

Dear friends,

Please find attached and appended the parish notices and the Order of Service for Holy Communion to be live streamed from St David's Church tomorrow, 2nd August, 2020, the Eighth Sunday after Trinity:

## St. David's Church Exeter and S. Michael's and All Angels, Mount Dinham

### Newsletter for 2<sup>nd</sup> August 2020

Dear friends,

Welcome to this weekly update for the Eighth Sunday after Trinity.

Both our church buildings will be open for worship:

### Sunday Worship

St David's at 9.30am (Holy Communion)

S. Michael's at 11am (Mass)

The service at St. David's will be live-streamed on St David's Church Exeter's Facebook Page (<https://www.facebook.com/stdavidschurchexeter>). If you're on Facebook, please do like and share it!

Belinda Speed-Andrews will be presiding, Clive Wilson will be reading the first lesson, Alison Whiting will read the Gospel and preach, and Bill Pattinson will offer our *time of prayer* intercessions.

### Covid Secure

- *When attending church, you are encouraged to wear face coverings to protect others, as is mandatory in other enclosed public spaces. We have masks available at the back of church for if you don't have your own, with donations optional to help cover this cost.*
- *Please remove your mask carefully before receiving Holy Communion and replace it afterwards.*
- *You must use the hand sanitiser provided on entering and leaving the church building.*

- *Please observe safe distancing from others at all times and the one-way systems through the churches.*
- *Seating will be distanced to approximately 2 metres. Please sit on the seats where service books are placed. Seating is also marked by white labels at St Michael's.*
- *Government guidelines require that services should be 'no longer than necessary' (in practice that means about 45minutes), and that no refreshments be served.*
- *Toilet facilities will be available and please follow the instructions for safe use.*

***If you are feeling ill or otherwise have to stay home, please do not attend church. Although we will do all we can to make church safe, you attend at your own risk.***

Thank you to our church members who have helped with this process, risk assessing, cleaning and preparing our churches for re-opening. It is much appreciated.

Next Sunday, 9<sup>th</sup> August, there will be services in both buildings (9.30am at St David's and 11am at S. Michael's), plus a recorded service on YouTube, with thanks to Nigel Walsh for editing the YouTube service. The link to this YouTube service will be in next week's notices. We will also live stream the 9.30am Communion on St David's Facebook Page at <https://www.facebook.com/stdavidschurchexeter>

### **Service Times in August:**

This month's service times are:

#### **Mondays:**

8pm Compline (Night Prayer) live streamed at <https://www.facebook.com/stdavidschurchexeter>

#### **Tuesdays:**

9am Morning Prayer live streamed at <https://www.facebook.com/stdavidschurchexeter>

#### **Wednesdays:**

5<sup>th</sup> and 12<sup>th</sup> 9.30am Angelus and Mattins BCP Morning Prayer (Traditional English), live streamed on Friends of St Michael's Facebook Group at <https://www.facebook.com/groups/2227703237>

19<sup>th</sup> and 26<sup>th</sup> 9.30am Mattins Morning Prayer (Traditional English) at S. Michael's followed by 10am Mass (Traditional English) and Angelus, live streamed at <https://www.facebook.com/groups/2227703237>

### **Thursdays:**

10.30am Holy Communion at St David's

### **Fridays:**

9am Morning Prayer live streamed at <https://www.facebook.com/stdavidschurchexeter>

### **Saturdays:**

9am Morning Prayer live streamed at <https://www.facebook.com/stdavidschurchexeter>

### **Sundays:**

9.30am Holy Communion at St David's, live streamed at <https://www.facebook.com/stdavidschurchexeter>

11am Mass at S. Michael's

Plus a recorded YouTube service each week from 9<sup>th</sup> to 30<sup>th</sup> August

### **Bible Study**

Our bible studies by Zoom continue. New members very welcome. Join us on Tuesday afternoons from 2 to 3pm. Call or email Ash on 07855305519 or [aescleal@gmail.com](mailto:aescleal@gmail.com) for more info.

