

Sunday
18th August 2024
**12th Sunday
after Trinity**

Holy Trinity Cuckfield

*You are very welcome to
our worship!*



Weekly Reflection...

John 6:51–58 is a passage in the New Testament where Jesus speaks about Himself as the “bread of life.” This passage is part of a larger discourse often referred to as the “Bread of Life Discourse,” which begins in John 6:25 and extends to verse 71. This passage is rich and has been the subject of extensive reflection, especially in the context of Eucharistic theology. It underscores the centrality of Jesus’ sacrifice and the necessity of faith in His person and work for eternal life. The imagery of eating and drinking speaks to the deep, participatory nature of faith, suggesting a total acceptance and incorporation of Jesus’ life and death into one’s own being. The passage challenges believers to seek spiritual nourishment from Christ alone, moving beyond mere ritualistic observance to a genuine, transformative relationship with Him. In John 15 Jesus likens us to vines and to thrive we need Jesus’ spiritual nourishment to have eternal life and grow in our faith. When Jesus speaks about eating His flesh and drinking His blood, He is inviting us to take Him into our lives completely, just as the tree absorbs sunlight. By “feeding” on Jesus, we receive the spiritual sustenance we need to live a life that is fruitful and full of purpose.

Worship this Sunday...

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.

Amen

Post Communion Prayer

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.

Amen

8.00 am

Holy Communion

Reader 1:

Graham Johnson

Reader 2:

Graham Johnson

9.45 am

Parish Eucharist (said with hymns)*

Pr Hymn:

1 Awake my soul (Pt 1 & dox)

Setting:

Said

Gr Hymn:

595 Be thou my vision

Of Hymn:

584 All my hope on God is founded

Cm Hymn:

432 Bread of the world

Fn Hymn:

589 Angel voices ever singing

Reader1:

Eileen Caple

Reader 2:

David Read

Intercessions:

Nicholas Rowe

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

First Reading

Wisdom has set her feast: walk in the way of insight

Wisdom has built her house, she has hewn her seven pillars. She has slaughtered her animals, she has mixed her wine, she has also set her table. She has sent out her servant-girls, she calls from the highest places in the town, ‘You that are simple, turn in here!’ To those without sense she says, ‘Come, eat of my bread and drink of the wine I have mixed. Lay aside immaturity, and live, and walk in the way of insight.’

Proverbs 9.1-6

Second Reading

Ephesians 5.15-20

Do not get drunk, but be filled with the Spirit, singing psalms and hymns and spiritual songs

Be careful then how you live, not as unwise people but as wise, making the most of the time, because the days are evil. So do not be foolish, but understand what the will of the Lord is. Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ

Gospel

John 6.51-58

Jesus promises eternal life to those who eat his flesh and drink his blood

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.' The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. 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.'

This Week....

NB Services on Sunday Morning & Wednesday morning only during August

21/08 Wed	10.30 am	Holy Communion* followed by coffee and cake	Ezekiel.34: 1-11 Matthew 20.1-16
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Next Sunday...

**Sunday 25th August -
13th Sunday after Trinity**

Josh.24.1-2a, 14-18
Eph.6. 10-20
John 6.56-69

8.00 am	Holy Communion	Reader 1:	Roger Edmonston
		Reader 2:	Roger Edmonston
9.45 am	Parish Eucharist (said with hymns)*		
Pr Hymn:	291 Christ is made (pt 3 & dox)	Reader 1:	Richard Whidborne
Setting:	Said	Reader 2:	Caroline Ponder
Gr Hymn:	276 Holy, holy, holy	Intercessions:	Anthony Lawrence
Of Hymn:	780 Soldiers of Christ arise		
Cm Hymn:	294 We love the place O God		
Fn Hymn:	663 How shall I sing that majesty		

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

Notices and Parish News...

On **Sunday, 8th 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 Family Support Work.

On **Sunday, 8th September 2024**, our 9:45 am Worship for All Service will be led by our band. It will also be the first service at which you will meet our new Director of Music and Musical Mission, Charles Humphries. Charles will let us have a biography and introduce himself shortly. We very much look forward to welcoming him to the leadership team as he takes the up the musical reins of the parish.

