



THE FRIDAY EMAIL

Friday 27th September 2024

Friday Thought from Di Kitson:

This coming Sunday we are delighted to welcome Bishop Jane of Hertford to conduct our Eucharist. Bishop Jane came two weeks ago to talk about the interregnum, but this week it will be an opportunity to meet the Bishop at our 9.30am Communion. Sadly, she will not be able to join us for lunch at the Hailey Centre, where we celebrate my thirty years as a Lay Minister. We pray for our Bishop's week by week, so it is good to meet them in person on such an occasion. Those who watch our service on live stream will be able follow Bishop Jane taking us through the service.



This Sunday, Bishop Jane had the choice of readings, and we look forward to her preaching on Matthew 9 :1-8. The other option for this week is from St Mark's Gospel, where we meet Jesus giving his Disciples quite a hard time. He is trying to make them understand and accept that God doesn't always limit his spirit to those working in the Church. If you remember, Moses had to remind Joshua that he would be happy for the whole community to be filled with the Spirit of God, when Joshua started complaining about the seventy Elders all prophesying.

It is always a struggle to resist temptation and Jesus here is not pretending that resisting temptation is easy to cope with. Think of Peter on the night Jesus was betrayed, he denied any knowledge of his Saviour, and so he knew from personal experience.

We need volunteers living in this world, this parish, going out and working and spreading peace which only God can give. We can talk of God's love, and talking with them about the freedom of being forgiven, and introducing them to Jesus. Our world at present has so many problems that our prayers and those of others are so important. I ask myself is this an idealistic dream? Can we really make a difference? We can but try. The good news is that in God's power and strength we really can be successful, and people will be saved for the joy of eternal life.

With love,

Di Kitson

➤ READINGS FOR THIS SUNDAY

Numbers 11:4-6, 10-16, 24-29:

The rabble among them had a strong craving; and the Israelites also wept again, and said, 'If only we had meat to eat! We remember the fish we used to eat in Egypt for nothing, the cucumbers, the melons, the leeks, the onions, and the garlic; but now our strength is dried up, and there is nothing at all but this manna to look at.'

Moses heard the people weeping throughout their families, all at the entrances of their tents. Then the Lord became very angry, and Moses was displeased. So Moses said to the Lord, 'Why have you treated your servant so badly? Why have I not found favour in your sight, that you lay the burden of all this people on me? Did I conceive all this people? Did I give birth to them, that you should say to me, "Carry them in your bosom, as a nurse carries a sucking child", to the land that you promised on oath to their ancestors? Where am I to get meat to give to all this people? For they come weeping to me and say, "Give us meat to eat!" I am not able to carry all this people alone, for they are too heavy for me. If this is the way you are going to treat me, put me to death at once—if I have found favour in your sight—and do not let me see my misery.'

So the Lord said to Moses, 'Gather for me seventy of the elders of Israel, whom you know to be the elders of the people and officers over them; bring them to the tent of meeting, and have them take their place there with you.'

So Moses went out and told the people the words of the Lord; and he gathered seventy elders of the people, and placed them all around the tent. Then the Lord came down in the cloud and spoke to him, and took some of the spirit that was on him and put it on the seventy elders; and when the spirit rested upon them, they prophesied. But they did not do so again.

Two men remained in the camp, one named Eldad, and the other named Medad, and the spirit rested on them; they were among those registered, but they had not gone out to the tent, and so they prophesied in the camp. And a young man ran and told Moses, 'Eldad and Medad are prophesying in the camp.' And Joshua son of Nun, the assistant of Moses, one of his chosen men, said, 'My lord Moses, stop them!' But Moses said to him, 'Are you jealous for my sake? Would that all the Lord's people were prophets, and that the Lord would put his spirit on them!'

Psalm 19:7-14:

The law of the Lord is perfect,
reviving the soul;
the decrees of the Lord are sure,
making wise the simple;
the precepts of the Lord are right,
rejoicing the heart;

the commandment of the Lord is clear,
enlightening the eyes;
the fear of the Lord is pure,
enduring for ever;
the ordinances of the Lord are true
and righteous altogether.
More to be desired are they than gold,
even much fine gold;
sweeter also than honey,
and drippings of the honeycomb.