### **Phone Networks**

Many of you have appreciated phone calls from other members of the church community during lockdown. If you would like to be phoned by someone over the next couple of weeks and haven't had any contact, please let our new curate Ash know at [aescleal@gmail.com](mailto:aescleal@gmail.com) or 07855305519.

### **Magazine**

Our August magazine is now available on our websites:

<https://stdavidschurchexeter.org.uk/>

<https://www.stmichaelsmountdinham.org.uk/>

### **Your Prayers are asked for...**

Charles Argall, Janine, Charles Speed-Andrews, Nicky Jarman and her husband Tim and their family, Jacqueline and her family, Joy and her family, Claude and Gillian Harbord, Elizabeth Hewitt, Grace Tointon, Pam Smith and her family, James and Katy Tyler, Andrew Wakley, Jill Wellbelove (recovering after receiving a pacemaker), Rosemary Willcox and Maurice Wright.

In the **Parish Cycle of Prayer** we pray for our Local Police and Police Community Support Officers.

We pray for those not yet able to return to church and all who are worshipping with us at home.

Please also pray for:

Global political situations including Russia, China, and Yemen  
those areas and countries suffering through Covid-19, and those who are lonely or isolated;  
those facing unemployment;  
vulnerable children

May God keep you in peace and good health,

Ash Leighton Plom  
Licensed Lay Worker

**Order of Service for the Eighth Sunday after Trinity (service in St David's Church and live streamed on St David's Church Exeter Facebook Page)**

### **Greeting**

Grace, mercy and peace from God our Father and the Lord Jesus Christ be with you

**All** and also with you.

**All** Almighty God,  
to whom all hearts are open,  
all desires known,  
and from whom no secrets are hidden:  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name;  
through Christ our Lord. Amen.

### Prayers of Penitence

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** Most merciful God,  
Father of our Lord Jesus Christ,  
we confess that we have sinned  
in thought, word and deed.  
We have not loved you with our whole heart.  
We have not loved our neighbours as ourselves.  
In your mercy forgive what we have been,  
help us to amend what we are,  
and direct what we shall be;  
that we may do justly, love mercy,  
and walk humbly with you, our God. Amen.

*Priest* 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. Amen.

### Gloria in Excelsis

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.

### **Collect for the Day**

Almighty Lord and everlasting God,  
we beseech you to direct, sanctify and govern  
both our hearts and bodies  
in the ways of your laws  
and the works of your commandments;  
that through your most mighty protection, both here and ever,  
we may be preserved in body and soul;  
through our Lord and Saviour Jesus Christ,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

### **First Reading –**

Isaiah 55:1-5  
Given by Clive Wilson

### **Gospel Reading –**

Matthew 14:13–21

Now when Jesus heard this, he withdrew from there in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, ‘This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.’ Jesus said to them, ‘They need not go away; you give them something to eat.’ They replied, ‘We have nothing here but five loaves and two fish.’ And he said, ‘Bring them here to me.’ Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the

disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

## **The Address**

By the Revd. Alison Whiting

As I pondered today's gospel reading, I was reminded of one of Milton Jones' musings on the story of the feeding of the 5,000... 'Perhaps some people are reluctant to give up their two fish and five loaves today because they've been in the Church long enough to know that by next week, they could be in charge of the whole of the hospitality ministry for Western Europe' (1)

But on a far more serious note... I would like to invite you to cast your mind back, and try to remember a time of great sadness – perhaps a huge disappointment, or loss. What did you want and need the most? Probably, to hide away and be quiet and reflect, perhaps to pray – and just have some uninterrupted headspace, alone; to simply 'be'. But this place you go to is unexpectedly heaving with people who all want your attention, now. How would you feel? How might you react?

In our gospel, Jesus was doing precisely that; he had just heard about the brutal death of his cousin and colleague, John the Baptist, and he was retreating alone in a boat to a quiet place. But the crowds were following him, and were already waiting for him where he landed. How did Jesus respond? Did he set off again in the opposite direction to try and find somewhere else to reflect? No, he 'had compassion on them and cured their sick' - showing his deep love for the people, irrespective of how he was feeling inside.

