

## Reflection for Trinity 7 Mark 6.30-34, 53-56

This gospel tells of two separate boat trips, leaving out in the middle the feeding of the 5000 and Jesus walking on the water. On both occasions Jesus is trying to get away from the crowds and pressure; trying to relax a bit with his disciples. But the crowds will not let him.

And as ever he takes compassion on them and feeds them and heals the sick. It is his ministry that is most important. V 34 says, 'He had compassion on them because they were like sheep without a shepherd.' In vv 53-56 he does not turn away the people brought to him for healing. All who even only touched the fringe of his cloak were healed says Mark.

I do think that it is a lesson to us all; that as Christians we cannot always do what we were planning to do when we are called on to help people in need. I'm sure that we all try to live up to this and if a friend or a stranger even calls out to us in need we stop what we are doing if we can to help. Jesus never rejected anyone who asked for help. We need to see to it that the Church today does the same; that it is always there to show care and compassion to those in need. That means us, because we are the Church!

*Phil Baker*



**Codes for the Zoom worship at 10.30**  
These are codes for Sundays from 04.07.21 until the end of August  
**Meeting ID:** 859 7288 7300  
**Passcode:** 605760  
**Telephone numbers** (unchanged) 0203 051 2874, 0203 481 5237, 0203 481 5240, 0131 460 1196

**NEXT SUNDAY 18.07.2021 St James the Apostle**

**SERVICES** 10.30am by Zoom, 12 noon in Church

### READINGS



OT Acts 11: 27-12: 2  
NT 2 Corinthians 4: 7-15  
GOSPEL Matthew 20: 20-28

### 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 Messages at any time.



# St Thomas, Exeter

## Sunday 18th July 2021

### 7th Sunday after Trinity

**10.30am by Zoom (phone-in available)**

**12 noon Mass in Church**

As I write this on Tuesday morning, I am reflecting upon the announcements by the government of the easing of COVID restrictions and waiting for the response by the Church of England which is expected tomorrow. It looks likely that many of the regulations which have become familiar habits will be removed, so we will look carefully at the guidance and continue with our measured and steady approach. Watch out for updates!

Speaking of updates: as a result of our 4Rs feedback, there are some planned changes to our pattern of worship. Please note that the Sunday Eucharist service will return to **10.30am from the 25<sup>th</sup> of July**. The Zoom Worship will move to 6pm from the same date until the end of August, when we will assess whether to continue to meet weekly. The Wednesday 10am Holy Communion will resume from the 4<sup>th</sup> of August.

We are being contacted by lots of families enquiring about baptism, so we look forward to sharing their celebration and welcoming them to our church family in the coming months.

Finally, please pray for me as I preach and preside at St Andrew's Exwick on Sunday morning. It is lovely to worship with them and also to "stretch my wings" a little.

Revd Sarah



## Collect

Lord of all power and might, the author and giver of all good things: graft in our hearts the love of your name, increase in us true religion, nourish us with all goodness, and of your great mercy keep us in the same; 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**

## Jeremiah 23: 1-6

Woe to the shepherds who destroy and scatter the sheep of my pasture! says the Lord. Therefore, thus says the Lord, the God of Israel, concerning the shepherds who shepherd my people: It is you who have scattered my flock, and have driven them away, and you have not attended to them. So I will attend to you for your evil doings, says the Lord. Then I myself will gather the remnant of my flock out of all the lands where I have driven them, and I will bring them back to their fold, and they shall be fruitful and multiply. I will raise up shepherds over them who will shepherd them, and they shall not fear any longer, or be dismayed, nor shall any be missing, says the Lord. The days are surely coming, says the Lord, when I will raise up for David a righteous Branch, and he shall reign as king and deal wisely, and shall execute justice and righteousness in the land. In his days Judah will be saved and Israel will live in safety. And this is the name by which he will be called: 'The Lord is our righteousness.'

## Ephesians 2: 11-22

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—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. But now in Christ Jesus you who once were far off have been

brought near by the blood of Christ. 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. 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, and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it. So he came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access in one Spirit to the Father. So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

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

The apostles gathered around Jesus, and told him all that they had done and taught. 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. And they went away in the boat to a deserted place by themselves. Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. 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. When they had crossed over, they came to land at Gennesaret and moored the boat. When they got out of the boat, people at once recognized him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. 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

Lord God, whose Son is the true vine and the source of life, ever giving himself that the world may live: may we so receive within ourselves the power of his death and passion that, in his saving cup, we may share his glory and be made perfect in his love; for he is alive and reigns, now and for ever. **Amen**

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## NOTICES

**25th July Mass in Church at 10.30am. Zoom service at 6pm. Usual telephone numbers and codes.**

**Mask wearing may be advised by the Church of England. We await final confirmation of future precautions**

**4th August Holy Common in Church at 10am.**

**House Group.** Tuesday evenings. Please contact Ian Totterdell for Zoom details.

**Community Larder** The Community Larder will be collecting on **Tuesdays only** from 10am-12noon. The collecting point is in the Choir Vestry via the Tower door. Please continue to be generous.

**Knit and Natter *Update for July 2021***

We shall continue meeting either in person at 10.30am at 19 Maple Road or via Zoom at 11.15am on Thursdays up to 19th July. All details from Jenny on 01392 498715.

**200 Club** If you would like to join the 200 Club please see Andrew Withers.

**Ladies Lunch** 31st July at 12.30pm at the Royal Oak. Contact Pat Metford.

