



Sunday 17th July 2022

Fifth Sunday after Trinity

In Memory: Sam Ward, Clifford Raymont, Anthony 'Tony' Squire Parnell, Marina Harris, Lawrence Hurley, Penelope Hurley, Ann Toler, Eric Wakeham, Michael Dow, Pamela Langworthy and Cynthia Griffiths.

Concert on Thursday 21st July 2022 at 7.30pm at St Peter & St Paul's Church, Broadhempston.

An international renowned group of classical musicians are coming to Broadhempston Church on Thursday 21st July as part of the Ashburton Chamber Music Festival. It should be an amazing experience.

Cheese, Wine and Quiz Evening in St Andrew's Church Hall, Ipplepen, on Friday 29th July 2022 at 7pm. To attend this, please place your name on the list which can be found in each of the Beacon Parishes churches.

New Rural Dean Announced Our Rector Rev'd Andrew Down has been appointed Rural Dean for the Newton Abbot Deanery. Andrew will perform this role alongside his role as Rector of the Beacon Parishes. A special service of celebration of this new role and the Newton Abbot Deanery will take place with Bishop James the new Bishop of Plymouth on 18th October at 7pm at St Andrew's Church Ipplepen. Congratulations Andrew.

New Bishop of Plymouth Announced It was recently announced that the Reverend Prebendary James Grier will be the new Bishop of Plymouth. James will be consecrated a bishop by the Archbishop of Canterbury in Southwark Cathedral on Michaelmas Day, 29 September. He will be welcomed and installed as Bishop of Plymouth in the Cathedral during Evensong on Sunday 9th October to which all are welcome.

'Cultivate': new journal of life-long learning produced by the diocese of Exeter. Copies can be found in our churches and can be downloaded using the following link. The first issue includes articles about St Benedict, Care Home Ministry, the spirituality of wild swimming and techniques for prayer. Enjoy. <https://exeter.anglican.org/wp-content/uploads/2022/06/Cultivate-Issue-1.pdf>

A prayer for those who are affected by human trafficking after Mo Farah's revelation: Heavenly Father you care for all your children, today we especially pray for those who are survivors or victims of human trafficking. Give them the courage to speak out against their captives and a safe place to begin to heal.

Readings	This week	Next week
Readings for this Sunday:		
1st Reading	Genesis 18:1-10a	Genesis 18:20-32
Psalm	15	138
2nd Reading	Colossians 1:15-28	Colossians 2:6-19
Gospel	Luke 10:38-End	Luke 11:1-13

Readings for the week ahead:

Mon 18 th	Matt 12:38-42	Thurs 21 st	Matt 13:10-17
Tue 19 th	Matt 12:46-End	Fri 22 nd	John 20:1-2, 11-18
Wed 20 th	Matt 13:1-9	Sat 23 rd	Matt 13:24-30

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

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Today's Sunday Services

9.30 am	Holy Communion	- St John the Baptist, Woodland
11.00 am	Holy Communion	- St Andrew's, Ipplepen
12.00 noon	Pastoral Care Meeting	- St Andrew's, Ipplepen

Morning Prayer

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

Tuesday	9.15 am	- St Andrew's Ipplepen
Wednesday	9.15 am	- Online Via Zoom (for the zoom password email rev.andrewdown@gmail.com)
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)

Reflection

All our churches are open for private prayer and reflection throughout the week from approximately 9am to 5pm each day.

Mid-Week

Rev'd Andrew Down - Day off on Mondays.

Monday	3pm-5pm	T-Pot	- Church Cottage, Denbury
Tuesday	10.15 am	Holy Communion	- St Andrew's, Ipplepen
	7.00 pm	PCC Meeting	- 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
	4.30 pm	Sta*x Youth Choir Practice	- St Andrew's, Ipplepen
	6.00 pm	Wedding Rehearsal	- St Andrew's, Ipplepen
	7.30 pm	Concert	- Ss Peter and Paul, Broadhempston
Saturday	12 noon	Wedding of Samuel Green & Katherine Harris	- St Andrew's, Ipplepen

Next Sunday 24th July 2022 – Sixth 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	Churches Together – Family Service	- St Andrew's, Ipplepen
2.00 pm	Interment of Ashes of Cynthia Griffiths	- St Andrew's Churchyard, Ipplepen

Points for Prayer. Please remember in your prayer, the Reverend Prebendary James Grier, the new Bishop of Plymouth, Liz and the family as he makes this transition in ministry and the family prepare to move to Plymouth.