There is so much that could be said about this passage. But it was Jesus' compassion that really hit me when I was preparing this sermon.

I was also struck by the similarities between this story, and the Eucharist, which we are about to celebrate. Common to both, Jesus **TOOK** the bread. He **BLESSED** the **BREAD**; he **BROKE** the **BREAD**. He had it **DISTRIBUTED** to all present, and they **ATE** it, and were satisfied. How do we feel having received communion?

There is mystery and miracle; just as the seemingly tiny amount of food satisfied the vast crowd, we too can be satisfied on a different level, after eating the small communion wafer..... What changes in us? How long does it last?

The verses after today's passage, tell us that Jesus DISMISSED the people himself. This Dismissal (the 'Go in peace, to love and serve the Lord') which we have at the end of the Eucharist, is not just a nice tidy way of ending, but a challenging instruction – having been 'fed' spiritually, we are now to 'live' the Eucharist outside the church building in our daily lives during the week. When we reply 'In the name of Christ, Amen' we're making a powerful commitment to this end. In order to have the strength to do this, we need to have been fed – and to keep on being fed.

I love it when there's a clear link between Sunday's Bible readings! The beautiful poetry of Isaiah that we heard this morning echoes this theme of being fed and satisfied on a deeper level.

When it comes to nourishing our souls, as with our bodies, quick, easy, 'junk' food can be so much more tempting! We fit so much into our lives, hoping to find satisfaction, fulfilment and wholeness – yet still often end up with a bit of a nagging emptiness deep inside. This is not peculiar to us in the 21 st century though! Isaiah knew how addicted humanity can become to instant satisfaction, asking 'Why do you spend your money for that which is not bread, and your labour for that which does not satisfy?' I do not believe at all that God is anti- material things, but sees that such things can only give us satisfaction up to a point...the novelty may gradually wear off, or the item wear out. On the other hand, God's love for us will never run out or wear out.

What we hunger and thirst for, says a lot about us. Sometimes at work, if I'm speaking with a young person, I ask 'If you had a wish and could change one thing in your life, what would it be?' The answers can be very insightful and tell a lot about the person's situation, hopes and values.

From time to time, I find it helpful to 'return to base' as it were, and ask myself questions like 'Do I hunger and thirst to know God better?' If not, can I discern what's getting in the way? If I do, then how can I do this, here and now?'



And the ways can be surprising; it's doesn't have to be a case of sitting down and engaging in heavy, academic Bible study – unless that is something that particularly gives you life! But (as I think I may slip into just about every sermon) St Ignatius' notion of reflecting on what gives you 'life', a sense of wonder and of thus feeling closer to God, is incredibly helpful. Of course reading the Bible is important, but maybe a walk by the river, listening to a certain piece of music or gazing at a painting or the night sky, might also take you to a place of 'otherness', and a sense of God. The possibilities are infinite!

So, may we continue to hunger for God, be fed with food that truly satisfies, and so be empowered to live our lives with compassion and love for others.

Ref:

(1) Milton Jones '10 Second Sermons' (2011), DLT

### **The Apostles' Creed**

*Priest* Do you believe and trust in God the Father?

**All I believe in God, the Father almighty, creator of heaven and earth.**

Do you believe and trust in his Son Jesus Christ?

**All I believe in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead.**

**On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come to judge the living and the dead.**

Do you believe and trust in the Holy Spirit?

**All I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.**

**Prayers of Intercession (Time of Prayer for Sunday 2nd August 2020 Trinity 8)**

**Offered by Bill Pattinson**

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

The response to the Bidding, Bread of Heaven, is **Feed us now  
and evermore**

Bread of Heaven **Feed us now and evermore**

Loving God, we bring you our spiritual hunger, our yearning for inner contentment, knowing that you alone can feed our souls, and do so in ways exceeding all our expectations. Come then, now, and reach out to all gathered here, to all joining us online, filling us with spiritual food - bread of life and living water, so that we may go on our way, nourished, filled, truly satisfied.