Moreover by them is your servant warned;
in keeping them there is great reward.
But who can detect their errors?
Clear me from hidden faults.
Keep back your servant also from the insolent;
do not let them have dominion over me.
Then I shall be blameless,
and innocent of great transgression.

Let the words of my mouth and the meditation of my heart
be acceptable to you,
O Lord, my rock and my redeemer.

Matthew 9 :1-8:

And after getting into a boat he crossed the water and came to his own town.
Jesus Heals a Paralytic.

And just then some people were carrying a paralysed man lying on a bed. When Jesus saw their faith, he said to the paralytic, 'Take heart, son; your sins are forgiven.' Then some of the scribes said to themselves, 'This man is blaspheming.' But Jesus, perceiving their thoughts, said, 'Why do you think evil in your hearts? For which is easier, to say, "Your sins are forgiven", or to say, "Stand up and walk"? But so that you may know that the Son of Man has authority on earth to forgive sins'—he then said to the paralytic—'Stand up, take your bed and go to your home.' And he stood up and went to his home. When the crowds saw it, they were filled with awe, and they glorified God, who had given such authority to human beings.

Mark 9:38-50:

John said to him, 'Teacher, we saw someone casting out demons in your name, and we tried to stop him, because he was not following us.' But Jesus said, 'Do not stop him; for no one who does a deed of power in my name will be able soon afterwards to speak evil of me. Whoever is not against us is for us. For truly I tell you, whoever gives you a cup of water to drink because you bear the name of Christ will by no means lose the reward.

'If any of you put a stumbling-block before one of these little ones who believe in me, it would be better for you if a great millstone were hung around your neck and you were thrown into the sea. If your hand causes you to stumble, cut it off; it is better for you to enter life maimed than to have two hands and to go to hell, to the unquenchable fire. And if your foot causes you to stumble, cut it off; it is better for you to enter life lame than to have two feet and to be thrown into hell. And if your eye causes you to stumble, tear it out; it is better for you to enter the kingdom of God with one eye than to have two eyes and to be thrown into hell, where their worm never dies, and the fire is never quenched. For everyone will be salted with fire. Salt is good; but if salt has lost its saltiness, how can you season it? Have salt in yourselves, and be at peace with one another.'

The collect for the Eighteenth Sunday after Trinity

Almighty and everlasting God,
increase in us your gift of faith
that, forsaking what lies behind
and reaching out to that which is before,
we may run the way of your commandments
and win the crown of everlasting joy;
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.



➤ Details of Sunday 9.30am Parish Eucharist which is also live-streamed

- ❖ President: Bishop Jane of Hertford
- ❖ Preacher: Bishop Jane of Hertford
- ❖ Reader: Viv O'Leary
- ❖ Intercessions: Julie Patterson
- ❖ Sunday Club: Becky Burton
- ❖ Processional: Come, holy spirit, come (tune: Diademata)
- ❖ Gradual: Father of heaven, whose love profound (tune: Rivaulx)
- ❖ Offertory: I heard the voice of Jesus say (tune: Kingsfold)
- ❖ Communion: Strengthen for service, Lord, the hands (tune: Ach Gott und Herr)
- ❖ Choir Motet: Ave Verum Corpus (music: Mozart)
- ❖ Recessional: Lord for the years your love has kept and guided (tune: Lord of the Years)

INTERCESSIONS FOR THIS WEEK

For the world-wide Church:

- ❖ Bishop Alan - Bishop of St Albans
- ❖ Bishop Jane - Bishop of Hertford
- ❖ The Venerable Janet Mackenzie - Archdeacon of Hertford
- ❖ The Revd Gaz Tracey - Area Dean
- ❖ Archbishop Justin - Archbishop of Canterbury
- ❖ In the Anglican cycle of prayer for the Anglican Church of Pakistan
- ❖ In the Diocesan cycle of prayer for the people and parish of St Mark, Colney Heath, St Albans
- ❖ In our Deanery cycle of prayer for the parish and people of Hockerill
- ❖ For those being martyred or persecuted for their Christian faith



(<https://releaseinternational.org/>)

For our world:

- ❖ For the victims of Israel and Gaza during the current Israel-Palestinian conflict.
- ❖ For the people of Ukraine, be they in their homeland or refugees in Europe.
- ❖ For just and peaceful governance throughout the world, not least in Russia, Ukraine, Israel, Palestine, Sudan, Somalia, China, Haiti, Lebanon, Afghanistan, Nigeria, Yemen, Iran, Pakistan, Myanmar, North Korea, and the DRC.
- ❖ For those suffering from the effects of climate change or natural disaster.
- ❖ For those working to reduce the effects of climate change.
- ❖ For those working to relieve suffering throughout the world.
- ❖ For emergency and keyworkers, scientists and leaders, medical and care workers, and, in this country, particularly for the NHS and social services.
- ❖ For those being unjustly held captive or being persecuted
- ❖ For those who have been abused in body, mind, or spirit.
- ❖ For those who are victims of modern-day slavery and human trafficking.
- ❖ For those who are victims of famine or poverty, praying for the work of the *Shiksha Rath* educational project in New Delhi which we support.
- ❖ For those struggling with addiction.
- ❖ For those who are homeless, and for the work of the *Holy Trinity Night Shelter* in Bishop's Stortford which we support.
- ❖ For those involved in the migrant and refugee situation.
- ❖ For the work of organisations which are working to bring an end to poverty.



For our town:

- ❖ For the staff and patients of our Central Surgery, the Princess Alexandra, Rivers, and Herts & Essex hospitals, for our care homes, social services, voluntary care sector.
- ❖ For Sawbridgeworth Town Council and for East Herts District Council and our councillors.
- ❖ For local businesses in these uncertain times.
- ❖ For our emergency services.
- ❖ For groups and organisations, including The Hailey Centre and library.
- ❖ For our youth organisations and uniformed brigades.
- ❖ For the pupils, teachers, staff, governors, and parents associated with our local schools, including our church school in Spellbrook, as they prepare for the new school year
- ❖ For those feeling isolated and lonely; particularly those living alone.
- ❖ For those who are concerned about making ends meet, and for organisations such as Harlow Foodbank and the evangelical church's pop-up store seeking to bring aid.

For the people of:

Sunday:	White Post Field, Highgate Grove & Nursery Field
Monday:	Three Mile Pond, Parsonage Lane & Tednambury
Tuesday:	Reedings Way, Kecksy's & Queens Close
Wednesday:	Leat Close, Mill Lane & Burtons Mill
Thursday:	London Road, Farriers, Kingshead Court & The Smithy
Friday:	Willow Court, Maylins Drive, The Drive & The Maples
Saturday:	Springhall Road & Willow Mead

For the sick, tired, and bereaved, including:

Sue Adams, Angela Alder, Pam Brown, Jeanette Dedman, Rachael Dineen, Jimmy Galvin, John Ireland, Sue Kosin, Douglas Rose.

For our dearly departed ones, remembered at their year's mind:

- ❖ Jeanette Bradley RIP (30th Sept)

*God of mission,
who alone brings growth to your Church,
send your Holy Spirit
to give vision to our planning,
wisdom to our actions,
joy to our worship, and power to our witness.
Help our church to grow in numbers,
in spiritual commitment to you,
and in service to our local community,
through Jesus Christ our Lord.
Amen.*

NOTICES

➤ **Services and events in church this week:**

- ❖ **Sun 29th September** **9.30am** **Parish Eucharist (CW)**
Eighteenth after Trinity **Celebrating Di Kitson's 30 Years as Lay Minister**
Followed by lunch at the Hailey Centre

- ❖ Wed 2nd October NO SERVICE

- ❖ **Sun 6th October** **9.30am** **Parish Eucharist (CW)**
Harvest Service *Followed by refreshments in Church House*

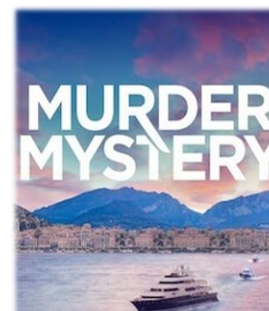
- ❖ Monday 7th October 2.15pm Spellbrook School Harvest Service

- ❖ Wed 9th October NO SERVICE

➤ **Murder Mystery Evening - Saturday 12th October**

This autumn we're going to have a bit of fun with a murder mystery evening in Church House entitled *'The Jewel of the Ocean'*, performed by *Quintessence* - an amateur dramatics group from Hunsdon. The cost of the evening will be £15 which will include a welcome drink and Ploughman's Supper. Embarkation at 7pm. Whether you choose to come dressed for a cruise on the high seas or not is optional!

