



Sunday 1st August 2021

Ninth Sunday after Trinity

Today's Sunday Services

9.30 am	Holy Communion	- St John the Baptist, Woodland
9.30 am	Celtic Morning Prayer	- St Mary the Virgin, Denbury
11.00 am	Holy Communion	- St Andrew's, Ipplepen
2.00 pm	Baptism of Regan Heale	- St Andrew's, Ipplepen

Telephone support/chat following the church services: Sheila Sheldon is available to speak to following our church services. Sheila's phone number is (01803) 814227.

Morning Prayer

During August morning prayer will be said at the following times:

Wednesday	9.00 am	- For the Zoom password, email: rachelbelringer@gmail.com (please contact Rachel by the Tuesday for the password)
Thursday	9.15 am	- St Mary the Virgin, Denbury
Friday	9.15 am	- Ss Peter and Paul, Broadhempston (A time of silent prayer and meditation at Broadhempston)

Reflection

Our churches are open for private prayer and reflection throughout the week at the following times:

St Peter & St Paul's, Broadhempston	9am to 5pm	Daily
St Andrew's, Ipplepen	9am to 5pm	Daily
St Mary the Virgin, Denbury	10am to 5pm	Daily

Please note, St John the Baptist, Woodland is currently closed for private prayer and reflection.

Mid-Week

Church Office closed on Monday for annual leave.

Rev'd Andrew Down on Annual leave on Wednesdays, Thursdays and Fridays throughout August.

Tuesday	10.15 am	Holy Communion	- St Andrew's, Ipplepen
	11.00 am	Funeral & Burial of William Easterbrook	- Ss Peter and Paul's, Broadhempston
Wednesday	7.30 pm	Bellringing Practice	- St Andrew's, Ipplepen
Thursday	10.15 am	Holy Communion	- St Mary the Virgin, Denbury
Saturday	12 noon	Wedding of Karl Hopkins & Hannah Needs	- St Andrew's, Ipplepen

Next Sunday – Tenth Sunday after Trinity

9.30 am	Holy Communion	- St Mary the Virgin, Denbury
11.00 am	Holy Communion	- Ss Peter and Paul, Broadhempston
11.00 am	Celtic Morning Prayer	- St Andrew's, Ipplepen

Online Sermon this Sunday: This week's 10 minute online sermon will be given by the Rev'd Prebendary Jackie Taylor, Dean of Women in Ministry and Team Rector of Kingsbridge.
<https://vimeo.com/cofedevon>

In Memory. Sheila Stacey, Andy Vickerstaff, William Easterbrook and Jocelyn Cassey and Rita Bull.

Look out for the wonderful cards on sale to raise funds for our churches. Thank you to Robin and Pam Thomas for organising this. Fantastic picture Robin!

Church Office cover for August. Please note for the period of August, Andrew and Caren will be working to a different pattern as well as having specific time off which will be advertised in this weekly notice sheet. They will only be covering essential work for this period. Non-essential work will be picked up again in September.

Lifting of lockdown rules Each of our churches is in the process of making step 4 in the easing of restrictions. This will mean slightly different practices in each community due to our buildings and congregations varying in size. Clear guidance will be given at all our services. In broad terms we are recommending the continuation of social distancing and wearing of masks in our buildings. Each community will be considering how to reintroduce singing and refreshments.

August and September Edition of the Beacon is now available for you to collect from our churches. We are always looking for new contributors. If you have an idea or article do contact the editor.

Points for Prayer. children and staff at the end of a particularly hard school year: for a good holiday and a time of rest

Dartmoor's New Archangel's Way Pilgrimage was launched on Saturday 31 July. This is part of the Diocese of Exeter's Devon Pilgrim project. For More information
<https://www.devonpilgrim.org.uk/>

Readings

	This week	Next week
Readings for this Sunday:		
1st Reading	Exodus 16:2-4, 9-15	1 Kings 19:4-8
Psalm	78:23-29	34:1-8
2nd Reading	Ephesians 4:1-16	Ephesians 4:25-5.2
Gospel	John 6:24-35	John 6:35, 41-51

Readings for the week ahead:	Mon	2 nd	Matt 14.13-21
	Tue	3 rd	Matt 14.22-End
	Wed	4 th	Matt 15:21-28
	Thurs	5 th	Matt 16:13-23
	Fri	6 th	Luke 9:28-36
	Sat	7 th	Matt 17:14-20

They can also be viewed/downloaded from <https://bible.oremus.org/>

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Facebook pages: www.facebook.com/StAndrewsIpplepen/

www.facebook.com/denburyworship www.facebook.com/Broad20/



Reflection by Tessa Amies

Ninth Sunday after Trinity
John 6:24-35
Sunday 1st August 2021

'TWO BREADS'

When did you last eat some bread? Maybe quite recently. Bread is often part of our daily food. To-day's readings are all about Bread. Bread to feed the body and bread to feed the soul. The reading from the Old Testament tells that great story of 'Manna from Heaven', or manna in the wilderness.

The Israelites had left Egypt and were trudging over the vast Sinai Desert. Food and water were beginning to run out, they weren't getting anywhere. They began to grumble 'atleast we had food and water in Egypt, we've nothing here except miles and miles of desert.'

Moses heard their complaint and talked to God about it. That evening a flock of quail settled near them in the desert and the following morning a layer of dew gave way to a fine flaky flour which could be used for making bread. Meat and flour (manna) were provided every day, except the sabbath. They were told to take just enough for one day; if they tried to store it the manna turned sour and attracted maggots.

For the practically minded - who like an explanation - quail fly over the Sinai desert in late summer on their migratory flight from Egypt and Sudan towards their wintering grounds in the north. Manna is a white milky liquid which is secreted from trees when the tree is attacked by insects. But does this story need these explanations? For many the manna from heaven is an example of God's love for his people. A great example of bread as a physical sustenance.

The Gospel reading from St. John is centered on one of the great 'I am' sayings of Jesus.

*I am the bread of life,
who ever comes to me will never be hungry,
and whoever believes in me will never thirst.*

The feeding of the 5,000 had recently taken place. Many people had received food, no one went hungry. Jesus was now turning things up a gear; not just helping the physical needs of the people for bread, but looking towards their spiritual needs as well. He is referring to the daily sustenance of the soul, as well as looking towards the bread and wine of the Last Supper.

Bread can be seen as a symbol of unity having many grains in one substance. When broken and shared it may represent a shared and united life.

Bread is made from flour; flour usually comes from wheat, but it can come from corn, rye, soya, rice, oats and even potato. It is used in all parts of the world and throughout history. To-day the grain is milled in factories to produce a fine white flour, in past times it could be produced by ginding the grain in pestle and mortars or between two large mill stones. It can be coarse enough to break teeth or very fine. Flour is mixed with water and cooked to produce bread. Sometimes yeast is added to make the bread more interesting and digestible. (Yeast in bread can be likened to the Holy Spirit in our lives, but that's another story !).

Imagine, for a moment a kilted Scottish warrior of the C16th, striding over moorland and heath, preparing for the night. Taking his oatmeal from his bag, mixing it with water and cooking it on a hot stone in the fire - a quick and satisfying meal.

God provided bread for the Israelites of the Old Testament to satisfy their physical needs. Now he provides Bread as a spiritual sustenance to satisfy his people in the New Testament and to-day. Eat well!

Amen.

