

21st SUNDAY YEAR B

FIRST READING - Joshua 24:1-2,15-18

Joshua gathered all the tribes of Israel together at Shechem; then he called the elders, leaders, judges and scribes of Israel, and they presented themselves before God. Then Joshua said to all the people, 'If you will not serve the Lord, choose today whom you wish to serve, whether the gods that your ancestors served beyond the River, or the gods of the Amorites in whose land you are now living. As for me and my House, we will serve the Lord.' The people answered, 'We have no intention of deserting the Lord and serving other gods! Was it not the Lord our God who brought us and our ancestors out of the land of Egypt, the house of slavery, who worked those great wonders before our eyes and preserved us all along the way we travelled and among all the peoples through whom we journeyed? What is more, the Lord drove all those peoples out before us, as well as the Amorites who used to live in this country. We too will serve the Lord, for he is our God.'

Psalm 33 - O taste and see that the Lord is good

SECOND READING - Ephesians 5:21-32

Give way to one another in obedience to Christ. Wives should regard their husbands as they regard the Lord, since as Christ is head of the Church and saves the whole body, so is a husband the head of his wife; and as the Church submits to Christ, so should wives to their husbands, in everything. Husbands should love their wives just as Christ loved the Church and sacrificed himself for her to make her holy.

He made her clean by washing her in water with a form of words, so that when he took her to himself she would be glorious, with no speck or wrinkle or anything like that, but holy and faultless. In the same way, husbands must love their wives as they love their own bodies; for a man to love his wife is for him to love himself. A man never hates his own body, but he feeds it and looks after it; and that is the way Christ treats the Church, because it is his body – and we are its living parts. For this reason, a man must leave his father and mother and be joined to his wife, and the two will become one body. This mystery has many implications; but I am saying it applies to Christ and the Church.

GOSPEL - John 6:60-69

After hearing his doctrine many of the followers of Jesus said, 'This is intolerable language. How could anyone accept it?' Jesus was aware that his followers were complaining about it and said, 'Does this upset you? What if you should see the Son of Man ascend to where he was before?' 'It is the spirit that gives life, the flesh has nothing to offer. The words I have spoken to you are spirit and they are life. 'But there are some of you who do not believe.' For Jesus knew from the outset those who did not believe, and who it was that would betray him. He went on, 'This is why I told you that no one could come to me unless the Father allows him.' After this, many of his disciples left him and stopped going with him. Then Jesus said to the Twelve, 'What about you, do you want to go away too?' Simon Peter answered, 'Lord, who shall we go to? You have the message of eternal life, and we believe; we know that you are the Holy One of God.'



Life at St Alphage

Sunday Mass 8 & 11am

SUMMER FAIR

Saturday 4th September

– how are your plans going?

Organ Recitals

Admission £10

4th September, 7.30pm

Steve Bowey, St Mary, Shaw-cum-Donnington, Berks.

2nd October 7.30pm

Tom Winpenny the assistant at St Alban's Cathedral.

BAPTISMS

21st August - Ashton Mark Edward Adams, and Leo Billie Stanley Adams, of Orange Hill Road.

ANNIVERSARIES

22nd Maud Hexoma.

23rd Clara Fluckiger, Ann Barton.

24th Sheila Birch, Dora Evelyn Bard,
Clarence Childs, Mary Freeman.

26th Jeanette Bourne.

28th Vivian Ene.

R.I.P.

We are sorry to hear that Joan Richards, of Colchester Road, died on Tuesday 17 August. She came to church with Mary Fielder and Neil Hollows for many years.

May they rest in peace

Dear Lord and Father of mankind,
forgive our foolish ways;
re clothe us in our rightful mind,
in purer lives thy service find,
in deeper reverence, praise.

In simple trust like theirs who heard
beside the Syrian sea,
the gracious calling of the Lord,
let us, like them, without a word
rise up and follow thee.

O Sabbath rest by Galilee,
O calm of hills above,
where Jesus knelt to share with thee
the silence of eternity,
interpreted by love!