Only 1 ticket available!



➤ **Harvest Festival Service – next Sunday, 6th October**



A week this Sunday we'll be giving thanks to God for his creation and his abundant provision. However, as we know all too well from the news, resources aren't shared equally around our world. So there's the need for charity.

We'll therefore be collecting in church next Sunday for two charities.

We'll firstly be grateful if you could bring a donation for Harlow Foodbank. This will be added to donations from Spellbrook school, who will be bringing their donations to church at their own harvest service the day after ours.



Due to the ongoing increased demand, the Foodbank would be very pleased to receive, in particular:

- Long life Fruit Juice (carton)
- Long life milk (carton)
- Solid meat (corned beef, ham)
- Sponge pudding
- Instant mash
- Tinned tomatoes
- Tinned rice pudding
- Squash
- Sugar (500g)

Secondly, if you would like to give a cash or contactless electronic donation, either instead or as well as your donation to the foodbank, we will be having a retiring collection in aid of the Bishop of St Albans' 2024 Harvest Appeal which this year is supporting The Leprosy Mission with their important project in Sri Lanka.

[Bishop of St Albans Harvest Appeal 2024 - The Diocese of St Albans \(stalbandsdiocese.org\)](https://stalbandsdiocese.org)



By giving to this year's Harvest Appeal, you can help provide families affected by leprosy with the means to support themselves. The funds raised will be used to purchase coconut trees, plants, seeds, and tools for home gardens, as well as to support the community meals that offer both sustenance and encouragement.



Any contributions you make to either Harlow Foodbank or the Bishop of St Albans' Harvest Appeal will be greatly appreciated and will make a life-changing difference to so many families. We may not be able to change the whole world for the better but we can at least effect change for a part of it.

➤ Save the Date



Festival of Light

Saturday 30th November

Christmas Tree Festival

Saturday 7th & 8th December



➤ News from our associated CoE School in Spellbrook

Mr Fisher – our Headteacher – writes:



Today, the children in Emerald (Y3 & Y4) and Diamond (Y5 & Y6) classes had a fantastic opportunity to try something a little different. Terry Price from Scooter Academy came to give the children a chance to learn some stunts and skills. He amazed the children in an outside assembly where he performed a number of skills including a back flip and talked to them about 'Practice makes Progress' and the importance of showing determination and resilience. He then took groups of 15 at a time to have a go on the scooters.



The children were taken through a range of activities to develop their balance and confidence. They then started some tricks such as one hand off, touching their foot, jumping and landing back on the scooter and crouching or even sitting as they scooted along. The children were encouraged to keep trying so they would make progress.



There was some great resilience shown when children did fall off, as they got up (maybe needing a plaster) then quickly joined in again so they didn't miss out. The children got stuck in and they all made great progress. They obviously had a lot of fun at the same time. I would not be surprised to hear of children asking their parents to get a stunt scooter and to look out for local clubs.



Wishing you all a lovely weekend,

Mr Fisher

Thank you for your ongoing support of Great St Mary's

Content for the Newsletter

If you have a notice for the Friday Email, please contact Angela Kenny in the Parish Office by Wednesday lunchtime.

➤ Contact us

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Facebook:

www.facebook.com and search for 'Great St Mary's, Sawbridgeworth'

YouTube:

www.youtube.com and search for 'Great St Mary's, Sawbridgeworth'



Great St Mary's
Sawbridgeworth

Passion for Christ - Compassion for all

*Mustard Seed -
our monthly
short, informal
service
with crafts and
activities*



*Followed by a
party tea for
children
and hot
refreshments for
grown-ups.*

**Why not join us at 4pm
on the following
third Sundays of the month?**

2024

20th October

17th November

15th December

