

**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** 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.

**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/>

**Could You Stand For General Synod?** Elections for new members of the Church of England's governing body, the General Synod, are taking place this autumn. Anyone can stand for election, you just need to be over 18, be on your church Electoral Roll and be receiving Communion. It doesn't matter how long you have been a Christian, what your background is or how old or young you are! <https://exeter.anglican.org/who-we-are/synod> Please call (01392) 294931 if you have any questions.

**Book onto a Grow Course and Begin Lay Learning Now:**

- Sharing Our Faith: Thursdays: 2nd, 9th and 16th of September
- Stewardship Advocates: Tuesdays: 7th, 14th, 21st and 28th of September
- Pastoral Care: Mondays: 4th, 11th, 18th, 25th of October

The courses will be taking place in the evenings starting at 7:30pm, online using Zoom. To sign up <https://exeter.anglican.org/ministry/lay-ministry/lay-learning/>

Readings	This week	Next week
<b>Readings for this Sunday:</b>		
1st Reading	1 Kings 19:4-8	Proverbs 9:1-6
Psalm	34:1-8	34:9-14
2nd Reading	Ephesians 4:25-5.2	Ephesians 5:15-20
Gospel	John 6:35, 41-51	John 6:51-58
<b>Readings for the week ahead:</b>		
Mon	9 <sup>th</sup> Matt 17:22-End	
Tue	10 <sup>th</sup> Matt 18:1-5, 10, 12-14	
Wed	11 <sup>th</sup> Matt 18:15-20	
Thurs	12 <sup>th</sup> Matt 18:21-19.1	
Fri	13 <sup>th</sup> Matt 19:3-12	
Sat	14 <sup>th</sup> Matt 19:13-15	

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

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Notice Sheet\_ Sunday\_8th August 2021



## Weekly Notices

Beacon Parishes Mission Community of Ipplepen with Torbryan, Denbury, Broadhempston and Woodland

**Sunday 8<sup>th</sup> August 2021**

**Tenth Sunday after Trinity**

### Today's Sunday Services

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

**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

This week morning prayer will be said at the following times:

Monday	9.15 am	- St Andrew's, Ipplepen (changed from Tuesday for this week)
Wednesday	9.00 am	- For the Zoom password, email: <a href="mailto:rachelbelringer@gmail.com">rachelbelringer@gmail.com</a> (Please contact Rachel by the Tuesday for the zoom 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
St John the Baptist, Woodland	10am to 4pm	Daily

### Mid-Week

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

Tuesday	10.15 am	Holy Communion	- St Andrew's, Ipplepen
Wednesday	7.30 pm	Bellringing Practice	- St Andrew's, Ipplepen
Thursday	10.15 am	Holy Communion	- St Mary the Virgin, Denbury

### Next Sunday – Eleventh Sunday after Trinity

9.30 am	Holy Communion	- St John the Baptist, Woodland
11.00 am	Holy Communion	- St Andrew's, Ipplepen

**Evening Prayer online using 'Zoom':** Please note, there will be no 6pm Evening Prayer (which is usually on the first and third Sunday of each month) throughout August.

**Online Sermon this Sunday:** Our Director of Mission and Ministry, the Rev'd Prebendary Philip Sourbut, will be preaching on John 6 "Jesus, the Bread of Life" in this week's 10 minute video sermon. <https://vimeo.com/cofedevon>

**In Memory.** Sheila Stacey, Andy Vickerstaff, William Easterbrook and Jocelyn Cassey and Rita Bull.  
**Points for Prayer.** We pray for our young people awaiting their "A" level and GCSE results this week, after a disrupted and distressing year.



## Reflection by Rev'd Tony Meek

Tenth Sunday after Trinity  
Proper 14 Year B  
Ephesians 4:25-5:2  
Sunday 8<sup>th</sup> August 2021

The author of today's Epistle – believed now by many scholars to be not St Paul but one of his followers, perhaps Timothy - had such an important message for us in his letter to the Ephesians, part of which is heard in churches across the world in most Christian denominations today. *Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.* he wrote to them in verse 31.

Of course, it is not a sin to get angry, as long as it is in a good cause. Verse 26 tells us that we may be angry as long as we do not sin. Jesus showed anger against the devil's work of sickness, disease, craftiness and sin. He took a whip to the entrepreneurs who were violating his Father's house; he could reprimand even his closest friends in no uncertain terms. He had no hesitation in caustically referring to the ecclesiastical hierarchy of his day as *hypocrites* and *whitewashed tombs* – and he nicknamed the wily Herod *that fox*.

That was righteous anger in the cause of God. It was not letting the devil in, but actively, vigorously keeping him at a distance. Jesus did not lose his cool over the one hundred and one irritations that daily threaten to trip us up. He was love personified and deified. He was, in the words of St John's Gospel, *full of grace and truth.* (Jn1.14) He was not, in the words of 1 Corinthians 13 *touchy or fretful or resentful.* There are few verses better suited to coping with today's stresses than verse 31 of Ephesians 4..

Jesus had his sights set on his reason for living; he was the bread that would outlive anything the devil could use as temptation. He was and is the bread of life.

Our own anger is usually very short-sighted. I have been taking funerals in this area for almost twenty years. And so often, in pastoral situations, I find that people have resolved to hate others, often sadly, members of their own family or those who had been their closest friends, and to hate them forever. Some wrong, real or imagined, has occurred, a blazing row may have followed and the protagonists have resolved never to see or speak to each other again.

*Forever* is such a very long time. Having let the sun go down upon their wrath, it becomes more and more difficult as each day passes for them to try to rebuild the relationship. Is any one of you in that situation? Please try and do something about it. I have traced so much severe funeral grief to such cases. The survivor can carry an unrelenting guilt to their own grave.

Rage has become fashionable, as if a slick title goes some way to excuse it. We have *road rage* and *air rage*. In supermarkets we have *trolley rage*. I am waiting for those who find their normal seat occupied, or the wrong tune being sung to a favourite hymn, to develop *pew rage*. It would give the newspapers something different to write about. We certainly have many varieties of *pandemic rage*.

There is a particularly lovely Post-Communion Prayer for the 8th Sunday after Trinity, which this year was overtaken by the feast of St James.

*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.*

Let us try to live those words throughout our lives. And try never to let the sun go down on our anger.