



The Parish of Thorpe St Andrew

Weekly Newsletter with Service Sheet 25 October – The Last Sunday after Trinity



More than one thing at a time...?

We are always told that women are better than men at ‘multi-tasking’. Since the work of a parish priest is so varied I might occasionally have cause to dispute that, but can attest to the fact that, as our brothers and sisters across the pond might say, it’s hard to ‘walk and chew gum at the same time’! In our Gospel reading on the last Sunday after Trinity Jesus advocates doing just that. There was much discussion amongst those for whom it mattered at that time as to which law was the priority from the more than 600 in the Scriptures. Jesus confounds them (again) by choosing two – love God and love your neighbour. He is saying that if we get these two right the rest will take care of

themselves. For Jesus, the two are complementary and inseparable. It is not possible to love God and not love our neighbour and vice versa. God is visible for us through our neighbours in the widest sense of the word. It might be easy to contemplate love for those close to us, but what about the stranger and the outcast, for in loving them we love God? We must remember that the instruction is to love our neighbours as ourselves. When the Dalai Lama was asked to comment on this instruction, he commented, “Poor neighbour!” We often forget that this modifying phrase in Jesus’ instruction, as we pour out ourselves for others but do not have care and respect for ourselves. It’s not about blowing our own trumpets but about being gentle and merciful to ourselves, since we can only love our neighbours if we love ourselves, as much as God loves us.

God bless you all, **Fr James**

THE PARISH EUCHARIST

The Last Sunday after Trinity

Organ Music

Welcome *Words of welcome to the congregation and those watching online.*

The Greeting

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

The Lord be with you **and also with you.**

Prayer of Preparation

All say **Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.**

Prayers of Penitence

Jesus says, 'Repent, for the kingdom of heaven is close at hand.' So let us turn away from sin and turn to the Lord, confessing our sins in penitence and faith.

All say **Almighty God, our heavenly Father, we have sinned against you and against our neighbour in thought and word and deed, through negligence, through weakness, through our own deliberate fault. We are truly sorry and repent of all our sins. For the sake of your Son Jesus Christ, who died for us, forgive us all that is past and grant that we may serve you in newness of life to the glory of your name. Amen.**

Almighty God, who forgives all who truly repent, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in life eternal; through Jesus Christ our Lord. **Amen.**

Gloria in excelsis

All say **Glory to God in the highest, and peace to his people on earth. Lord God, heavenly King, almighty God and Father, we worship you, we give you thanks, we praise you for your glory. Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God, you take away the sin of the world: have mercy on us; you are seated at the right hand of the Father: receive our prayer. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.**

The Collect

Blessed Lord, who caused all holy Scriptures to be written for our learning: help us so to hear them, to read, mark, learn and inwardly digest them that, through patience, and the comfort of your holy word, we may embrace and for ever hold fast the hope of everlasting life, which you have given us in our Saviour Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

Reading I Thessalonians 2:1-8

You yourselves know, brothers and sisters, that our coming to you was not in vain, but though we had already suffered and been shamefully mistreated at Philippi, as you know, we had courage in our God to declare to you the gospel of God in spite of great opposition. For our appeal does not spring from deceit or impure motives or trickery, but just as we have been approved by God to be entrusted with the message of the gospel, even so we speak, not to please mortals, but to please God who tests our hearts. As you know and as God is our witness, we never came with words of flattery or with a pretext for greed; nor did we seek praise from mortals, whether from you or from others, though we might have made demands as apostles of Christ. But we were gentle among you, like a nurse tenderly caring for her own children. So deeply do we care for you that we are determined to share with you not only the gospel of God but also our own selves, because you have become very dear to us.

Gospel Reading Matthew 22:34-46

Alleluia, alleluia, alleluia. The word of the Lord endures for ever. The word of the Lord is the good news announced to you. **Alleluia, alleluia, alleluia.** Hear the Gospel of our Lord Jesus Christ according to Matthew. **Glory to you, O Lord.**

