

## **St. David's Church Exeter and S. Michael's and All Angels, Mount Dinham, Exeter.**

**Newsletter for Sunday 1 August 2021 – Trinity 9**

Dear Friends,

Welcome to our newsletter.

Following our recent PCC meeting we are keeping all Covid precautions in place for the time being. This will be reviewed by our Standing Committee in the second half of August. The rise in cases and hospitalisations with Covid across the country means that many organisations are having to take responsibility in the absence of legal restrictions. The Bishop of London, who is heading up the church response has said "We all must exercise personal responsibility and carefully manage the risks from Covid-19. As Christians, called to love our neighbour as ourselves, we must also exercise collective responsibility and continue to take appropriate precautions to protect others."

So our existing Covid precautions (outlined below) will continue for the time being – sadly with no congregational singing. Face coverings will not be a legal requirement but continue to be recommended (except for those exempt, of course). In the meantime, thank you for helping to keep everyone as well as we can be during this time of continued uncertainty.

Our services today are:

9.30am Parish Communion (live streamed on St David's Exeter Facebook page) with celebrant, Belinda Speed-Andrews and preacher, Bill Pattinson

11am Mass at St Michael's with celebrant and preacher, Nigel Mason

### **Services in church and online this week**

Thursday 5 August, 10.30 Holy Communion at St David's Church

### **Sunday 8 August – Trinity 10**

9.30am Parish Communion at St David's with celebrant and preacher, David James (there may not be live stream this week- sorry)

11am Mass at St Michael's with celebrant and preacher, Nigel Mason

*4pm Thrive is on a summer break*

### **Covid-19 Safe for Public Worship**

**Please avoid touching door handles – Thank you.**

**Hand sanitizer must be used on entering and leaving church.**

**Please wear a face covering in church unless you are exempt.**

**At St David's we are encouraging people to wear face coverings to come forward to receive Holy Communion and then to consume the host after moving away from the altar rail.**

**At St Michael's the priest will distribute Holy Communion to people in their seats.**

**Seating will be distanced to approximately 2 metres. Please sit on the seats where service books are placed. Seating is also marked by white labels at St Michael's.**

**Services should be 'no longer than necessary'; and there will be no congregational singing indoors.**

**Toilet facilities will be available and please follow the instructions for use.**

**Please avoid mingling inside church before or after services.**

*Please do not attend church if you are feeling ill or are shielding. Although we will do all we can to make the church safe you attend at your own risk.*

### **Congratulations!**

**We would like to offer our warm congratulations to Ruth and David James who are celebrating their Golden Wedding this weekend.**

### **Food for the Vulnerably housed in Exeter**

**Working through St Petrocks we are providing 16 packed suppers each week for people who are in transitional accommodation at the Crescent. Thank you to the small team which has convened to buy and make them. We don't need any additional support at the moment as there is a significant amount in our 'Soup Evening' kitty which can fund this for the time being.**

### **Thursday Vespers from St Michael's**

**Sung Vespers at 6pm in St Michael's and on the Friends of St Michael Page is taking a break for August but will be back in September. Thank you to Richard Parker for leading and streaming this service.**

### **Time for Quiet Reflection**

**Belinda will be leading a time of corporate Silent Reflection on Friday 20 August at 5.30pm in person and on Zoom (no meeting on 6<sup>th</sup>). Please email her for further details and joining link at [bspeedandrews@gmail.com](mailto:bspeedandrews@gmail.com)**

### **Help with Churchwarden tasks**

Often Churchwardens pick up tasks which could be done by others. We have already had some kind offers but there are a number of jobs which we will advertise in the coming weeks.

*Would you be willing to help with one of these, please, even if you can't do every week?*

Opening and closing the church on Sunday (weekly)

Clearing the churchyard on Sunday mornings before the service (equipment provided). Thank you!

### **August Open Church at St David's**

We plan to open St David's Church from 11am -12noon on Saturdays during August. Please have a word with Glynis if you would be willing to help staff one of these occasions so that we can have the church open and perhaps have a small stall, too.

### **Refugee and Migrant Concern**

Several people in our congregations have expressed their concern about how the proposed Nationality and Borders Bill will affect the rights and prospects of those seeking asylum in this country. If you are concerned and would like to learn more about the arguments you could visit the Refugee Council website [refugeecouncil.org.uk](http://refugeecouncil.org.uk)

The humane and fair treatment of those who are 'strangers in the land' is a theme which goes back to Old Testament times and should certainly concern us now as political, economic and climate change pressures add to the reasons for people to move around the world. I have added a prayer below which you might like to use.

### **St David's Women's Group**

We are planning to get together at 2pm on Tuesday 3 August at the Imperial.

If you are not happy to walk into the pub on your own then meet Helena at the St David's Church east-end notice-boards at 1:45 and you can walk over together. Please bring some cash. If you are on the St David's Women's Group email list you will know about this already. If you don't get the Women's Group emails then please let Helena or Mollie know if you would like to be added to that mailing.

### **Men's Breakfast**

We have booked the next Men's Breakfast for Saturday August 21st at 10am at the Farmers' Union. We may have to be on two separate tables depending on numbers on the day.

