

ST GUTHLAC'S COMMUNITY NEWS



Parish Church of St Guthlac
Knighton, Leicester LE2 3LF

<https://www.stguthlac-knighton.co.uk/>



Sunday 8 August 2021
Tenth Sunday after Trinity

MORNING PRAYER

Sunday 8th August 10:30am

This Sunday Revd Matthew Gough will be leading a service of Morning Prayer.

COVID SAFETY AT SERVICES AT ST GUTHLAC'S

Although the Government has said there will be no restrictions on communal worship after 19th July, the National Church of England has urged a cautious approach. Therefore we are planning to make limited changes only for the next few weeks.

Masks & social distancing

While face masks and social distancing are not mandatory, we recommend that you use them, unless you have an exemption. Hand sanitiser will be available for you to use as you enter and leave the church.

Booking and contact details

You will not need to book a place beforehand. However we need to have details of who attends. In order to minimise touching of the attendance list, we will have an alphabetic register of people who have regularly been coming to church in the last 2 months as we have contact details for these people. It will be easy and quick for the steward to tick these names. People who are not on the list will be asked to give their name and contact details.

Choose where you feel comfortable to sit

The church will be set up with rows at the front of the church and spread out seats at the back. You can choose where you feel most comfortable to sit. You will be offered cards saying

‘Covid Safety, Please do not sit on this chair’. You can put them on your adjoining chair if you wish to guarantee that others will not sit immediately next to you.

Toilets

Toilets will be open. Please use hand sanitiser before and after entering the toilet.



Singing will be allowed. Please use a mask

Singing will be allowed. The Church of England recommend that precautions should be taken to reduce transmission of the virus by using masks and shortening the duration of an activity like singing. Therefore please wear a mask while singing. If you don't have a mask, please don't sing.

For Eucharist services: The sharing of the bread or blessing

- Only the priest will handle the elements and vessels, and then only after sanitising their hands. There will be no assistant. The wafers for the congregation will be covered while the priest consecrates them.
- After the priest takes his/her wine and priest's wafer, he/she will put on a mask and sanitise hands again. Only then will the small individual wafers be uncovered and given to the congregation. **Only wafers will be offered**, not wine. At the distribution, Holy Communion will be administered in silence.
- Please stay in your seats the celebrant will come out to you in turn.

- If you wish to receive the bread, please hold out your hands. The priest will 'drop' the wafer into the outstretched hands, taking care not to touch them.
- There is no obligation to take the bread. If you wish to receive a blessing, please hold up your service booklet. If you prefer to pray quietly and not to receive either please fold your arms.

Food and drink will not be served after the service in order to protect people who might serve and clear up afterwards. This will be reviewed after a few weeks.

Donations

If you wish to leave a donation, please put it in the small box provided.

When we have all gone, the church building will remain unused for at least 48 hours to eliminate any virus. The church and toilet will be cleaned regularly as normal.



If you should feel unwell with any of the symptoms of coronavirus in the two weeks following the service, as well as seeking medical advice, please leave a message with Adrian or Matthew.

Adrian and family are away for a few day holiday this week. Please contact Matthew or others from the Ministry Team for support and information.

Collect & Readings for the Tenth Sunday after Trinity

The Collect

Let your merciful ears, O Lord,
be open to the prayers of your humble servants;
and that they may obtain their petitions
make them to ask such things as shall please you;
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

First reading: 1 Kings 19.4-8

Psalm 34.1-8

Second reading: Ephesians 4.25-5.2

Gospel reading: John 6.35, 41-51

³⁵Jesus 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.'

⁴¹Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' ⁴²They 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"?' ⁴³Jesus answered them, 'Do not complain among yourselves. ⁴⁴No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. ⁴⁵It 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. ⁴⁶Not that anyone has seen the Father

except the one who is from God; he has seen the Father. ⁴⁷Very truly, I tell you, whoever believes has eternal life. ⁴⁸I am the bread of life. ⁴⁹Your ancestors ate the manna in the wilderness, and they died. ⁵⁰This is the bread that comes down from heaven, so that one may eat of it and not die. ⁵¹I 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.'

Reflection for the 10th Sunday after Trinity

Do you remember those toys children have where you slot different shapes into different holes? There's usually a circle, a square, a triangle and a star. Of course, they each only fit in one of the holes, but if you watch a toddler playing with them, they take a long time to understand which shapes fit where, and so can spend a while trying to get the wrong shapes to fit the wrong spaces.

