

**Sunday 11<sup>th</sup> August 2024:** Nineteenth Sunday in Ordinary Time

*For use by the Central Norfolk Circuit at 10.30 am or some other suitable time.*



**StF 102 H&P 333 'For the beauty of the earth'** by Folliot Pierpoint (1835 – 1917)

### Opening Prayer

Think of the past week and say both 'thank you' and 'sorry' to our loving God.

**Psalm set for today:** Psalm 130

### To think about

Think about the word 'iniquities' (or whatever word is used in your translation for the 'sins' of verse 3 of this 'penitential' psalm. What does the word and its consequences mean to you?

**StF 565 MP 914 'Only be grace can we enter'** by Gerrit Gustafson

**Gospel Reading set for today:** John 6 v 35, 41 – 51

### Message from a Circuit Friend

Have you ever stood outside a bakery where bread is actually baked? The smell is gorgeous and appetising, much more attractive than standing by a supermarket shelf. Perhaps some other countries have something to teach us here! Jesus probably had this in mind (not the supermarket bit) when he described himself as the Bread of Life. Bread is essential to life. Producing it involves a lot of hard work from sowing the seed, gathering in the crop, threshing and then milling the grain, preparing the dough (including allowing time for it to rise), and finally baking the loaves. Even then it is best eaten promptly. Providing this most basic of foods requires a great deal of planning, effort, coping with issues outside our control (e.g. a poor growing season).

Jesus' hearers would see immediately the significance of what he was saying – namely that he is essential to a full life, as bread is to a full diet. It didn't go down very well with the people of his day who saw it as a challenge to their way of life rather than a fulfilment of it. What's changed? If we go to a large bakery today we are confronted with a very wide range of different bread products – white, brown, 50/50, granary in various formats etc., and that's before we start thinking of gluten free. When I was a small boy (when bread, like everything else, was rationed) the choice was simpler – large, small or, for those then considered slightly odd, brown. (I'm even old enough to remember when sliced bread first appeared!) This perhaps highlights a problem we have today. It's all very well proclaiming Jesus as the Bread of Life but which variety do we choose? The growth of online offerings following Covid has exacerbated this situation. The evangelist, Canon J. John describes it as Buffet Christianity. Buffets are fine and can be great fun, but choose wisely. Let us not just look at Jesus but take action.

**Tony Hey (Local Preacher and member of Holt Methodist Church)**

**StF 252 H&P 137 'Jesus the Lord said, 'I am the bread'** by Anon; transl by Dermott Monahan

### Prayers of Intercession

We pray for our world... for the church... for our communities... for our families & friends...

**Offer to God your offertory for the week, and say the Lord's Prayer...**

**StF 365 H&P 258 'Jesu, the joy of loving hearts'** by Ray Palmer (1808 – 1887)

**May the blessing of God: Father, Son and Holy Spirit be with us, and all those we love, this day and always, Amen.**

**District News:** The new Chair of the East Anglia District, Rev Helen Hollands, is being welcomed at a special service at Chapelfield Road Methodist Church in Norwich on 25<sup>th</sup> August at 3.30 pm. All are welcome to attend. The Welcome Service for our new Superintendent, Rev Derek Grimshaw, is on 1<sup>st</sup> September at Trinity Methodist Church, Dereham at 6 pm.