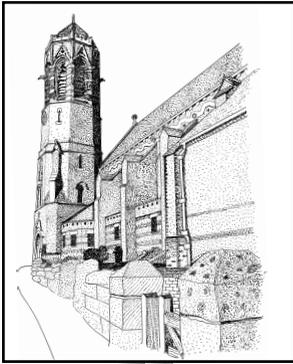


St John's, Pevensey Road



**Sunday 9th August:
9th Sunday after Trinity**



Pews News & Service Sheet

(The full colour version is on the Pews News page on the church website)

People for whom our prayers are asked:

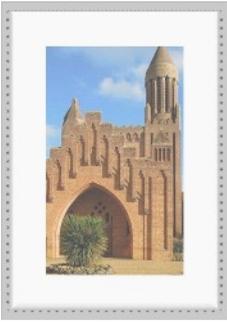
Arlene, Ian, Amber, Mike, Pauline, Sally, Tracy, Agatha, Jude, Diane, Clare & Luke & family, Shane, Paul, Clive, Henry, Marylyn, Fr Ken, and Fr John.

Please pray also for...

...the repose of the souls of the recently departed, especially Pauline Peacock

... those whose Years Minds fall around this time, especially Vic Barnes, Jill, Joan McNulty, Elizabeth Kingsnorth, Eric Francome Farrer, and Billy Allen

...and all who mourn.



Retreating Times by Deacon Michael.

About 3 years ago, I had a strong urge to go on some sort of private retreat. After a bit of research, I chose to stay 3 nights at Quarr Abbey on the Isle of Wight. Quarr is a Catholic Benedictine monastery, the main building of which was completed in 1914. It stands on the north east coast of the Isle of Wight, just a few hundred yards from the small town/port of Fishbourne.

One of the reasons I chose Quarr is that it I could travel there entirely by train and boat. The train journey from Bexhill to Portsmouth harbour was the start of my pilgrimage and afforded me time to try and clear my mind of day to day life and to withdraw into a deeper spiritual mindset. Likewise, the short ferry crossing over to the island, added to the sense of detachment from usual routines.

I was greeted by one of the monks who live at Quarr: Fr Nicholas, the "guestmaster", and shown to my room. During my stay I attended a variety of services in the chapel. The routine is the same every day:

Vigils at 05.30,
Lauds at 07.00,
Mass at 09.00,
Sext at 13.00,
Vespers at 17.00 and
Compline at 20.00.

I enjoyed some very scenic coastal walking, and there is a well-stocked bookshop and café, all run by the monks. The Abbey is open to anyone who seeks a retreat of any duration, male guests are permitted to eat lunch and dinner with the monks, in total silence of course.

On my last morning there, I placed some money into a brown envelope! There is no charge for time spent at Quarr, guests place a donation to cover their food and accommodation, whatever amount they are able to give, in this way it remains truly open to everyone.

Their website is :

www.quarrabbey.org.uk



Lo, I am with you always

Wide fields of corn along the valleys spread;
The rain and dew mature the swelling vine;
I see the Lord in multiplying bread;
I see Him turning water into wine;
I see Him working all the works divine
He wrought when Salem-ward His steps were led;
The self-same miracles around Him shine;
He feeds the famished; He revives the dead;
He pours the flood of light on darkened eyes;
He chases tears, diseases, fiends away;
His throne is raised upon these orient skies;
His footstool is the pave whereon we pray...

From a poem by John Charles Earle (1749 – 1818)

Mass for the Ninth Sunday after Trinity

The Greeting

In the name of the Father,
and of the Son,
and of the Holy Spirit.

All Amen.

The Lord be with you

All and also with you.

Prayer of Confession

God so loved the world
that he gave his only Son Jesus Christ
to save us from our sins,
to be our advocate in heaven,
and to bring us to eternal life.

Let us confess our sins in
penitence and faith,
firmly resolved to keep God's
commandments
and to live in love and peace with all.

**All Almighty God, our heavenly Father,
we have sinned against you
and against our neighbour
in thought and word and deed,
through negligence,
through weakness,
through our own deliberate fault.
We are truly sorry
and repent of all our sins.
For the sake of your Son
Jesus Christ,
who died for us,
forgive us all that is past
and grant that we may serve you
in newness of life
to the glory of your name.
Amen.**

The priest says the Absolution

Almighty God,
who forgives all who truly repent,
have mercy upon you,
pardon and deliver you from all
your sins,
confirm and strengthen you in all
goodness,
and keep you in life eternal;
through Jesus Christ our Lord.

