

Rector Revd. Sarah Walsh - 676921

The Clergy Team

Revd. John Adlam - 741999

Revd. Paul Schwier - 676240

Revd. Norman Steer - 854245

Mrs Mags Adlam (Reader) - 741999

Mrs Gale Hodgkinson (Reader) - 740042

(All codes 01379)

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Sunday Pewsliip

*Dickleburgh, Pulham Market, Pulham
St Mary, Rushall, Starston & Thelveton*

8th August Trinity 10: Proper 14 (Green);

Out of the depths I cry to you, Lord;

Lord, hear my voice.

Psalm 130 v 1&2

Prayers for the Week

Sunday

Pray for this Diocese of Norwich and archdeacons Steven Betts, Karen Hutchenson, and Ian Bentley. Pray for the villages and Church communities within our Benefice for the Rector, ministry team and wardens.

Monday

Pray for families, that they may be a loving and supportive place in which children are nurtured, and the aged respected. Remember particularly those for whom 'home' is not a safe place.

Tuesday

Pray for all those who are ill, or in hospital, for the staff who care for them, and the people who visit and support them.

Wednesday

Pray for the Mothers' Union, and the work its members do to support families, both here and abroad.

Thursday

Give thanks for those who work to provide us with our daily needs, and pray for those who are without work, or a means to support themselves.

Friday

Pray for all who have recently been bereaved and who are learning to live without the support and love of their loved ones. Give thanks for those who help them and support them in their grief.

Saturday

Give thanks to God for our family and friends, those that we see day by day, and those who are far away that we can only see occasionally.

Dickleburgh Church and Church Rooms

Cleaner needed.

Please ring Sylvia on 01379 643010 for details.

Summer Charity Walk

Sunday 5th September

2.00pm to 5.00pm.

Join us for a walk from Rushall church
Maps will be provided with various lengths of walk

Adults £5, children under 16 are free, well-behaved dogs are very welcome.

Proceeds towards essential repairs to the church

Please bring chairs/blankets and your own picnic to enjoy at the church.

We look forward to your support.

Please contact :-

Pat 01379 642559 (gpleigh@btinternet.com)

or Linda 01379 423104 (indyjperkins@gmail.com)

Services This week

Sunday 8th August

0930 Morning Worship - Dickleburgh

0930 Matins - Pulham St Mary

1000 All Age Worship - Pulham Market ZOOM ONLY

Meeting ID 823 7516 1581 **Password** 371832

1100 Holy Communion - Rushall

1100 BCP Matins - Starston

1100 BCP Matins - Thelveton

Monday 9th August

2000 Compline - **Zoom Only** Ask Norman for details

Tuesday 10th August

1400 Guided Meditation

Meeting ID: 901 745 1483 **Passcode:** 7HWk4r

1930 Pulham Market - Prayers

Contact Jaap Biersteker (01379 608539) for details

Wednesday 11th August

0900 Morning Prayer at Thelveton

Friday 13th August

2000 Compline - **Zoom Only** Ask see Norman for details

Outside Songs of Praise Service

August 22nd at 16:30

at Pulham St Mary Church

*Make a joyful noise to the LORD,
all the earth,*

*Worship the LORD with gladness:
Come into his presence with singing
(Psalm 100:1,2)*

Please join us to sing well known hymns and choruses. To book a place or to let us know your favourite hymn please contact:
Sarah, the Rector on 01379 676921
or Rosetta on 01379 676549

You are invited to a Cream Tea

On Tuesday August 10th from 2.30pm

At South House, Station Road, Pulham Market IP21 4TE

Bring and Buy stall and costume jewellery for sale

Money raised will go to

Mothers' Union Summer of Hope Appeal

It would be lovely to see you.

8th August Trinity 10: Proper 14 (Green);

Out of the depths I cry to you, Lord; Lord, hear my voice.
Psalm 130 v 1&2

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**

or
Lord of heaven and earth, as Jesus taught his disciples to be persistent in prayer, give us patience and courage never to lose hope, but always to bring our prayers before you; through Jesus Christ our Lord. **Amen**

Post Communion

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**

Blessing

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen**

2 Samuel 18.5-9, 15, 31-33 5

The king commanded Joab, Abishai and Ittai, 'Be gentle with the young man Absalom for my sake.' And all the troops heard the king giving orders concerning Absalom to each of the commanders. David's army marched out of the city to fight Israel, and the battle took place in the forest of Ephraim. There Israel's troops were routed by David's men, and the casualties that day were great twenty thousand men. The battle spread out over the whole countryside and the forest swallowed up more men that day than the sword. Now Absalom happened to meet David's men. He was riding his mule, and as the mule went under the thick branches of a large oak, Absalom's hair got caught in the tree. He was left hanging in mid-air, while the mule he was riding kept on going and ten of Joab's armour-bearers surrounded Absalom, struck him and killed him. Then the Cushite arrived and said, 'My lord the king, hear the good news! The Lord has vindicated you today by delivering you from the hand of all who rose up against you.' The king asked the Cushite, 'Is the young man Absalom safe?' The Cushite replied, 'May the enemies of my lord the king and all who rise up to harm you be like that young man.' The king was shaken. He went up to the room over the gateway and wept. As he went, he said: 'O my son Absalom! My son, my son Absalom! If only I had died instead of you - O Absalom, my son, my son!'

This is the word of the Lord.

Thanks be to God

Ephesians 4.25-5.2 25

So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear and do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

This is the word of the Lord.

Thanks be to God

Psalm 130

1 Out of the depths I cry to you, Lord; 2 Lord, hear my voice. Let your ears be attentive to my cry for mercy. 3 If you, Lord, kept a record of sins, Lord, who could stand? 4 But with you there is forgiveness, so that we can, with reverence, serve you. 5 I wait for the Lord, my whole being waits, and in his word I put my hope. 6 I wait for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning. 7 Israel, put your hope in the Lord, for with the Lord is unfailing love and with him is full redemption. 8 He himself will redeem Israel from all their sins.

Hear the Gospel of our Lord Jesus Christ according to John

Glory to you, O Lord

John 6.35, 41-51 35

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. Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven?"' Jesus answered them, 'Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, "And they shall all be taught by God." Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. 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.'

This is the Gospel of the Lord

Praise to you, O Christ

Thought for the Week

The terminus

Is not where we stay;

It is the beginning of a new journey.

It is where we reach out beyond,

Where we experience new adventures.

It is where we get off

To enter new territory,

To explore new horizons,

To extend our whole being.

It is a place touching the future.

It opens up new vistas.

It is a gateway to eternity.

from Celtic Prayers by David Adam

Services for Sunday 15th August

- Pulham Market 9.30am Holy Communion
- Pulham St Mary 9.30am Holy Communion
- Starston 11am BCP Communion
- Dickleburgh 6pm Choral Evensong
- 7pm Celebration - Zoom only