

# St German's Church

19 August 2018 - Trinity 12 (OT20)



Eating and drinking our fill of what God has to offer continues to feature in our Sunday readings this summer. Our gospel reflects further on bread from heaven. Yet St Paul, advises us to be filled with the spirit and contrasts it with those who drink too much wine. Ultimately, this is an invitation to enjoy the abundant life of God's Holy Spirit that is always offered to us; always available to us. God seeks to sustain and nurture us in his ways, and how he wants us to live: joyously.

## Parish Notes:

**Weekday Services** as normal this week.

**Messy Church** - Messy Church is coming. First one at St Saviour's on Sun 30 Sept at 4pm and in St German's on Oct 28 at 4pm. If you could help at either of this it would be most appreciated. More details in Sept.

**Patronal Festival and Friends AGM** - advance notice: Sun 30 September 2018.

**Confirmation Ceremony 2018** - 2 October 2018 in St German's. Bishop June will be coming to us for a confirmation service in October. If anyone would like to be confirmed please contact Fr Phelim. It is open to children and adults.

**Faith QI** - A new 6 week set of informal meetings for adults keen to know and understand more about our faith, liturgy, tradition and history (ideal for those exploring confirmation). Wednesdays 7:30 pm at the vicarage. Begins 5 Sept 2018. See website for more details. Places limited - first come first served basis.

**Organ Recital** - St German's on 29 August at 7pm. See website for more info.

**PCC & Sub Committees** - Pastoral Care - after mass on Sun 2 Sept; Finance - Monday 10 Sept at 7pm in the vicarage. PCC Meeting on 17 Sept.

**Foodbank April - June 2018**, St German's donated 64.7kg of food. In 2017 Cardiff Foodbank provided 3-day parcels of food for 11,556 people and demand is rising.

**Clothes sale** - Wed 5 Sept, a brand new clothes sale from 11:00am until 3:00pm. The clothes have been donated by Anne & Michael's Cook's daughter and all proceeds are to be given to St German's. Coffee, tea and cakes will also be available

**Quiz evening** on Tuesday 11 September - there is a list at the back of the church for people to indicate if they would like to come

**Recently Departed:** Lisa Gonzales, James Brendan Keane

## This week:

### Sun 19 Trinity 12

9:30 Sung Mass (St S)

11am Sung Mass (St G)

### Mon 20:

6pm Mass (St G)

St Bernard

### Tues 21:

10am Mass (St S)

St Pius X

### Wed 22:

10am Mass (St G)

Our Lady, Queen & Mother

### Thur 23:

5:45pm Mass (St S)

St Rose of Lima

### Fri 24:

6pm Mass (St S)

ST BARTHOLOMEW

### Sat 25:

11am Mass

### Sun 26: Trinity 13

*St Saviour's:*

9:30 Sung Mass;

*St German's:*

11:00 am Sung

13:30 Baptism (St G)

## Parish Priest:

Fr Phelim O'Hare,  
02922 411229,  
[phelimohare@gmail.com](mailto:phelimohare@gmail.com)  
(Day off - Friday)

## Churchwardens:

Peter Lovitt  
02920 763754  
Richard Hill  
07519 352840

## READINGS THIS WEEK

Prov 9:1-6

Ps 34:2-3, 4-5, 6-7

Eph 5:15-20

John 6:51-58

## READINGS NEXT WEEK

Josh 24:1-2, 15-17, 18

Ps 34

Eph 5:2a, 25-32

John 6:60-69

## PSALM:

**Taste and see that the Lord is good. (4vv)**

[www.saintgermanwithsaintsaviour.org](http://www.saintgermanwithsaintsaviour.org)

**Today's Hymns: 394 - Lift high the cross; 492 - O God of earth and altar; 463 - My song is love unknown; 327 - In the cross of Christ I glory; (Mass setting: Rizza 955)**

## COLLECT:

Almighty and everlasting God, you are always more ready to hear than we to pray and to give more than either we desire or deserve: pour down upon us the abundance of your mercy, forgiving us those things of which our conscience is afraid and giving us those good things which we are not worthy to ask but through the merits and mediation of 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. **Amen**

## FIRST READING

The First reading is from the book of Proverbs.

Wisdom has built herself a house, she has erected her seven pillars, she has slaughtered her beasts, prepared her wine, she has laid her table. She has despatched her maidservants and proclaimed from the city's heights: 'Who is ignorant? Let him step this way.' To the fool she says, 'Come and eat my bread, drink the wine I have prepared! Leave your folly and you will live, walk in the ways of perception.'

This is the word of the Lord.

*Proverbs 9*

## RESPONSORIAL PSALM

**Taste and see  
that the Lord is good.**

I will bless the Lord at all times,  
his praise always on my lips;

in the Lord my soul shall make its boast.  
The humble shall hear and be glad.  
**R/**

Revere the Lord, you his saints.  
They lack nothing, those who revere him.  
Strong lions suffer want and go hungry  
but those who seek the Lord lack no blessing. **R/**

Come, children, and hear me  
that I may teach you the fear of the Lord.  
Who is he who longs for life  
and many days, to enjoy his prosperity? **R/**

Then keep your tongue from evil  
and your lips from speaking deceit.  
Turn aside from evil and do good;  
seek and strive after peace. **R/**

*Psalm 34*

## SECOND READING

A reading from the letter of Paul to the Ephesians.

Be very careful about the sort of lives you lead, like intelligent and not like senseless people. This may be a wicked age, but you redeem it. And do not be thoughtless but recognise what is the will of the Lord. Do not drug yourselves with wine, this is simply dissipation; be filled with the Spirit. Sing the words and tunes of the psalms and hymns when you are together, and go on singing and chanting to the Lord in your hearts, so that always and everywhere you are giving thanks to God who is our Father in the name of our Lord Jesus Christ.

This is the word of the Lord.

*Ephesians 5*

## GOSPEL

A reading from the Holy Gospel according to St John.

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.'

The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.'

This is the Gospel of the Lord.

*John 6*