

Sunday 18<sup>th</sup> July 2021

# Seventh Sunday after Trinity

Today's Gospel reading: Mark 6. 30-34, 53-56

Listen to the Gospel of Christ according to Saint Mark.  
Glory to you, O Lord.

The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, 'Come away to a deserted place all by yourselves and rest a while.' For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves. Now many saw them going and recognised them, and they hurried there on foot from all the towns and arrived ahead of them. As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things.

When they had crossed over, they came to land at Gennesaret and moored the boat. When they got out of the boat, people at once recognised him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. And wherever he went, into villages or cities or farms, they laid the sick in the market-places, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

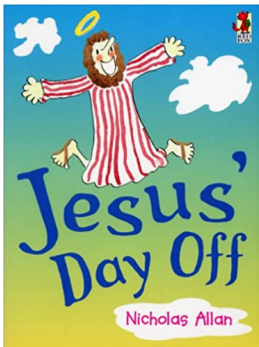
This is the Gospel of the Lord.  
Praise to you, O Christ.

😊 For some, this is the last week of term. Others have already broken up for the summer holidays. This is the last Sunday of term today for our choir, to whom we say a big "thank you" for all their hard work over recent months, especially with the difficult circumstances around Covid restrictions. The music they have given us has been glorious! 🎵 🙌 🙌 🙌

😓 After a time of hard work or difficulty, it's very important for our bodies and our minds to have a time of rest. Our souls also need time to "catch up". The demands of life are very different for us in the 21<sup>st</sup> century, but even all those years ago, Jesus knew the importance and the value of getting away from it all and having a time of retreat and relaxation, without the demands of all the people who wanted him to do things for them.

We can see that this wasn't easy for Jesus and his disciples. However hard they tried to find a quiet place, people chased after them and, as we have heard in our gospel reading, Jesus had compassion on these people – literally, this means he “suffered with them”. In other words, his pity on them and his urge to help them was so great that he simply had to respond to their pleas for his help. He couldn't say “Go away, I need a rest”, even though we're told that he and his disciples didn't even have time to eat!

If you have never seen the children's book “Jesus' Day Off” by Nicholas Allan it's worth a look (even - no, especially - if you are an adult!)



It tells how Jesus worked hard, performing miracles, telling wonderful stories and spreading joy and light around the world – a tiring business, as he had to admit one day when he had trouble getting out of bed! His doctor told him to take a day off, relax and have some fun, and the story tells what happened when he did! It's a fantastically light-hearted look at a serious issue for those involved in Christian ministry and those who love and support them.

🤔 How about you? Do you have somewhere you can go to let your soul catch up? After a really difficult day or an argument with a friend, or when we get that feeling we all sometimes have that too much is being asked of us, we all need some soul space.

How about making a special place this summer, where you can retreat to? It doesn't have to be big – it could be a quiet corner of your home or garden, maybe simply a chair where you like to sit, or even your bed. It might help to put something there to make it special – something that makes you feel close to God, such as an LED candle, a stone you can paint, a picture of a favourite place or a little bunch of flowers .... and your Bible .... you will know what helps you to concentrate on simply “being” with God.

It's not easy to “switch off” from the world and rest in God's love, but our need to be close to God is a very important part of our Christian lives.

Below is a prayer, written by Edwina Gateley, that may help you – it's our prayer for this week, for you to use in whatever way helps you.

Some people find it helpful to imagine being bathed in God's love in the way that we might sunbathe – simply letting that love shine on us and warm us through and through. After the particular stresses and difficulties of this last year and a half, try, if you can, to take some time to just "be" over the summer holidays! ☀️

This week's prayer:

Be silent.

Be still.

Alone.

Empty

Before your God.

Say nothing.

Ask nothing.

Be silent.

Be still.

Let your God look upon you.

That is all.

God knows.

God understands.

God loves you

With an enormous love,

And only wants

To look upon you

With that love.

Quiet.

