

TENTH SUNDAY AFTER TRINITY

Jesus seems to be making a very simplistic statement in the reading today, 'he who comes to me shall not hunger and he who believes in me shall not thirst.'

But what about the millions of people who have no water, or adequate food? Clearly Jesus cannot be speaking about physical food and water. The answer appears that Jesus is asserting himself as the spiritual answer to the hunger and thirst of the human spirit. It might seem as if there are just too many problems to deal with all at once, in truth we all live very complex and over indulgent lives. What is really important in our daily living? What are our basic needs when all of the frivolous stuff is removed? The Lord's Prayer is helpful, Jesus encourages his disciples to pray for daily bread, not cars or homes or even the bread for tomorrow, just bread enough for today. If we can reassess our lives and get our priorities right, then we will never hunger or thirst again.

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CONGRATULATIONS!!!

Many congratulations to Pam, Penny Smith Orr's mum, who celebrated her 104th birthday last Tuesday, a truly amazing age. St Mark's Mothers' Union sent Pam, a longstanding member of the MU, flowers and a card. Pam is also a faithful Crystal Palace fan. May God continue to bless Pam and her family.

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DATES FOR THE DIARY

Monday 26th August, Pilgrimage of Healing and Renewal to the Anglican Shrine at Walsingham. St Alban's parish are organising the bank holiday visit to Walsingham. Seats on the coach are on a first come, first served basis. Tickets are £30, £16 for under 18's. Email albanse25@gmail.com for further details and availability.

While August is a quiet month for many of us, the Church is being kept busy celebrating a number of saints this week.

Monday 5th August, St Oswald, Martyr. With our Deanery colleagues from St Oswald's parish in Norbury, we celebrate their feast of title.

Tuesday 6th August, the Feast of the Transfiguration of Our Lord

Thursday 8th August, the celebration of St Dominic, Founder of the Order of Preachers. Weekly Mass at Holy Innocents, at 10.00am.

Friday 9th August, we celebrate the life of Mary Sumner, Founder of the Mothers' Union.

Saturday 10th August, Laurence, Deacon at Rome and martyred in 258.

Welcome to the United Benefice of Holy Innocents and St. Mark, South Norwood

Sharing God's grace and love in our community



4th August 2024

Vicar: Vacant

Priest (PTO): Revd. Mother Susan Wheeler-Kiley, TSSF, SCP

Reader (PTO): Mrs. Cicelyn Hinds,

TENTH SUNDAY AFTER TRINITY

8.00am BCP Mass (St. Mark)

10am Parish Mass (Both Parishes)

*Exodus 16.2-4, 9-15 * Psalm 78.23-29 * Ephesians 4.1-16 * John 6.24-35*

Today we welcome **Fr Charlie Bell** at the 8.00am and **Mtr Barbara Gentilella** at the 10.00am at St Mark

Access online worship via

www.youtube.com/c/StMarksSouthNorwood

CHURCH NOTICES

Pastoral Care: for enquiries regarding baptism, confirmation, weddings, blessings, house blessings, renewal of marriage vows, thanksgiving for the birth of a child, to make your confession, or to request a home or hospital visit, please contact Mother Susan 07890 780572, fs.kiley@btinternet.com or Cicelyn Hinds 07484 677951. Please note that Mother Susan's day off is Friday.

The Benefice is in vacancy. For Parish matters, please contact in the first instance, the respective church wardens, St Mark – Norma McKnight (ndwillis12@outlook.com) and Cicelyn Hinds (cahinds@btinternet.com) Holy Innocents – Church.warden@holyinnocentschurch.co.uk

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We pray: for Archbishops Justin and Stephen; for the Bishops in this diocese, Christopher, Rosemarie, Martin and Alastair. **For** the Bishops, priests, deacons and people in our link Dioceses of Zimbabwe and The Anglican Church of Kenya.

St Anne, Kew Giles Fraser (Vicar) and Nicholas Jepson-Biddle (Associate Priest). The Queen's School, Kew.

For the sick – John, Emma, Sharon, Marina, Richard, Alec, Malik, Simon, Caroline, Kay, Sacha, Marlise, Amanda, Sigi, Barbara, Anthony, Myrna, Peter, Martyn, Luther, Genevieve, Rhuma, Colleen and Laurent.

The recently departed and those whose Years Mind falls at this time.