Contacts:

Priest in Charge: Rev. Paul Frostick **☎**014 218126 / 07713 243427

email: paul.frostick@sky.com

Churchwardens: Hooe: Jack Rist \$\mathbb{2}892576\$ Janet Pattisson \$\mathbb{2}845087\$

Ninfield: Catriona Owen 225421 after 4.00p.m.

PRAYERS & INTENTIONS

Pray daily for peace and all those who suffer from illness especially Linda Bligh, Cass Chapman and Nick Crawshaw.

RIP: Malcolm Ballard

This week we pray for all the residents of Coombe Lane, Ninfield, Mill Lane, Hooe and the Hooe Village Allotments.

In the CTiB cycle of prayer we pray for St Oswald's, Hooe and Paul Frostick.

The ashes of Donald Paine are being interred after the service.

	PRAYER	Alcuin of York
Any items for		
the	Grant me grace, Lord, to be strong	
Weekly Sheet	and wise in all things.	
to	Give me a generous love.	
Nicki Murphy		the spirit of intelligence
at	and wisdom.	
nickimurphy3@	Let me alwa	ys be mindful of others.
sky.com		d eternal Light,
by	enlighten me	O ,
Wednesday	J	

Amen

6p.m. please.



THE PARISHES OF St OSWALD'S HOOE

and

St. MARY'S NINFIELD

WEEKLY SHEET ~ 18th August 2024

www.ninfield.org.uk

A warm welcome to everyone, especially any visitors.

If you are new to our Churches please introduce yourselves to the sides people on duty. If you need help in any way during your time in church please talk to one of the sides people.

Please note that both churches are installed with hearing loops to help those who wear a hearing aid with the T setting.

SERVICES NEXT WEEK St. Mary's NO SERVICE St. Oswald's Sunday 11.00a.m. ~ Parish Eucharist



Wisdom 'calls from the highest places in town'. (Proverbs 9:3b)

TODAY'S READINGS 12th Sunday after Trinity

Collect

Almighty and everlasting God, you are always more ready to hear than we to pray and to give more than either we desire or deserve: pour down upon us the abundance of your mercy, forgiving us those things of which our conscience is afraid and giving us those good things which we are not worthy to ask but through the merits and mediation of 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.

First Reading ~ 1 Kings 2.10-12

Then David slept with his ancestors, and was buried in the city of David. The time that David reigned over Israel was forty years; he reigned for seven years in Hebron, and thirty-three years in Jerusalem. So Solomon sat on the throne of his father David; and his kingdom was firmly established.

Second Reading ~ Ephesians 5.15-20

Be careful then how you live, not as unwise people but as wise, making the most of the time, because the days are evil. So do not be foolish, but understand what the will of the Lord is. Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

Gospel Reading ~ John 6.51-58

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.' The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.'