

**SUNDAY 14 JULY – TRINITY 7**

**8.30am** BCP communion  
**10am** Holy Communion

**No Junior Church today** as families are enjoying a camping trip near Newmarket so Seedlings and Saplings are not meeting today. There are toys, books and story boxes available in the South Chapel for children to enjoy.

**COLLECT**

Lord God, your Son left the riches of heaven and became poor for our sake: when we prosper save us from pride, when we are needy save us from despair, that we may trust in you alone; through Jesus Christ our Lord. **Amen.**

**READINGS** (*in pew bibles*)

**NT Ephesians 1: 3-14, p.205**

**GOSPEL Mark 6: 14-29, pp.43-44**

**PRAYERS THIS WEEK –**

Please pray for the new UK government, for new ministers and MPs, for fairness and a desire for the common good.

*Lord of Wisdom,*

*Be with those who lead your people. Many are unsure and exhausted; give them your hope and faith. Bless the leaders of our nation and help them to keep their eyes on you, to walk in your footsteps and listen to your voice. May they serve with humility, live with integrity and lead others to you. Amen.*

**NEXT WEEK**

**8.30am** BCP Holy Communion  
**10am** Experience and Explore

**Apologies – there will be no 6.30pm Evening Prayer this week. We will be enjoying train rides at 149 Shelford Road.**

**CONTACTS**

**CHURCH WEBSITE** [www.trumpington.church](http://www.trumpington.church)

**Vicar – Revd Mandy Maxwell** 01223 845047  
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**Churchwardens**

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**Organist – Geoff Symon** [organist@trumpington.church](mailto:organist@trumpington.church)

**Choir Leader – Alan Howard** [choir@trumpington.church](mailto:choir@trumpington.church)

**Parish Safeguarding Officer – Sheila Bett** 07889 706625

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**CHURCH OFFICE – OPENING TIMES**

**9am-1pm** Monday, Tuesday, Wednesday and Friday

Emma's email address is: [admin@trumpington.church](mailto:admin@trumpington.church)

**CHURCH NOTICES**

**TRUMPET DELIVERIES**

Could YOU help to deliver *The Trumpet* in the central village area? We need 2 or 3 more volunteers.

We also need a distributor to take a batch of magazines to the deliverers in one area – a car is needed for this.

It's just 6 times per year, and starting from the August & September issue, which comes out late July.

Please call or email Edmund, details above.

**BIBLE STUDY**

Please contact Mandy if you would like to join a group on either Tuesday evening online or Wednesday evening in person.

**CHURCHYARD WORKING PARTY**

**SATURDAY 13 JULY**

Thank you to all who came and contributed, much appreciated.

**TRAINS – AFTERNOON OF SUNDAY 21 JULY**

If you would like to bring a picnic and enjoy train rides in Edmund's garden, come along to this fun afternoon for all ages. Meet at 2pm, 149 Shelford Road, Trumpington.

**GIVING**

If you would like to make a donation in support of the life and ministry of our church, you can:

- Leave a cash donation in the plate provided
- Make a contactless donation using the GoodBox
- Use a yellow envelope. If you pay tax we can claim the Gift Aid, but only if you fill out your details.
- Please speak to Edmund about making a regular electronic gift and the best way to do this.

*Everything helps – thank you!*

**RIDE + STRIDE – SATURDAY 14 SEPTEMBER**

This event is the single largest source of income for many Historic Churches Trusts enabling them to make Grants to places of Christian worship. We have a poster and sponsorship forms in church if you would like to take part. We also hope to offer refreshments to visitors.

More info: <https://camhct.uk/ride-and-stride>

We would like to open the church for refreshments from 10am-4pm; please tell Sheila if you could help out for an hour or two and/or make a cake.

**CHRISTMAS TREE FESTIVAL, 14 & 15 DECEMBER**

Would you like to be involved this year and join a small team to help organise different elements: crafts, refreshments, possible concerts, and other activity ideas – so it's not just me! Please get in touch with Sheila. (details in middle column).

