

## Your guide to this coming week:

### Monday 5<sup>th</sup> August

9am - 11am FISH (Food in School Holidays)  
12pm Midday Prayer – In Church  
6pm Bellringing Practice

### Wednesday 7<sup>th</sup> August

12pm Midday Prayer – Church

### Friday 9<sup>th</sup> August

12pm Holy Communion – In Church  
12.30pm Open Church (until 4pm)

### Saturday 10<sup>th</sup> August

2pm Wedding - Gemma & Simon

### Sunday 11<sup>th</sup> August

10am Sung Eucharist Service  
4pm Tea & Nibbles  
5pm Songs of Praise Service  
(Outside weather permitting)

### 3<sup>rd</sup> Hymn

#### ***Bless the Lord, O my soul (Ten Thousand Reasons)***

*Matt Redman, Steve Angrisano & Jonas Myrin 2013*

***Chorus:*** *Bless the Lord, O my soul;  
O my soul, Worship His holy name.  
Sing like never before, O my soul,  
I'll worship Your holy name.*

The sun comes up, it's a new day dawning;  
it's time to sing, Your song again.  
Whatever may pass and whatever lies before  
me, let me be singing when the evening comes.  
**[Chorus]**

You're rich in love and You're slow to anger,  
Your name is great and Your heart is kind.  
For all Your goodness, I will keep in singing;  
ten thousand reasons for my heart to find.  
**[Chorus]**

And on that day when my strength is failing,  
the end draws near and my time has come,  
still my soul will sing Your praise unending;  
ten thousand years and then for ever more!

***Final Chorus:*** *Bless the Lord, O my soul;  
O my soul, Worship His holy name.  
Sing like never before, O my soul,  
I'll worship Your holy name.  
I'll worship Your holy name.  
Yes, I'll worship Your holy name.*

***Large-print Service Sheets & Hymn Books available.  
Toilets & Baby Changing are in the Church Centre.***

#### CONTACT DETAILS

**Rector:** Revd. Canon Simon Stokes  
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Tues & Wed 9am – 3.30pm & Fri 8.30am – 5pm

04.08.24

## Welcome to

ST. MARGARET'S CHURCH

LOWESTOFT



If you would like to make an offering to  
St. Margaret's please place your gift either on the  
collection plate *before* the service or use the card-reader at  
the back of church. Your gift supports our ongoing mission  
work & helps towards the upkeep of this beautiful church.

*Thank you for your kind gift.*

## Sunday 4<sup>th</sup> August 2024 10<sup>th</sup> Sunday after Trinity

**10am Sung Eucharist**  
Presiding: Canon Simon  
Preaching: Revd. Jim  
Deacon: Canon Simon  
Reader: Jennifer D  
Reading: 2 Samuel 11: 26-12: 13a  
Gospel: John 6: 24-35  
Intercessor: Pam  
Hymns: 678, 800, on pew sheet, 358 & 652



Scan the  
QR Code to view  
this week's  
service booklet

*Tea & coffee are served in the Church Centre  
following the service. Please stay and join us.*

### No Evening Service

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## Services for Sunday 11<sup>th</sup> August 2024 11<sup>th</sup> Sunday after Trinity

**10am Sung Eucharist**  
**4pm / 5pm Tea & Nibbles at 4pm followed by  
Songs of Praise Service at 5pm**  
Outdoor – Weather Permitting

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### Collect (Prayer of the Week)

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.

### Post Communion Prayer

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.

## ***Lectionary Readings***

### **Old Testament Reading: 2 Samuel 11: 26-12:13a**

When the wife of Uriah heard that her husband was dead, she made lamentation for him. When the mourning was over, David sent and brought her to his house, and she became his wife, and bore him a son. But the thing that David had done displeased the Lord, and the Lord sent Nathan to David. He came to him, and said to him, 'There were two men in a certain city, one rich and the other poor. The rich man had very many flocks and herds; but the poor man had nothing but one little ewe lamb, which he had bought. He brought it up, and it grew up with him and with his children; it used to eat of his meagre fare, and drink from his cup, and lie in his bosom, and it was like a daughter to him. Now there came a traveller to the rich man, and he was loath to take one of his own flock or herd to prepare for the wayfarer who had come to him, but he took the poor man's lamb, and prepared that for the guest who had come to him.' Then David's anger was greatly kindled against the man. He said to Nathan, 'As the Lord lives, the man who has done this deserves to die; he shall restore the lamb fourfold, because he did this thing, and because he had no pity.' Nathan said to David, 'You are the man! Thus says the Lord, the God of Israel: I anointed you king over Israel, and I rescued you from the hand of Saul; I gave you your master's house, and your master's wives into your bosom, and gave you the house of Israel and of Judah; and if that had been too little, I would have added as much more. Why have you despised the word of the Lord, to do what is evil in his sight? You have struck down Uriah the Hittite with the sword, and have taken his wife to be your wife, and have killed him with the sword of the Ammonites. Now therefore the sword shall never depart from your house, for you have despised me, and have taken the wife of Uriah the Hittite to be your wife. Thus says the Lord: I will raise up trouble against you from within your own house; and I will take your wives before your eyes, and give them to your neighbour, and he shall lie with your wives in the sight of this very sun. For you did it secretly; but I will do this thing before all Israel, and before the sun.' David said to Nathan, 'I have sinned against the Lord.' Nathan said to David, 'Now the Lord has put away your sin; you shall not die.'

### **New Testament Reading: Ephesians 4: 1-16**

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all

and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, 'When he ascended on high he made captivity itself a captive; he gave gifts to his people.' (When it says, 'He ascended', what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knitted together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

### **Gospel Reading: John 6: 24-35**

So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus. When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' Then they said to him, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat."' Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always.' 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.'