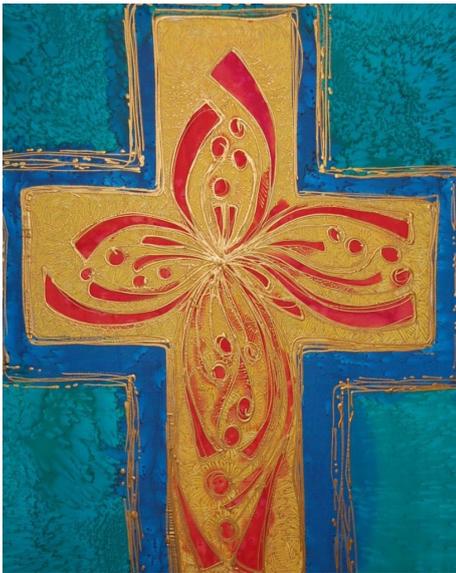


# The Smestow Vale Team Ministry



St Benedict's and the Venerable Bede

Keeping in Touch with our Church Family

Sunday 5th July 2020

Trinity 4

Gracious Father,  
by the obedience of Jesus  
you brought salvation to our wayward world:  
draw us into harmony with your will,  
that we may find all things restored in him,  
our Saviour Jesus Christ. Amen.

## Paul describes his inner conflict as he tries to be the best Christian he can.

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

*Romans 7:15-25a*

## Jesus talks offers his peace to those who are worn down by their burdens.

Jesus said, 'To what will I compare this generation? It is like children sitting in the market-places and calling to one another, "We played the flute for you, and you did not dance; we wailed, and you did not mourn." For John came neither eating nor drinking, and they say, "He has a demon"; the Son of Man came eating and drinking, and they say, "Look, a glutton and a drunkard, a friend of tax-collectors and sinners!" Yet wisdom is vindicated by her deeds. I thank you, Father, Lord of heaven and earth, because you have

hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

*Matthew 11: 16-19, 25 end*

## A Reflection for Trinity 4 from Paul Brown

Accidents happen. An accident happened in one of my churches when I was a curate. Someone, not me just in case you are wondering, broke the oak stave of one of the two churchwardens wands. Our churchwarden was a skilled carpenter and I remember watching him as he took a square piece of oak and a traditional plane, turning the square into an almost perfect circle. Impressive, particularly impressive, because he did it all by eye.

We all know that Jesus' dad was a carpenter, a skill tradesman. A skill acquired through long years of apprenticeship. No power tools to help in those days, experience and a good eye were the keys to success.

So imagine for a moment a farmer coming into Joseph's workshop and asking him to make a

wooden yoke for his oxen. To maximise efficiency, to stop the yoke chafing and rubbing on the animals neck, It would have to be custom made. It is a scenario that Jesus must have seen play out many times as he grew up and as he toiled with Joseph in his workshop

Most farmer knew that if you had a young oxen that was unused to team work you got the best out of them by teaming them up with a more experienced animal. An oxen who could provide direction, leadership, help and training.

That is picture that Jesus uses in this morning's Gospel when he says "Take my yoke upon you, and learn from me, for I am gentle and humble in heart and you will find rest for your souls."

There are times when, like St Paul, in our reading from Romans, we struggle with both temptation and the consequences making bad decisions. There are days when we can feel far more the sinner than a saint. Accepting Jesus 'yoke, isn't about adding to our burdens, it is about drawing from his experience, It's about accepting is leadership. It is about working together as a team and sharing in God's love. Covid 19 has brought us many burdens, may we with Jesus help, work even better together than we did as dawn broke on this New Year.

*Paul*

## **Prayer During the Week.**

### **Sunday**

Pray that this burdened world will know the rest that comes from Jesus Christ. (Matthew 11: 28)

### **Monday**

Pray for endurance to continue to continue with Covid-19 precautions as long as is necessary.

### **Tuesday**

Pray for the churches as they learn how to deal with the changing situation.

### **Wednesday**

Pray for the countries in the world where the pandemic is on the increase.

### **Thursday**

Pray for those visiting foreign countries, that they may do so safely.

### **Friday**

Pray for those who find themselves without employment following the lockdown.

### **Saturday**

Pray for those countries where the health services cannot cope.

## **Please remember those who have asked for our prayers**

Sarah Stephenson, David Kingston, Lisa, Julia McCormick, Morgan, Michael Concannon, Heather Gent, Jean, Margaret Hatton, Margaret Ward, Joy Waistell

## **Those who have died**

George Penk, Thelma Cooper, Barbara Longfellow, Eric Mitchell, Angela Hickman.

## **Sunday Worship**

We had hoped to reopen St Benedict's for services this Sunday. Sadly the guidelines were published too late for us to make the necessary arrangements. It is very important that everyone knows the constraints when we reopen so that we are all kept safe and welcome. More news during the week. There will be a service led by Paul on Facebook and on You Tube this Sunday.

## **Daily Hope**

Offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line.

A Church of England initiative in partnership with CONNECTIONS at Holy Trinity Claygate, and Faith in Later Life, the line – which is available 24 hours a day on 0800 804 8044 – has been set up particularly with those unable to join online church services during the period of restrictions in mind.

## **Music Festival 2020**

It is with a great sense of regret that we have decided to cancel this year's Music Festival. We had hoped that circumstances would change but with all the Government advice, the difficult job of sorting social distancing with risk assessments, the reluctance of potential and time needed to promote the concerts, the decision became inevitable. We are all very disappointed but we will continue to plan and hope to see you all next year.

## **Congratulations**

To Stan and Joy Capewell on their 70th Wedding Anniversary.

## **Standing Orders**

Thank you to all those who are continuing to contribute to our Churches through Standing Orders. It is very much appreciated during this difficult time.

