

**ST. MARY OF NAZARETH/ST. FRANCIS OF ASSISI – WEST WICKHAM**  
**21<sup>st</sup> JULY 2024 Eighth Sunday after Trinity**

**Message from the Pew Sheet Team**

Please note that the next two pew sheets will cover multiple weeks due to holiday commitments. This weeks will cover 21<sup>st</sup>, 28<sup>th</sup> July and 4<sup>th</sup> August and the next one on the 11<sup>th</sup> August will cover 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup> August.

**Services over the next three weeks**

Sunday 21 <sup>st</sup> July	8am Holy Communion service at St. Mary's 9.15 a.m. Holy Communion Service at St. Mary's 10.45 a.m. Holy Communion Service at St. Francis
Sunday 28 <sup>th</sup> July	8.00 a.m. Holy Communions service at St. Francis 9.15 a.m. Holy Communion Service at St. Mary's 10.45 a.m. Holy Communion Service at St. Francis
Sunday 4 <sup>th</sup> August	8.00 a.m. Holy Communion at St. Mary's 10.00 a.m. Joint Service at St. Francis

*Services are livestreamed on YouTube during the main services, weekly at St Mary's and whenever possible at St Francis.*

**Weekly services/Prayers**

Tuesday at 10am	Pray for growth of the church held at 130 The Avenue Contact Jean Pogose ( <a href="mailto:dennis.pogose@ntlworld.com">dennis.pogose@ntlworld.com</a> or 8289-5996) for more information. <i>Pray for growth are taking a summer break and the last date is the 16<sup>th</sup> July until the 3<sup>rd</sup> Sept.</i>
Wednesday at 9:30am	Morning Prayer at St Francis
Wednesday at 10:30am	St Francis' open for <b>private prayer</b> till 11:30am
Thursday at 9am	Morning prayer at St Mary's

**Upcoming Events**

On **Saturday 3<sup>rd</sup> August**, all our volunteers at St Francis are invited to a special coffee morning. The Church wants to show its appreciation to all who give their valuable time pursuing their various jobs - welcomers, Sunday coffee, Action Aid Saturdays, flower arrangers, warm space helpers, youth club, Sunday lunch helpers, choir, community garden, Foodbank deliverers, Ministry team, etc. Coffee/tea and cake will be available from 10.30 to 11.30 approx. Of course, other people are also welcome!!

On **Thursday 15<sup>th</sup> August** our Lunchtime Concert in St. Francis features the "Aki Trio" who are Ayako (violin), Lois (cello) and Michelle (piano). "Aki" means "spring" in Japanese and their programme is certainly fresh and lively. The concert starts at 12.45pm with tea and coffee beforehand. Come along with a friend: Entry is free for all, with a retiring collection towards expenses.

## **Notices**

**Please pray** for the following people associated with our community:

Vicky Pearce, Jane Smith, Rowena Griffiths, Daphne Dack, John Dack, Sue Jones, Barry Burford, Pam Tabner, Barbara Goodchild, Joan Mountain, Ken Colpus and Marcia Chandler. We also remember at this time Hazel and the family as she takes on temporarily full-time care of her Mum and Dad Alison and Michael Wallis.

**Stay & Play Cafe at Coney Hall Baptist Church (CHBC):** CHBC are planning on starting a Stay & Play Café each Tuesday morning from 10th of September, where they will host a soft play and refreshments events, essentially for younger children and their carers from 9am – 1pm. They are looking for a team of around 12 people so that 3 people can be present each week, and each person has to commit one Tuesday morning per month. The volunteers will be making/serving tea & coffee and generally, providing a helpful, positive and welcoming experience. Contact Ian Hamlin at [ian2102@hotmail.com](mailto:ian2102@hotmail.com) for more information if you are interested. Thanks.

**The Archdeacon** has advised us that the Benefice is responsible for maintaining the **vicarage gardens** during the interregnum.

With this in mind, we are proposing a joint working party on the mornings of **Monday 5<sup>th</sup>, Friday 9<sup>th</sup> and Saturday 10<sup>th</sup> of August between the hours of 9am - 1pm**. There is a lot of work to be done - shrubs cut back; rambles cut back and dug out; weeds cleared; garden paths and patio cleared; driveway swept, and the grass mowed. There is a job for everyone even for non-gardeners! So please do come along with your gardening tools.

