

Sunday  
4<sup>th</sup> August 2024  
**10<sup>th</sup> Sunday  
after Trinity**

# Holy Trinity Cuckfield

*You are very welcome to  
our worship!*



## Weekly Reflection...

The crowds around Jesus, like their ancestors in the wilderness before them, like us their descendants after them, are only really interested in what God will do for them. They assume that it is God's job to provide for them, which is why they, and we, so constantly lose faith. Unless God is always doing just what we want, we cannot believe. Despite all the miracles that the crowds have witnessed, they still ask for a sign. In Jesus, they are encountering the presence of God, their creator and redeemer, the source of all meaning and truth. Boring.

## Worship this Sunday...

### 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**

### Post Communion Prayer

God of our pilgrimage, you have willed that the gate of mercy should stand open for those who trust in you: look upon us with your favour that we who follow the path of your will may never wander from the way of life; through Jesus Christ our Lord. **Amen**

**8.00 am**

**Holy Communion**

Reader 1:

Gerry Larnar

Reader 2:

Anthony Vander Willigen

**9.45 am**

**Parish Eucharist (said with hymns)\***

Pr Hymn:

772 Rock of ages, cleft for me

Setting:

Said

Gr Hymn:

455 My God and is thy table spread

Of Hymn:

453 Lord enthroned in heavenly splendour

Cm Hymn:

430 Bread of heaven on thee we feed

456ii Now let us from this table rise

Fn Hymn:

630 Father Lord of all creation

Reader1:

Alan Curren

Reader 2:

Mark Parker

Intercessions:

Mark Parker

\* Also live streamed on zoom - click the blue button on the church homepage.

## First Reading

*Exodus 16.2-4, 9-15*

*Moses and the manna from heaven*

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.

## Second Reading

*Ephesians 4.1-16*

*Gifts of apostles, prophets, evangelists, pastors and teachers to equip the saints*

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, 'When he ascended on high he made captivity itself a captive; he gave gifts to his people.' (When it says, 'He ascended', what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knitted together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

## Gospel

*John 6.24-35*

*After the miraculous feeding, Jesus describes himself as 'the bread of life'*

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.'

## This Week....

NB Services on Sunday Morning & Wednesday morning only during August

7/08 Wed	10.30 am	Holy Communion*	<i>Jeremiah 31.1-7</i> <i>Matthew 15.21-28</i>
10/08 Sat	9.30 pm 2.30 pm	Local Farmers Market Wedding Blessing of Rebecca Hope and David Whoolley	<i>Church</i> <i>Church</i>

## Next Sunday...

**Sunday 11<sup>th</sup> August -  
11<sup>th</sup> Sunday after Trinity**

*Kings 19.4-8*  
*Ephesians 4.25-5.2*  
*John 6.35, 41-51*

<b>8.00 am</b>	<b>Holy Communion</b>	Reader 1:	Charles Solomon
		Reader 2:	Charles Solomon
<b>9.45 am</b>	<b>Parish Eucharist (said with hymns)*</b>		
Pr Hymn:	422 Alleluia sing to Jesus	Reader 1:	TBC
Setting:	Said	Reader 2:	TBC
Gr Hymn:	4 New every morning is the love	Intercessions:	Rev'd Daniel Valentine
Of Hymn:	664 How sweet the name of Jesus		
Cm Hymn:	594 Be still my soul		
Fn Hymn:	453 Lord enthroned		

\* Also live streamed on zoom - click the blue button on the church home page.

## Notices and Parish News...

**Cuckfield Local Market** - Holy Trinity Cuckfield monthly makers and food market on **10<sup>th</sup> August 2024, 9.30-12.30** providing locally sourced, sustainable goods. Support local artisans and embrace environmental stewardship with us. The church will be serving tea, coffee and soft drinks, please let Jane know if you can assist.

**Sunday's Cool Is Back!** - Next dates are **15<sup>th</sup> September** 20<sup>th</sup> October, and 17<sup>th</sup> November. If you can help at any of those sessions, or our child wants to come along, please let Hilary know by emailing [inspirefm@holytrinitycuckfield.org](mailto:inspirefm@holytrinitycuckfield.org). We really want to demonstrate how committed we are to children and young families in this parish.