All Amen.

The Gloria in Excelsis is said:

**All Glory to God in the highest,
and peace to his people on earth.**

**Lord God, heavenly King,
almighty God and Father,
we worship you, we give you
thanks,
we praise you for your glory.**

**Lord Jesus Christ,
only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand
of the Father:
receive our prayer.**

**For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.**

Amen

Prayer for the Day - The Collect

Let us pray:

Gracious Father,
revive your Church in our day,
and make her holy, strong and faithful,
for your glory's sake
in Jesus Christ our Lord.

All Amen.

A reading from the First Book of Kings

1 Kings 19.9-18

When Elijah reached Horeb, the mountain of God, he came to a cave, and spent the night there.

Then the word of the LORD came to him, saying, 'What are you doing here, Elijah?' He answered, 'I have been very zealous for the LORD, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.'

He said, 'Go out and stand on the mountain before the LORD, for the LORD is about to pass by.' Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; and after the earthquake a fire, but the LORD was not in the fire; and after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the

entrance of the cave. Then there came a voice to him that said, 'What are you doing here, Elijah?' He answered, 'I have been very zealous for the LORD, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.' Then the LORD said to him, 'Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram. Also you shall anoint Jehu son of Nimshi as king over Israel; and you shall anoint Elisha son of Shaphat of Abel-meholah as prophet in your place. Whoever escapes from the sword of Hazael, Jehu shall kill; and whoever escapes from the sword of Jehu, Elisha shall kill. Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him.'

For the Word of the Lord
All Thanks be to God

A reading from the Letter of St Paul to the Romans

Romans 10.5-15

Moses writes concerning the righteousness that comes from the law, that 'the person who does these things will live by them.' But the righteousness that comes from faith says, 'Do not say in your heart, "Who will ascend into heaven?"' (that is, to bring Christ down) 'or "Who will descend into the abyss?"'

(that is, to bring Christ up from the dead). But what does it say?

'The word is near you,
on your lips and in your heart'

(that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, 'No one who believes in him will be put to shame.' For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, 'Everyone who calls on the name of the Lord shall be saved.'

But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, 'How beautiful are the feet of those who bring good news!'

For the Word of the Lord

All Thanks be to God

Gospel Reading

Alleluia, alleluia.
We do not live by bread alone,
but by every word that comes from the
mouth of God.

All Alleluia

The Lord be with you
All And also with you

Hear the Gospel of our Lord Jesus
Christ according to Matthew
All Glory to you, O Lord.

Matthew 14.22-33

Immediately after feeding the crowd with the five loaves and two fish, Jesus made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking towards them on the lake. But when the disciples saw him walking on the lake, they were terrified, saying, 'It is a ghost!' And they cried out in fear. But immediately Jesus spoke to them and said, 'Take heart, it is I; do not be afraid.'

Peter answered him, 'Lord, if it is you, command me to come to you on the water.' He said, 'Come.' So Peter got out of the boat, started walking on the water, and came towards Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, 'Lord, save me!' Jesus immediately reached out his hand and caught him, saying to him, 'You of little faith, why did you doubt?' When they got into the boat, the wind ceased. And those in the boat worshipped him, saying, 'Truly you are the Son of God.'

This is the Gospel of the Lord.

All Praise to you, O Christ.

Sermon

The Creed

Let us declare our faith in God,
Father, Son and Holy Spirit.

All We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father;
through him all things were made.
For us and for our salvation
he came down from heaven,
was incarnate from the Holy Spirit
and the Virgin Mary,
and was made man.
For our sake he was crucified under
Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of
the Father.

He will come again in glory
to judge the living and the dead,
and his kingdom will have no end.

We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and
the Son,
who with the Father and the Son is
worshipped and glorified,
who has spoken through the
Prophets.

**We believe in one holy catholic and
apostolic Church.**

**We acknowledge one baptism
for the forgiveness of sins.**

**We look for the resurrection of the
dead,
and the life of the world to come.
Amen.**

Prayers of Intercession

In the power of the Spirit and in union
with Christ, let us pray to the Father.

