

THE PARISH OF GREAT YARMOUTH

GREAT YARMOUTH MINSTER, ST PAUL'S, ST MARY'S

SUNDAY 2nd August 2020 8th Sunday after Trinity

During Sunday in August there will be Services as follows:

Facebook at 10am and 11am in the Minster.

Parish Office:

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8th Sunday after Trinity

August is a month which always feels different. Even if you don't have much to do with children, the school holidays seem to change the general mood. It's a putting down of all the busyness to do with school; de-grotting stinky PE kits, putting away lunch boxes, having a break from the school run. A time to take a breath and a break from the routine. Offices may be quieter as people take leave, shops may be busier as families are out and about during the day, and there is a sense of energy as visitors come to enjoy all that our town has to offer.

This year the summer holidays feel a bit different, instead of dropping a routine, doing less, it feels like we are picking up things again, working back towards a new normal. It is still important to make space for a break, to remember that lockdown hasn't been a long holiday. I had a week away (all the way away to Acle!), and came back feeling very refreshed. I hadn't quite realised how exhausted I was.

It's important to remember that it will have taken more effort to just live our normal lives, as we also carry the anxiety and uncertainty of pandemic life - even if we aren't aware of it. There has been so much for our brains and bodies to process, and we need to remember the value of holidays, of Sabbath, of taking time out. Time to reconnect with ourselves, with God, with our support network. To stop and step off the treadmill of busyness.

Helen Lynch

Reflective Healing Service - Tuesday at 7pm. A time for quiet reflection and prayer for ourselves and the world.

To phone in, ring 0203 481 5240, When asked for the Meeting ID, enter 841 9142 9076 then the # button.

Skip the next code it asks for by just pressing #

Then when it asks for the password enter 540860 and then #

To join online, go to Zoom and join meeting

<https://us02web.zoom.us/j/84191429076?pwd=L3BiNHhHUjRNRTR4czNab21lZFFUT09>

The password is Minster.

NOTICES

Masks in Church: We encourage the wearing of masks if you're joining in the Minster this week. From 8th August wearing masks in places of worship will be mandatory in line with government guidance.

Donations for Pathway during the lockdown we are providing packed lunches instead of cooked meals. We are looking for donations of 'extras' like crisps, cake bars, biscuits etc, which are individually wrapped. If you would like to donate we will have a collection table in the Minster during opening times.

Pathway Volunteers - if anyone is interested in volunteering at Pathway, please contact Fr Simon.

Minster Open daily from 10am-12noon for private prayer. Please follow distancing guidelines. There will be a Eucharist service every Sunday at 11am, until further notice. The online service will still be available at 10am. If you wish to volunteer to help keep the Minster open, contact the Parish Office.

Online: If you're online you can find the "Parish of Great Yarmouth" on YouTube. We'll also do live streaming on our Facebook page: www.facebook.com/GtYarMinster. You don't have to be signed up to Facebook to view these.

Regular Giving with no weekly collection plate our income is much decreased. If you wish to set up a regular payment or make a one-off gift, account name The Parochial Church Council of the Ecclesiastical Parish of Great Yarmouth, sort code 20-99-21 and account number 60425850. Thank you.

Parish Magazine: The August magazine is out now, if you have any articles for the magazine please contact Pat Stringer, email: pat.stringer1@sky.com

Weekly Bulletin: This bulletin is emailed every Saturday. Contact Parish Office to be added to our circulation.

Parish Chat - every Wednesday 7-8pm for a chatty zoom - no agenda, just a chance for a catch up.

- To phone in, ring [0203 481 5240](tel:02034815240)
- When asked for the Meeting ID, enter 812 4549 6516 then the # button
- Skip the next code it asks for by just pressing #
- Then when it asks for the password enter 566513 and then #
- To join online, go to Zoom:
<https://us02web.zoom.us/j/81245496516?pwd=d1FzU3Y3b0J6TnJtN2pPc2pHQjJZz09>
- Meeting ID: 812 4549 6516 Password: Minster

Give Mother Helen a call on [07902 447821](tel:07902447821) if you're having trouble getting in.

PARISH PRAYER LIST If anyone wants someone prayed for, ask any of the Ministry Team or the parish office. Pray for those who are sick or in need, all who are suffering in body, mind, or spirit or in need of God's loving care: David, Sheila, Brenda, Onyinye, Stephen. Remember before God the recently departed: Jean Cliff, Michael Wheeler, Wendy Woithe. Pray for those working in the tourist industry. Pray for the work of the Pathway Cafe & Support Centre. Pray for "Filling the Gap" and all projects supporting families through the summer.

Sunday

2 August 2020

Eighth Sunday after Trinity

COLLECT

Almighty Lord and everlasting God, we beseech you to direct, sanctify and govern both our hearts and bodies in the ways of your laws and the works of your commandments; that through your most mighty protection, both here and ever, we may be preserved in body and soul; through our Lord and Saviour Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

FIRST READING Isaiah 55:1-5

A reading from the book of the prophet Isaiah.

The LORD says this: Everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labour for that which does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food. Incline your ear, and come to me; listen, so that you may live. I will make with you an everlasting covenant, my steadfast, sure love for David. See, I made him a witness to the peoples, a leader and commander for the peoples. See, you shall call nations that you do not know, and nations that do not know you shall run to you, because of the LORD your God, the Holy One of Israel, for he has glorified you.

PSALM

Psalm 145:8-9. 15-22

[or 145:15-end]

R *Great is the Lord and highly to be praised.*

The Lord is gracious and merciful, long-suffering and of great goodness. The Lord is loving to everyone and his mercy is over all his creatures. **R**

[The Lord upholds all those who fall and lifts up all those who are bowed down.

The eyes of all wait upon you, O Lord, and you give them their food in due season. **R**

You open wide your hand and fill all things living with plenty. The Lord is righteous in all his ways and loving in all his works. The Lord is near to those who call upon him, to all who call upon him faithfully. **R**

He fulfils the desire of those who fear him; he hears their cry and saves them. The Lord watches over those who love him, but all the wicked shall he destroy. My mouth shall speak the praise of the Lord, and let all flesh bless his holy name for ever and ever.] **R**

SECOND READING

Romans 9:1-5

A reading from the letter of Paul to the Romans.

I am speaking the truth in Christ. I am not lying; my conscience confirms it by the Holy Spirit. I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed for ever. Amen.

GOSPEL Matthew 14:13-21

Hear the gospel of our Lord Jesus Christ according to Matthew.

When Jesus heard that Herod had beheaded John the Baptist, he

withdrew in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, "This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves." Jesus said to them, "They need not go away; you give them something to eat." They replied, "We have nothing here but five loaves and two fish." And he said, "Bring them here to me." Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

POST COMMUNION

Strengthen for service, Lord, the hands that have taken holy things; may the ears which have heard your word be deaf to clamour and dispute; may the tongues which have sung your praise be free from deceit; may the eyes which have seen the tokens of your love shine with the light of hope; and may the bodies which have been fed with your body be refreshed with the fullness of your life; glory to you for ever.