**COMMUNITY NOTICES**

**VOLUNTEER DRIVER SCHEME**

**FOR TRUMPINGTON AND GRANTCHESTER**

Drivers and co-ordinators needed. Training given and costs reimbursed. Interested? Call Carol on 0788 181 2051 to register your interest.

*If you want to put a note in the pewsheet, please contact Emma in the office, no later than 9am Wednesday if the note is intended for the forthcoming Sunday.*



# Unlikely heroes

Julian Smith *reflects on* Amos 7:7-15

Our thirst for super-hero movies seems unquenched, but in reality there is no one to sweep in and sweep away our problems. During the pandemic of 2020 and 2021 we saw heroes from a very different mould, including NHS staff, workers in care homes and supermarkets, corner-shop owners, volunteers at community shops and food banks, postal workers and delivery drivers. Many were immigrants, on the minimum wage and, until then, taken for granted. Unlikely heroes all.

This is nothing new for God. The Bible shows us how God calls and empowers ordinary people – Amos is a good example. He is not a smooth-talking professional; he is a plain man, a herdsman and dresser of trees, who has been called by God to prophesy to “my people Israel”. Amos is a foreigner from Judah who is sent to set Israel straight. Amos is abrasive and uncompromising, he is from a class of people beneath contempt, and he is an immigrant.

But Amos has some things going for him – he is open to God, willing and able to listen and he has the courage to say “yes” when God calls.

The age of super heroes may be fictional, but God’s calling of unlikely heroes continues. If you are open to God, willing and able to listen and are brave enough to say “yes”, the next unlikely hero could be you. 🍷

## Journalling

### Our own psalm

by Julia McGuinness

When an American company made a group of employees abruptly redundant, writing researchers worked with them. They found that those encouraged to express their feelings about what had happened, gained new employment more quickly than the non-writers. The writers had an outlet for their anger, and did not carry it into future job interviews.

The Psalms encompass a wide range of emotions that the writer discharges into God’s presence.

They lead the way in encouraging us to express our own emotions in prayer.

Is there a psalm that strikes a chord with how you feel just now? Copy out any verse of it that particularly resonates. Now add lines underneath to create your own psalm. Write freely from the heart and conclude with a line that intentionally commits your feelings to God – perhaps even copying your chosen psalm’s last line.

Sit with your writing and invite God into the inner space you have made through moving your feelings onto the page. What comes into your awareness in the silence? 🍷

**Dear God, we thank you for calling unlikely people to be heroes in your earthly kingdom and for those who have touched our lives. Give us grace to be open to you and courage to say “yes” to your call. Amen.**

## Books of the Old Testament

### Part 28, Hosea

by Richard Greatrex

Hosea is a passionate book for turbulent times, spanning the reign of Jeroboam II (c. 787-747) until the imprisonment of Hoshea (c. 731-722), the last king of Israel. It was a desperate period. Kings were murdered, allegiances swung wildly, Israel fought Judah, political elites crushed their compatriots to consolidate power, and religious authorities allowed worship of Canaanite god Baal to infiltrate the Yahwistic faith.

In fourteen vivid chapters, Hosea predicts the fall of Israel

resulting from this continuing rebellion against God. But he holds out hope that repentance and restoration will come after judgement.

Chapters one to three introduce the metaphor of the relationship between God and Israel as that of a married couple – the wife is unfaithful. Chapters four to eleven portray God as a loving father and Israel as a rebellious son. Finally, twelve to fourteen interweave both these metaphors: the son is threatened with destruction unless he repents, while the repentant wife returns to her husband. The land blossoms, hope thrives and the relationship between God and people is restored. 🍷

“The one who... turns deep darkness into the morning, and darkens the day into night, who calls for the waters of the sea, and pours them out on the surface of the earth, the Lord is his name.”

Amos 5:8