

## Notices:

**Alive @ 4:** This service is happening this afternoon at 4pm, in St Michael's Rooms. There will be fun, fellowship, bible stories, activities, crafts and high tea. For more details ring Mary Lamb on 01728 638897 or Wendy Phelan on 01728 720125.

**Suffolk Coastal Filling Station:** 7.00 pm at the Riverside Centre, Stratford St Andrew, Suffolk IP17 1LL. You will find a very warm welcome at The Filling Station's monthly meeting on Thursday, 23<sup>rd</sup> June. Our speaker is Edward Carter, Canon Theologian at Chelmsford Cathedral. His talk is entitled: 'Heaven in Ordinary – John Chapter 17 and the God Movie Project'. For more information, visit [www.godmovieproject.com](http://www.godmovieproject.com) To find out more, please go to the website: [www.thefillingstation.org.uk](http://www.thefillingstation.org.uk) or contact Robin Alderson on 01728 688255 or [robin.alderson@btinternet.com](mailto:robin.alderson@btinternet.com)

**Knitters and Stitchers:** The next meeting will be on **Tues 28th June at 2pm** in church. Some of us have begun knitting and stitching some under the sea creatures ready for Harvest, we hope for a wide variety to hang in a net from the pulpit, should look stunning. Any medium in stitchery is welcome. We are also making small gifts for selling at Christmas time. Of course it is not all hard work we also enjoy a chat and exchange ideas over a cuppa. Do join us. Details Geraldine: 727489 or Mary: 638897

**The Healing Team:** Two members of the Healing Group will be in our Space For Grace after the 9.30 service today for anyone to share their concerns, doubts, fears or worries. It is done in complete confidence.

**Children's activities during the 9.30am service:** Deborah, Edith or Victoria would be very pleased if any children here today would like to come and join in some Sunday school activities in the Tower Room just before the sermon starts.

**The Food Bank:** Donations are badly needed and it is important that the items are well within the sell-by dates as unfortunately, it can be several weeks before there is enough to merit a delivery. The food from our bin in church is taken to the Salvation Army in Woodbridge. I know we are always being asked to give to good causes, but any non-perishable foods are more than welcome. Thank you.

The  
**Church of Saint Michael**  
**Framlingham**  
with All Saints Saxtead



## The Fourth Sunday After Trinity – June 19th 2016

### Today's Service:

**Processional Hymn:** 57 Awake, my soul, and with the sun, v 1-4 & 8

**Gradual Hymn:** 413 Just as I am, without one plea

**Offertory Hymn:** 687 Take my life, and let it be

**Final Hymn:** 777 To God be the glory!

**Collect:** O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy; increase and multiply upon us your mercy; that with you as our ruler and guide we may so pass through things temporal that we lose not our hold on things eternal; grant this, heavenly Father, for our Lord Jesus Christ's sake, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and forever. Amen.

**First Reading:** Galatians 3 v 23 – 29

23 Before faith came, we were imprisoned and guarded under the law until faith would be revealed. 24 Therefore the law was our disciplinarian until Christ came, so that we might be justified by faith. 25 But now that faith has come, we are no longer subject to a disciplinarian, 26 for in Christ Jesus you are all children of God through faith. 27 As many of you as were baptized into Christ have clothed yourselves with Christ; 28 There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female;

for all of you are one in Christ Jesus. 29 And if you belong to Christ, then you are Abraham's offspring, heirs according to the promise.

For the word of the Lord.

**Response (ALL) Thanks be to God.**

**Gradual hymn:** 413 Just as I am, without one plea

**Alleluia: (ALL) Alleluia x 3**

**GOSPEL:** Luke 8.26–39

Hear the gospel of our Lord Jesus Christ according to Luke

**Response (ALL): Glory to you O Lord.**

26 Jesus and his disciples arrived at the country of the Gerasenes, which is opposite Galilee. 27 As he stepped out on land, a man of the city who had demons met him. For a long time he had worn no clothes, and he did not live in a house but in the tombs. 28 When he saw Jesus, he fell down before him and shouted at the top of his voice, 'What have you to do with me, Jesus, Son of the Most High God? I beg you, do not torment me' – 29 for Jesus had commanded the unclean spirit to come out of the man. (For many times it had seized him; he was kept under guard and bound with chains and shackles, but he would break the bonds and be driven by the demon into the wilds.) 30 Jesus then asked him, 'What is your name?' He said, 'Legion'; for many demons had entered him. 31 They begged him not to order them to go back into the abyss. 32 Now there on the hillside a large herd of swine was feeding; and the demons begged Jesus to let them enter these. So he gave them permission. 33 Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and was drowned. 34 When the swineherds saw what had happened, they ran off and told it in the city and in the country. 35 Then people came out to see what had happened, and when they came to Jesus, they found the man

from whom the demons had gone sitting at the feet of Jesus, clothed and in his right mind. And they were afraid. 36 Those who had seen it told them how the one who had been possessed by demons had been healed. 37 Then all the people of the surrounding country of the Gerasenes asked Jesus to leave them; for they were seized with great fear. So he got into the boat and returned. 38 The man from whom the demons had gone begged that he might be with him; but Jesus sent him away, saying, 39 'Return to your home, and declare how much God has done for you.' So he went away, proclaiming throughout the city how much Jesus had done for him.

This is the Gospel of the Lord.

**Response (ALL): Praise to you O Christ.**

**Post Communion:** Eternal God, comfort of the afflicted and healer of the broken, you have fed us at the table of life and hope; teach us the ways of gentleness and peace that all the world may acknowledge the kingdom of your Son Jesus Christ our Lord. Amen.

**Please pray for:** Shirley Lock, David James, Doreen Burrows, Michael Bridges, Olwin Bridges, Desmond and Renee Clifton, Trevor Newton, Joyce Davis and any who are unwell at this time.

**Wednesday** 22nd June – 10.30am Holy Communion in church.

**Next Sunday:** Sunday 26<sup>th</sup> June: 8am Eucharist (Book of Common Prayer.) 9.30am Family Eucharist (Common Worship)  
Saxtead: 6.30pm Evening Prayer.

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