



**The Team Parish of Christ the King
St Aidan's Church Brunton Park**

**Sunday 20th July 2025
Trinity 5**

This Sunday's Gospel reading comes as a profound challenge to our busy culture, and task-oriented lives. Jesus is in the home of Martha and Mary, and yet these two women make two very different choices. Martha is busy preparing everything. She's making sure there's food to eat and a bed to sleep in, looking after all the practicalities of having a guest to stay. Mary is sitting at Jesus' feet and listening to him teach. The question this passage asks us is: where should we be? Martha's work is important, it needed to be done, it wasn't optional, and yet Jesus says that Mary chose the better part.

Do we need to learn that, even if there are many important things we could, and should, be getting on with, sometimes the better part is to simply sit in the presence of Christ and listen to him. It's not an easy discipline to learn, but perhaps this week – even in the middle of all the hustle and bustle of modern life, even with all the tasks and jobs that need doing, even with everything there is to distract and occupy us – still we need to find our way to simply sit at Jesus' feet and listen to his loving words to us.

Colossians 1. 15-28

He is the image of the invisible God, the firstborn of all creation; for in him all things in heaven and on earth were created, things visible and invisible, whether thrones or dominions or rulers or powers—all things have been created through him and for him. He himself is before all things, and in him all things hold together. He is the head of the body, the church; he is the beginning, the firstborn from the dead, so that he might come to have first place in everything. For in him all the fullness of God was pleased to dwell, and through him God was pleased to reconcile to himself all things, whether on earth or in heaven, by making peace through the blood of his cross. And you who were once estranged and hostile in mind, doing evil deeds, he has now reconciled in his fleshly body through death, so as to present you holy and blameless and irreproachable before him—provided that you continue securely established and steadfast in the faith, without shifting from the hope promised by the gospel that you heard, which has been proclaimed to every creature under heaven.

I, Paul, became a servant of this gospel. I am now rejoicing in my sufferings for your sake, and in my flesh I am completing what is lacking in Christ's afflictions for the sake of his body, that is, the church. I became its servant according to God's commission that was given to me for you, to make the word of God fully known, the mystery that has been hidden throughout the ages and generations but has now been revealed to his saints. To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory. It is he whom we proclaim, warning everyone and teaching everyone in all wisdom, so that we may present everyone mature in Christ.

Luke 10.38 - 42

Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.'

TODAY 9.30am: Mr Bernie Troughton will lead and Rev'd Gerard Rundell will preside and preach

THE WEEK AHEAD

Wed 10.00am Church: **BCP Midweek Eucharist**
Thurs 2.00 pm Community Room: **Chat and Craft**
Sat 10.00am Community Room : **Saturday Café**

Sun 9.30am: James the Apostle Rev'd Hannah Malcolm will preside and preach

DATES FOR THE DIARY

Thurs 24th July 2.00pm **Chat and Craft Community Room**
Sat 26th July 10.00am **Saturday Cafe Community Room**
Thurs 7th August 10.30am **St Aidan's Men's Group Outing to Trinity House**
2.00pm **No Prayer and Praise**
Sat 30th August **Summer trip to Newbiggin by the Sea**

NOTICES

TODAY'S SERVICE LINK: <https://bit.ly/StAidan2025Trinity5>

HOLIDAY – Rev'd Hannah's last Sunday service before maternity leave is next Sunday 27th July.

PRAYER GROUP – There is space available in church near the High Altar for those who would like to gather for prayer before the 9.30am Sunday service.

LUNCH GROUP - will meet on Wednesday 13th August at the Rugby Club. 12 o'clock for a 12.30 meal. Names to Pat or Pauline if you wish to join us.

SUMMER TRIP – Due to unforeseen circumstances we now plan to have our summer trip on Saturday 30th August. A sheet will be available at the back of church for those to register their interest in travelling by coach or by other means of transport.

REFRESHMENTS ROTAS – There is a new rota at the back of church for Sunday morning refreshments. It would be appreciated if volunteers could add their names to the list.

RECYCLING – We now have a blue recycling bin which can be found next to the entrance to the community room. No need to take recycling home.

Living on God's Good Earth: July *Meat Free Mondays*

In this country, we eat far more meat than we did a generation or two ago, and it isn't doing our health or the planet's health any favours. One of the simplest and most effective ways to protect the diversity of God's world is to reduce the amount of meat we eat. If you're currently a full-time carnivore, you could try 'Meat Free Mondays' and see where it takes you! For info, recipes, and inspiration, visit <https://meatfreemondays.com>.

SUNDAY SERMON'S

For anyone who would like one, written copies of the Sunday sermon are available from the preacher on request. Please contact either Gerard, or the preacher of the day, to be sent a copy

For the church For all ministers serving across our deanery. Those on deanery synod..

For the community St Adain's kid's group, baby and toddler group and youth group. The Manor House, Bowmont House and Melton House.

For the world – all countries facing hardship and conflict. For our own national and political life

For those in need – Esther Wooler, Martin Seaton, Sue Bates, Sheila Lonie, Christine Crompton, Charlie Bennett, Pat Lawson

For those who have died – Esther Hall, Susan Pennington **and on their anniversaries**- Kenneth Forrester, Margaret Purcell, David Henderson, Ethel Todd, Dorothy Prest, John Hewett, Helen Brierley, Norma Forster, John Cass.



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