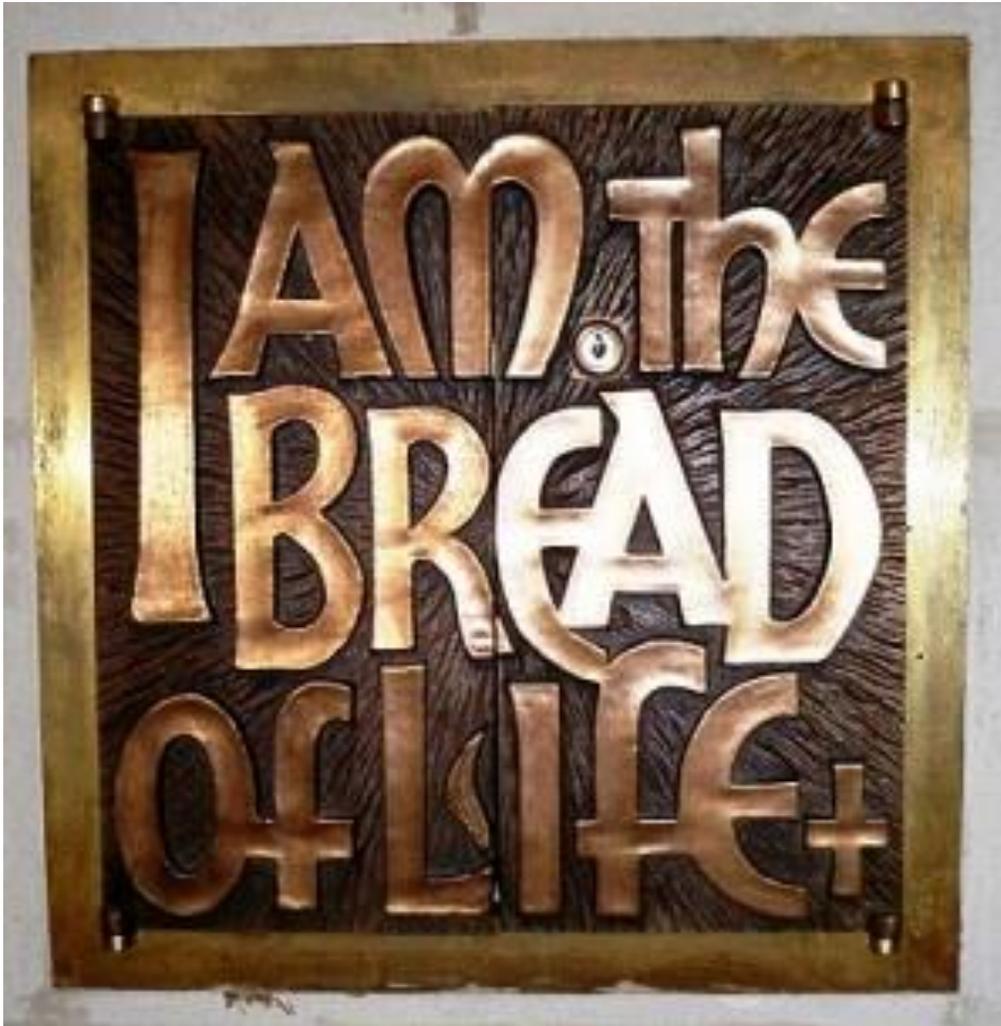


St. Mary's, Stoke D'Abernon

Ninth Sunday after Trinity



August 1st 2021

A Message from Mary Beth

Our gospel readings these past two weeks have focused on food-- the feeding of the 5,000 last week and then Jesus' explanation of the Old Testament story when God fed Jews with manna (or bread) which fell from heaven when they found themselves on a long journey in the wilderness.

The Jews whom he addressed were very familiar with this story as it was their ancestors who received this divine bread. In ancient Jewish religion, faith was learned through the handing down of stories through the generations and so Jesus' listeners knew this story well.

They were a nation where living conditions were harsh and many were poor; the availability of food was never taken for granted. You couldn't hop to a grocery store like we do today and choose from an abundance of food products, both fresh and preserved.

So when Jesus addressed the crowd, he knew that his audience would listen. They had recently experienced his miracle of feeding 5,000 people and were open to his words. They asked Jesus for another sign of his power and divinity, expecting another material miracle, hoping perhaps for more food.

But Jesus chose, instead, to talk about another kind of food-- spiritual food. He told them they needed to find food which comes from God. He called it the bread which comes from heaven. But this was different from the mana of their ancestors . This was bread to feed the soul, and offer the salvation of eternal life. The Jews were meant to understand this because they knew of the manna in the wilderness-- God gave this to save physical lives.

But Jesus now asked them to seek something even more life-giving-- the bread of spiritual life.