**Weekly Food Collection** - Please remember to support this if you are able. There are several families at Holy Trinity School in need of help who rely on our weekly delivery

**Children's Birthdays** - We are now marking the birthdays of children who attend Holy Trinity by giving them a candle. If you have a child (under 13) please let Gina know their birthday so that we can make sure that it is marked and that nobody gets missed out.

**Solo's Lunch needs volunteers** - Could you spend some time helping now and again with the Solo's lunch. This lunch takes place from 12.30pm - 2.30pm on the Second Sunday of each month. Providing a two course Sunday lunch to elderly single people. We are looking for volunteers to help with serving and who might like to help with cooking. If you think you might be able to help, please let Gina know in the office and she will put you in touch with the coordinator.

**Stewardship** - Like other churches, we are dependent on the generosity of our local community for our financial support, so we always welcome new donations. Your help will be very much appreciated. Please look at the Giving Page on the Church website, Giving - Holy Trinity Church Cuckfield ([holytrinitycuckfield.org](http://holytrinitycuckfield.org)), to see all the ways available.

**Looking Forward...** We are now thinking about our Autumn worship.... here's what we have in mind...

- On **Sunday, 8<sup>th</sup> September 2024**, our 9:45 am Worship for All Service will be our **Harvest Festival**. This annual church celebration gives thanks to God for the wonder of creation, our place within it, our food, and those whose work and skill bring God's gifts to us. Please bring non-perishable harvest gifts to donate to the local food bank.
- On **Sunday, 6<sup>th</sup> October 2024**, our 11:15 am Family Praise service will be our **Pet Blessing Service** and will take place outside (weather permitting). Join us for our beloved tradition of blessing the animals! Bring your furry, feathered, or scaled friends to receive a special blessing in the tranquil surroundings of our church gardens. This event is open to all creatures great and small, and their human companions. Highlights include a Pet Blessing Ceremony led by Father Daniel, refreshments for both pets and owners, a Pet Parade showcasing our beloved companions, and a Pet Photo Booth to capture the special day. Come celebrate the joy and love our pets bring into our lives and share in this beautiful community event.
- **Sunday 20<sup>th</sup> October 2024** will mark the launch of our Stewardship Week. During this week, we will reflect on and celebrate the gifts we receive and how we can give back to our church and community. Stewardship Week is an opportunity to explore the many ways we can contribute our time, talents, and treasures to support our mission. We plan several events, including a fellowship meal, a volunteer fair, a service of prayer and reflection, and a workshop on financial stewardship, and this all leads up to...
- **Sunday 27<sup>th</sup> October 2024**, which will be "Stewardship Sunday" with a service that celebrates our collective commitment to stewardship. Our 9.45 am service will include an opportunity to pledge your time, talents, and financial support for the coming year. We need volunteers to help organize Stewardship Week. If you can help, please contact our treasurer, Isobel Simmonds, at [treasurer@holytrinitycuckfield.org](mailto:treasurer@holytrinitycuckfield.org). Let us come together to celebrate the blessings we have received and commit to giving back with joy and gratitude.
- On **Sunday 3<sup>rd</sup> November 2024**, at 6:00 pm, there will be an evening of music and readings with an act of remembrance for **Commemorating the Faithful Departed**. We hope our choir will be joined by the New Sussex Singers with accompaniment by a string quartet or small orchestra. We are seeking 8-10 people to sponsor the cost of the musicians for this service by pledging £100.00. If you think you might be able to pledge this or any sum, please let Daniel know so that we can make this a very special service remembering those we have loved but see no longer.
- On **Sunday, 10<sup>th</sup> November 2024**, at 10:30 am there will be a special service at the War Memorial for **Remembrance Day**. We will wear our poppies as we remember those who have lost their lives because of war and observe two minutes of silence at 11:00 am. This will be followed by a Church Parade Service for Remembrance Sunday. We hope that on the same day at 6:00 pm, there will be music, readings, and prayers of remembrance and peace.

## Prayers...

### **Those to be married:**

At Holy Trinity, Cuckfield: 14/09/2024 Hugh Alexander Radajev and Kirsty Elizabeth Brown.