Bread of Heaven **Feed us now and evermore**

Loving God, we pray for your church throughout the world and especially for those Christians who are persecuted in your name. We ask you to guide all leaders of the church with your wisdom, discernment and loving nature. As we seek to do church differently help us to remember that all are hungry for your word, all seek your blessings of joy, hope, love and peace.

We pray for our Diocese of Exeter, for all bishops, priests and deacons, praying especially for our own bishops, Robert, Nick and Jackie. And we ask you Lord to bless the ministers of our Parish especially Nigel, our incumbent. May he return from his holiday refreshed and renewed in body and spirit. And we pray for Ash as he prepares to be ordained as deacon next month. In our cycle of pray, we remember the local police and police community support officers.

Bread of Heaven **Feed us now and evermore**

Loving God, in this present time of difficulty, we give thanks for all your blessings - for the beauty and wonder of the world around us, which never ceases to amaze and delight us. Give us help and guidance to be more determined and diligent to become caring stewards of your environment so that its delights may be passed on to future generations.

Bread of Heaven **Feed us now and evermore**

Loving God, we pray for your World. Where there is conflict and war bring peace; where there is violence and lack of understanding bring reconciliation; where there is brokenness and hurt bring healing. Feed the hungry, comfort the sorrowing, support the refugee, strengthen the abused. Give wisdom to all world leaders that they may seek justice with a true sense of reconciliation and forgiveness. We pray especially for the people of Yemen, Syria and Libya

Bread of Heaven **Feed us now and evermore**

Loving God, we pray for all those who are suffering in mind, body or spirit - for the depressed and down-hearted, for the anxious and worried, for the lonely, isolated and for those who are shielding. We hold in prayer especially those who have been made redundant or who are concerned about their future job prospects. And we pray for all those who are ill whether at home, in hospital, in nursing home or hospice - those known to us and those known only by you, Lord. We give thanks for all caring agencies. Comfort those who grieve at this, time, Lord, and hold in your loving arms those who have died recently.

Bread of Heaven **Feed us now and evermore**

Loving God, feed us now with the things in life which really matter, that offer true joy and lasting fulfilment. Set our hearts on the treasures of your kingdom, the blessings of joy, hope, love and peace, life in abundance that only you can offer. Open our lives now, Lord, to receive and to respond

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

### **The Peace**

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.**

*The gifts of bread and wine are prepared on the altar.*

*Priest Yours, Lord, is the greatness, the power,  
the glory, the splendour, and the majesty;  
for everything in heaven and on earth is yours.*

**All All things come from you,**

**and of your own do we give you.**

The Eucharistic Prayer

The Lord be with you: **and also with you**

Lift up your hearts: **We lift them to the Lord**

Let us give thanks to the Lord our God: **It is right to give thanks and praise**

*The priest gives thanks and everyone says*

*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.**

*The priest continues, giving thanks over the bread and wine.*

Great is the mystery of faith:

*All* **Christ has died, Christ is risen, Christ will come again**

The prayer concludes with **Amen**

### **The Lord's Prayer**

*Priest* As our Saviour taught us, so we pray

*All* **Our Father in heaven, hallowed be your name,  
your kingdom come, your will be done, on earth as in heaven.**

**Give us today our daily bread.**

**Forgive us our sins as we forgive those who sin against us.**

**Lead us not into temptation but deliver us from evil.**

**For the kingdom, the power, and the glory are yours**

**now and for ever. Amen**

### **The Breaking of the Bread**

*Priest* 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.**

**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.**

## The Giving of Communion

Jesus is the Lamb of God  
who takes away the sins 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.**

*The priest says:* The body of Christ

*Everyone replies:* **Amen.**

## Closing Prayers

### Post Communion prayer

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.

**Amen.**

**All**    **Almighty God, we thank you for feeding us  
with the body and blood of your Son Jesus Christ.  
Through him we offer you our souls and bodies to be a living sacrifice.  
Send us out in the power of your Spirit to live and work  
to your praise and glory. Amen.**

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. **Amen.**

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

**Do join us next week in church (9.30am at St David's and 11am at S. Michael's),  
or online for our YouTube service, and don't miss our midweek prayers and  
services throughout the week!**

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