



## Sunday 24<sup>th</sup> July 2022

## Sixth 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	Churches Together – Family Service	- St Andrew's, Ipplepen
2.00 pm	Interment of Ashes of Cynthia Griffiths	- St Andrew's Churchyard, 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 <a href="mailto:rev.andrewdown@gmail.com">rev.andrewdown@gmail.com</a> )
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.

Church Office closed for annual leave until Monday 8<sup>th</sup> August.

Monday	3pm-5pm	T-Pot	- Church Cottage, Denbury
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
	4.30 pm	Sta*x Youth Choir Practice	- St Andrew's, Ipplepen
Friday	7.00 pm	Cheese, Wine and Quiz Night	- St Andrew's Church Hall, Ipplepen
Saturday	10.00 am	Interment of Ashes of Mr Shepherd	- St Mary the Virgin, Denbury

### Next Sunday 31<sup>st</sup> July 2022 – Seventh Sunday after Trinity

10.00 am	Mission Community – Holy Communion	- St Mary the Virgin, Denbury
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**In Memory:** Sam Ward, Clifford Raymont, Anthony 'Tony' Squire Parnell, Marina Harris, Lawrence Hurley, Penelope Hurley, Ann Toler, Eric Wakeham, Michael Dow, Pamela Langworthy, Cynthia Griffiths, Barbara Bradburn and Mr Shepherd.

**Cheese, Wine and Quiz Evening in St Andrew's Church Hall, Ipplepen, on Friday 29<sup>th</sup> 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.

**New Growing in Prayer Course** 'Growing in Prayer' explores how we enrich our prayer lives and help others to do the same, either as individuals, churches, or in small groups. It runs on 8, 15, 22 and 29 September and will be led by the Rev'd Sally Dakin, former Spirituality Adviser for Winchester Diocese.

<https://exeter.anglican.org/wp-content/uploads/2022/07/Overview-Growing-in-Prayer.pdf>

Readings	This week	Next week
<b>Readings for this Sunday:</b>		
1st Reading	Genesis 18:20-32	Ecclesiastes 1:2, 12-14, 2:18-23
Psalm	138	49:1-12
2nd Reading	Colossians 2:6-19	Colossians 3:1-11
Gospel	Luke 11:1-13	Luke 12:13-21
<b>Readings for the week ahead:</b>		
Mon 25 <sup>th</sup>	Matt 20:20-28	Thurs 28 <sup>th</sup> Matt 13:47-53
Tue 26 <sup>th</sup>	Matt 13:16-17	Fri 29 <sup>th</sup> John 12:1-8
Wed 27 <sup>th</sup>	Matt 13:44-46	Sat 30 <sup>th</sup> Matt 14:1-12

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

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[www.facebook.com/denburyworship](https://www.facebook.com/denburyworship) [www.facebook.com/Broad20/](https://www.facebook.com/Broad20/)

**Points for Prayer.** We pray for all those affected by the intense heat not only in this country but throughout Europe. We remember those who have lost their homes because of the grass fires, giving thanks for the firefighters. We pray for the families of those drown while trying to get cool. As we near the end of the school year we pray that the staff and children a restful and enjoyable summer holiday.



## Reflection by Tessa Amies

Sunday 24<sup>th</sup> July 2022

### *"Teach us to pray"*

Jesus often went off to quiet places to pray. So can we - a quiet field, a tree stump, a rock on the beach - a place to relax, take in the scenery and connect with 'Our Father'.

This is just what happened at the start of to-day's Gospel reading from Luke. Jesus had been praying away from the disciples and the crowds. When he returned they asked him for help . . . . .

### *"Teach us to pray"*

they asked and Jesus introduces them to the now familiar words of the Lord's Prayer.

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#### **'Teach us to pray'**

they ask and Jesus introduces them to the familiar words of the Lord's Prayer. It seems remarkable that this simple straightforward prayer has been handed down to us through the centuries – little altered – not ravaged by reformations, monks or theologians. What we pray to-day is very similar to the original prayer taught by Jesus and written down by Luke and Matthew.

It is a wonderful passage to meditate on, to slowly unpick phrase by phrase, and to think about each phrase for as long or short a time as we feel able. Maybe have a notebook and at the top of each page, write down each phrase from the prayer. Think about it and jot down your thoughts about each one. Leave and return at a later date.

Praying is part of our Church life. It can be easy or difficult, sweet or sour, long or short. Good times, less good times. Sometimes it is useful to have little pegs to hang ideas on. One such set of pegs I learnt when I was young is based on the word **ACTS** – quite a simple and familiar word.

**A** stands for **ADORATION**. Simply reminding ourselves how great God is. 'My God, how great thou art' says the hymn. Worship, praise, psalms, hymns, music, art, gardening, action, etc.

**C** stands for **CONFESSION** – admitting our failings, bringing them to God, working out how to do things better next time.

**T** is for **THANKSGIVING** – so many things to thank God for. Often forgotten in the busyness of life. The psalm to-day – no 138 – starts with both **ADORATION** and **THANKSGIVING**.

*I will give thanks to you, O Lord, with my whole heart;  
before the gods I will sing your praise.  
I will bow down towards your holy temple  
and praise your name.*

and finally we come to **S** for **SUPPLICATION**. A slightly strange and underused word to-day, but I think it means asking/praying for particular things

*'Give us to-day our daily bread'*

Asking for help, asking for good health for ourselves and others, understanding, empathy, well being of society, etc. The list can get rather long.

I vaguely remember another set of 'pegs' to hang ideas for prayers on. It was a hand – fingers and thumb – each stood for a different petition/idea. Can anyone remember it?

I'll stick to **ACTS** for the present. The word has a certain suggestion of getting up and getting on with whatever we've been praying for. A bit of action !

If all this sounds rather heavy and formal, then do what Jesus did, find a quiet spot in a field, on a tree stump, on a rock or garden chair and gently think, listen and feel God's presence near you.

*Christ as a light illumine and guide me,  
Christ as a shield overshadow me,  
Christ under me, Christ over me  
Christ beside me,  
On my left and my right.*

(Celtic Morning Prayer)

Amen.