

SUNDAY 2nd August 2020 – 8th Sunday after Trinity

PRAYER FOR THE DAY (The 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. Amen.

FIRST READING: Romans 9.1-5

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

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.

INTERCESSION

Grant to your people good Lord, the spirit of unity, that they may dwell together in your love, and so bear to the world the ointment of your healing and the dew of your blessing.

We pray for the mission and unity of the Anglican Church throughout the World. In our Diocese we pray for the renewal of the Church in Suffolk as we continue to support our congregations and protect one another.

In our life at the Tower, we pray for our families during the Summer Holidays: remembering families for whom family life is difficult. We pray for those who will be travelling, that everyone will be alert and safety conscious. That we can enjoy the countryside and the coast.

We pray for our future ability to maintain our Choral Tradition: and to serve people in the Town Centre around us. We give thanks for the support shown for our Emergency financial Appeal, for the generosity of all who give to St Mary-le-Tower. We pray for the staff of our church at an unsettling time.

We pray for the many Charities, upon whom so many people depend, who themselves are in difficulty at this time.

In the World we remember those who live in fear of conflict, persecution and poverty. For the work of the World Health Organisation, for Aid agencies and the United Nations; and for International solidarity and

peace. We pray for our Government, and the work of its Ministers and its advisers.

We pray for those who as a result of the Covid-19 epidemic have been made redundant and have lost their livelihoods and the means to support their families. May they be comforted in their loss and be able to find alternative fulfilment and new employment.

We pray for those we know who are sick or otherwise distressed including Angela Pantelis, Freyer, Andrew Hastings and John Wheeler. We continue to pray for Derek le May, Andy Courage, Tony Brook-Carr, Grace Chandler, Ian Miller, Joyce Courage and John Bradberry.

We pray rest in peace and rise in glory for those who have recently died, among them Christine Redford, and we pray for all who mourn. We give thanks for the lives of those whose remembrance falls at this time of year, among them Beatrice Jones, John Ogdon, and David Thomas Parker.

NOTICES

10.30am Parish Eucharists have resumed. Please note that everyone is required by the Government to wear a face covering in church. We are pleased to support this in making the church as safe a place as we can for worship.

There will be one service per Sunday at 10.30am and services will still be live streamed for those unable to attend or who feel it remains better for them to stay at home.

We are continuing the practice of Spiritual Communion at least for now, where only the celebrant receives on behalf of the whole Body of Christ. There are a number of reasons for this. The main reason is in order to make the service in church as safe as possible and this is achieved partly by having the minimum of movement around the church. It also means that it is the same for people participating in church or at home on line. This policy will be kept under review.

Those who are attending the service in Church are asked to download the service at home and to follow it on their phone or tablet or print out their own copy. There will be some printed copies available in church for those who prefer not to do this, but it would be good to save printing and paper as much as possible.

CAN YOU HELP to staff the church for opening for private prayer? We are looking to put teams of welcomers together for this. If you would like to help make our church available for private prayer, please get in touch with the Vicar.

SERVICES WILL CONTINUE TO BE STREAMED LIVE

You do not need your own social media account, and you do not need to watch at the time of live streaming. Just go to the St Mary-le-Tower website and click on "LIVE" after the **Streamed Services** title, and this will take you to the St Mary-le-Tower Facebook Live page. Then click on the service when it appears about five minutes before the time, and you will be logged on.

To Access the Service when it is no longer being streamed live, click on "RECENT" after the **Streamed Services** title, and this will take you directly to the video.

Orders of service will continue to be available in advance to be viewed either on screen or printed off. Just click on the version you want.

SMLT WEBSITE SURVEY

Please let us know what you think!

The new Social Media team at SMLT are keen to have your opinions on our website, to help inform updates and proposed improvements. To that end we have designed a

very brief survey and would be really grateful if you could find a minute or two to complete it. It is just five short questions. To access the survey, click this link: www.surveymonkey.co.uk/r/G6C8RQ6 or hover your smartphone camera over the QR code below.



PLEASE LET ONE OF THE MINISTRY TEAM (Vicar, Elders, Churchwarden) know of any pastoral needs amongst the SMLT Community, so that we can respond, especially news of anyone suffering from the Coronavirus, but also other illness, or death, or just loneliness.

PLEASE PASS THIS ENEWS on to anyone you think would appreciate it. However, if you are going to put it through someone's door, please handle the paper with thoroughly washed hands and put it in an envelope before delivering it.

CURRENT PARISH CONTACTS

Please refer to the **Parish Website** for latest updates and downloads www.stmaryletower.org.uk

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FINANCE UPDATES

EMERGENCY APPEAL The PCC has launched an emergency appeal to sustain our church over the coming winter following all the disruptions of the Covid-19 pandemic crisis. Letters have been delivered to all regular members of the St Mary-le-Tower Church Community, and over the coming weeks we will be reaching out further to other contacts. You can download the appeal documents from our website.

THANK YOU SO MUCH for the response that has already been made to this appeal. We have already received over £37,000 towards the initial target of £50,000. This is really fantastic progress!

THIS IS NO TIME TO RELAX. No one should be in any doubt that our church faces a very significant challenge to sustain St Mary-le-Tower into the future. A good start has been made. Thanks be to God! But let's keep it up.

CUTTING STAFFING COSTS. At the same as launching this appeal we have been seeking to cut operating costs in a meaningful way. This has forced the PCC to the sad conclusion that we had to make two posts redundant: the Parish Administrator and the Church Cleaner.

These redundancy processes are now complete and sadly Donna Joyce and Irina Alekhina have now left the employ of St Mary-le-Tower. We can report that these partings have both been amicable, as both people care about our church and understand the challenges.

So we hold both Irina and Donna and their families in our prayers and in due course we shall be thanking them for all their work for St Mary-le-Tower in our usual way. There are no further staffing cuts currently being planned by the PCC.

WAYS OF GIVING TO SMLT. Because of the Covid-19 restrictions, there will continue to be no plate collections in church. Donations can be made in the following ways:

- Via the Donations Cabinet in church
- Via the Contactless Terminal in church
- Via the Donation Button on our website
- Via regular giving by Standing Order
- Via BACS to 30-94-55, 00059383
PCC St Mary le Tower Ipswich

[The donations bank account is separate from the PCC's operational account and is seen only by the Churchwarden, Donations Officer and Bookkeeper.]