

Reflection—Philippians 4:1-9

There's a saying 'You are what you eat'; implying that to be fit and healthy, you must eat good food.

Verse 8 from our Philippians reading, led me to ponder whether we are to some extent, 'what we think' - that to be spiritually fit and healthy, we must fill our minds with things that are 'worthy of God' - *not* piously and disconnectedly; but as a conscious way of allowing God deeper into our hearts.

The monastic rhythm of prayer, is helpful; the day is punctuated by the Daily Office. Are there any ways that we can pause to re-focus our thoughts, in our hectic, full days, I wonder?

Earlier in Philippians, Paul commands 'Let the same mind be in you that was in Christ Jesus' (Phil 2:5). A big ask! One way might involve trying to see the world through God's eyes; with patience, compassion and love; seeking God's image in those we meet. It is our intent that counts. We can only do it with God's help.

I often end my day, with St Ignatius' 'Examen' - reflecting back on when during that day I have sensed God's presence. Deliberately filling my thoughts in this way at the end of each day, gives glimpses of God's work, that I could have missed; I recommend it!

May we allow God to increasingly fill our minds and hearts, that through us, others may gain glimpses of Him.

Revd. Alison

Codes for the Zoom worship at 10.30

These are codes for Sundays from 4th October to the end of November:

Meeting ID: 865 5823 0026

Passcode: 504187

Telephone numbers: 0203 051 2874, 0203 481 5237, 0203 481 5240, 0131 460 1196

NEXT SUNDAY 18.10.20 Trinity 19

SERVICES 10am by Zoom & 12 noon Mass in Church

READINGS



OT Isaiah 45: 1-7

NT 1 Thessalonians 1: 1-10

Gospel Matthew 22: 15-22

CONTACT US

Fr. David Nixon 01392 667192. Day off: Mondays
rev.dave@virgin.net

Revd Sarah Cumming Curate 07543604115
rev.sarahcumming@gmail.com

Revd. Alison Whiting Associate Priest
rev.alisonwhiting@gmail.com

Phil Baker, Reader 07970 216740
lionelbaker@outlook.com

Revd Terry Litherland 07594633195
tlitherland36@gmail.com

Ian Totterdell Church Warden 01392 848674
07961621001 ian.totterdell@cantab.net

Email: parishoffice@stthomaschurchexeter.co.uk

Facebook: www.facebook.com/sttexeter

Website: www.stthomaschurchexeter.co.uk

Twitter: @sttexeter

Office Tel: 01392 437486 Thurs mornings (suspended)



St Thomas, Exeter

Sunday 11th October 2020

Trinity 18

Advance warning of APCM by Zoom on 18 October. We will be having worship as usual but at 10 o'clock, followed by a very brief Annual Meeting. Papers will be sent in advance, with reports to be read in advance. We will cover only what is needed to keep us lawful!



St Teresa of Avila is marked on 15 October. She reformed the Carmelite order in the c16 in Spain, and is particularly known for her spiritual writings: "*... whenever we think of Christ, let us always bear in mind that love of his which drove him to bestow upon us so many gifts and graces. Let us bear in mind too how great is the love God has shown us, since he has given us in Christ such a pledge of that love which he has for us; for love calls for a return of love.*"

Fr David



Collect

Almighty and everlasting God, increase in us your gift of faith that, forsaking what lies behind and reaching out to that which is before, we may run the way of your commandments and win the crown of everlasting joy; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Amen

Isaiah 25: 1-9

O Lord, you are my God; I will exalt you, I will praise your name; for you have done wonderful things, plans formed of old, faithful and sure. For you have made the city a heap, the fortified city a ruin; the palace of aliens is a city no more, it will never be rebuilt. Therefore strong peoples will glorify you; cities of ruthless nations will fear you. For you have been a refuge to the poor, a refuge to the needy in their distress, a shelter from the rainstorm and a shade from the heat. When the blast of the ruthless was like a winter rainstorm, the noise of aliens like heat in a dry place, you subdued the heat with the shade of clouds; the song of the ruthless was stilled. On this mountain the Lord of hosts will make for all peoples a feast of rich food, a feast of well-matured wines, of rich food filled with marrow, of well-matured wines strained clear. And he will destroy on this mountain the shroud that is cast over all peoples, the sheet that is spread over all nations; he will swallow up death for ever. Then the Lord God will wipe away the tears from all faces, and the disgrace of his people he will take away from all the earth, for the Lord has spoken. It will be said on that day, Lo, this is our God; we have waited for him, so that he might save us. This is the Lord for whom we have waited; let us be glad and rejoice in his salvation.

Philippians 4: 1-9

Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved. I urge Euodia and I

urge Syntyche to be of the same mind in the Lord. Yes, and I ask you also, my loyal companion, help these women, for they have struggled beside me in the work of the gospel, together with Clement and the rest of my co-workers, whose names are in the book of life. Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you

Matthew 22: 1-14

Once more Jesus spoke to them in parables, saying: 'The kingdom of heaven may be compared to a king who gave a wedding banquet for his son. He sent his slaves to call those who had been invited to the wedding banquet, but they would not come. Again he sent other slaves, saying, "Tell those who have been invited: Look, I have prepared my dinner, my oxen and my fat calves have been slaughtered, and everything is ready; come to the wedding banquet." But they made light of it and went away, one to his farm, another to his business, while the rest seized his slaves, maltreated them, and killed them. The king was enraged. He sent his troops, destroyed those murderers, and burned their city. Then he said to his slaves, "The wedding is ready, but those invited were not worthy. Go therefore into the main streets, and invite everyone you find to the wedding banquet." Those slaves went out into the streets and gathered all whom they found, both good and bad; so the wedding hall was filled with guests. 'But when the king came in to see the

guests, he noticed a man there who was not wearing a wedding robe, and he said to him, "Friend, how did you get in here without a wedding robe?" And he was speechless. Then the king said to the attendants, "Bind him hand and foot, and throw him into the outer darkness, where there will be weeping and gnashing of teeth." For many are called, but few are chosen.'

Post Communion

We praise and thank you, O Christ, for this sacred feast: for here we receive you, here the memory of your passion is renewed, here our minds are filled with grace, and here a pledge of future glory is given, when we shall feast at that table where you reign with all your saints for ever. **Amen**

NOTICES

Community Larder The Community Larder will be collecting on **Tuesdays only** from 10am-12noon **not** Thursdays. Please continue to be generous. Note that the collecting point will now be in the **church tower**, not in the hall.

Knit and Natter 30th September to Christmas
We shall be meeting, on Wednesdays at the usual time 10.30 to 12 midday in the Church Hall. Contact Jenny on 01392 498725 for details.

Audrey & Jack Wilson have some **raspberry canes** to dispose of. If anybody would like to have these and give a donation to the Church funds, please ring 01392 203945

Ian Totterdell is running the **Hospiscare Marathon in a Month** during October. Details to follow.

Macmillan Cancer Support

Thank you for your donations. The amount raised this year was £227. Pat Metford