They were intrigued and wanted to know how to get this bread. Jesus answered them very peculiarly:

I am the bread of life. Whoever comes to me will never be hungry or thirsty.

It must have been hard for them to understand, not yet having seen or heard of Jesus' resurrection.

Today, we have the benefit of generations of witnesses to Christian faith and the divinely inspired words of the Bible. We have the benefit, too, of sharing the bread of Communion each week where we remember the sacrifice Jesus made to save us from our sins.

But do we feed on the bread of life, in our daily lives ?

Are we willing to stretch ourselves on our spiritual journeys of faith and service, looking for new ways to seek our saving Lord?

Jesus offers us personal salvation as the bread of life, but as faithful Christians, we are called to share this bread with others, to be generous in our faith, following God who fed the ancient Jews with bread from heaven and his Jesus who fed 5,000 with a couple fish and five loaves of barley.

May you find love and joy in the bread of life and a desire to share this great bounty.

Mary-Beth



Bible References 1st – 7th August 2021

Year B	Psalm	First reading	Second reading
Trinity 9 August 1	Psalm 78 : 23 - 29	Eph 4 : 1 - 16	John 6 : 24 - 35
Monday August 2	Psalm 81 : 11 - end	Num 11 : 4 - 15	Matt 14 : 13 - 21
Tuesday August 3	Psalm 51 : 1 - 8	Num 12 : 1 - 13	Matt 14 : 22 - end
Wednesday August 4	Psalm : 106 : 14 - 24	Num 13 : 1-2, 25 – 14:1, 26 - 35	Matt 15 : 21 - 28
Thursday August 5	Psalm 95 : 1, 8 - end	Num 20 : 1 - 13	Matt 16 : 13 - 23
Friday August 6	Psalm 97	2 Pet 1 : 16 - 19	Luke 9 : 28 - 36
Saturday August 7	Psalm 18 : 1-2, 48 - end	Deut 6 : 4 - 13	Matt 17 : 14 - 20

Hyperlinks to Guildford Cathedral Services :

<https://www.guildford-cathedral.org/worship/services>

St Mary's, Thorpe website :

<https://www.stmaryschurchthorpe.co.uk/>

Collect 1st August 2021

Almighty God,
who sent your Holy Spirit
to be the life and light of your Church:
open our hearts to the riches of your grace,
that we may bring forth the fruit of the Spirit
in love and joy and peace;
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



The **discussion group** plans to restart on
Monday 6th September. More details
such as time and place to follow but
please keep date aside. New members
are always welcome.

Music for Sunday 1 August

Communion Voluntary:

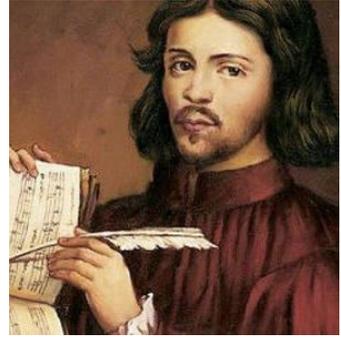
A Sad Pavan: for these distracted times (1649)

Thomas Tomkins (1572-1656)

Postlude

Fantasia in C (1647)

Thomas Tomkins



A pupil of William Byrd, Tomkins became Organist of Worcester Cathedral in 1596 and was appointed a Gentleman of the Chapel Royal in 1603. He was the last composer of the important school of Tudor and Jacobean keyboard music that had included Thomas Tallis, William Byrd, John Bull and Orlando Gibbons.

Worcester was one of the first casualties of the civil war: the cathedral was damaged by Parliamentary troops in 1642, and in the following year Tomkins' house received a direct hit by cannon shot, rendering it inhabitable for many years, destroying his household goods and probably a number of his musical manuscripts.

Further conflict and a siege in 1646 caused further damage to the City. With the cathedral closed, and services suspended, Tomkins turned his genius to the composition of some of his finest keyboard and consort music, including the pieces which to be played in today's service.

A Sad Pavan: for these distracted times, dated 14 February 1649, is a memorial to the recently executed Charles I. The Pavan has a sense of calm resignation, its long and sustained lines recalling the texture of Tomkins' cathedral anthems.

Tomkins' richly contrapuntal **Fantasia in C** is composed on four distinctive 'points' or short themes, each including an upward leap 4th. The Fantasia develops from a spacious opening into increasingly lively writing, closing with a characteristic display of florid passagework.

Thomas Morley's book 'A Plaine and Easie introduction to Practicall Musicke', 1597 of which Tomkins' owned a signed copy, describes the Fantasia thus: "The most principal and chiefest kind of musicke, which is made without a dittie is the fantasie, that is, when a musician taketh a point at his pleasure, and wresteth and turneth it as he list, making either much of little of it according as shall seem best in his own conceit. In this may more art be showne than in any other musicke, because the composer is tied to nothing but that he may adde, diminish, and alter at his pleasure".

