



"Connect 5"

Weekly news connecting
church and community
across the five parishes

Barmby Moor
Group of Churches

Dear Friends,

This is a three-week edition of 'Connect 5' as I look forward to a holiday and precious time with the family. We are going to the island of Iona off Mull, a place that has been very special to our family and wider family for many years. Looking at the forecast I will have to pack things for all weathers and temperatures!

I hope you too will be blessed with rest over this month of August. See you when I'm back!

Rev'd Mark
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'As a deer longs
for the flowing
streams, so my
soul longs for you,
O God.'
(Psalm 42:1)



Church Services

Sunday 11th August - 9:15am Holy Communion at St Martin's, Fangfoss led by Rev'd Canon Rodney and 10:45am Morning Prayer at St Catherine's, Barmby Moor, led by Annie Harrison.

Wednesday 14th August - 10:00am Benefice Morning Prayer led by Annie Harrison.

Sunday 18th August - 9:15am Holy Communion at St Botolph's, Allerthorpe, and 10:45am Morning Prayer at St Michael's, Thornton both led by Rev'd Chris Wingfield.

Wednesday 21st August - 10:00am Benefice Holy Communion led by Rev'd Canon Rodney Nicholson.

Sunday 25th August - 9:15am Morning Prayer at St Martin's, Fangfoss, and also at 10:45am at St Martin's, Yapham, both led by Dave Millican and 10:45 Holy Communion at St Catherine's, Barmby Moor, led by Rev'd Mark.

Wednesday 28th August - 10:00am Benefice Morning Prayer led by Martin Ratcliffe.

Everyone is welcome to our services!

Thought for the Week

Prayer is a wonder and a mystery. Through prayer we somehow participate in the divine and Holy Trinity that is God our Father, Son and Holy Spirit. When we pray it is God who has moved us to do this. It is a sign of His love stirring within our hearts and souls. Through prayer we are taken up into this Love, an unconditional and eternal love. Prayer is not so much a load of words, it is an attitude of opening to this love and resting in it.

Readings for Sunday 11th August

Ephesians 4:25-5:2

25 So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. ²⁶Be angry but do not sin; do not let the sun go down on your anger, ²⁷and do not make room for the devil. ²⁸Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. ²⁹Let no evil talk come out of your mouths, but only what is useful for building up,^a as there is need, so that your words may give grace to those who hear. ³⁰And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. ³¹Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, ³²and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you.^b ⁵¹Therefore be imitators of God, as beloved children, ²and live in love, as Christ loved us^c and gave himself up for us, a fragrant offering and sacrifice to God.

John 6:35, 41-51

35 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.

41 Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' ⁴²They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' ⁴³Jesus answered them, 'Do not complain among yourselves. ⁴⁴No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. ⁴⁵It is written in the prophets, "And they shall all be taught by God." Everyone who has heard and learned from the Father comes to me. ⁴⁶Not that anyone has seen the Father except the one who is from God; he has seen the Father. ⁴⁷Very truly, I tell you, whoever believes has eternal life. ⁴⁸I am the bread of life. ⁴⁹Your ancestors ate the manna in the wilderness, and they died. ⁵⁰This is the bread that comes down from heaven, so that one may eat of it and not die. ⁵¹I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'

Readings for Sunday 18th August

Ephesians 5:15-20

15 Be careful then how you live, not as unwise people but as wise,¹⁶making the most of the time, because the days are evil. ¹⁷So do not be foolish, but understand what the will of the Lord is. ¹⁸Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, ¹⁹as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, ²⁰giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

John 6:51-58

⁵¹I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'

52 The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' ⁵³So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. ⁵⁴Those who eat my flesh and drink my blood have eternal life,



and I will raise them up on the last day; ⁵⁵for my flesh is true food and my blood is true drink. ⁵⁶Those who eat my flesh and drink my blood abide in me, and I in them. ⁵⁷Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. ⁵⁸This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.'

Readings for Sunday 25th August

Ephesians 6:10-20

10 Finally, be strong in the Lord and in the strength of his power. 11 Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. 12 For our^a struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. 13 Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. 14 Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. 15 As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. 16 With all of these,^b take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. 17 Take the helmet of salvation, and the sword of the Spirit, which is the word of God.

18 Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. 19 Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel,^c 20 for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

John 6:56-69

56 Those who eat my flesh and drink my blood abide in me, and I in them. 57 Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. 58 This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.' 59 He said these things while he was teaching in the synagogue at Capernaum.

60 When many of his disciples heard it, they said, 'This teaching is difficult; who can accept it?' 61 But Jesus, being aware that his disciples were complaining about it, said to them, 'Does this offend you? 62 Then what if you were to see the Son of Man ascending to where he was before? 63 It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. 64 But among you there are some who do not believe.' For Jesus knew from the first who were the ones that did not

believe, and who was the one that would betray him. 65 And he said, 'For this reason I have told you that no one can come to me unless it is granted by the Father.'

66 Because of this many of his disciples turned back and no longer went about with him. 67 So Jesus asked the twelve, 'Do you also wish to go away?' 68 Simon Peter answered him, 'Lord, to whom can we go? You have the words of eternal life. 69 We have come to believe and know that you are the Holy One of God.'



