

Thirteenth Sunday After Trinity

30th August 2026

GREEN

ST GILES PATRONAL

Collect

Passionate Lord,
walking to Golgotha
in the midst of our confusion:
free us from our images of you
which keep you enthroned in idle power, separate
from the pain and sin of the world;
lead us to embrace the scandal of the cross
and let our violence die that greater life might rise;
through Jesus Christ, who took the form of a slave.

Amen.



Psalm 42

As a deer longs for flowing streams,
so my soul longs for you, O God.
My soul thirsts for God,
for the living God.
When shall I come and behold
the face of God?
My tears have been my food
day and night,
while people say to me continually,
'Where is your God?'
These things I remember,
as I pour out my soul:
how I went with the throng,
and led them in procession to the house of God,
with glad shouts and songs of thanksgiving, a
multitude keeping festival.
Why are you cast down, O my soul,
and why are you disquieted within me?
Hope in God; for I shall again praise him,
my help and my God.
My soul is cast down within me;
therefore I remember you
from the land of Jordan and of Hermon,
from Mount Mizar.
Deep calls to deep
at the thunder of your cataracts;
all your waves and your billows
have gone over me.
By day the Lord commands his steadfast love,



and at night his song is with me,
a prayer to the God of my life.
I say to God, my rock,
'Why have you forgotten me?
Why must I walk about mournfully
because the enemy oppresses me?'
As with a deadly wound in my body,
my adversaries taunt me,
while they say to me continually,
'Where is your God?'
Why are you cast down, O my soul,
and why are you disquieted within me?
Hope in God; for I shall again praise him,
my help and my God.

Mark 7:1-23

Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around him, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, 'Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?' He said to them, 'Isaiah prophesied rightly about you hypocrites, as it is written,
'This people honours me with their lips,
but their hearts are far from me;
in vain do they worship me,
teaching human precepts as doctrines.'
You abandon the commandment of God and hold to human tradition.'
Then he said to them, 'You have a fine way of rejecting the commandment of God in order to keep your tradition! For Moses said, "Honour your father and your mother"; and, "Whoever speaks evil of father or mother must surely die." But you say that if anyone tells father or mother, "Whatever support you might have had from me is Corban" (that is, an offering to God)— then you no longer permit doing anything for a father or mother, thus making void the word of God through your tradition that you have handed on. And you do many things like this.'

Then he called the crowd again and said to them, 'Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile.'

When he had left the crowd and entered the house, his disciples asked him about the parable. He said to them, 'Then do you also fail to understand? Do you not see that whatever goes into a person from outside cannot defile, since it enters, not the heart but the stomach, and goes out into the sewer?' (Thus he declared all foods clean.) And he said, 'It is what comes out of a person that defiles. For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person.'

Post Communion Prayer

God our creator,
you feed your children with the true manna, the
living bread from heaven:
let this holy food sustain us through our earthly
pilgrimage
until we come to that place where hunger and
thirst are no more;
through Jesus Christ our Lord.

Amen.

PASTON REVEALED

St Margaret's, Paston

THE GRAND FINALE: STOW MILL – PAST AND PRESENT

Wednesday 16th September | 19:00

SPIRITUALITY AND...

A series of intentional
gatherings at **All Saints,
Mundesley, 2pm – 5pm**
to delve into spirituality
and how it applies to
different aspects of life.
Curious? Come along to
discover more – **all
welcome**, refreshments
provided.

SPIRITUALITY & CREATION

13th September, 2pm – 5pm



SPIRITUALITY & BREATH

11th October, 2pm – 5pm



SPIRITUALITY & ART

8th November, 2pm – 5pm



SPIRITUALITY & SILENCE

13th December, 2pm – 5pm



THE TRUNCH GROUP OF PARISHES

Bradfield, Gimingham, Knapton, Mundesley,
Paston, Swafield, and Trunch

30th August | Thirteenth Sunday

After Trinity

GREEN

09:30 **St Giles Patronal - Holy Communion,**

St Giles, Bradfield

11:00 **Sunday @ The Hub,** Mundesley

Community Hub

6th September | Fourteenth Sunday

After Trinity

GREEN

09:30 **Holy Communion,** All Saints,

Mundesley

11:00 **Sunday @ The Hub,** Mundesley

Community Hub

During the week @ Mundesley

Community Hub:

Tuesday 15:00 – 17:30 **The Hub**

Wednesday 10:00 – 11:00 **Holy Communion**

13:30 – 16:00 **Memory Lane Cafe**

Friday 09:00 – 12:00 **Community Café**

10:00 – 12:00 **Community Larder**

**Everyone is warmly welcome to all of
our events/services**



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