



Heather Cooke *reflects on* Ephesians 4:25 – 5:2 and John 6:35. 41-51

Do you ever get angry? We all do. It's only human. So it's reassuring to read those two words near the beginning of today's epistle: "Be angry..." But it doesn't end there. "Be angry but do not sin." The difference is explained in the wise advice not to let the sun go down on our anger. Don't let it

last too long, don't let it fester. Put it away from us, later verses advise, and build loving relationships. Sometimes, of course, we're right to get angry – if we can turn that anger into healing action. Even Jesus did, in righteous anger, cleansing the Temple of greedy money-lenders.

Loving God, you came down from heaven in Jesus, that he might lead us home. In our journey, may we see him in all of humanity, share his anger at injustice, and follow his example of service and sacrifice. Amen.

The Sheldon community in a time of pandemic

Part II – "spot the difference"

by Julian Smith

Social distancing (SD) meant that the centre was running at half capacity and there were plenty of compromises to be made. The chapel had been rearranged to allow for SD seating, so a simultaneous Morning Prayer took place downstairs. Face masks were worn in the chapel and indoor meetings. For our final plenary the warden wielded a two-metre garden cane to check SD and assess the capacity of the meeting room.

The long dining table had been dismantled and smaller SD tables were dotted around the dining room, as in the chapel. The seats we chose were ours for the duration. There were changes, too, to the way in which food was served. It involved more work for the community running the kitchen but, as usual, the food was excellent and plentiful.

Things worked well for us as guests. How would we fare coming back as volunteers?

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People seem angry with Jesus in today's Gospel. How could he have "come down from heaven", they grumble, when they know he is human, with a father and mother like everyone else? What they don't appreciate is that his dual lineage, human and heavenly, is not only possible but crucial – in the strictest sense of the word. The miracle of the cross, giving life

to the world, reconciling heaven and earth, can only work because Jesus is both human and divine, son of Joseph and also Son of God. His humanity manifests itself in many ways – weeping at the tomb of Lazarus, using humour in his teaching and even getting angry. It's only human.

Fortunately for us, Jesus isn't "only" human. 

Mary Sumner

Tomorrow, Mary Sumner is commemorated in the Common Worship lectionary. Caroline Hodgson considers the legacy of this remarkable woman.

In 1876, when she became a grandmother, Mary Sumner was reminded how challenging she had found motherhood. She organised a meeting in the parish for mothers from all backgrounds, to offer mutual support in bringing up their children. Ironically, at that first meeting Mary's nerves got the better of her and her husband spoke on her behalf. But Mary persisted and her courage grew, and by the turn of the century

the MU had 169,000 members. When the council was formed in 1896 Mary was elected president, a post she held into her nineties. In 1897, during her Diamond Jubilee, Queen Victoria gave the MU the royal stamp of approval when she became its patron.

In 2016 MU representatives from across the globe attended the United Nations Commission on the Status of Women (UNCSW) in New York to lobby governments and the United Nations on women's economic empowerment. From the acorn planted by Mary Sumner, a huge tree had grown, supporting women and families around the globe.

www.mothersunion.org 

“If you could see humanity spread out in time, as God sees it, it would look like one single growing thing – rather like a very complicated tree. Every individual would appear connected with every other.”

C. S. Lewis (1898-1963), writer and theologian