Today's Gospel reading from John 6 reminds us that we are all a bit like this! We all have this God shaped hole within us, and though we might try to fill it with various things, nothing else will totally fit into that gap – only God will.

I imagine if we are truly honest, at various times in our lives, for various reasons, we might find ourselves feeling empty. I do not mean physically empty when we are hungry, but spiritually lacking. We might not even realise it at the time, until we look back later. But, for various reasons, we can find ourselves looking, and wanting, and trying to fill a gap, or void inside us.

And it is easy these days to try to fill this emptiness with all sorts of various things, from food to alcohol, from television to social media, or even filling it with lots of people or just making ourselves continually busy, and everything else in-between.

Some of these things, we might think help, and momentarily they might almost fill something within us. They might stop us thinking about how alone we feel, how confused we are about our lives, or how lost we have become. But none of them truly fills the void permanently.

The good news is that God can fill this spiritual void within our lives. God gives a sense of meaning, which truly satisfies and exactly fits this 'hole.' Whatever else we try will always leave us feeling short. Nothing else will last at giving us a total sense of meaning or filling us completely. And it is this which we are missing if we try to go without God, or we push God to the back of our lives for a while, or if we neglect our faith for a time, or if we just go through the motions of worship without letting faith in God affect our lives.

This is what Jesus is talking about in today's Gospel reading. He doesn't offer people bread to fill their hunger; Instead, He says He is 'the bread of life.' If we go to Him, He will fill us, so we won't be hungry and won't be searching for anything else to fill the spiritual void within us. God offers true sustenance and satisfaction that won't go away or leave us wanting later or longing for something else. God can fulfil our inner hunger, our craving for something meaningful to fill in our lives.

However, sometimes we do not find this an instant effect. This is because it relies on our relationship with God, and like any relationship, that needs to be cultivated. We need to spend time with God, and we need to let what God tells us in prayer, in the Bible, through others, and so on, affect our everyday lives. We can't just come to church, hear that we should be kind, and then go away and be unkind all week and wonder why we feel empty still, as if we do so, we are effectively pushing God away with our actions or words. St Paul has more to say about that in our reading from Ephesians.

So, we need to do something. We need to let God in. If we think back to the child's toy mentioned at the start, some of them have lids to keep the shapes in when the game is not being used. The lid then, a physical barrier, has to be removed before the toys can fit in. And we can be like this with our relationship with God. We can create barriers, not necessarily physical, but emotional or otherwise. For instance, some of the things we listed earlier might be barriers to letting God fully in our lives – alcohol, busyness, money, or indeed anything else, can become such barriers if overused. So, we need to be open and available, ready to listen to God and to act accordingly. To use the analogy in our Gospel reading, we need to pick up the bread of life and eat. We need to be open to God, to letting God into all areas of our lives. And, when we open the door and let God in and work within us, God fills our spiritual needs, so that we are not empty or searching.

So, while the pleasures of this world are only temporary, if we turn to God for nourishment, the hunger of our heart and soul will be truly, eternally satisfied.

Amen

The Lincoln Homilies Project

PRAYERS

Personal

"..it is vast, high and very beautiful. I see the way I live and I do not live up to that ideal. However, the ideal keeps drawing me. It is a lifelong task. So I try every day to become what I have promised to become"

Father Erik Varden, Abbot Mt St. Bernard Abbey, Leicestershire.

Nation and World

We thank God for sport and all those young men and women from all around the globe giving joy, excitement and hope to so many. We pray for their mental health and the burdens of competitiveness both winning and losing. We pray for their families and loved ones as they see their sons, daughters and parents endure. We pray for dignity, integrity, justice and grace as competitors as they prepare to return home facing triumph and defeat. May they know that they are made in God's image and their worth comes from reflecting the glory of God regardless of athletic performance.

Church and Community

We pray for our hospitality and outreach, to see beyond our gathered community to love with grace and openness the kingdom beyond our walls. We pray to join in with the growth of God's kingdom and be prompted by the spirit as faith community to welcome the stranger, clothe the naked and feed the hungry and see true religion in our worship, our prayers and our community life.

Weekly prayer for roads in the parish – **Knighton Road.**

Those facing personal pain we name before our Lord.

And those who have finished their days on this earth. We thank you for their lives and pray for their families and loved ones to be comforted.