When the Pharisees heard that Jesus had silenced the Sadducees, they gathered together, and one of them, a lawyer, asked him a question to test him. "Teacher, which commandment in the law is the greatest?" He said to him, "'You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.' This is the greatest and first commandment. And a second is like it: 'You shall love your neighbour as yourself.' On these two commandments hang all the law and the prophets." Now while the Pharisees were gathered together, Jesus asked them this question: "What do you think of the Messiah? Whose son is he?" They said to him, "The son of David." He said to them, "How is it then that David by the Spirit calls him Lord, saying, 'The Lord said to my Lord, "Sit at my right hand, until I put your enemies under your feet"'? If David thus calls him Lord, how can he be his son?" No one was able to give him an answer, nor from that day did anyone dare to ask him any more questions. This is the gospel of the Lord. **Praise to you, O Christ.**

Sermon

The Creed

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made. For us and for our salvation he came down from heaven, was incarnate from the Holy Spirit and the Virgin Mary and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshipped and glorified, who has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

Prayers of Intercession

The response to the bidding Lord in your mercy **hear our prayer.**

The Peace

We are fellow citizens with the saints and of the household of God, through Christ our Lord, who came and preached peace to those who were far off and those who were near. **And also with you.**

Let us offer one another a sign of peace.

The Preparation of the Table

The table is prepared, and bread and wine are placed upon it. Organ Music is played.

Blessed are you, Lord God of all creation: through your goodness we have this bread to set before you, which earth has given and human hands have made. It will become for us the bread of life. **Blessed be God for ever.**

Blessed are you, Lord God of all creation: through your goodness we have this wine to set before you, fruit of the vine and work of human hands. It will become for us the cup of salvation. **Blessed be God for ever.**

The Eucharistic Prayer

The Lord be with you. **And also with you.**

Lift up your hearts. **We lift them to the Lord.**

Let us give thanks to the Lord our God. **It is right to give thanks and praise.**

Father, you made the world and love your creation. You gave your Son Jesus Christ to be our Saviour. His dying and rising have set us free from sin and death. And now we give you thanks because you are the source of light and life; you made us in your image and called us to new life in him. And so we gladly thank you, with saints and angels praising you, and saying:

Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

We praise and bless you, loving Father, through Jesus Christ, our Lord; and as we obey his command, send your Holy Spirit, that broken bread and wine outpoured may be for us the body and blood of your dear Son. On the night before he died he had supper with his friends and, taking bread, he praised you. He broke the bread, gave it to them and said: Take, eat; this is my body which is given for you; do this in remembrance of me. When supper was ended he took the cup of wine. Again he praised you, gave it to them and said: Drink this, all of you; this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Do this, as often as you drink it, in remembrance of me. So, Father, we remember all that Jesus did, in him we plead with confidence his sacrifice made once for all upon the cross. Bringing before you the bread of life and cup of salvation, we proclaim his death and resurrection until he comes in glory.

Great is the mystery of faith:

Christ has died: Christ is risen: Christ will come again.

Lord of all life, help us to work together for that day when your kingdom comes and justice and mercy will be seen in all the earth. Look with favour on your people, gather us in your loving arms and bring us with the Blessed Virgin Mary, St Andrew and all the saints to feast at your table in heaven. Through Christ, and with Christ, and in Christ, in the unity of the Holy Spirit, all honour and glory are yours, O loving Father, for ever and ever. **Amen.**

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen.

The Breaking of the Bread *The minister breaks the consecrated bread.*

We break this bread to share in the body of Christ. **Though we are many, we are one body, because we all share in one bread.**

Agnus Dei *The Agnus Dei is sung as the bread is broken.*

Lamb of God, you take away the sin of the world, have mercy on us.

Lamb of God, you take away the sin of the world, have mercy on us.

Lamb of God, you take away the sin of the world, grant us peace.

The Giving of Communion

God's holy gifts for God's holy people. **Jesus Christ is holy, Jesus Christ is Lord, to the glory of God the Father.**

The bread is distributed. Organ music is played.

Prayer after Communion

God of all grace, your Son Jesus Christ fed the hungry with the bread of his life and the word of his kingdom: renew your people with your heavenly grace, and in all our weakness sustain us by your true and living bread; who is alive and reigns, now and for ever. **Amen.**

Almighty God, we thank you for feeding us with the body and blood of your Son Jesus Christ. Through him we offer you our souls and bodies to be a living sacrifice. Send us out in the power of your Spirit to live and work to your praise and glory. Amen.

