

# THIS WEEK

SUNDAY 18TH AUGUST

9.00am BCP Holy Communion  
10.30am Holy Communion  
12.30pm Baptisms  
6.00pm Evening Prayer

WEDNESDAY 21ST AUGUST

10.00am-12.00pm OPEN CHURCH  
10.00am-12.00pm Knit & Natter Hawkesley

THURSDAY 22ND AUGUST

9.00am-11.00am TINY TOTS  
10.00am-12.00pm Churchyard care team \*Volunteers Welcome\*  
12.30pm-2.30pm Seniors Club  
HOLIDAY

SATURDAY 24TH AUGUST

10.00am-12.00pm OPEN CHURCH

SUNDAY 25TH AUGUST

9.00am BCP Holy Communion with robed choir  
10.30am Morning Praise  
3.00pm Growing with God  
6.00pm Compline

## Collect For the Week:

God of constant mercy,  
who sent your Son to save us: remind us of your goodness,  
increase your grace within us, that our thankfulness may grow,  
through Jesus Christ our Lord.

# 18th AUGUST 2024

## St. Nicolas, Kings Norton

Incorporating Hawkesley LEP

Part of the Church Of England

# READINGS:

### TODAY

Ephesians 5: 15-20 page 191

John 6: 51-58 page 95

### NEXT WEEK

Ephesians 6: 10-20 page 192-193

John 6: 56-69 page 95

**Kings Norton Parish Office:** Open 10am—1pm Mon—Fri

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Visit [www.kingsnorton.org.uk](http://www.kingsnorton.org.uk)

Registered Charity Number: 1134799

## TRINITY 12

This week's readings see a continuation of Jesus talking about himself as the bread of life and Paul giving advice to the church in Ephesus.

We all need physical food and drink to sustain us and to keep us alive. Without food and drink we will soon, physically, wither away and die. Jesus talks about the need to eat his flesh and drink his blood in order to gain life eternal. In other words just as food and drink maintain our physical bodies, we also need to feed ourselves spiritually by feasting on Jesus. We need to accept Christ's death and resurrection and live our lives following Jesus' teachings, trusting in the power of the Holy Spirit.

It is this theme that Paul picks up in his letter to the Ephesians. We need to live wisely and understand the Lord's will. We should not 'get drunk on wine' as that only provides a temporary feeling. Instead we should fill ourselves with the Holy Spirit, which will give us lasting joy. We should praise the Lord and always give thanks.

Sustaining ourselves with the flesh and blood of Jesus will help us to live wisely on this earth and gain eternal life with our God.

Ruth Howman

### **Please Remember in your prayers:**

Mason Green, Paul Cowley, Val Fletcher, Siobhan and Darlene, June McCoy, Pauline Wells, Joyce Hancock, Maureen Black, Steven Fearon, Jeremy Dacombe, Gretz Lacey, Sarah Byford, Catherine Wilkinson, Gabriella Young, Matthew Coulter, Sara Beatrice Callagan, Christopher Gascoigne.

**Those Who have died and those who grieve for them:** Margaret Stokes, Ivor Toy and Terrence Nicholls.

**B30 and South Birmingham Foodbank:** Many Thanks for your continued support. Donations are as useful as produce. See Sylvia Fox for more information on Direct Debits and cash donations. Thank you and continue donating food items into the collection Bin.

**Lady Chapel:** Prayers are offered here after the 10.30am service. Please come if you would like someone to pray with you.

**Important Notice:** NO HOT BEVERAGES. Whilst we replace hot water heater. We also want to thank you for all donations received.

### DATES FOR THE DIARY:

**Sunday 1st September 10.30am** Confirmation Service

**Sunday 29th September 10.30am** Creation/ Harvest United Service

**Sunday 8th September 6.00pm** Licensing of Rev. Mark and Rev. Christine

**Sunday 15th September** Iranian Cultural Event and Lunch

Our Iranian members invite you to stay after the 10.30am service , to enjoy the culture and food.

Save the date now!