SUSTAINING YOU

LIVE theWORD

THROUGH THE WEEK

Edited by Caroline Hodgson and Heather Smith

REFLECTION

TUESDAY 9 IUNE

MONDAY

1 Kings 17:1-6 Psalm 121 Matthew 5:1-12

8 JUNE

1 Kings 17:7-16 Psalm 4 Matthew 5:13-16

WEDNESDAY 10 JUNE

1 Kings 18:20-39 Psalm 16:1, 6-end Matthew 5:17-19

THURSDAY 11 JUNE Day of Thanksgiving for the Institution of Holy Communion

Genesis 14:18-20 Psalm 116:10-end 1 Corinthians 11:23-26 John 6:51-58

(Corpus Christi)

FRIDAY 12 JUNE Barnabas the **Apostle**

Job 29:11-16 or Acts 11:19-end Psalm 112 Acts 11:19-end or Galatians 2:1-10 John 15:12-17

SATURDAY 13 JUNE

1 Kings 19:19-end Psalm 16:1-7 Matthew 5:33-37

✓ ingdom promises may take a while to be fulfilled. As we hear the familiar catalogue "Blessed are..." in Monday's Gospel, it's tempting to retort, pantomime

style, "Oh no they're



not!" We live in a world where the groups Jesus mentions seem to get a raw deal and the exhortation in verse twelve to rejoice and be glad, looking forward to heavenly reward, offers scant comfort.

But in this block of teaching Jesus is clearly inviting his followers into a different kind of reality. They are to be salt, subversively changing the whole flavour of life around them, and to be light, making kingdom life visible for all to see. And yet this new way of being is seen as a continuation of, and not a contradiction to, all that has gone before. But it goes further, just as in offering himself as living bread, Jesus goes further than the time-limited manna of past times.

"The one who eats this bread will live for ever."

Just how far we're called to go becomes clear with the commandment "love one another as I have loved you." That love supersedes everything, sets personal safety, life itself, aside – and is the mark of the kingdom in all its fullness.

Lord, you promise blessings for all those who strive to live the life of your kingdom, even here amid the injustice of our broken world. Give us a longing to found our lives on your law of love, and to hunger, not for justice alone, but for you, the living bread in whom our hunger is truly satisfied.

PART III – ARRIVING

CLIMBING KILIMANJARO

ohn Witcombe continues his account of climbing Kilimanjaro.

Getting off the plane when we arrived in Tanzania was like walking into an inferno. The heat from the tarmac was incredible. We had to queue for a spot temperature test to make sure we weren't bringing Ebola into the country – it's a wonder anyone passed. Then there were endless forms to complete and submit before I finally walked out to find a driver waiting for me with a bottle of cold water. What bliss! And that level of care was to continue throughout the ten days of the trek.

What a gift it is not only to offer, but also to receive hospitality. Later, as we arrived into camp every night, Modeste was waiting to brush the volcanic dust from our boots and trousers. It's tempting to turn it down out of embarrassment, but sometimes our role is to accept what's given graciously, and to take pleasure in it. That's the best way to honour those who serve us.

Later that evening I met my guides. Raymond and Kevin were kind, smiling, encouraging, and attentive – explaining they would be

checking oxygen levels in our blood twice a day, and that their word was final when it came to deciding who could make the summit attempt.

And then it was time to repack. My main bag would be carried by the porters – and I couldn't take that care for granted. According to the regulations, porters are permitted to carry only fifteen kilograms per trekker. We had all brought a small shop's worth of snacks to keep us going, and a wardrobe of clothes to keep us cool as we started, warm as we summited. We couldn't take it all.

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The truth is we can never know exactly what we are going to need as we set off on any journey. The balance between sensible precaution and anxious over-preparation is very difficult to achieve. Prayer about what to leave in and what to take out sometimes called the preacher's prayer – is vital on occasions like this. And to know that sometimes we need to rely on others.



Trinity

Monday 8 June to Saturday 13 June

The Priory Church of the Holy Trinity, Micklegate, York Weekly Pew Sheet (7 to 14 June)

The church building is closed, and there are no acts of public worship at the moment due to the coronavirus outbreak. During this time, we have two ways you can join in prayer services from home or work – see below. For those at home, the weekly pew sheet and service book will be posted to you. If you have internet access, both are available online. You can join from 5 minutes before the start time.

To join by calling from your telephone

Please see the details under each service. Dial the number and when asked to, enter the meeting ID.

To join if you have internet access

Join via clicking the Zoom link (under each service below) or go to our Facebook page Holy Trinity York and watch the video.

How to contact us from 7 to 14 June

During this time, if it is urgent you can contact Mark Wharfedale: shadowmw@me.com or 07595 189781

Sunday 31 May – Morning Prayer at 11am Trinity Sunday

Readings: Psalm 8; Isaiah 40: 12-17, 27-end; Matthew 28: 16-20 Hymns: Holy, holy holy!; Christ is made the sure foundation

Preacher: The Archbishop of York

Dial-in number: 0131 460 1196

Meeting ID: 234 796 177

Join from your computer, smartphone or tablet

Message from the Churchwardens

Dear all,

Over the last ten weeks, Holy Trinity has been incredibly fortunate, as we have been able to offer a variety of virtual services and coffee mornings. It has been wonderful to have so many join us, whether online or by telephone. Our services have been complemented by live music from either Francis or Andrew and his wife, Jane. What has made Holy Trinity extra fortunate is that quite a lot of churches have been unable to provide any services at all, which has, of course, left their congregation without support. However, Holy Trinity has provided information on joining our services to others.

We have received some lovely feedback, and it has been quite touching to hear how far Holy Trinity has been able to travel, to provide solace to you all during these times.

We are grateful to our Pastoral Assistant, Mark Kingaby-Daly, for the great effort and dedication he has given to us all in putting these services together, ensuring that we all have an opportunity to come together, sometimes more than twice a week, to pray and enjoy fellowship – keeping our church community together.

Mark has also been busy keeping in touch with various members of the wider church, taking telephone calls as late at 9pm, providing guidance to other churches, who have been keen to set up their own virtual worship.

As it has been ten weeks since we introduced a new format, there will be no services during the week commencing 8 June (this means no coffee morning or midday prayer on Wednesday 10 June and no Sunday service on 14 June). This is to allow Mark to have a well-deserved week off work.

With best wishes to you all,

Adam Kingaby-Daly & Mark Wharfedale Churchwardens