

**Hebrews 13: 1-8, 15-16****Concluding Words**

13 Keep on loving each other as brothers and sisters. <sup>2</sup>Don't forget to show hospitality to strangers, for some who have done this have entertained angels without realizing it! <sup>3</sup>Remember those in prison, as if you were there yourself. Remember also those being mistreated, as if you felt their pain in your own bodies.

<sup>4</sup>Give honor to marriage, and remain faithful to one another in marriage. God will surely judge people who are immoral and those who commit adultery.

<sup>5</sup>Don't love money; be satisfied with what you have. For God has said, "I will never fail you.

I will never abandon you."

<sup>6</sup>So we can say with confidence,

"The LORD is my helper,  
so I will have no fear.

What can mere people do to me?"

<sup>7</sup>Remember your leaders who taught you the word of God. Think of all the good that has come from their lives, and follow the example of their faith.

<sup>8</sup>Jesus Christ is the same yesterday, today, and forever.

<sup>15</sup>Therefore, let us offer through Jesus a continual sacrifice of praise to God, proclaiming our allegiance to his name. <sup>16</sup>And don't forget to do good and to share with those in need. These are the sacrifices that please God.

**Luke 14: 1, 7-14****Jesus Teaches about Humility**

14 One Sabbath day Jesus went to eat dinner in the home of a leader of the Pharisees, and the people were watching him closely.

<sup>7</sup>When Jesus noticed that all who had come to the dinner were trying to sit in the seats of honor near the head of the table, he gave them this advice: <sup>8</sup>"When you are invited to a wedding feast, don't sit in the seat of honor. What if someone who is more distinguished than you has also been invited? <sup>9</sup>The host will come and say, 'Give this person your seat.' Then you will be embarrassed, and you will have to take whatever seat is left at the foot of the table!

<sup>10</sup>"Instead, take the lowest place at the foot of the table. Then when your host sees you, he will come and say, 'Friend, we have a better place for you!' Then you will be honored in front of all the other guests. <sup>11</sup>For those who exalt themselves will be humbled, and those who humble themselves will be exalted."

<sup>12</sup>Then he turned to his host. "When you put on a luncheon or a banquet," he said, "don't invite your friends, brothers, relatives, and rich neighbors. For they will invite you back, and that will be your only reward. <sup>13</sup>Instead, invite the poor, the crippled, the lame, and the blind. <sup>14</sup>Then at the resurrection of the righteous, God will reward you for inviting those who could not repay you."

**Ruby Country Benefice**

*The Parishes of Ashwater, Beaworthy, Black Torrington,  
Clawton, Halwill, Highampton and Tetcott*

**Sunday 28th August 2022**

**11th Sunday after Trinity**

11.00 am Holy Communion, Beaworthy

11.00 am Methodist Service, Clawton

6.30 pm Evening Service, Highampton

**Readings**

Proverbs 25: 6-7

Psalm 112

Hebrews 13: 1-8, 15-16

Luke 14: 1, 7-14

**Collect**

O God, you declare your almighty power  
most chiefly in showing mercy and pity:  
mercifully grant to us such a measure of your grace,  
that we, running the way of your commandments,  
may receive your gracious promises,  
and be made partakers of your heavenly treasure;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. Amen.

**Interim Vicar (part time)**

Revd Stephen Skinner

[sjmskinners@btinternet.com](mailto:sjmskinners@btinternet.com)

07554 142264

**PLEASE PRAY FOR:**

**The Mission Community:** for all who live and work in our Mission Community,, remembering Revd Elizabeth Burke as she prepares to move to The Scilly Isles

**Rest in peace** all who have recently died including Mark Colwill (Ashwater) and Marion Barwell (Black Torrington)

**All who are mourning** the death of a loved one including the family and friends of Mark Colwill and Marion Barwell

**Those who are ill** or in any kind of need and those who are vulnerable due to underlying health conditions, including Mavis Watson, Jenny Hyslop, Stephen Bowness, Diana Marriott, Derrick & Pat Hayes.

**All those involved** in the industrial accident at Shebbear on Tuesday

**For all those** suffering with Covid and the long term effects of the virus.

**For peace** in Ukraine

**For all those** who are currently homeless, we pray that they may find shelter and food, we give thanks to all who donate to the Food Bank

**Dates for your diary**

<b>Wednesday 31st August</b>	10.00 am	Morning Prayer Black Torrington Church
<b>Thursday 1st September</b>	8.00 pm	ZOOM Compline
<b>Friday 2nd September</b>	11.30 am	Funeral—Marion Barwell Black Torrington Church
<b>Saturday 3rd September</b>	1.00 pm	Wedding Benn Parr & Sophie Gerry Ashwater Church
<b>Sunday 4th September</b>	9.30 am	Holy Communion Ashwater Church
	11.00 am	Holy Communion Halwill Church
	11.00 am	Holy Communion Black Torrington Church (Canon James Mustard)
	4.00 pm	BBQ & Evening Service Tetcott Church



**ZOOM MEETING**  
Meeting ID:317 183 8102  
Passcode: 848984

**Thought for Sunday 28th August 2022**

**“CONTENTMENT”**

**Hebrews 13: 5: “Be content with what you have. For God has said  
“I will never fail or forsake you.”**

To be contented with our lives is something that most people aspire to you, at whatever age, but particularly as we grow older. The value of attaining this state is common to all the classical philosophers, for instance the Stoics. They believe that our goal in life should be towards, happiness and flourishing. The happy life is the one that is most contented and pleasurable; a good ‘flow of life’. This entails ‘living in agreement with nature’, according to one of the leading Stoics, Didymus.

In some ways we draw an image of contentment from animal life. Here is a nice story:

Two cows were grazing in a pasture when that see a milk tanker passing by. On its side were the words: Pasteurized, Homogenized, Filtered, Vitamin A & D added.” One cow sighed and said to the other: “Makes me feel kind of inadequate, doesn’t it you?” Their sense of contentment with munching grass was spoiled by their feeling that their milk wasn’t good enough as it was! There are many things that can steal our contentment – especially if we compare ourselves too much with the gifts, talents and possessions of others. This can be so for me, when I learn of great success stories from other clergy around the country!

From a Christian perspective, it is indeed possible to be contented with our lot in life because of God’s perennial care for us. We need no fear for the future if we truly rely upon God as our supreme Helper in all the ups and downs of life. Let’s apply this to the extraordinary increase in the cost of food and fuel. It estimated that millions of people will be in ‘fuel poverty’ by this Winter. This is a scary thought for all of us, so how do we respond? At the core of this is our need to live ‘sustainable lives’, with the help and guidance of God. For example: Consuming less by way of latest gadgets, more clothes or strictly unnecessary household items. It might mean eating a bit more simply by eating less meat or fancy food. It could mean that we travel a bit less, locally and abroad. And again perhaps we can interact more with Charities and Charity Shops, both for making donations or purchases, and offering help to Food Banks. I suggest that if we dare to call our church fellowships ‘caring’ then we will be ready to discreetly help any that we discern might be in material need.

One Commentator suggests that ‘Contentment’ is a child of our faith. It comes as a habit of mind, and can best be acquired by constantly reminding ourselves of God’s parental provision for us all.

“It is not how much we have, but how much we enjoy, that makes for contentment!” (Spurgeon).

**Stephen**