Reflection by Rev'd Andrew Down

Sunday 17th July 2022

'Keep the main thing the main thing'

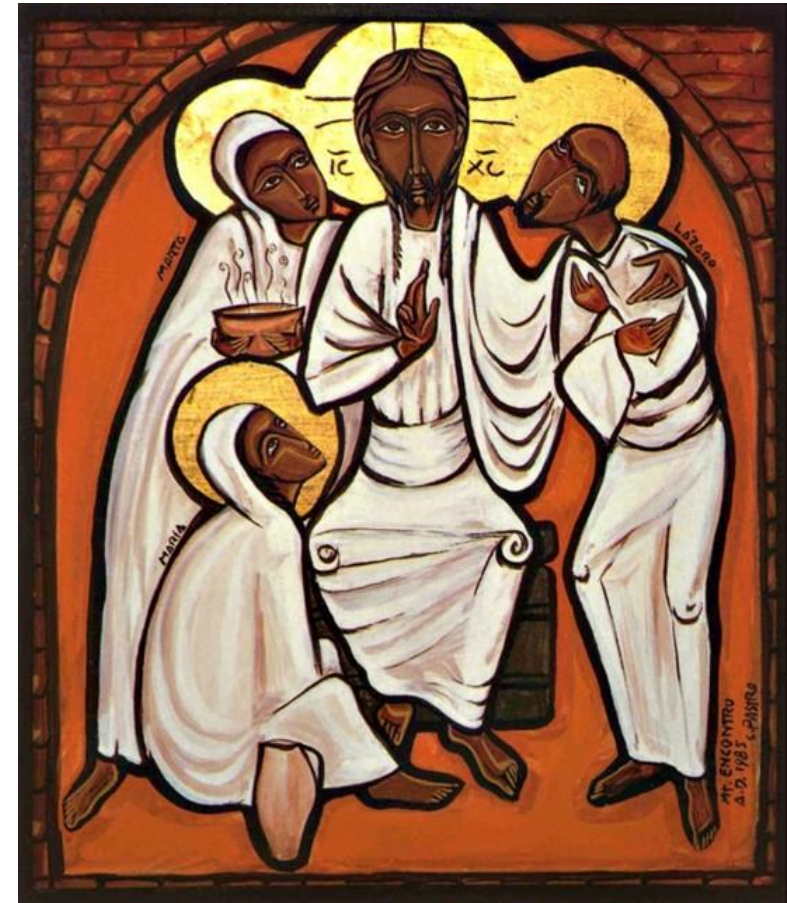
'But the Lord answered her, "Martha, Martha, You are distracted by many things, there is need of only one thing. Mary has chosen the better part which will not be taken from her" Luke 10 v41-42

At the heart of today's gospel is Martha being 'pulled apart' by her serving and Mary sitting at Jesus feet in stillness and wholeness. It is not so much a story about the relative merits of contemplation as opposed to action (as it is often characterised) but about the effects of worry and distraction and how we might deal with them.

Can you recognise this dynamic at play in your life? So many things to do (important and good things), feeling the anxiety of this tugging and being pulled in all directions. In all this we can like Martha lose focus and end up doing even more things almost as a way of trying to deal with and in response to the anxiety.

This week I met with colleagues and we spent quite a bit of time simply sitting in silence. It was as if having been pulled apart by the competing and varied demands of ministry, rather than sharing these in detail and problem solving them, what we needed to do together was to regain focus and wholeness again. And so we sat quietly in each other's company.

Near the end of our time together one person shared very movingly that in the past when they felt anxious about all there was to do they would make lists and do some things so they could tick off a few in the hope that it would make them feel better and more in control. What they found is that this tended to bring to mind more things they 'should' be doing and often created more anxiety and demands. A new approach they had been practicing was that when noticing anxiety and that they were being pulled in many directions they consciously choose to stop, take the dog for a walk, be still, spend some time in prayer or other such stilling activity. Only once they had done this would they then return to the task or tasks before them. They described the transformation this approach had produced in being able to keep focus and clarity and give clear, creative care and attention to the tasks before them. They were able in the words of my friend Annie 'Keep the main thing the main thing' rather than be pulled apart.



Questions to ponder

How do you deal with competing demands and / or anxiety? Do you recognise Martha's predicament in your life?

What activities for you are the equivalent to sitting at Jesus' feet?

Dear God,

Help me in my life to keep the main thing the main thing

To love deeply, act well and sit at your feet often.

Amen