



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



## **SUNDAY 11 August – TRINITY 11 (Proper 14)**

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

9.30am	Hemingstone	Morning Worship
9.30am	Stonham Aspal	Worship for All
<del>11.00am</del>	<del>Creeting St Mary</del>	<del>Morning Prayer BCP</del>
11.00am	Earl Stonham	Morning Worship
6.30pm	Gosbeck	Evening Prayer
6.30pm	Stonham Aspal	Evening Prayer

## **NEXT SUNDAY 18 August – TRINITY 12 (Proper 15)**

**Readings:** Proverbs 9. 1-6, Ephesians 5. 15-20,  
John 6. 51-58

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

If you would like a visit in hospital or at home, or need any other help, please contact any of the people listed on page 3

# READINGS: 11 August – Trinity 11

## 1 Kings 19:4-8

<sup>4</sup> But he himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: 'It is enough; now, O Lord, take away my life, for I am no better than my ancestors.' <sup>5</sup> Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.' <sup>6</sup> He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. <sup>7</sup> The angel of the Lord came a second time, touched him, and said, 'Get up and eat, otherwise the journey will be too much for you.' <sup>8</sup> He got up, and ate and drank; then he went in the strength of that food for forty days and forty nights to Horeb the mount of God.

## Ephesians 4:25-5:2

<sup>25</sup> So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. <sup>26</sup> Be angry but do not sin; do not let the sun go down on your anger, <sup>27</sup> and do not make room for the devil. <sup>28</sup> Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. <sup>29</sup> Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. <sup>30</sup> And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. <sup>31</sup> Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, <sup>32</sup> and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you. 5 <sup>1</sup> Therefore be imitators of God, as beloved children, <sup>2</sup> and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

## John 6:35, 41-51

<sup>35</sup> 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. <sup>41</sup> Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' <sup>42</sup> They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' <sup>43</sup> Jesus answered them, 'Do not complain among yourselves. <sup>44</sup> No one can come to me unless drawn by the

Father who sent me; and I will raise that person up on the last day. <sup>45</sup> It is written in the prophets, "And they shall all be taught by God." Everyone who has heard and learned from the Father comes to me. <sup>46</sup> Not that anyone has seen the Father except the one who is from God; he has seen the Father. <sup>47</sup> Very truly, I tell you, whoever believes has eternal life. <sup>48</sup> I am the bread of life. <sup>49</sup> Your ancestors ate the manna in the wilderness, and they died. <sup>50</sup> This is the bread that comes down from heaven, so that one may eat of it and not die. <sup>51</sup> 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.'

*New Revised Standard Version Bible: Anglicised Edition, copyright © 1989, 1995 the Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.*

## **NORTH BOSMERE BENEFICE**

### **ASSISTANT PRIEST:**

Revd. Helen Norris,            Tel: 01449 761867 [helenorris541@gmail.com](mailto:helenorris541@gmail.com)

Readers: Judy Hailes            01449 760375 [judithhailes@btinternet.com](mailto:judithhailes@btinternet.com)  
              Henry Stanford        01449 711742 [henrystanford@btinternet.com](mailto:henrystanford@btinternet.com)  
Lay Elders: David Tydeman    01449 711124 [djtydeman@gmail.com](mailto:djtydeman@gmail.com)  
                  Liz Ince                01449 711365 [lizandjohnince@gmail.com](mailto:lizandjohnince@gmail.com)  
                  Hazel Chittock            01449 760344 [hmcafe@btinternet.com](mailto:hmcafe@btinternet.com)  
                  Mark Parry                01449 711816 [mparry68@gmail.com](mailto:mparry68@gmail.com)  
                  Steve Cole                01449 761792 [stevecole@thecoless.plus.com](mailto:stevecole@thecoless.plus.com)

### **CHURCHWARDENS**

Coddenham: Ian Galbraith 01449 760694 [ian.galbraith@hotmail.co.uk](mailto:ian.galbraith@hotmail.co.uk)  
                  Margaret Baker 01449 760207 [bakermaggie79@yahoo.co.uk](mailto:bakermaggie79@yahoo.co.uk)  
Crowfield: Tony Clarke 01449 760381 [anthonyhclarke@hotmail.com](mailto:anthonyhclarke@hotmail.com)  
Earl Stonham with Mark Parry 01449 711816 [mparry68@gmail.com](mailto:mparry68@gmail.com)  
Stonham Parva: Jane Porch 01449 710809 [jane.porch@hotmail.co.uk](mailto:jane.porch@hotmail.co.uk)  
Gosbeck: Steve Cole 01449 761792 [stevecole@thecoless.plus.com](mailto:stevecole@thecoless.plus.com)  
Hemingstone: John McNeill [johnmcn058@gmail.com](mailto:johnmcn058@gmail.com)  
Stonham Aspal David Tydeman 01449 711124 [djtydeman@gmail.com](mailto:djtydeman@gmail.com)  
and Mickfield:

### **PARISH CONTACT WHERE THERE IS NO CHURCHWARDEN**

Creting St Mary: Glynis Clint 01449 720740 [glynisclint@gmail.com](mailto:glynisclint@gmail.com)  
Creting St Peter: Sarah Stott. 07400 991715 [sarahstott196@gmail.com](mailto:sarahstott196@gmail.com)

If you would like a visit in hospital or at home, or need any other help, please contact any of the people listed above.

# WHAT'S ON

**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.

**Every Monday, 10am-11am, Crowfield Village Hall: COFFEE ON MONDAYS.** More details from [nicholasjardine40@gmail.com](mailto:nicholasjardine40@gmail.com)

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

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

**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).

**Saturday 24 – Monday 26 August, Crowfield Church: FLOWER FESTIVAL.** Refreshments, stalls and amazing flower arrangements!

**Saturday 31 August, 12noon – 4pm, 5pm – 9pm Stonham Parva: SUMMER FETE AND MUSIC NIGHT.** More info in Ten Village News.

**Sunday 1st September, 4pm till late, Green Acre, Debenham Road, Stonham Aspal, IP14 6AE: A BIT OF A DO IN THE GARDEN, with Bob and Alex. Tickets £10** (To cover your food, donation pot for alcoholic drinks) Under 16's £5, little un's no charge. **Open mic**, please bring along your instruments and your good voices. **Raffle. All profit for Stonham Aspal Church.** Please let us know if you would like tickets. 01449711393 [Robertj.Pratt@btopenworld.com](mailto:Robertj.Pratt@btopenworld.com) [alexjenkinson@btopenworld.com](mailto:alexjenkinson@btopenworld.com)

For your event on here or to receive this by email, or post contact  
Liz: 01449 711365 or [northbosmerebenefice@gmail.com](mailto:northbosmerebenefice@gmail.com)