

TRINITY NEWS

WEEK 30
July 24, 2022

Benedict's Rule

St Benedict (480-567) lived in troubled times. In the wake of the fall of the Roman Empire, shortly before his birth, Italy, like the rest of Europe, was struggling to adapt to a new age, and the transition was a rough and sometimes violent one and lasted for over a century. It was in this context that in 516, Benedict sat down to write his 'Rule' – a manual on how to live together as a Christian community. It is simple, down-to-earth and practical, and sees the community as a "school for the Lord's service," whose members support one another as they grow in Christ.

Although it was written for a community of celibate men, in an age very different from ours, it remains a valuable resource for Christians living in community, and it's in context I'd like you to approach it: not so much how it applies to me, but how it applies to us, as members of this parish. I'll be sharing excerpts from time to time over the next few months and do let me know if you have any thoughts about it.

The first of all things to aim at is to love the Lord God with your whole heart and soul and strength and then to love your neighbor as much as you do yourself. The other commandments flow from these two: not to kill, not to commit adultery, not to steal, not to indulge our base desires, not to give false evidence against another, to

give due honour to all and not to inflict on someone else what you would resent if it were done to yourself.

Renounce your own desires and ambitions so as to be free to follow Christ. Control your body with self-discipline; don't give yourself to unrestrained pleasure; learn to value the self-restraint of fasting. Give help and support to the poor; clothe the naked, visit the sick and bury the dead. Console and counsel those who suffer in time of grief and bring comfort to those in sorrow.

Don't get too involved in purely worldly affairs and count nothing more important than the love you should cherish for Christ. Don't let your actions be governed by anger nor nurse your anger against a future opportunity of indulging it. Don't harbor in your heart any trace of deceit nor pretend to be at peace with another when you are not; don't abandon the true standards of charity. Don't use oaths to make your point for fear of perjury, but speak the truth with integrity of heart and tongue.

To be continued...

Psalm 138: 1-4,7-9

Response: *When I called upon thee, thou heardest me: O Lord thy love endureth forever.*

I WILL give thanks unto thee, O Lord, with my whole heart; * even before the gods will I sing praise unto thee. I will worship toward thy holy temple, and praise thy Name, because of thy loving-kindness and truth; * for thou hast magnified thy Name, and thy word, above all things.

Response: *When I called upon thee, thou heardest me: O Lord thy love endureth forever.*

When I called upon thee, thou heardest me; * and enduedst my soul with much strength. For though the Lord be high, yet hath he respect unto the lowly; * as for the proud, he beholdeth them afar off.

Response: *When I called upon thee, thou heardest me: O Lord thy love endureth forever.*

Though I walk in the midst of trouble, yet shalt thou refresh me; * thou shalt stretch forth thy hand upon the furiousness of mine enemies, and thy right hand shall save me. The Lord shall make good his loving-kindness toward me; * yea, thy mercy, O Lord, endureth for ever; despise not then the works of thine own hands.

Response: *When I called upon thee, thou heardest me: O Lord thy love endureth forever.*

SAINTS:

James the Apostle, 25 July. James, often called 'the Great', was a Galilean fisherman who, with his brother John, was one of the first apostles called by Jesus to follow him. The two brothers were with Jesus at his Transfiguration and with him again in the garden of Gethsemane. They annoyed the other followers of Jesus by asking to sit one on his left and the other on his right when he came into his glory and they were present for the appearances of Christ after the resurrection. James was put to death by the sword on the order of Herod Agrippa, who hoped in vain that, by disposing of the Christian leaders, he could stem the flow of those hearing the good news and becoming followers in the Way. James' martyrdom is believed to have taken place in the year 44.

William Wilberforce, Social Reformer, 30 July. William Wilberforce was born in 1759 in Hull. Converted to an Evangelical piety within the Church of England, Wilberforce decided to serve the faith in Parliament instead of being ordained, becoming a Member of Parliament at the age of twenty-one. He was a supporter of missionary initiatives and helped found The Bible Society. Settling in Clapham in London, he became a leader of the reforming group of Evangelicals known as the 'Clapham Sect'. Of all the causes for which he fought, he is remembered best for his crusade against slavery. After years of effort, the trade in slaves was made illegal in the British Empire in 1807 and Wilberforce lived to see the complete abolition of slavery, just before his death on this day in 1833.

REMINDER:

RECTOR SEARCH CONGREGATIONAL SURVEY will end next Sunday, 31st July. If you haven't submitted your answers yet, please do. Your opinion is much appreciated. The survey form can be accessed and answered through a link that was emailed last month. A hard copy is also available at the parish office today until next week. Thank you for your time.