Almighty God, our heavenly Father,
you promised through your Son Jesus
Christ
to hear us when we pray in faith.

Strengthen Martin our bishop
and all your Church
in the service of Christ,
that those who confess your name
may be united in your truth,
live together in your love,
and reveal your glory in the world.

Lord, in your mercy
All Hear our prayer

Bless and guide Elizabeth our Queen;
give wisdom to all in authority;
and direct this and every nation
in the ways of justice and of peace;
that we may honour one another,
and seek the common good.

Lord, in your mercy
All Hear our prayer

Give grace to us,
our families and friends,
and to all our neighbours,
that we may serve Christ in one another,
and love as he loves us.

Lord, in your mercy
All Hear our prayer

Comfort and heal all those who suffer
in body, mind, or spirit ...;
give them courage and hope in their
troubles;
and bring them the joy of your salvation.

Lord, in your mercy
All Hear our prayer

Hear us as we remember those who have
died in the faith of Christ ...;
according to your promises,
grant us with them a share
in your eternal kingdom.

Lord, in your mercy
All Hear our prayer

Rejoicing in the fellowship of *[N and of]* all
your saints,
we commend ourselves
and the whole creation
to your unfailing love.

Merciful Father,
**All Accept these prayers,
for the sake of your Son,
our Saviour, Jesus Christ.**

Amen.

The Peace is introduced

Christ is our peace.
He has reconciled us to God
in one body by the cross.
We meet in his name
and share his peace.

The peace of the Lord be always
with you.

All and also with you.

Let us offer one another a sign of
peace.

We may exchange a sign of peace

Preparation of the Table

*The table is prepared and bread
and wine are placed upon it.*

Blessed are you, Lord God of all
creation:
through your goodness we have
this bread to set before you,
which earth has given
and human hands have made.
It will become for us the bread of
life.

All Blessed be God for ever.

Blessed are you, Lord God of all
creation:
through your goodness we have
this wine to set before you,
fruit of the vine
and work of human hands.
It will become for us the cup of
salvation.

All Blessed be God for ever.

The priest takes the bread and wine.

The Eucharistic Prayer

The Lord is here

All His Spirit is with us.

Lift up your hearts.

All We lift them to the Lord.

Let us give thanks to the Lord our God.

All It is right to give thanks and praise.

Father, we give you thanks and praise through your beloved Son Jesus Christ, your living Word, through whom you have created all things; who was sent by you in your great goodness to be our Saviour.

By the power of the Holy Spirit he took flesh; as your Son, born of the blessed Virgin, he lived on earth and went about among us; he opened wide his arms for us on the cross; he put an end to death by dying for us; and revealed the resurrection by rising to new life; so he fulfilled your will and won for you a holy people.

Therefore with angels and archangels, and with all the company of heaven, we proclaim your great and glorious name, for ever praising you and saying:

**All Holy, holy, holy Lord,
God of power and might,
heaven and earth are full of
your glory.
Hosanna in the highest.
Blessed is he who comes
in the name of the Lord.
Hosanna in the highest.**

Lord, you are holy indeed, the source of all holiness; grant that by the power of your Holy Spirit, and according to your holy will, these gifts of bread and wine may be to us the body and blood of our Lord Jesus Christ;

who, in the same night that he was betrayed, took bread and gave you thanks; he broke it and gave it to his disciples, saying:
Take, eat; this is my body which is given for you;
do this in remembrance of me.

In the same way, after supper he took the cup and gave you thanks; he gave it to them, saying:
Drink this, all of you;
this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins.
Do this, as often as you drink it, in remembrance of me.

Great is the mystery of faith:
**All Christ has died:
Christ is risen:
Christ will come again.**

And so, Father, calling to mind his death on the cross, his perfect sacrifice made once for the sins of the whole world; rejoicing in his mighty resurrection and glorious ascension, and looking for his coming in glory, we celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving, we bring before you this bread and this cup and we thank you for counting us worthy to stand in your presence and serve you.

Send the Holy Spirit on your people and gather into one in your kingdom all who share this one bread and one cup, so that we, in the company of Saint John the Evangelist, Saint Peter, Mary the Mother of God, and all the saints, may praise and glorify you for ever, through Jesus Christ our Lord;

by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory be yours, almighty Father, for ever and ever.
All Amen.

