

# THE SUNDAY SUPPLEMENT

22<sup>nd</sup> August 2021 – The Twelfth Sunday after Trinity (Proper 16)

## NOTICES

### This Week

**Wednesday 11.30am** – Midweek Communion at Holy Innocents, Broughton Mills, followed by refreshments. Led by Alex this week.

**Thursday 9.00am** – (Anglican) Coffee at Broughton Methodist Church, open to all.

**Thursday 10.00am** – Bible study. All welcome, meeting at Broughton Methodist church. Drivers come from across our two parishes and from further afield, so please ask if you need a lift. Give it a try this week!



Charlotte and Stephen are away. Thank you to the lay team in Broughton and Woodland and to the Revd David Bickersteth covering Kirkby this morning.

Don't forget that there is a fifth Sunday this month, so there will be a service of Evening Prayer at Seathwaite at 6pm on 29<sup>th</sup>. Please put it in your diary.

### Heritage Day at Ulverston Parish Church

*Saturday 18<sup>th</sup> September – 10am to 5pm*

Heritage Open Days is England's largest festival of history and culture, bringing people together across the country to explore their community, heritage and history. For one day only, UPC is offering a chance to immerse ourselves in the year 1866, when the church was last renovated.

There will be interactive displays; a chance to try some virtual bellringing; watch a stonemason at work and try it yourself; assemble stained glass; or try your hand at manuscript illumination and more! Young explorers can follow the children's discovery trail, learn how to tie knots or tackle a variety of craft activities. Don't forget to soak up the atmosphere by taking the opportunity to dress in Victorian costumes to fit all the family!



There will be 30-minute talks by experts in stained glass, church stonemasonry, illuminated lettering, local ships and shipbuilders, and traditional lime mortar.

### Authorised lay ministry training

We are fortunate to have a significant Diocesan programme of training for authorised lay ministry of all kinds. The programme is restarting, post-pandemic, in September, and there are places available. The time commitment is spread over a period and the emphasis is on making the training accessible to people who have many other commitments to manage.

<https://www.godforall.org.uk/god-for-all-team/lay-training/>

### Looking forward - Taizé

We will aim to restart Taizé services in September (Kirkby, 3<sup>rd</sup> Sunday) if the Covid situation makes this an appropriate course.

## READINGS AND PRAYERS

### Collect

Almighty and everlasting God,  
you are always more ready to hear than we to pray  
and to give more than either we desire or deserve:  
pour down upon us the abundance of your mercy,  
forgiving us those things  
of which our conscience is afraid  
and giving us those good things  
which we are not worthy to ask  
but through the merits and mediation  
of 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.

### Joshua 24:1-2a, 14-18

*A reading from the Book of Joshua.*

Then Joshua gathered all the tribes of Israel to Shechem, and summoned the elders, the heads, the judges, and the officers of Israel; and they presented themselves before God. <sup>2</sup>And Joshua said to all the people, 'Thus says the Lord, the God of Israel:'

<sup>14</sup>'Now therefore revere the Lord, and serve him in sincerity and in faithfulness; put away the gods that your ancestors served beyond the River and in Egypt, and serve the Lord. <sup>15</sup>Now if you are unwilling to serve the Lord, choose this day whom you will serve, whether the gods your ancestors served in the region beyond the

River or the gods of the Amorites in whose land you are living; but as for me and my household, we will serve the Lord.'

<sup>16</sup> Then the people answered, 'Far be it from us that we should forsake the Lord to serve other gods; <sup>17</sup> for it is the Lord our God who brought us and our ancestors up from the land of Egypt, out of the house of slavery, and who did those great signs in our sight. He protected us along all the way that we went, and among all the peoples through whom we passed; <sup>18</sup> and the Lord drove out before us all the peoples, the Amorites who lived in the land. Therefore we also will serve the Lord, for he is our God.'

*This is the Word of the Lord. **Thanks be to God.***

### **Psalm 34:15-end**

<sup>15</sup> The eyes of the Lord are on the righteous,  
and his ears are open to their cry.  
<sup>16</sup> The face of the Lord is against evildoers,  
to cut off the remembrance of them from the earth.  
<sup>17</sup> When the righteous cry for help, the Lord hears,  
and rescues them from all their troubles.  
<sup>18</sup> The Lord is near to the broken-hearted,  
and saves the crushed in spirit.  
<sup>19</sup> Many are the afflictions of the righteous,  
but the Lord rescues them from them all.  
<sup>20</sup> He keeps all their bones;  
not one of them will be broken.  
<sup>21</sup> Evil brings death to the wicked,  
and those who hate the righteous  
will be condemned.  
<sup>22</sup> The Lord redeems the life of his servants;  
none of those who take refuge in him  
will be condemned.

### **Ephesians 6:10-20**

*A reading from the letter to the church in Ephesus.*

<sup>10</sup> Finally, be strong in the Lord and in the strength of his power. <sup>11</sup> Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. <sup>12</sup> For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. <sup>13</sup> Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. <sup>14</sup> Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. <sup>15</sup> As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. <sup>16</sup> With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. <sup>17</sup> Take the helmet of salvation, and the sword of the Spirit, which is the word of God.

<sup>18</sup> Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. <sup>19</sup> Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, <sup>20</sup> for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

*This is the Word of the Lord. **Thanks be to God.***

### **John 6:56-69**

*Hear the Gospel of our Lord Jesus Christ, according to St John. **Glory to you, O Lord.***

<sup>56</sup> Those who eat my flesh and drink my blood abide in me, and I in them. <sup>57</sup> Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. <sup>58</sup> This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.' <sup>59</sup> He said these things while he was teaching in the synagogue at Capernaum.

<sup>60</sup> When many of his disciples heard it, they said, 'This teaching is difficult; who can accept it?' <sup>61</sup> But Jesus, being aware that his disciples were complaining about it, said to them, 'Does this offend you? <sup>62</sup> Then what if you were to see the Son of Man ascending to where he was before? <sup>63</sup> It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. <sup>64</sup> But among you there are some who do not believe.' For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. <sup>65</sup> And he said, 'For this reason I have told you that no one can come to me unless it is granted by the Father.'

<sup>66</sup> Because of this many of his disciples turned back and no longer went about with him. <sup>67</sup> So Jesus asked the twelve, 'Do you also wish to go away?' <sup>68</sup> Simon Peter answered him, 'Lord, to whom can we go? You have the words of eternal life. <sup>69</sup> We have come to believe and know that you are the Holy One of God.'

*This is the Gospel of the Lord. **Praise to you O Christ.***

### **Prayer after Communion**

God of all mercy,  
in this eucharist you have set aside our sins  
and given us your healing:  
grant that we who are made whole in Christ  
may bring that healing to this broken world,  
in the name of Jesus Christ our Lord.