



THE NORTH BOSMERE BENEFICE
Coddenham, Creeting St Mary,
Creeting St Peter, Crowfield,
Earl Stonham with Stonham Parva,
Gosbeck, Hemingstone, Stonham Aspal
and Mickfield.



SUNDAY 4 August – TRINITY 10 (Proper 13)

Readings: Exodus 16. 2-4, 9-15, Ephesians 4. 1-16,
John 6. 24-35

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| 9.30am | Creeting St Peter | Morning Worship |
| 9.30am | Coddenham | Morning Worship |
| 11.00am | Crowfield | Holy Communion |
| 11.00am | Gosbeck | Morning Worship |

NEXT SUNDAY 11 August – TRINITY 11 (Proper 14)

Readings: 1 Kings 19. 4-8 Ephesians 4. 25-5.2,
John 6. 35, 41-51

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| 9.30am | Hemingstone | Morning Worship |
| 9.30am | Stonham Aspal | Worship for All |
| 11.00am | Creeting St Mary | Morning Prayer BCP |
| 11.00am | Earl Stonham | Holy Communion |
| 6.30pm | Gosbeck | Evening Prayer |
| 6.30pm | Stonham Aspal | Evening Prayer |

For your event on here or to receive this by email, contact Liz
01449 711365 or northbosmerebenefice@gmail.com by Monday

READINGS: 4 August – Trinity 10

Exodus 16:2-4, 9-15

² The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. ³ The Israelites said to them, 'If only we had died by the hand of the Lord in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.'

⁴ Then the Lord said to Moses, 'I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not.'

⁹ Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the Lord, for he has heard your complaining."' ¹⁰ And as Aaron spoke to the whole congregation of the Israelites, they looked towards the wilderness, and the glory of the Lord appeared in the cloud. ¹¹ The Lord spoke to Moses and said, ¹² 'I have heard the complaining of the Israelites; say to them, "At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God."'

¹³ In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. ¹⁴ When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. ¹⁵ When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread that the Lord has given you to eat.'

Ephesians 4:1-16

⁴ I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, ² with all humility and gentleness, with patience, bearing with one another in love, ³ making every effort to maintain the unity of the Spirit in the bond of peace. ⁴ There is one body and one Spirit, just as you were called to the one hope of your calling, ⁵ one Lord, one faith, one baptism, ⁶ one God and Father of all, who is above all and through all and in all.

⁷ But each of us was given grace according to the measure of Christ's gift. ⁸ Therefore it is said,

'When he ascended on high he made captivity itself a captive;
he gave gifts to his people.'

⁹ (When it says, 'He ascended', what does it mean but that he had also descended into the lower parts of the earth?

¹⁰ He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) ¹¹ The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, ¹² to equip the saints for the work of ministry, for building up the body of Christ, ¹³ 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. ¹⁴ 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. ¹⁵ But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, ¹⁶ 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.

John 6:24-35

²⁴ 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.

²⁵ When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' ²⁶ 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. ²⁷ 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.' ²⁸ Then they said to him, 'What must we do to perform the works of God?' ²⁹ Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' ³⁰ 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?' ³¹ Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat." ³² 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. ³³ For the bread of God is that which comes down from heaven and gives life to the world.' ³⁴ They said to him, 'Sir, give us this bread always.'

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.'

WHAT'S ON

Dear all in North Bosmere Benefice,

Thank you so very much for the very generous gift and send off you gave us on Sunday 28th July. In some ways it didn't feel like a farewell event. The decorations, food, kitchen activity were all so well done. Nothing planned yet, but we will most likely use the gift towards a holiday as the start of our new adventure.

Thank you all. We will miss you very much, but we are only just over the border in Ely Diocese!

God bless, Philip and Mary

Sunday 4 August, 6.30 pm, Stonham Parva Church: BEOWULF Tickets £15, concessions £10. More details from <https://www.visitchurches.org.uk/what-s-on/beowulf-quill-inkling-at-stonham-parva.html>

Every Monday, 10am-11am, Crowfield Village Hall: COFFEE ON MONDAYS. More details from nicholasjardine40@gmail.com

Every Thursday, 10am, Stonham Aspal Church: COFFEE INN. All welcome for coffee, tea, biscuits and a chat.

Saturday 10 August, 2.00 - 4.00 p.m, Coddendam Church: CODDENHAM COFFEE MORNING becomes FRUIT PUNCH AND CREAM TEA AFTERNOON. Join us - in the grounds weather permitting - There will be our usual homemade cakes and fresh coffee also.

Tuesday 13 August, 12 noon, Fiona's: SOUP LUNCH AND SERVICE. if wet in Gosbeck Village Hall. From September Soup Lunches and Service will continue on the 1st and 3rd Tuesdays in Gosbeck Village Hall. Please ring Judy on 01449 760375 for more information. Everyone welcome.

Saturday 17 August, 4pm onwards, Gosbeck: HARVEST BARBECUE & BEER.

Monday 19 August, 2.30pm, Earl Stonham Parish Room: ECUMENICAL PRAYER MEETING Should you like to request prayer for an issue or individual, please contact Maggie Podd (07939 912080), Henry Stanford (01449 711742), or Helen Norris (Assistant Priest 01449 761867).