

## MARK 7.31-37

### The Deep Sigh

- ⇒ A sigh expresses sorrow, relief or exhaustion. Is sighing a bad thing?
- ⇒ Read verse 34. Why do you think Jesus gave out a deep sigh?
- ⇒ Do you think God ever gets weary of loving you?
- ⇒ Thank God that he loves you unconditionally.
- ⇒ Look up Lamentations 3. 22- God's love never ends! His mercies never cease.
- ⇒ 'Only those who are aware of God's wrath are amazed by God's grace.' *CJ Mahaney*

### Sunday Reflection

Every week, the Diocese of York offers a new reflection and prayer resource on the Diocese website & [vimeo.com/dioceseforyork](https://vimeo.com/dioceseforyork) This Sunday's reflection will be by The Venerable Sam Rushton, Archdeacon of York.

**Privacy Notice:** Seating in the side aisles is designated as a "video-free" area, and is out of range of our cameras.

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## Saturday 4th September

In the church calendar, **St Cuthbert** was remembered yesterday, but who was he? Cuthbert was born in north Northumbria in about 635 AD and was from a wealthy family. Aged around 17 he saw a vision in the night sky, which prompted him to go to Melrose Abbey and become a novice. He stayed 13 years and then moved to Ripon, where he was involved in founding a new monastery. In his late twenties he returned to Melrose and became Prior. Cuthbert seems to have moved to Lindisfarne in his late 30s, staying around 10 years, before becoming a hermit on one of the Farne Islands. People would row out to consult with him or seek healing. At around 50 years of age, he was invited to become a bishop and he travelled extensively in this capacity. At the end of his life, he retired back to Farne, where he died on 20th March 687 AD, with monks from Lindisfarne by his side. His body was taken back to Lindisfarne and buried there, but later moved more than once and finally resting in Durham cathedral.

Are you harvesting more produce from your garden than you can use yourself? Don't forget that the **Ryedale Free Fridge** at the Wesley Centre in Saville Street will be pleased to take fruit and vegetables and will re-distribute them to people in need. It's open every morning from 10am (except Thursdays and Sundays).



**5th  
September  
2021**

**Fourteenth  
Sunday  
after Trinity**

## St Michael's Church, Malton

*The Church in the Market Place*

*We are a church, who invites and welcomes others,  
to journey together, growing in our love of Christ  
and deepening our relationship with Him.*

Welcome to our Parish Communion service in church. If you are not able to attend in person, the service will be transmitted by Zoom. You will need this software installed and working on a tablet or a PC with camera and mic. You will receive a link to the service by email each week and the service commences at 9.30 am.

**FACE COVERINGS are no longer obligatory, (but feel free to continue wearing) and we are now allowed to sing.**

### Collect

Almighty God,  
whose only Son has opened for us  
a new and living way into your presence:  
give us pure hearts and steadfast wills  
to worship you in spirit and in truth;  
through 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.

### Post Communion Prayer

Lord God, the source of truth and love,  
keep us faithful to the apostles' teaching  
and fellowship,  
united in prayer and the breaking of bread,  
and one in joy and simplicity of heart,  
in Jesus Christ our Lord.

Website: [www.maltonbenefice.org.uk](http://www.maltonbenefice.org.uk)

**THANK YOU:** to the team for putting together our All Age service today.

During Communion, the hymn 'Christ be beside me' will be sung. At the end of the service, Alison will play 'Voluntary in D' by John Alcock.



**BENEFACTORY PRAYERS-WEEK 9**

Please pray for those who live or work in these roads: Chapel Lane, Copperfield Close, Middlecave Drive, Rabbit Lane, Russett Road and Wheelgate.

**FLOWER ROTA: REMINDER**

Please try to keep flowers watered and remove them for the person whose duty follows yours.

If the Sunday arranged for you is not convenient, you can swap dates.

Lady Chapel rota operating again, so please check.

If you arrange your flowers on Saturday morning, make it after 10 am, to give Joanne, our cleaner, chance to complete her duties unhindered. Also, morning prayer at 9 am. Thanks. Anne B

**Today:** Tea, Coffee, Cake & Chat at **Costa Coffee** from 3.30 pm onwards. Come along and see who is there. Maybe bring a friend.



Our next All Age service is on Sunday 4th October, when we will celebrate our Harvest Festival.



**READINGS & DUTIES 12th Sept**

Readings: Isaiah 50. 4-9a  
James 3. 1-12  
Mark 8. 27-38

Duty Leader Samantha Free  
Assistant Sue Wright  
Sidesperson Maureen Diggins  
Readers Helen Shaw

Tracey Young  
Intercessions Alan Young  
Flowers Jan Anderson

**SERVICES**

**Morning Prayer** is said at 9 am every morning via Zoom & in church on Saturday mornings at 9am, where the same format as the Northumbria Community is used.

**Parish Communion** on Sundays at 9.30 am in church

**Holy Communion** on Wednesdays at 10.30 am in church.

**Wedding** on Saturday 11th at 1pm.

**WEDDING:** Craig & Amanda will be getting married in church next Saturday at 1 pm. They have endured trials and setbacks on account of the pandemic and we send our thoughts and best wishes for a joyful ceremony in our church. We pray that, after delays and disappointments, their marriage will be long and happy.

Items for Weekly Sheet to:  
helen.shaw59@btinternet.com

**FOURTEENTH SUNDAY AFTER TRINITY**

**A reading from the book of the prophet Isaiah**

Say to people who are afraid and confused, "Be strong. Don't be afraid. Look, your God will come, and he will punish your enemies. He will make them pay for the wrongs they did. He will come and save you." Then the blind people will see again. Then the deaf will hear. Crippled people will jump like deer. And those who can't talk now will shout with joy. Springs of water will flow in the desert. Streams will flow in the dry land. The burning desert will have pools of water. The dry ground will have springs. Isaiah 35. 4-7a

**Hear the Gospel of our Lord according to Mark**

Jesus left that place and went to the area around Tyre. He went into a house and did not want anyone to know he was there. But Jesus could not stay hidden. A woman heard that he was there. Her little daughter had an evil spirit in her. So, the woman quickly came to Jesus and fell at his feet. She was not Jewish. She was Greek, born in Phoenicia, in Syria. She begged Jesus to force the demon out of her daughter. Jesus told the woman: "It is not right to take the children's bread and give it to the dogs. First let the children eat all they want." She answered, "That is true, Lord. But the dogs under the table can eat the pieces of food that the children don't eat." Then Jesus said, "That is a very good answer. You may go. The demon has left your daughter." The woman went home and found her daughter lying in bed. The demon was gone. Then Jesus left the area around Tyre. He went through Sidon to Lake Galilee, to the area of the Ten Towns. While he was there, some people brought a man to him. This man was deaf and could not talk. The people begged Jesus to put his hand on the man to heal him. Jesus led the man away from the crowd, to be alone with him. Jesus put his fingers in the man's ears. Then Jesus spit and touched the man's tongue. Jesus looked up to heaven and took a deep breath. He said to the man, "Ephphatha!" (This means, "Be opened.") When Jesus did this, the man was able to hear. He was also able to use his tongue, and he spoke clearly. Jesus commanded the people not to tell anyone about what happened. . But the more he commanded them, the more they told about it. They were really amazed. They said, "Jesus does everything well. He makes the deaf hear! And those who can't talk - Jesus makes them able to speak." Mark 7. 24-37