On **Sunday, 6th 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.

Cuckfield Local Market - Holy Trinity Cuckfield monthly makers and food market on 14th September 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 **15th September** 20th October, and 17th 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. 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), to see all the ways available.

Sunday 20th 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 27th 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. Let us come together to celebrate the blessings we have received and commit to giving back with joy and gratitude.

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

- On **Sunday 3rd 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, 10th 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: Freida Noakes

Those whose year's mind falls at this time: 18th Dian Theresa Bryson 2006, 19th Edith Hildegard Herta Burstow 2019, Cyril William Tarry 2020, 20th Leslie King 1993, Lorna Michie 2009, Robert McLachlan Alexander 2010, Rosemary (Rose) Powell 2021, 22nd John McNamara 2000, Dennis Glaister 2001, George Morrison 1999, Dorothy Long 2015, Kenneth Hugh Manvell 2018, 23rd Max Laing 2003, Ann Pritchard Berry 2008, Margaret (Maggy) Williams 2016, 24th Peter Brown 2021

Praying through the week...

Mon Aug 19th –This year, World Humanitarian Day marks the twentieth anniversary of the attack on the UN headquarters in Baghdad, Iraq, and celebrates the unwavering commitment to deliver for the communities the UN serves, no matter who, no matter where and [#NoMatterWhat](#). We give thanks for and pray for all who work to save and protect lives and deliver the basic necessities of life. We pray for those communities they serve and to whom they bring hope. Locally we pray for the people of Ardingly Road and for the ways in which they help to create a community that feels safe, confident and supportive.

Tue Aug 20th -We pray for those whose work is unfulfilling, stressful or fraught with danger. We pray locally for the people of Ashburnham Drive and ask that they may sense the joy and richness of God's creation and have a sense of God in whatever situation they find themselves in.

Wed Aug 21st -International Day of Remembrance of and Tribute to the Victims of Terrorism. Acts of terrorism propagating a wide-range of hateful ideologies continue to injure, harm and kill thousands of innocent people each year. Despite international condemnation of terrorism, victims and survivors of terrorism often struggle to have their voices heard, their needs supported, and their rights upheld. We pray for Victims often feeling forgotten and neglected once the immediate aftermath of a terrorist attack fades. We pray for all involved in providing the long-term multi-dimensional support: physical, psychological, social and financial for victims of terrorism. Locally we pray for the people of Barrowfield, that they may sense the beauty and bounty of God's creation.

Thu Aug 22nd -On this International Day Commemorating the Victims of Acts of Violence based on religion or belief we pray for all across the world who have suffered in this way. Freedom of religion or belief, freedom of opinion and expression, the right to peaceful assembly and the right to freedom of association are interdependent, interrelated and mutually reinforcing. Upholding these rights plays an important role in the fight against all forms of intolerance and of discrimination based on religion or belief. We pray for all involved in strengthening and upholding such rights. We pray that we may continue to grow in our capacity to engage respectfully with people of other views and beliefs. Locally we pray for the people of Bennetts, that they may experience the warmth and security of a welcoming and inclusive neighbourhood

Fri Aug 23rd - On this International Day for the Remembrance of the Slave Trade and its Abolition we pray for a greater recognition of the legacy of the slave trade. We pray for those victims of modern-day slavery and all those exploited by others:

"It is time to abolish human exploitation once and for all, and to recognize the equal and unconditional dignity of each and every individual. Today, let us remember the victims and freedom fighters of the past so that they may inspire future generations to build just societies."

Audrey Azoulay, Director-General of UNESCO.

We pray locally for the people of Bevan Bank, that they may feel the security and dignity of a warm, inclusive community.

Sat Aug 24th - We pray for all those who have taken part in Pride Marches and at Local Pride Events this summer. Locally we thank you for the celebrations of Pride in Brighton and Pride in Crawley which took place recently. We pray for those who find it difficult to open their hearts and minds to the many and diverse groups who suffer through prejudice and discrimination. We pray locally for the people of Bishopstone Lane, that they may feel heard, hopeful and valued.

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

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

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