For further prayer requests which can be included in the weekly prayer list or anonymized and prayed for in private, please contact Matthew revgough@gmail.com or Jane administrator@stguthlac-knighton.co.uk

Sad news of the death of Anne Squires: Many of you will know that Anne Squires began treatment for cancer some time ago now, and has spent the last few months at home as it became evident that the illness was progressing. Sadly Anne died, at home with husband Phil, last Friday, 23rd July. I'm sure that you'll all join with me in sending her family our love and sincere condolences. Anne will be greatly missed at St Mary's and St Guthlac's as a loyal choir member, leading light of the Mothers Union and a very good friend. Please do pray for Phil, their sons, and the whole extended family at this time of loss. Anne's funeral will take place at St Mary's at noon on Friday 20th August and all are welcome. In the meantime do visit the webpage set up by the family to remember Anne and to forward donations to her chosen charities

<https://annesquires.muchloved.com/>

Adrian

Diocesan Finance Webinar: what every church needs to know to make their 2022 Parish Contribution Commitment.

This zoom webinar is open to anyone with an interest in diocesan finance. It will be particularly useful for PCC members who will be involved with deciding Parish Contribution commitments, and for those holding particular roles on PCCs (treasurers, secretaries, and clergy).

At this session most of the time will be dedicated to:

- Setting out the key messages for Parish Contribution commitments for 2022, and what is expected of churches in making their responses.
- How the 2022 commitments relate to the ongoing Shaped By God Together process.
- An update on the diocesan budget process for 2022.
- Plenty of time for questions and answers.

To book please click the following links:

8 September, 3 - 4pm - [click here](#)

14 September, 7.30 - 8.30pm - [click here](#)

Post Lock down 'Teach in': An Introduction to the Gospels

Revd Canon Dr Stephen Foster will be running a series of three lectures in **August** as an Introduction to the Gospels. Each session will be 50 minutes interaction/teaching, then 40 minutes for further questions. The provisional titles are:

August 5th: *'What do YOU/WE know about the Gospels?'*

August 12th: *'What would YOU/WE call the Gospels?
History?...Story?...Theology?...?'*

August 19th: *WE look at St Mark...the first Gospel to be
written?*

All sessions will be held at 2.30pm in St Guthlac's and then repeated at 7.30pm in St. Mary's. They will take place in church to enable social distancing to take place if preferred.

Everyone is welcome to attend any/all of the sessions for an instructive and enjoyable get together.

Please bring a notebook and your favourite Bible to each lecture. Please bring your own drink to have during the question and answer time. Biscuits will be provided.

PIANIST NEEDED

We are looking for someone new to join the team who play the piano at St. Guthlac's services. It is not difficult, just straight forward hymns and a voluntary piece before and after. I know that some of you play the piano quite well enough to help, Please contact Yolanda.

Thank you.

WORSHIP INFORMATION

BBC Radio 4 Sunday Worship 8.10am

BBC Radio 4 Daily Service each weekday 9.45am on long wave only. Catch up available for both of these on the BBC iPlayer and Sounds apps.

The benefice live stream service can be found on the St. Mary's Facebook page. **A recording** of the service will be available later that day at **www.stmarysknighton.co.uk**.

The Cathedral's live stream service can be found at **<https://leicestercathedral.org/services/>**

There is also a weekly online service from the Church of England. **<https://www.churchofengland.org/prayer-and-worship/church-online/weekly-online-services>**

Online Compline Night Prayer 8pm each Wednesday

All Welcome. Online joining details are:

Join Zoom Meeting

<https://leccofe.zoom.us/j/7467674408?pwd=NHRQZ2F0Mmt5Wk5sd2NMc1JtREpaUT09>

Or Phone In: 0131 460 1196 (standard call charge)

Meeting ID: 746 767 4408 Passcode: hope

St. Guthlac's services, Sunday at 10.30am

8th August -All Age Worship

15th August -Eucharist

22nd August -Morning Prayer

St Guthlac's and the environment - What will the strategy mean for us?

Last time we looked at why as a Christian community we must protect and preserve creation. This section explores what this will mean for the St Guthlac's.

Firstly, we will ensure that care for all of creation will be an integral part of all aspects of our church life including worship, church activities and how we make decisions. It also means that as a church we'll actively support our young people to explore their concerns for and ideas about the environment and climate crisis. This may be through church activities and clubs or in their private capacities.

