

# The Smestow Vale Team Ministry

St Benedict's and the Venerable Bede

Keeping in Touch with our Church Family

Sunday 8th August 2021

Trinity 10



Lord of heaven and earth,  
as Jesus taught his disciples to be persistent in prayer,  
give us patience and courage never to lose hope,  
but always to bring our prayers before you:  
through Jesus Christ our Lord. Amen

## A reading from the letter of Paul to the Ephesians

Putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

*Ephesians 4.25 – 5.2*

## Jesus tells the crowd "I am the bread of Life."

Jesus said to the crowd, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.' Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' Jesus answered them, 'Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, "And they shall all be taught by God." Everyone who has heard and

learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.

*John 6:35,41-51*

## A Reflection by William Cole

C.S. Lewis was once asked by an American journalist about how and when he had 'made his decision'. Lewis resolutely refused to answer in those terms. He hadn't 'made a decision'. Rather, God had closed in on him and he couldn't escape, though he badly wanted to at the time. 'I was decided upon' Lewis said, adding 'His compulsion is our liberation.'

'No one can come to me unless drawn by the Father who sent me' says Jesus [vs37]. This is the way God works in sovereign love. He didn't choose the people of Israel as his own people because they were more numerous or godly than others but because of God's free, loving choice and commitment to them. What a wayward and grumbling people they were, yet God was committed to them, drawing them 'with cords of love' as the prophet Hosea put it. Faith, believing in free appeal '**whoever** comes to me will never be hungry and **whoever** believes in me will never thirst'.

We feed on the Bread of heaven when we draw near with faith at Holy Communion, nourished and sustained in eternal life. This eternal life is not merely existence after death.

Rather it is the quality of life, sharing in and with the life of Jesus, on offer *now* to anyone who believes. It's *eternal*, the life of the age to come, continuing beyond death into the promise of resurrection 'on the last day' [vs 44]

*Lord Jesus, draw me with the cords of your Father's love, and give me the living bread from heaven, that I may eat of it and share eternal life.  
Amen*

*William Cole*

### **Prayer During the Week.**

#### **Sunday**

Pray that we may accept life from Jesus, the Living Bread. (John 6:35)

#### **Monday**

As we remember today the life of Mary Sumner, please pray for the Mothers' Union, worldwide.

#### **Tuesday**

Please pray for people subject to modern slavery, even in our own country.

#### **Wednesday**

Please pray for countries subject to fires and floods due to global warming.

#### **Thursday**

Pray for all affected by long-covid and for research into treatment for the condition.

#### **Friday**

Pray for Afghanistan as western forces leave and the Taliban fight to take control.

#### **Saturday**

Pray for long-resident Palestinian families facing eviction in East Jerusalem.

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

Lisa, Joy Waistell, Sarah Aldridge, Heather Gent, Joan, Geoff Truby, Delma Scriven, Maureen Boyce, Olly Cadman, Miriam Hackett and Barrie Taylor

### **Those who have died**

Keith Hughes, Neil Walker and Joan Hawthorn

Please send requests for prayers to the Parish Office.

### **This weeks Services**

Sunday Worship at St Benedict's

8.00am Holy Communion

10.30am Parish Communion

Tuesday 9.30am Holy Communion

Wednesday 12noon Jake and Hannah's wedding

Saturday 2.00pm Cathy and Neil's wedding

At the Ven Bede

9.00am Parish Communion

Tuesday 10.00am Little Fish

Thursday 11.00am Holy Communion

Please remember to book for the Sunday Services each week by contacting Hilary on 01902 892856 or by email [hilmoore@gmail.com](mailto:hilmoore@gmail.com)

There will be no service social media this week as the Rector is on annual leave.

### **First Aid Course**

We are planning to hold a First Aid course one Saturday in September or October at the Guide Hut. Can you please let the Parish Office know if you would be interested in attending.