Notices *The notices and announcements are given.*

The Blessing *The Rector gives the final blessing.*

You are called and loved by God the Father and kept safe by Jesus Christ. Mercy, peace and love be yours in abundance, and the blessing of the Almighty God, the Father, the Son and the Holy Spirit be with you and all those whom you love this day and for evermore. **Amen.**

Go in peace to love and serve the Lord. **In the name of Christ. Amen.**

Organ Voluntary

PRAYER INTENTIONS

THE CHURCH

Our Ministry Team James Stewart, Taylor Wilton-Morgan, Nicole King and our celebration of Café Church today **Our Bishops** Graham, Alan and Jonathan **Our Archdeacons** Steven Betts, Karen Hutchinson, Ian Bentley, and spouses, partners and families of clergy across our Diocese **Ecumenical Religious Society of Friends: Area Representative, David Saunders** **Anglican Communion** The Church in Wales, Archbishop John Davies.

THE WORLD

All those affected by the Covid-19 pandemic all key workers in NHS and all fields of frontline, particularly all who work in our food shops and restaurants, including Sainsbury's, Coop, Londis, Fish's, Thorpe Convenience Store, Thorpe Family Butchers and our post offices at Thunder Lane (Mr Gurney) and Yarmouth Road (Mr and Mrs Dhalla); The Cottage, Oaklands (including Blofield Farm Shop), Rushcutters, The Town House, Harleys and Nanny's Cakes.

THE COMMUNITY

Streets of the Parish Common Lane, Commonwealth Way, Cornet Close
Civic Leaders Members of Thorpe St Andrew Town Council, particularly Mayor, John Fisher and Deputy Mayor, Sue Lawn; Members of Broadland District Council for this parish – Jonathan Emsell, John Fisher, Sue Lawn, Ian Mackie, Trudy Mancini-Boyle and Nigel Shaw; County Councillors – John Fisher and Ian Mackie; MP – Chloe Smith; our twin town of St Andrews, New Brunswick, Canada and Mayor, Doug Naish and Deputy Mayor, Brad Henderson.

THOSE IN NEED OF OUR PRAYER including Brian Riseborough, Paul Carter, Mark Little, Monique Rowland, Jennifer Jones, Janet Fancy, Colin Hicks, Alan Harrison, Jill Hall, Grace Howes, Peter and Gaynor Garrood, Rita Ward, Joy and Andy McCall, Jean High, Jean Mayhew, Brother Gabriel, Craig Fransham, Bill Stibbe, Gerald White, Anthony Travis, Paul Rayner

THE DEPARTED

The recently departed Ela Beer (28th Oct), Alison Gibson (29th Oct), Doreen Thompson (3rd Nov), Doris Kemp (5th Nov)

Those whose anniversary of death occurs at this time Betty and John Lee, and all those for whom we will pray at our Annual Memorial Service next week.

OTHER NOTICES AND ANNOUNCEMENTS

HARVEST FESTIVAL Thank you to all who came (**well over 60**) to the Harvest Festival last Sunday and for the nearly **800 views** on Facebook. Thank you all for your lovely gifts of food and money for the foodbank. There was a good pile of food to take and we raised **£255.50 for the Norwich Foodbank**, from our two Harvest services. **Well done!**

JAMS/CHUTNEYS A big thank you to Sue Short for her stall. It went very well and Sue was pleased with the results. We are very grateful to Sue for the donation she has made towards Church funds. Thank you!

CAFÉ CHURCH Whilst there is only one main priest in the Parish able to celebrate the Eucharist, we need to stop the clash of times, which has existed for a number of years, between the main Parish Eucharist and Café Church. In the months to come (**25 October; 22 November; 24 January; 28 February**), Café Church will take place at **11.00am**, as it does today!

PLANNING SERVICES UNTIL END OF DECEMBER 2020 We do not really know how things will be in a few weeks' time, but the Ministry Team (who put on services) have discussed a number of options and settled on what is set out on **the last page of these notices as a Diary**. It could change. We have learned from this crisis that plans can be quickly put to one side. We will launch our other Christmas dates next week. The diary here only gives Sundays. We hope that this is something which can be worked with.

ELA BEER RIP Some of you will have by now have heard the news of the death of Ela (Elaine), last Sunday at the age of **89**. She was a member of the PCC and an enthusiastic distributor of Parish Life, among many other things. Please do keep her family in your prayers. There are 10/15 spaces for church friends for her funeral on Wed 28 October at 2.00pm. Please contact Rhinedd Toms (01603 432945), who is coordinating a list, if you would wish to attend.