Refreshments will be available. Do let the church wardens (Kate & Valerie at St Francis, Dave & Gifty at St Mary's) know which day you can attend

**Many thanks** Caroline, Helen and Phillip for doing the garden at St. Francis this month. They did a marvellous job. Me I could only sweep and put the rubbish into bags. Thanks again for doing the garden, Valerie.

**And to:** Gifty, Natalie, Charlotte, Jean, Malcolm. Chris and Steve for clearing around the back of St. Marys from the golf course. Thank you.

**Ukraine: Hope Church** where we send equipment has asked us to pause for the time being as their vans are being stopped at the Polish border.

We will continue to collect items for the **Bromley Homeless Starter Pack Scheme** for those starting out in a new home with nothing. Starter Packs for families in need include cutlery, crockery, duvet covers (not duvets) pillowcases, tea towels, saucepans, frying pans, bath towels, toothbrushes etc. Please continue to bring these items to St. Francis.

**Foodbank donations** to St. Mary's or St Francis' Church. Items needed: tinned vegetables (including tomatoes and potatoes) hot and cold meat tins, cooking sauces, UHT milk, squash, UHT fruit juice and jam. *They have plenty of pasta, cereal, tea and biscuits.* You can also donate financially here:

<https://bromleyborough.foodbank.org.uk/give-help/donate-money>. Thank you for your continuing support.

**Flowers:** If anyone would like a pedestal at either church in memory of a loved one or to commemorate a special anniversary etc., please contact Merri Womack (8777 8772) for St Mary's (or there is a list to sign in the vestibule at St. Mary's) or Nicky Nightingale ([nicholanightingale@hotmail.co.uk](mailto:nicholanightingale@hotmail.co.uk) or 8916 9855) for St Francis'.

Items for pew sheet to Beryl [berylbolton@hotmail.com](mailto:berylbolton@hotmail.com) **Deadline is Thursday MIDDAY**

Items for St Mary's website to Gifty [office@stmarywestwickham.co.uk](mailto:office@stmarywestwickham.co.uk)

Items for St Francis' website to Bo [bolaptop1@outlook.com](mailto:bolaptop1@outlook.com)

## July 21<sup>st</sup> 2024: 8<sup>th</sup> Sunday after Trinity

### Collect

Lord God,  
your Son left the riches of heaven  
and became poor for our sake:  
when we prosper save us from pride,  
when we are needy save us from despair,  
that we may trust in you alone;  
through Jesus Christ our Lord.

### First Reading

#### Ephesians 2: 11-22

<sup>11</sup> So then, remember that at one time you Gentiles by birth, called ‘the uncircumcision’ by those who are called ‘the circumcision’—a physical circumcision made in the flesh by human hands— <sup>12</sup> remember that you were at that time without Christ, being aliens from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world.

<sup>13</sup> But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. <sup>14</sup> For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us.

<sup>15</sup> He has abolished the law with its commandments and ordinances, so that he might create in himself one new humanity in place of the two, thus making peace, <sup>16</sup> and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it. <sup>17</sup> So he came and proclaimed peace to you who were far off and peace to those who were near; <sup>18</sup> for through him both of us have access in one Spirit to the Father.

<sup>19</sup> So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, <sup>20</sup> built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. <sup>21</sup> In him the whole structure is joined together and grows into a holy temple in the Lord; <sup>22</sup> in whom you also are built together spiritually into a dwelling-place for God.

## **Gospel**

### **Mark 6: 30-34, 53-56**

<sup>30</sup> The apostles gathered around Jesus, and told him all that they had done and taught. <sup>31</sup> He said to them, 'Come away to a deserted place all by yourselves and rest a while.' For many were coming and going, and they had no leisure even to eat. <sup>32</sup> And they went away in the boat to a deserted place by themselves. <sup>33</sup> Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. <sup>34</sup> As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things.

<sup>53</sup> When they had crossed over, they came to land at Gennesaret and moored the boat. <sup>54</sup> When they got out of the boat, people at once recognized him, <sup>55</sup> and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. <sup>56</sup> And wherever he went, into villages or cities or farms, they laid the sick in the market-places, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

## **Post Communion**

Strengthen for service, Lord,  
the hands that have taken holy things;  
may the ears which have heard your word  
be deaf to clamour and dispute;  
may the tongues which have sung your praise be free from deceit;  
may the eyes which have seen the tokens of your love  
shine with the light of hope;  
and may the bodies which have been fed with your body  
be refreshed with the fullness of your life;  
glory to you for ever.