### **Those in immediate need:**

Becky Parker, James Watson, Pam Sagar, Mark Herring and Ralph Colbran,

### **Those in long term need:**

Georgia, Ann Went, Julie Sadler, Wendy Hibling, Eileen Knight, Jim Knight, Liz Graydon, Peter Graydon, Eileen MacDougall, George Snashall, Karen Leese, and Yvonne Godsmark

### **Those in care homes:**

Mary Watts, Ruth Baker, Rosemary Pardey, Janet Card, Keith Card, Tina Owens

### **The recently departed and those who mourn:** Richard Millar Ewing

**Those whose year's mind falls at this time:** 4<sup>th</sup> Michael John Symonds 2010, Marjory Norris 1996, 5<sup>th</sup> John Douglas Lewis 2004, Susan Jane Cooke 2011, 6<sup>th</sup> Marjorie Dewey 1993, Bessie Jean Bliss 2006, 7<sup>th</sup> David Covell 1997, Richard David Swinford Bostock 2007, Reginald Claude Cracknell 2008, 8<sup>th</sup> Frederick Baker 2000, Christopher Cripps 2022, 9<sup>th</sup> Amy Margaret Elizabeth Fielder 2021, 10<sup>th</sup> Guy Nicholson 2001, Aileen Jane Craigen 2010, Linda Duffy 2017, Peter Francis Thorpe 2023.

## Praying through the week...

**Mon Aug 5<sup>th</sup>** - We pray for all on holiday, that they may find rest, renewed energy, delight and fun. Locally we pray for the people of Upton Drive, that they find the welcome and support of a caring neighbourhood.

**Tue Aug 6<sup>th</sup>** - Celebrating with Pride communities around the world, we pray for all who do not feel free to be themselves and to love freely; for all those around the world who suffer under repressive regimes, oppressive laws; for those who suffer through ignorance, prejudice, fear or hatred. We pray for those who continue to challenge prejudice and fight for justice and human rights. Locally we pray particularly for the people of Warden Court, that they may feel the joy of belonging and being valued.

**Wed Aug 7<sup>th</sup>** - We pray for those working to provide hospitality, transport and entertainment for those on holiday. We pray for all involved in maintaining the areas of beauty, sites for walking, cycling, water sports. We pray for those involved in maintaining museums, galleries, structures and gardens for sight-seeing. We pray that they understand how important and well appreciated their work is.

Locally we remember the people of Warden Park School and pray for their safety, health and well-being.

**Thu Aug 8<sup>th</sup>** - We pray for local government and community leaders. Locally we pray for the people of Wheatsheaf Lane, that they may experience the love and kindness of others today.

**Fri Aug 9<sup>th</sup>** - On this International Day for the World's Indigenous peoples we pray for the approximately 200 groups of Indigenous Peoples currently live in voluntary isolation and initial contact. They reside in remote forests rich in natural resources in Bolivia, Brazil, Colombia, Ecuador, India, Indonesia, Papua New Guinea, Peru and Venezuela. They choose to live detached from the rest of the world and their mobility pattern allows them to engage in gathering and hunting, thereby preserving their cultures and languages. We pray for them as they navigate threats and challenges to the environment they depend upon and all seeking to protect the world's natural resources against the greed, blindness and power of multinational companies and governments. Locally, we pray for the people of Whiteman's Close, that they may have peace and joy in their hearts.

**Sat Aug 10<sup>th</sup>** - As we look towards the summer break, we pray for all families going on holiday; we pray for all families and individuals in need of a holiday, who won't manage to get one for a variety of reasons. We pray that they nevertheless manage to get some rest and relaxation. We pray for all those summer clubs, teaching and caring for children during the school break, and for all those parents who will struggle to manage the break. We give thanks for all who live in Whiteman's Green and pray that they may be conscious of the love and beauty around them.

## **Please stay in touch!**

If you would like to know more of what happens at Holy Trinity, please check us out online:

**[www.holytrinitycuckfield.org](http://www.holytrinitycuckfield.org)**

You can also sign up for our weekly email newsletter, using the link at the bottom of the church homepage.

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