Parish Notices

Sunday Services at St. Mary's – updated 1st August 2021

At this week's Parish meeting and having listened to parishioner feedback, we have taken a review of our service protocol. With all pews now back in use and social distancing and controlling numbers in church not such an acute concern, we have decided there is **no longer a need for parishioners to pre-register their intended attendance.**

In support of the aims of the national Track and Trace programme, a register of attendees will be maintained. Duty Wardens will therefore continue to check-off attendees' names on arrival at church. This record will be kept for three weeks and then destroyed.

As previously advised, at St. Mary's we have adopted a 'proceed with caution' approach to the lifting of lockdown measures. We see this as a progressive process and hope to be able to normalise procedures further over time as community confidence grows and the rate of spread of the virus reduces. We ask you to bear with us and we look forward to continuing to see you in church in the coming weeks.

The revised Service protocol is as follows...

Parishioners are free to choose their own seating position in church but are reminded to be respectful of other parishioners' potential sensitivities and avoid crowding within any single pew.

Parishioners are encouraged to continue to wear face masks whilst attending services and when attending other group activities in church.

Congregational singing will not resume in the immediate term. **However, this will be reviewed on a weekly basis**, and we currently hope to be in a position to restart singing in September.

During August the organ will continue to be played at 10:00am Said Parish Eucharist services on the 1st and 3rd Sundays of the month. Currently, we hope to resume weekly organ playing at Eucharist services and restart some Evensong services in September.

The Communion Offering will continue to be given in one kind until further notice and the sign of Peace will be shared without physical contact.

There will be no Collection taken during services until further notice although Parishioners are reminded that the Offertory Box and Plate are located at the back of the Church together with Gift Aid envelopes for those who wish to make a donation.

Opening Hours for Private Prayer

St. Mary's will remain open until 2pm on Sundays for private prayer.

Hall Opening

We are again taking provisional hall bookings for events, consistent with Government guidelines. Please contact Polly with your enquiries about hall availability for private or group functions
admin@stmarysstokedabernon.org.uk or Tel. 01932 866005

Parish Communications

The weekly Parish leaflet will continue and be issued on regular email distribution to those on the electoral role and others who have specifically requested it. Similarly, the St Mary's website will be updated as appropriate to advise of any changes to services or other significant news.

The St Mary's Chat WhatsApp Group will continue to allow people to share their prayers and thoughts and for Godfrey to post his personal messages.



Lunchtime concerts

- Thursday 30th September – Callum Alger organ recital
- Thursday 28th October – Giacomo Susani guitar recital
- Thursday 25th November – Concert by pupils of Yehudi Menuhin School
- Thursday 27th January 2022 – Peter Cigleris – Clarinet and piano recital

Farewell to Godfrey and Helen

For those of you who have not attended Church recently, Godfrey announced his retirement a couple of weeks ago. He is leaving us after 8 fruitful years at St Mary's and he and Helen are moving to the South Coast.

On **Sunday 19th September** we will be saying goodbye to Godfrey and Helen as it will be their last Sunday in the Parish.

Please keep the date free as we are planning a farewell lunch at St Mary's. More details to follow.

Parish Lunches

Tuesday 12th October – Parish Harvest lunch



St Mary's Church will be open on Saturday afternoons only from 2 – 4pm for visitors from 3rd July until the end of October.

It is fantastic that we have some new Church Guides. This has enabled us to open the Church on Saturdays, and we have been able to replace those parishioners that are no longer able to volunteer.

If anyone else is interested in learning more about our Church, and can spare a few hours each month please get in touch. That way we can open on Sundays as well.



Hey! Don't forget the ...

Here is the list of items most needed for our Foodbank. Please can you help local families in need by buying an item and putting it in one of our donation bins, listed below? Thank you very much for your help.

Please do not donate out-of-date goods as they can not be used.

URGENTLY NEEDED ITEMS 24TH JULY 2021 - TO DATE

- TINNED MEAT (NOT CORNED BEEF)
- PASTA SAUCE (IN A JAR)
- TINNED POTATOES
- MALE DEODORANT
- TINNED CUSTARD
- TOILET ROLL
- MICROWAVE RICE (POUCHES)
- CAT FOOD
- LIQUID HAND SOAP
- LAUNDRY POWDER





Ride + Stride is the single largest source of income for many Historic Churches Trusts enabling them to make Grants to places of Christian worship. Taking place on **Saturday 11th September** the funds raised can be split between the nominated Trust and the participants chosen church or chapel.

St Mary's is supporting this and the Church will be open for visitors on foot or bicycle from 9am to 6pm.

CAN YOU HELP and offer one hour???

We are looking for people to man the door and welcome people to St Mary's – perhaps offer them a cold drink . If you would be happy to spend an hour at the Church please let Polly know and she will add your names to the volunteer list. The slots will be hourly so please ensure you give a time preference.