

Luke 9:28-36**The Transfiguration**

²⁸ About eight days after Jesus said this, he took Peter, John and James with him and went up onto a mountain to pray. ²⁹ As he was praying, the appearance of his face changed, and his clothes became as bright as a flash of lightning. ³⁰ Two men, Moses and Elijah, appeared in glorious splendour, talking with Jesus. ³¹ They spoke about his departure, which he was about to bring to fulfilment at Jerusalem. ³² Peter and his companions were very sleepy, but when they became fully awake, they saw his glory and the two men standing with him. ³³ As the men were leaving Jesus, Peter said to him, "Master, it is good for us to be here. Let us put up three shelters—one for you, one for Moses and one for Elijah." (He did not know what he was saying.)

³⁴ While he was speaking, a cloud appeared and covered them, and they were afraid as they entered the cloud. ³⁵ A voice came from the cloud, saying, "This is my Son, whom I have chosen; listen to him." ³⁶ When the voice had spoken, they found that Jesus was alone. The disciples kept this to themselves and did not tell anyone at that time what they had seen.

NIV


**Beaworthy Coffee Morning
Postponed until September**

At the new Beaworthy Parish Hall in Patchacott

*There will be cakes and savouries for sale
Come and have a look around the new hall
which has been rebuilt/refurbished recently.*


Celebrating St Mary's, Black Torrington

*You are warmly invited to St Mary's Church on
Sunday 15th August at 6.30 pm
for a short informal service
followed by Cheese and Wine.
ALL WELCOME*

Pudd-ring (Pudding evening and hand bell ringing)

Thursday 26th August, 6pm—8pm, St Mary's Church, Black Torrington
Do put this date in your diary. Donations for hand bell repairs

***The United Benefice of Ashwater, Beaworthy, Black Torrington,
Clawton, Halwill, Highampton and Tetcott
10th Sunday after Sunday
Transfiguration
WELCOME TO WORSHIP***

9.30 am Morning Worship, Ashwater
11.00 am Café Church, Black Torrington
11.00 am Holy Communion, Clawton
6.30 pm BCP Evensong, Beaworthy


Readings

1 Kings 19: 4-8
Ephesians 4: 25-5:2
John 6: 35, 41-51
(Luke 9: 28-36)

Collect

Father in heaven,
whose Son Jesus Christ was wonderfully transfigured
before chosen witnesses upon the holy mountain,
and spoke of the exodus he would accomplish at Jerusalem:
give us strength so to hear his voice and bear our cross
that in the world to come we may see him as he is;
who is alive and reigns with you,
in the unity of the Holy Spirit, one God, now and for ever. Amen.

Interim Priest-in-Charge (part time)

Rev'd Stephen Skinner
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PLEASE PRAY FOR:

The Mission Community: for all who live and work in our Mission Community.

All who are mourning the death of a loved one including the family of Philip Taylor (*Ashwater*) and Jan Luckhurst (*Highampton*)

Rest in peace all who have recently died including Jan Luckhurst

Those who are ill or in any kind of need and those who are vulnerable due to underlying health conditions, including Trevor May, Bryan Hancock, Grace Spelman, Mavis Watson, Peter and Maureen Ellis, Malcolm and Judith Lusted, Jenny Hyslop, Brian Colebrook-Clark, Tim Kirk.

All those who organise and support food banks, that they would continue to have the resources they need to service our communities at this time.

We pray that those going on holiday over the next few weeks may travel safely and return refreshed

Farmers and agricultural workers and all those who rely on the land for their livelihood, that they would be blessed with strength and wisdom.

Dates for your diary

Monday 9th August	6.30 pm for 7.00 pm	Ashwater Open Meeting at the Village Hall to discuss the future of the Church
Tuesday 10th August	11.00 am	ZOOM Bible Study
Thursday 12th August	8.00 pm	ZOOM Compline
Sunday 15th August	9.30 am	Holy Communion Ashwater Church
	11.00 am	Baptism, Clawton Church
	11.00 am	Morning Service, Halwill Church
	6.30 pm	Celebrating St Mary's Patronal Service Black Torrington Church

Meeting ID: 317 183 8102 Pass code: 848984



Thought for Sunday 8th August 2021 "ANGER – HOW DO WE DEAL WITH IT?"

St Paul writes about anger in Ephesians 4: 26 – 31. To summarise his teaching:

V 26A: "Don't sin by letting *anger* gain control over you!"

V 26B: "Don't let the sun go down while you are still *angry*"

V 27: "*Anger* provides a powerful foothold for the Devil"

V 29: "Don't use foul, abusive or *angry* language"

V 31: "Get rid of all bitterness, rage, *anger*, harsh words and slander".

That seems to be clear enough, doesn't it!? Thus the Christian is forewarned on the dangers of anger, both for ourselves (damaging our mental state), and for others (damaging our relationships with others). But Paul is not merely giving us a piece of moral instruction, such as a psychologist or counsellor might offer. Rather, he places his teaching within the context of spiritual growth and our relationship with God. We clearly need help from God when we are in the process of getting angry. We all know that a spirit of anger can erupt so quickly – witness 'road rage', 'trolley rage', etc etc!

It's been said that some people are like buttons – they 'pop off' at the wrong time! There is a Chinese proverb that says: "Not even the fastest horse can catch a word spoken in anger", and another that counsels: "If you are patient in one moment of anger, you'll avoid 100 days of sorrow."

St Paul says that the *spiritual* solution to the problem of anger is to live a life of spiritual depth, rooted in the ceaseless flow of love generously emanating from God. This has a trinitarian aspect:

~ We are to reflect the forgiving, reconciling character of our Creator God.

~ We are to follow the example of Jesus, by asking ourselves: "Would Jesus be angry at this?"

~ We are to seek the Spirit's guidance to produce healing rather than hostility.

When we begin to feel angry it might be wise to ask ourselves if there is a deeper cause of our anger? Perhaps it arises from a past hurt or grievance that hasn't yet been dealt with. If so, we might turn to God and seek prayer for 'inner healing' to help resolve the taproot of our anger.

I am well aware that there is a place for 'righteous anger' such as Jesus and the prophets demonstrate in the face of injustice, abuse, hypocrisy, poverty, corruption and discrimination. It would require another "Thought Piece" to address this – but for now let us seek to control anger by asking ourselves: "Are my feelings of anger helpful for me or others in furthering God's Kingdom?"

STEPHEN