### **The next 5 years - who are we and where are we going?**

Belinda is leading us in a group study based on the book 'A Future that's bigger than the past' ([https://www.amazon.co.uk/dp/B07YNTLDKB/ref=dp-kindle-redirect?\\_encoding=UTF8&btkr=1](https://www.amazon.co.uk/dp/B07YNTLDKB/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1)) as we think and discern what God is calling us to for the next 5 years.

If you are interested in joining in the conversation please do email her directly at [bspeedandrews@gmail.com](mailto:bspeedandrews@gmail.com)

The dates for the meetings at 7.30pm are: Thursday 26 August, Thursday 23 September and Thursday 14 October, before a parish meeting with Archdeacon Andrew Beane on Saturday October 16<sup>th</sup>. It would be good to have as many people as possible from both churches at that meeting when Andrew will outline possibilities for the future organisation of ministry in Exeter city and listen to our hopes and plans.

### **Heritage Open Days at St Michael's**

We are planning these days for Saturday 11<sup>th</sup> September from 9am until 6pm and Open Church on Sunday 12<sup>th</sup> afternoon with Cream Teas. We plan to run a bookstall at these days so please hold on to your books so that they can be sold in aid of church! We can store them in church if it would help.

### **Parish Magazine – New Leaves**

Please pick up your magazine for July & August. Thank you to our magazine team and distributors!

### **Green Team**

#### **Survey on travel to St David's Church**

St David's Church is seeking to encourage the most sustainable forms of transport where possible. We hope to achieve Eco church status. This survey will help identify better ways of travelling to church. Car parking near the church is already difficult and unlikely to improve, so we need to consider and seek other solutions.

Please help by completing the survey (which takes about one minute) online at: <https://www.surveymonkey.co.uk/r/TJY7SHP>

Paper forms are also available in church. The Survey will run until 15<sup>th</sup> August.  
Best wishes, Clive

The Green Team are planning an event focussed on the environment, with lunch of locally sourced food, for 11<sup>th</sup> September 2021. Please keep the date!

The team would like to invite volunteers to staff stalls at the event especially for 'home and handicrafts' and 'harvest'. Tickets for the local produce lunch will be available in the second half of August. If you have green photos of local wildlife and plants or environmental projects that could be part of display on the day please send them to Neil: [mrpragnell@gmail.com](mailto:mrpragnell@gmail.com)

### **Phone Networks**

Many of you appreciate phone calls from other members of the church community. If would like to be phoned by someone and haven't had any contact, or would just like to talk, please let me know at [nigel.guthrie1@gmail.com](mailto:nigel.guthrie1@gmail.com) or by ringing me on 01392 660226 or Ash on 07855305519. Nigel and Ash are on annual leave this week.

### **St Michael's services and prayers**

If you would like to access the services details and prayer list for St Michael's please contact Oliver Nicholson at [virtualsaintmichaels@gmail.com](mailto:virtualsaintmichaels@gmail.com) and he can add you to their weekly mailing.

### **Your Prayers are asked for...**

Please remember those who have died recently including:

James Tyler, Dorothy Guthrie

In the Parish Cycle of Prayer: Local Police and Police Community Support Officers

Please also pray for:

Those who have been married this weekend including Jack and Emily, and David and Emma.

those held captive in modern forms of slavery in this country and around the world; for our own continued awareness of their plight;

those who have lost homes and loved ones in the floods in Germany and western Europe and in China;

the people of Afghanistan;

the humane and fair treatment of migrants and refugees arriving in this country;

**the Olympic Games, that they will continue peacefully and safely for all involved;  
the worldwide vaccination programme, giving thanks for all those who have  
enabled a rapid roll-out in this country;  
school leavers and those seeking direction and employment at this time;  
those working in care homes, hospitals and hospices - giving thanks for their  
commitment and courage;  
those suffering from Covid around the world; for those anxious about the lifting  
of restrictions and for wisdom for those making arrangements for worship;**

**May God bless you and those you care for,**

**Nigel Guthrie**

### **Prayers and Readings for Trinity 9, 1 August 2021**

#### **Collect**

**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.**

#### **First Reading – Exodus 16: 2-4 & 9-15**

**The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, ‘If only we had died by the hand of the Lord in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.’**

Then the Lord said to Moses, 'I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not.

Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the Lord, for he has heard your complaining." 'And as Aaron spoke to the whole congregation of the Israelites, they looked towards the wilderness, and the glory of the Lord appeared in the cloud. The Lord spoke to Moses and said, 'I have heard the complaining of the Israelites; say to them, "At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God." '

In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread that the Lord has given you to eat.

### **Gospel Reading – John 6: 24-35**

So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' Then they said to him, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat." ' Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always.'

Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

### **Address for 1 August 2021 by Bill Pattinson**

"I am the bread of life" Trinity 9

*"Where to get bread? An ever-pressing question*

That trembles on the lips of anxious mothers,  
Bread for their families, bread for all these others;  
A whole world on the margin of exhaustion.  
And where that hunger has been satisfied  
*Where to get bread?* The question still returns  
In our abundance something starves and yearns  
We crave fulfilment, crave and are denied.”