The Lord's Prayer

Let us pray with confidence as our Saviour has taught us:

All Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen.

Breaking of the Bread

We break this bread to share in the body of Christ.

All Though we are many, we are one body, because we all share in one bread.

Agnus Dei is said:

**All Jesus, Lamb of God, Have mercy on us
Jesus, bearer of our sins, Have mercy on us
Jesus, redeemer of the world, Grant us peace**

Giving of Communion

Jesus is the Lamb of God
who takes away the sin of the world.
Blessed are those who are called to
his supper.

All Lord, I am not worthy to
receive you,
but only say the word,
and I shall be healed.

Communion is received

Music during Communion:

*Jesu, joy of Man's desiring, from
Cantata no.147 (J.S.Bach)*

Prayer after Communion

*The priest prays the Post
Communion for the day:*

Holy Father,
who gathered us here
around the table of your Son
to share this meal
with the whole household of God:
in that new world where you reveal
the fullness of your peace,
gather people of every race and
language
to share in the eternal banquet
of Jesus Christ our Lord. **Amen.**

All Father of all,
we give you thanks and praise,
that when we were still far off,
you met us in your Son
and brought us home.

Dying and living,
he declared your love,
gave us grace,
and opened the gate of glory.
May we who share Christ's body
live his risen life;
we who drink his cup
bring life to others;
we whom the Spirit lights
give light to the world.
Keep us firm in the hope you have
set before us, so we and all your
children shall be free,
and the whole earth live to praise
your name;
through Christ our Lord. **Amen.**

Notices

The Blessing and Dismissal

Priest The Lord be with you
All And also with you

The peace of God,
which passes all understanding,
keep your hearts and minds
in the knowledge and love of God,
and of his Son Jesus Christ our Lord;
and the blessing of God almighty,
the Father, the Son,
and the Holy Spirit,
be among you
and remain with you always.
All **Amen.**

Priest Go in peace to love and serve
the Lord.
All In the name of Christ. **Amen.**

Concluding voluntary:

Prelude in A minor (J.S.Bach)



11th August is the day we remember St Clare of Assisi

Assisi, a beautiful town in the Italian province of Umbria, was the birth-place in the twelfth century of two of that country's greatest saints, Francis and Clare. Francis first, and then Clare, discovered the liberating effect of release from the burden of wealth.

For them simplicity, a godly poverty, was the way to blessing. Their followers – Francis's monks, the Franciscans, and Clare's nuns, the 'Poor Clares' as they were known – set themselves to live without any kind of luxury. This freed them, they believed, for a life of prayer and service, to care for the poor

around them without distraction. They built no elaborate basilicas. The present-day houses of the Poor Clares represent the sheer beauty of simplicity.

Their life-style, their message, their simplicity of life, and love of the Creation and its creatures, offered a striking alternative to the society around them, where wealth (which Francis had enjoyed but rejected at his conversion) and poverty and sickness lived side by side. It has to be said, too, that their message is on collision course with the values and goals of much of the western world today. Simplicity of life and affluence don't sit easily together.

A well-known story concerns Clare's prayer and trust. She had the Blessed Sacrament placed on the walls of the convent when it faced attack by invading Saracens. "Does it please you, O God, to deliver into the hands of these beasts the defenceless children I have nourished with your love? I beseech you, dear Lord, protect these whom I am now unable to protect." To her sisters she said, "Don't be afraid. Trust in Jesus." The Saracens fled.

On her deathbed, Clare was heard to say to herself:

*"Go forth in peace, for you have followed the good road.
Go forth without fear, for he who created you has made you holy,
has always protected you, and loves you as a mother.
Blessed be you, my God, for having created me."*

Face covering guidance from the Church of England website as at 6.8.20

"From 8 August, face coverings are also required by law to be worn in a greater number of public indoor settings including places of worship, museums, galleries, cinemas and public libraries.

There are valid exemptions for some individuals and groups not to wear a face covering in these settings. In particular, those who are leading services or events in a place of worship, and those who assist them (for instance by reading, preaching, or leading prayer) do not always need to wear a face covering, although one should be worn especially if physical distancing cannot be maintained (i.e. distributing consumables). This exemption does not apply to worshippers, who should wear face coverings consistent with the requirements for any other public space."

The Small Print for today's service

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