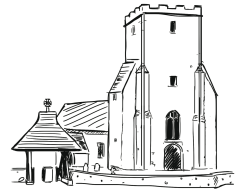
Trinity 20

Proper 24; Ordinary Time wk
29; Yr B

The Parish of East Preston with Kingston

St Mary the Virgin

NOTICE SHEET



Welcome to St Mary's! Mask wearing in church is advised but is no longer required. We are still observing social distancing when sharing the Peace and having communion in "one kind" (ie just the priest will take the wine).

Congratulations and thank you to all who supported the Harvest Festival produce collection! We were able to send 13 stuffed bags of food to the Littlehampton & District Food Bank and 11 stuffed bags to Turning Tides in Worthing - that's a very impressive result - again, huge thanks!

The **Friends of St Mary's** invite you to an **Open Afternoon this afternoon 2-6pm**. Come along for tea, coffee & cake, & learn about the history of the building, as well as what the Friends of St Mary's do. If you're not yet a member of the Friends of St Mary's, application forms are available at the back of the church or on the website: <https://bit.ly/friends-SMEP>

Covid Champions the Bromfields write: To book appointments for Vaccinations/Booster Vaccinations/Third Vaccinations for those whose immune system is compromised at the Angmering Community Centre Hub please phone **0333 370 4111**. This is operated by IPC on behalf of the local GP Surgeries and not accessible through the National Booking Service.

Reminder: service of readings & prayers for **All Souls 3pm Sunday 31 October**: there is a list on the font for the names of loved ones to be remembered; there's also a list of you can help with refreshments afterwards or stewarding at the service.

Ann Bird writes: We're keen to get the "café" up and brewing again after the 10am service, but to do so we need a small band of helpers. If you feel you could pitch in, that would be great. It doesn't have to be every week - in fact the more people who offer, the less frequently they'd probably be needed (but they'd still be very welcome to turn up and enjoy a cuppa!). If you'd like to help, or just want to know more, please let me know by email (abird@waitrose.com) or by phone (07802 468755). Many thanks.

An organisation called the Afghanistan & Central Asian Association has been working to support **Afghan refugees** fleeing the new regime in their country and arriving in the UK through the Afghan Relocations and Assistance Policy. They are looking for funding of around £120,000 for their work. If you would like to support this work, here is the link:
<https://www.crowdfunder.co.uk/afghancrisisfund>

Ann Bird writes: thank you for donations to the **recycling bin** at the back of church. We take: cleaning bottle "triggers", coffee machine "pods", wipes wrappers, empty

deodorant bottles and moisturiser tubes, as well as plastic milk bottle tops (but NOT chocolate and sweet wrappers please). Items are recycled to support Aspens, a charity in the South East of England, which helps people living with complex needs, disabilities and autism.

A lady called Lynn is looking for a **Companion** on Mondays and Thursdays (7-10pm) for her Aunt who has dementia, and lives in East Preston. Remuneration is involved. You can contact Lynn on 07581308608.

Eco Tip of the month: October

Our thoughts turn to planting spring bulbs--- look out for those bee friendly bulbs like Alliums.
When cutting back shrubs / plants in the garden, leave a patch for insects. Leave Seed Heads on Sunflowers for the birds and squirrels etc to eat. Keep a pile of leaves in a corner of the garden, you never know, you might be lucky enough to attract a hedgehog into your garden.
Winter is on its way. Check the boiler has been serviced. Are we using our energy efficiently? Don't over fill the kettle if you are only making 1 or 2 cups of coffee.
Check your room temperature. Have you got thermostats fitted on the radiators? You could turn them down to stop warming unused rooms. Make sure lights are turned off in rooms not being used.

Fri 29 Oct from 10am: **Jennie's NSPCC Christmas Coffee Morning** - cakes, jewellery, gifts, competitions! Entrance £1. Masks to be worn indoors, sanitiser provided!