In addition to looking at our own patch, we'll also continue to strengthen our bonds with the local community so that together we can promote and encourage the conservation of our local environment. We are actively hoping to be able to share ideas and initiatives with the local community so that all in our community feel empowered and encouraged to reduce their footprint on God's creation in whatever way they are able to.

We are conscious that every person has a sphere of influence around them. As part of our plan we would pray that people would feel empowered so that they can engage their friends, families, neighbours or colleagues in the need for each of us to consider how our behaviour impacts the climate and where possible to make changes.

In addition to all this as a church and PCC, we have committed to invest time, talents and financial resources of the church to reduce our footprint on the earth. This may be through direct investments in infrastructure (like bike racks) to supporting organisations that are working to address the impacts of climate change. In the next element we'll look at how we'll do all this.

If you'd like to know more in the meantime please get in touch at Eco@stguthlac-knighton.co.uk.

CONTACT DETAILS

Vicar: Revd. Adrian Jones 0116 2704268
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Associate Priest- St Guthlac's: Revd Canon Dr Stephen Foster
safpta6@gmail.com 07966 376905

Assistant Curate: Revd Matthew Gough
revgough@gmail.com 07754 961997

Revd Aphro McCullough

Revd Janet Gasper

Reader: Fiona Wingate

Churchwardens:

David Hunt
Tina Jarvis

churchwardens@stguthlac-knighton.co.uk

Knighton Benefice Magazine: Nigel Siesage
stmaryknighton.magazine@gmail.com

FOR THE NEWSLETTER Please send material to be included in the next newsletter by **noon Thursday** to administrator@stguthlac-knighton.co.uk

Don't forget to visit the St. Guthlac's Facebook page and website <https://www.stguthlac-knighton.co.uk>

STEWARDS NEEDED FOR SUNDAY SERVICES

Can you help to enable people to spend time in church? We need stewards each Sunday, to welcome and help people take their places in church in a safe and socially distanced way.

We aim to have two stewards each Sunday. It involves arriving before the service to open the church. Then to welcome people; check that they have booked; and to make sure they have masks and sanitise their hands. At the end of the service it is important to help people leave safely (and chat outside). Then lock the church.

Please contact David, if you can help.

CLEANERS NEEDED

As the church is opened up we need help with cleaning. The church, toilet and kitchen area need regular cleaning. We hope to have a rota of cleaners. The more people on the rota the less often each person is needed.

Can you help? Please contact Tina churchwardens@stguthlax-knighton.co.uk if you could help.

PLANNED GIVING SCHEME

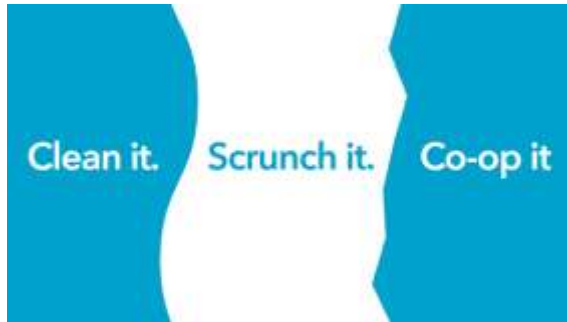
Regular giving is an integral part of our church life supporting our day to day costs, ministry and mission. A good way to achieve this is through a weekly envelope or a monthly bank standing order as part of our Planned Giving Scheme. Scheme details can be obtained from David Hunt. If you are a taxpayer and gift aid your giving, our church can claim an additional 25%.

During the current Coronavirus pandemic please put aside your weekly offerings ready to bring to church when things return to something like normal. The costs of the church are largely unchanged even though we cannot meet, so your regular giving is extremely important to our collective 'health'

Eco-Tip of the week



Great news on 'soft' plastic waste recycling by the Co-op!



It just isn't possible to avoid all plastic packaging, however hard we try. The good news is that the good old Co-op has now introduced a recycling service for almost all kinds of plastic wrappings (not just own brand) which can't be put in your council recycling bin. An initial 1,500 stores are taking part with more to follow later this year.

This includes:

- Fruit and veg nets
- Plastic foil pouches (pet food etc)
- Crisp and snack bags
- Empty dry goods bags (cereal, pasta, ground coffee etc)
- Confectionary and biscuit wrappers
- Film from cheese, meat, pizzas etc

For a full list please see:

<https://www.coop.co.uk/environment/soft-plastics/packaging-list>

The Co-op on London Road will be collecting soft plastic from all manufacturers. You are encouraged to make use of this great scheme and to tell family and friends about it.