THORPE COMMUNITY CHURCHYARD PROJECT – YARMOUTH ROAD. If you can support this project, which is a joint project between ourselves and others in the community then please do go along **between 8.45am and 12 noon**. These are the dates to end of the year: **31 October, 14 November, 5 December**

PARISH CHURCH GARDENING Thank you to the team of people who came yesterday and raked up leaves and planted bulbs. We are hugely appreciative of all that is done for us. We'll check the long term weather forecasts and announce a date shortly.

CHILDREN'S SOCIETY *From Linda Olney* The Children's Society has asked that I should now collect and empty their charity boxes. This has been delayed but they would be very grateful for these much needed donations. I am happy to collect from the Parish church, or alternatively please contact me on 01603 434986. Many thanks.

PARKING AT THE BUCK I am delighted to advise that after consultation with the owners of the Buck they have agreed to turn off the parking meter/camera **EACH SUNDAY from 8.00am to 11.30am**. This has been achieved through patience and prayer. If you would like to display a notice saying you are parking for church – these are available in the vestry.

100 CLUB The 2020-2021 season runs October to September. Forms are available. Please can you support this if you are able. You can hold up to three numbers. You can obtain a form by contacting Linda 01603 434986 or Ann 01603 436619 **RESULTS – OCTOBER DRAW** First Prize (£25): Fr James; Second Prize (£15) Rhinedd Toms.

BIBLE STUDY, AUTUMN 2020 – ON ZOOM: ‘When in Romans...’ This continues on **Thursday 5 November at 7pm**. We are reading and reflecting upon Romans, the book we have been hearing alongside the Gospel in Church these past few months. All are very welcome, whether you have read Romans before, or never even opened its pages. Sessions will be discursive and relaxed. Please e-mail Fr Taylor (fr.taylor@outlook.com) so you can be added to the Zoom invitation. Assistance can be given for those new to Zoom!

ANNUAL MEMORIAL SERVICE FOR THOSE WHO HAVE BEEN BEREAVED – 1 NOVEMBER 2020 at 3.00pm After much discussion this will still take place in person this year, if restrictions by then still allow. We will be inviting loved ones of those who have died on a RSVP basis. Would members of the congregation **please indicate on the sign up sheet** at church or by contacting the Rector, if they wish to attend.

REMEMBRANCE SUNDAY The public part of our Remembrance commemorations for Thorpe St Andrew will take place at **our service** at 9.30am. It will be streamed live, as always, on Facebook. **Please indicate on the sign up sheet that you would like to come.**

VOLUNTEERS The Churchwardens are preparing rotas for people to welcome us on a Sunday morning, cleaning and anything else you would like to volunteer with. Please do speak to Alison or Tim. They would love to hear from you. If you haven't volunteered before now is the time!!

PASTORAL CARE THROUGH THE PANDEMIC Many have said that this is a 'marathon and not a sprint' and as the months go on and the restrictions are more again this seems real. If you need anything (and I mean anything: shopping, telephone calls, medication, whatever it is) please do say. If you know of people in our community who need something – then let us know about them too. Our details appear elsewhere in this newsletter.

THANK YOU, THANK YOU, THANK YOU! Many have already been very generous. Here is a reminder of some of the ways you can still help:

- We now have a contactless (and push button) card reader.
- You can post a cheque to the Rectory, to be passed on to Treasury Team.
- We can arrange to call and collect anything you are able to give.
- You can contact Sally and obtain details to go over to standing orders or indeed make individual online payments. For security reasons our bank details here can be obtained from Sally on treasurerts@gmail.com

Any additional amounts are very gratefully received. Whilst we have done all we can to cut costs our income is down considerably, but the shortfall may be as much as £20,000, if not more. If you are not registered for Gift Aid, and you are a UK taxpayer, please consider this as it means we can re-claim additional funds from the Government at no extra cost to you.

GIVE AS YOU SHOP Please help boost our Parish funds by shopping online via Amazon Smile and The Giving Machine. It's so easy to do, secure and doesn't cost you a penny as the donation is made by Amazon or The Giving Machine (who have over 2000 retailers to choose from including John Lewis/Waitrose, Sainsbury's, Booking.com/Expedia, M&S). You receive exactly the same goods/service with relevant guarantees and our Parish benefits from your purchase. Sign up today at <https://smile.amazon.co.uk> or <https://www.thegivingmachine.co.uk> Our charity name (as it appears) is The Parochial Church Council of The Ecclesiastical Parish of Thorpe St Andrew.