Malcolm Guite, the poet priest, has been very generous in posting early his sonnet “I am the bread of life”, which is due to appear in his poetry book “Parable and Paradox” to be published next year. This book includes a sequence of all seven “I am” statements in John’s gospel, of which this is the first. He posted it early on his website for all those preaching this Sunday. Thank you, Malcolm.

“Where to get bread” and “What sort of bread to get” are the two important questions posed by this morning’s readings. Anxious mothers are found all over the world seeking food for their children - world poverty is just one of those “ever-pressing questions.” The rise and great use of food banks provides evidence of poverty in our own country. “Where to get bread?” With the “whole world on the margin of exhaustion” due to the pandemic, “where to get bread” has become even more desperate for many. Even those who have bread in abundance, Guite suggests, are hungry, starving and craving for fulfilment, not of their physical needs, but of their spiritual needs.

What sort of bread to get? Well, I like many different breads - perhaps granary is my favourite. What’s yours? The crowd, looking for Jesus in our Gospel Reading, were seeking “free bread”. They had gone out of their way to find Jesus, taking to their boats to get to the other side of Lake Galilee. They’d already had one excellent free meal of bread and fish and were hoping for another, just as their forefathers were fed by manna and quails in the wilderness. I mean who says “No” to a free meal? Jesus rebukes them. “Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you.” Jesus then talks of true bread from Heaven, the bread of God, the bread of life. He was asking them to believe in him as the bread of life. “I am the bread of life. Whoever believes in me will never be hungry and whoever believes in me will never be thirsty.” This is an entirely different sort of bread to which many of Jesus’ followers are seeking. They can no longer trust this wandering prophet. This was a turning point where many of his disciples left him. “Because of this many of his disciples turned back and no longer went about with him,” John reports later in the chapter.

**Who can we trust? What can we trust? Trust appears such a difficult thing to find in a world of so many “ever pressing questions.” Can we trust a government that decreases overseas aid, which appears unsympathetic to refugees and immigrants? Can we trust what we read in our newspapers and on social media? Can we trust world governments to make the necessary reductions in carbon emissions to overcome climate warming? Can we trust for our own safety as we walk our streets at night? Can we trust and find God in these demanding times? We want to know what to do and hope God will make it clearer. There are so many voices to listen to, how do we know which one is God’s? We are surrounded by fake news, scam telephone calls and emails, it’s no wonder our sense of trust and belief in truth has been shaken and undermined.**

**I have found great hope in the recent work and energy of two of our young footballers, Marcus Rashford and Raheem Sterling. They will have influenced so many, especially the young people and are excellent role models - Marcus because of his tireless and remarkably successful campaign for the under privileged in our society and Raheem for his full support to the campaign “Kick it out” and other racial equality organisations. It’s also good to hear that they have both been influenced in what they do by their Christian faith, although you don’t hear a great deal about that in the media.**

**The Israelites in our first reading are on a journey of trust. Through Moses, God has saved them from the slavery in Egypt, now they face starvation. God feeds them with manna, satisfying their physical needs, but can they believe in the spiritual food he provides? Likewise the crowd following Jesus are on a journey of trust. They’ve been fed bread and fish to satisfy the body, can they trust the new manna, the new bread which God has given them through his Son, Jesus, to satisfy their inner being, their spirit, their soul? We are also on a journey of trust. When we take and eat the body of Christ, which Belinda is soon to offer us, do we trust in him to feed us anew with the promise of a precious relationship, with the promise of eternal life?**

**When we believe and trust in Jesus, eating, ingesting and taking him into our lives we change, we live differently, we are transformed. We see ourselves and one another as persons created in the image and likeness of God rather than as obstacles or issues to overcome. We choose the bread of love and forgiveness rather than that of anger or retribution; the bread of intimacy and vulnerability rather than that of superficiality and defensiveness; we eat the bread of God rather than our own bread of selfishness and self-satisfaction.**

**You may know the amazing story of Sara Miles which she tells in her own book “take this bread; A radical conversion”. She started a food pantry in America**

and was to give away tons of fruit, vegetables and cereals. The preface to her book begins:

“One early, cloudy morning when I was forty-six, I walked into a church, ate a piece of bread, took a sip of wine. This was my first communion. It changed everything.”

It’s a good read. Food for the soul.

Where to get bread? What sort of bread to get? Malcolm Guite’s last six lines to his sonnet read”

“And then comes One who speaks into our needs  
Who opens out the secret hopes we cherish  
Whose presence calls our hidden hearts to flourish  
Whose words unfold in us like living seeds  
Come to me, broken, hungry, incomplete,  
I Am the Bread of Life, break Me and eat.”

### **Closing Prayer**

**Holy Father,  
who gathered us here around the table of your Son  
to share this meal with the whole household of God:  
in that new world where you reveal the fullness of your peace,  
gather people of every race and language  
to share in the eternal banquet of Jesus Christ our Lord.**

**Do join us next week for our services in church and online!**