Still.

Be.

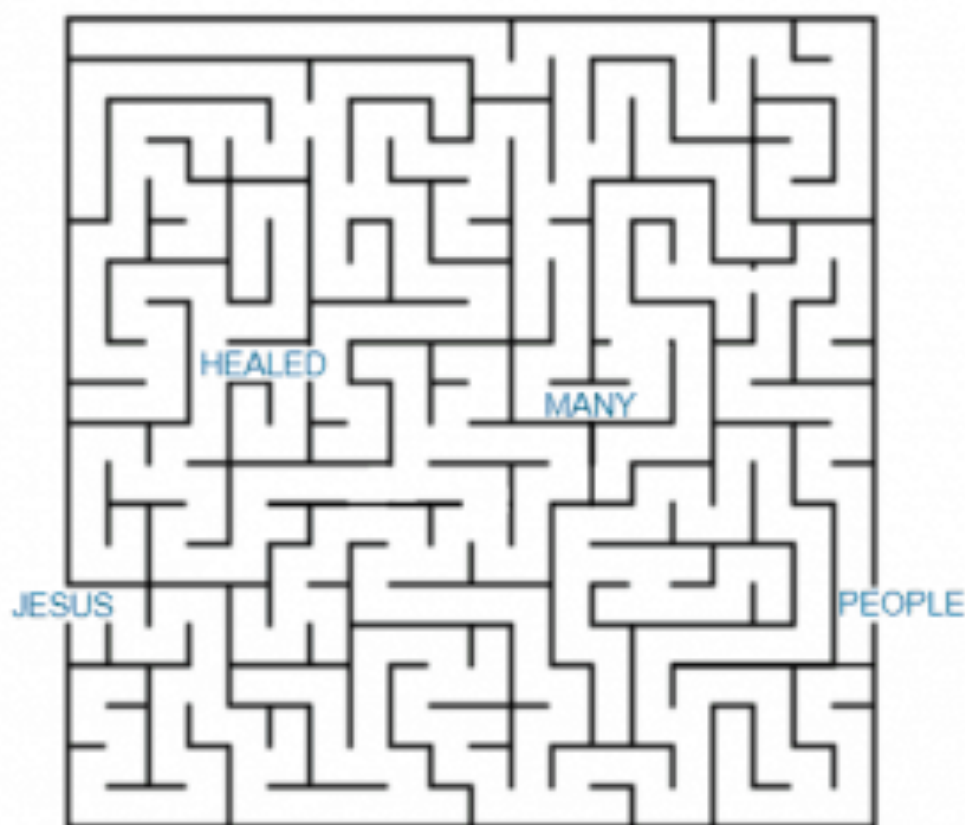
Let your God—

Love you.

If you continue scrolling down, you will find a couple of puzzles and some colourings pages.

## Jesus Healed Many People Word Maze

Find your way through the maze to connect the words from the answer phrase in their correct order.



Answer: Jesus Healed Many People

Luke 7:21b HCSB

## Jesus said "Let the little children come to Me."

### Word Search

Find the words on the list that are hidden in the puzzle. The words can be left to right, up and down, or diagonally.

I	L	N	I	E	N	L	S	M	C	D
T	I	E	E	U	G	O	A	M	H	E
L	A	Q	T	O	N	N	I	C	I	E
T	U	E	D	R	D	Q	D	I	L	U
M	R	I	T	E	U	S	I	T	D	U
E	O	J	E	S	U	S	I	T	R	R
S	U	M	I	N	R	E	A	T	E	E
L	I	L	I	T	T	L	E	C	N	D
U	N	T	A	L	A	T	E	R	I	T
L	C	O	M	E	H	E	D	I	T	O
N	U	L	L	A	M	M	A	R	K	S



Jesus said, "Let the little children come to Me."  
Mark 10:14b HCSB



CHILDREN

JESUS

LITTLE

ME

COME

LET

LOVES

MARK