## July 28<sup>th</sup> 2024 : 9<sup>th</sup> Sunday after Trinity

### Collect

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.

### First Reading:

#### Ephesians 3: 14-21

<sup>14</sup> For this reason I bow my knees before the Father<sup>15</sup> from whom every family in heaven and on earth takes its name. <sup>16</sup> I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, <sup>17</sup> and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love.

<sup>18</sup> I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, <sup>19</sup> and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

<sup>20</sup> Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, <sup>21</sup> to him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen.

## Gospel

### John 6: 1-15

6 After this Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. <sup>2</sup> A large crowd kept following him, because they saw the signs that he was doing for the sick. <sup>3</sup> Jesus went up the mountain and sat down there with his disciples. <sup>4</sup> Now the Passover, the festival of the Jews, was near. <sup>5</sup> When he looked up and saw a large crowd coming towards him, Jesus said to Philip, 'Where are we to buy bread for these people to eat?' <sup>6</sup> He said this to test him, for he himself knew what he was going to do. <sup>7</sup> Philip answered him, 'Six months' wages would not buy enough bread for each of them to get a little.' <sup>8</sup> One of his disciples, Andrew, Simon Peter's brother, said to him,

<sup>9</sup> 'There is a boy here who has five barley loaves and two fish. But what are they among so many people?' <sup>10</sup> Jesus said, 'Make the people sit down.' Now there was a great deal of grass in the place; so they sat down, about five thousand in all. <sup>11</sup> Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. <sup>12</sup> When they were satisfied, he told his disciples, 'Gather up the fragments left over, so that nothing may be lost.' <sup>13</sup> So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. <sup>14</sup> When the people saw the sign that he had done, they began to say, 'This is indeed the prophet who is to come into the world.' <sup>15</sup> When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.

## Post Communion

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

## 4<sup>th</sup> August 2024: 10<sup>th</sup> Sunday after Trinity

### Collect

Lord of heaven and earth,  
as Jesus taught his disciples to be persistent in prayer,  
give us patience and courage never to lose hope,  
but always to bring our prayers before you;  
through Jesus Christ our Lord.

### First Reading

#### Ephesians 4: 1-16

<sup>4</sup> I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, <sup>2</sup> with all humility and gentleness, with patience, bearing with one another in love, <sup>3</sup> making every effort to maintain the unity of the Spirit in the bond of peace. <sup>4</sup> There is one body and one Spirit, just as you were called to the one hope of your calling, <sup>5</sup> one Lord, one faith, one baptism, <sup>6</sup> one God and Father of all, who is above all and through all and in all.

<sup>7</sup> But each of us was given grace according to the measure of Christ's gift. <sup>8</sup> Therefore it is said,

'When he ascended on high he made captivity itself a captive; he gave gifts to his people.'

<sup>9</sup> (When it says, 'He ascended', what does it mean but that he had also descended into the lower parts of the earth? <sup>10</sup> He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) <sup>11</sup> The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, <sup>12</sup> to equip the saints for the work of ministry, for building up the body of Christ, <sup>13</sup> until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ.

<sup>14</sup> We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. <sup>15</sup> But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, <sup>16</sup> from whom the whole body, joined and knitted together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.



## Gospel

### John 6: 24-35

<sup>24</sup> So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

<sup>25</sup> When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' <sup>26</sup> Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. <sup>27</sup> Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.'

<sup>28</sup> Then they said to him, 'What must we do to perform the works of God?' <sup>29</sup> Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' <sup>30</sup> So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing?' <sup>31</sup> Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat."

<sup>32</sup> Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. <sup>33</sup> For the bread of God is that which comes down from heaven and gives life to the world.' <sup>34</sup> They said to him, 'Sir, give us this bread always.'

<sup>35</sup> 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.'

### Post Communion

God of our pilgrimage,  
you have willed that the gate of mercy  
should stand open for those who trust in you:  
look upon us with your favour  
that we who follow the path of your will  
may never wander from the way of life;  
through Jesus Christ our Lord.