NHS COVID-19 APP If you have a smartphone please do download the app. The QR codes for our three buildings are displayed at the St Andrew's Centre, the Good Shepherd and Parish Church respectively. Please do make sure as you leave that you check out of the venue too.

GUIDELINES FOR US TO FOLLOW WHILE AT CHURCH

Following the Prime Minister's address to the nation on Tuesday it is essential we realise how serious the situation now is in relation to infection of the virus. The R rate is now at 1.2-1.4. Please can we follow these guidelines.

- Please **use hand sanitisers** on entering and leaving the church.
- Please **wear a face covering at all times in church**, other than to receive the host. Please do make sure it covers your nose and mouth.
- **Please take this weekly notice and service sheet away with you.**
- **Alternate pews are being used** and within the pews please ensure we remember to sit **2 metres away from others (1 metre plus with face mask)**, unless from the same household or 'support bubble', in which case you may sit together. We are asking that the main aisle is used first and we will only open up the side aisle if capacity requires it. This is to lessen the amount of cleaning required after a service.
- **We will not shake hands in the peace.** Ensuring social distance we can place our hands together in prayer form (or Namaste form) – to offer peace.
- **Please can you place your much needed offerings and collection on the brass plate, as you come in.** Collection bowls will not be passed around during the service. Those who count the collection will use gloves.
- At the Parish Church, when you come up for communion we will not be using the rails. **Please form a queue, ensuring 2 metres distance in order to receive the bread (host).** Please fully extend your arms fully to ensure social distance. The celebrant alone will receive the wine on behalf of us all. Please return to your seats using the one-way system. The side aisle will be invited up first. The celebrant and deacon will use hand sanitiser before distribution and communicants will receive the host in their hand. For those requiring a blessing, hands will not be laid directly on the head.
- We will keep a list of those attending in order to comply with Government guidance which includes a request for names of attendees to be recorded and kept for 21 days in order to assist 'track and trace' if required.

FOR FURTHER INFORMATION

Please contact our Rector,

The Revd James Stewart (Fr James)

Tel: 01603 439160 or email him at rector@thorpeparishchurch.org

DIARY FOR NOVEMBER/DECEMBER 2020

Sunday 1 November		All Saints' Day <i>Gold</i>
9.30am	Festal Eucharist	Parish Church
11.15am	Festal Eucharist	Good Shepherd
3.00pm	Annual Memorial Service	Parish Church
Sunday 8 November		Remembrance Sunday <i>Red</i>
8.00am	Eucharist	Good Shepherd
9.30am	Remembrance Service with Eucharist	Parish Church
Sunday 15 November		The Second Sunday before Advent <i>Red</i>
9.30am	Parish Eucharist	Parish Church
11.15am	Eucharist	Good Shepherd
Sunday 22 November		Christ the King <i>Gold</i>
9.30am	Festal Eucharist	Parish Church
11.00am	Café Church	St Andrew's Centre
Sunday 29 November		Advent Sunday <i>Purple</i>
9.30am	Eucharist with Blessing of Advent Wreath	Parish Church
11.15am	Eucharist with Blessing of Advent Wreath	Good Shepherd
6.30pm	Service of Readings and Music for Advent	Parish Church
Sunday 6 December		Advent 2 <i>Purple</i>
9.30am	Eucharist	Parish Church
4.00pm	Christingle Service	Parish Church
Sunday 13 December		Advent 3 (Gaudete Sunday) <i>Rose</i>
8.00am	Eucharist	Good Shepherd
9.30am	Eucharist	Parish Church
2.30pm	Carol Service	Good Shepherd
Thursday 17 December		
6.30pm	Community Carol Service	Parish Church
20 December		Advent 4 <i>Purple</i>
9.30am	Eucharist	Parish Church
11.15am	Eucharist	Good Shepherd
6.30pm	Community Carol Service	Parish Church
24 December		Christmas Eve <i>Gold</i>
2.30/4.00pm	Crib Services	Parish Church
8.00pm	Christmas Communion	Good Shepherd
11.30pm	Midnight Mass	Parish Church
25 December		Christmas Day <i>Gold</i>
10.30am	Family Eucharist with Carols	Parish Church
27 December		Christmas I <i>Gold</i>
10.30am	Parish Eucharist	Parish Church