Dates for your diary: **Service of Remembrance for All Souls** (3pm Sun 31 Oct), **Christmas Music Nights** (7pm Fri 26 & Sat 27 Nov) **Christmas Fair** (Sat 4 Dec)

Please remember in your prayers those in special need especially: Alison; Vera Brinded; Sue Ralph; Lucy Parkes; Gordon; David Llewelyn and Chris Eschbaecher.
We remember those who've died recently: Margaret Gibbs; Audrey Mason;
and those whose anniversary falls this coming week: Stanley Cottage; Eileen Ball; Nancy McArthur; David Lytton; John Spicer; Fr Peter Whiteside; Grace Chipchase; Alexander Piper; John Farmer; George Shaw.

Next Sunday's readings (24 Oct: Last Sunday after Trinity; Track 2 DEL 30 Yr B): Jeremiah 31.7-9; Hebrews 7.23-end; Mark 10.46-end

Using your smartphone this QR code enables you to support St Mary's via a debit or credit card:



Vicar: Fr Andrew Perry : The Vicarage, 33 Vicarage Lane, East Preston BN16 2SP : 01903 78 33 18 : revajperry@btinternet.com
Curate: Rev Emma Ham-Riche : 20 The Ridings, East Preston BN16 2TN : 01903 783958 : ehamriche@gmail.com
Safeguarding Representative: Tracey Hammond 07751323253 : safeguardingstmarys@btinternet.com
www.stmarysep.org.uk : www.facebook.com/groups/stmaryseastpreston (Monday is Rev Emma's day off: Friday is Fr Andrew's day off)
St Mary's is a Registered Charity and our number is: 1180544

Collect:

God, the giver of life, whose Holy Spirit wells up within your Church: by the Spirit's gifts equip us to live the gospel of Christ and make us eager to do your will, that we may share with the whole creation the joys of eternal life; 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

A reading from the prophet Isaiah:

Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted. But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed. All we like sheep have gone astray; we have all turned to our own way, and the LORD has laid on him the iniquity of us all.

He was oppressed, and he was afflicted, yet he did not open his mouth; like a lamb that is led to the slaughter, and like a sheep that before its shearers is silent, so he did not open his mouth. By a perversion of justice he was taken away. Who could have imagined his future? For he was cut off from the land of the living, stricken for the transgression of my people. They made his grave with the wicked and his tomb with the rich, although he had done no violence, and there was no deceit in his mouth.

Yet it was the will of the LORD to crush him with pain. When you make his life an offering for sin, he shall see his offspring, and shall prolong his days; through him the will of the LORD shall prosper. Out of his anguish he shall see light; he shall find satisfaction through his knowledge. The righteous one, my servant, shall make many righteous, and he shall bear their iniquities. Therefore I will allot him a portion with the great, and he shall divide the spoil with the strong; because he poured out himself to death, and was numbered with the transgressors; yet he bore the sin of many, and made intercession for the transgressors.

A reading from the letter to the Hebrews:

Every high priest chosen from among mortals is put in charge of things pertaining to God on their behalf, to offer gifts and sacrifices for sins. He is able to deal gently with the ignorant and wayward, since he himself is subject to weakness; and because of this he must offer sacrifice for his own sins as well as for those of the people. And one

does not presume to take this honour, but takes it only when called by God, just as Aaron was.

So also Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him, "You are my Son, today I have begotten you"; as he says also in another place, "You are a priest forever, according to the order of Melchizedek." In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

A reading from the Gospel of St Mark:

James and John, the sons of Zebedee, came forward to him and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What is it you want me to do for you?" And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or be baptized with the baptism that I am baptized with?" They replied, "We are able." Then Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared."

When the ten heard this, they began to be angry with James and John. Jesus called them and said to them, "You know that among the Gentiles those whom they recognize as their rulers lord it over them, and their great ones are tyrants over them. But it is not so among you; but whoever wishes to become great among you must be your servant, and whoever wishes to be first among you must be slave of all. For the Son of Man came not to be served but to serve, and to give his life a ransom for many."

Post Communion:

God our Father, whose Son, the light unfailing, has come from heaven to deliver the world from the darkness of ignorance: let these holy mysteries open the eyes of our understanding that we may know the way of life and walk in it without stumbling, through Jesus Christ our Lord.