

### **Plymouth Foodbank**

Plymouth Foodbank still requires several essential items and are appealing for donations of the following: Long life fruit juice, long life milk, tinned rice pudding, tinned custard, tinned fruit, tinned meat (especially things like minced beef, curries, stewed steak), large size nappies (size 6 or 7), cereals, shampoo, deodorants (men and women's), tea and coffee. Perhaps you could buy an extra item when you do your shopping. A box will be at the back of St Mary's for collecting any donations. Thank you.

### **Changes to Holy Communion**

The House of Bishops have updated their Covid-19 policy and have now provided guidance that Holy Communion should be administered in both kinds, unless there is a clear and objective reason why there would be a significant risk in doing so. St Mary's PCC met on 6th June and concluded that the prime concern was that each individual was provided with the opportunity to decide for themselves. The practice now is that people will stand in front of the vicar if they only want the bread or wafer and will stand in front of the chalice assistant if they wish to have it intincted. The vicar will then dip the wafer and give it to the person. The congregation will be informed at each Holy Communion service until the practice is well known. In any scenario, the vicar will take communion after all congregation celebrants have received.

### **CAMEO (Come And Meet Each Other)**

Cameo is a Bible Study group held every Wednesday morning from 10.30am until 12.00pm at The Church of The Holy Spirit. It is a friendly group with approx. 11 people attending regularly, and we have a rota of three leaders. We start with coffee and a chat and information about domestic issues that have arisen. Study starts at 11.00am and this is normally a Bible reading followed by questions and discussion. Occasionally someone may bring up something personal. This always stays within the group, and is confidential. Everybody is welcome. If you are interested, please ring Mo Glover on 206074.

### **Concert Outing**

There are still a few places left for the concert outing planned for Saturday 16th July.

The concert is at Sterts Theatre with the Mousehole Male Voice Choir and Sterts Singers. The coach will leave St Mary's at 6pm and return after the concert (most probably by about 10.30pm). The cost of a ticket and return coach is £25 per adult (£20 for under 18's). We really need to fill the last few places so please spread the word among your friends and neighbours and ask anyone interested to contact Pat Eyres for more information.

**pateyres@talk21.com** or **07711422396**

### *Second Reading* **Mark 7: 1 – 23**

<sup>1</sup> Then came together unto him the Pharisees, and certain of the scribes, which came from Jerusalem. <sup>2</sup> And when they saw some of his disciples eat bread with defiled, that is to say, with unwashen, hands, they found fault. <sup>3</sup> For the Pharisees, and all the Jews, except they wash their hands oft, eat not, holding the tradition of the elders. <sup>4</sup> And when they come from the market, except they wash, they eat not. And many other things there be, which they have received to hold, as the washing of cups, and pots, brasen vessels, and of tables. <sup>5</sup> Then the Pharisees and scribes asked him, Why walk not thy disciples according to the tradition of the elders, but eat bread with unwashen hands? <sup>6</sup> He answered and said unto them, Well hath Esaias prophesied of you hypocrites, as it is written, This people honoureth me with their lips, but their heart is far from me. <sup>7</sup> Howbeit in vain do they worship me, teaching for doctrines the commandments of men. <sup>8</sup> For laying aside the commandment of God, ye hold the tradition of men, as the washing of pots and cups: and many other such like things ye do. <sup>9</sup> And he said unto them, Full well ye reject the commandment of God, that ye may keep your own tradition. <sup>10</sup> For Moses said, Honour thy father and thy mother; and, Whoso curseth father or mother, let him die the death: <sup>11</sup> But ye say, If a man shall say to his father or mother, It is Corban, that is to say, a gift, by whatsoever thou mightest be profited by me; he shall be free. <sup>12</sup> And ye suffer him no more to do ought for his father or his mother; <sup>13</sup> Making the word of God of none effect through your tradition, which ye have delivered: and many such like things do ye. <sup>14</sup> And when he had called all the people unto him, he said unto them, Hearken unto me every one of you, and understand: <sup>15</sup> There is nothing from without a man, that entering into him can defile him: but the things which come out of him, those are they that defile the man. <sup>16</sup> If any man have ears to hear, let him hear. <sup>17</sup> And when he was entered into the house from the people, his disciples asked him concerning the parable. <sup>18</sup> And he saith unto them, Are ye so without understanding also? Do ye not perceive, that whatsoever thing from without entereth into the man, it cannot defile him; <sup>19</sup> Because it entereth not into his heart, but into the belly, and goeth out into the draught, purging all meats? <sup>20</sup> And he said, That which cometh out of the man, that defileth the man. <sup>21</sup> For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, <sup>22</sup> Thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness: <sup>23</sup> All these evil things come from within, and defile the man.

### **Exploring Prayer**

Angie Andrews has set up a new prayer group at The Church of The Holy Spirit which meets on the third Saturday of each month at 10am. All are welcome. It will look at exploring prayer and how we talk to God in different ways. The next one is on 16th July.