



All Saints Braunston

Weekly Pewsheet *Service Details and Notices*

Ninth Sunday after Trinity Sunday 2 August 2015

Services in the Team today:

Oakham	8:00am Holy Communion (CW Trad)
	10:30am Parish Communion
	6:00pm Evensong
Whissendine	11:00am Holy Communion
Teigh	9:00am Matins
Ashwell	6:00pm Evensong
Market Overton	9:00am Holy Communion
Langham	6:00pm Word, Worship & Response
Braunston	11:00am Holy Communion
Brooke	6:00pm Evensong
Hambleton	No service
Egleton	9:15am Holy Communion (CW Trad)

If you are new to this church or visiting, please make yourself known to the clergy or churchwardens

If you wish to receive Holy Communion in your pew, or would like a large print version of this Pewsheet, please ask a sidesman

Please take this Pewsheet home



Oakham Team Clergy



Revd Canon Lee Francis-Dehqani

Team Rector (Oakham)

01572 722108 lee@oakhamteam.org.uk



Revd Janet Tebby

Team Vicar (Whissendine, Teigh, Ashwell, Market Overton)

01664 474096 janet@oakhamteam.org.uk



Revd Hildred Crowther

Assistant Priest

01572 767779 hildred@oakhamteam.org.uk



Revd Dr Dominic Coad

Curate

01572 770024 dominic@oakhamteam.org.uk

Lay Ministers

Mr Yv Wainwright *Reader* - 01572 759157 yv@oakhamteam.org.uk

Mr Alan Rudge *Reader* - 01572 755570 alan@oakhamteam.org.uk

Mr David Pattinson *Reader* - 01572 723884 david@oakhamteam.org.uk

Mrs Robin Robson *Reader* - 01572 757404 robin@oakhamteam.org.uk

Mrs Gail Rudge *Parish Evangelist* - 01572 755570 gail@oakhamteam.org.uk

Mrs Jenni Duffy *Parish Evangelist* - 01572 720064 jenni@oakhamteam.org.uk

Mrs Madeleine Morris *Pastoral Assistant* - 01572 868418 madeleine@oakhamteam.org.uk

Director of Music

Mr Kevin Slingsby - 01572 898242 kevin@oakhamteam.org.uk

Oakham Team Office

Mrs Janine Weaver *Team Administrator*

01572 724007 office@oakhamteam.org.uk

The Team Office is staffed on Monday, Tuesday & Wednesday 9am- 1pm, Thursdays 11am-3pm and Fridays by email. **Notices for inclusion in the pew sheet should be sent to notices@oakhamteam.org.uk or delivered to the office by Wednesday at 11 am.**



www.oakhamteam.org.uk



www.facebook.com/oakhamteam



info@oakhamteam.org.uk



[@oakhamteam](https://twitter.com/oakhamteam)

Collect

Almighty God,
who sent your Holy Spirit
to be the life and light of your Church:
open our hearts to the riches of your grace,
that we may bring forth the fruit of the Spirit
in love and joy and peace;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen.**

First Reading – *Exodus 16.2-4,9-15**

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, 'If only we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.' Then the LORD said to Moses, 'I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not. Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the LORD, for he has heard your complaining.'" And as Aaron spoke to the whole congregation of the Israelites, they looked towards the wilderness, and the glory of the LORD appeared in the cloud. The LORD spoke to Moses and said, 'I have heard the complaining of the Israelites; say to them, "At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the LORD your God.'" In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread that the LORD has given you to eat.'

Second Reading – *Ephesians 4.1-16*

I, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, 'When he ascended on high he made captivity itself

a captive; he gave gifts to his people.' (When it says, 'He ascended,' what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Gospel – John 6.24-35

When the crowd saw that neither Jesus nor his disciples were at the place where Jesus had given the bread, they themselves got into the boats and went to Capernaum looking for Jesus. When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' Then they said to him, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat."' Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always.' Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'

Post Communion Prayer

Holy Father,
who gathered us here around the table of your Son
to share this meal with the whole household of God:
in that new world where you reveal the fullness of your peace,
gather people of every race and language
to share in the eternal banquet of Jesus Christ our Lord. **Amen.**

Today

SUNDAY 2 AUGUST

11:30am – **MEETING OF PARISHIONERS**

All Saints Oakham

A short meeting after the morning service to elect a Churchwarden.

1:00-4:00pm – **BAND CONCERT**

Cutts Close Bandstand (Church if wet)

Forresters Brass

This Week

UNTIL SUN 9 AUG

10:00am-4:00pm – **VIEW 4 ART EXHIBITION**

Victoria Hall, Oakham

The 10th and final View 4! Our own Ken Forrest, with Stuart Ball joined by all their painter friends from every previous exhibition for this special event. Details from 01572 759771 or 07871 195894.

WEDNESDAY 5 AUGUST

1:30pm – **MUSIC AT LUNCHTIME**

All Saints Oakham

Neville Favell piano

THURSDAY 6 AUGUST

2:30pm-4:30pm – **COME & CHAT BEREAVEMENT GROUP**

Oakham Church Hall

For all going through bereavement. You'll be able to meet others who are also going through the bereavement journey or chat to our volunteers. Clergy & other experienced listeners

will also be present. If you think this might suit you, you'll be most welcome to join us.

FRIDAY 7 AUGUST

11:00am – **FRIENDS OF ALL SAINTS SUMMER LUNCH**

Oakham Church Hall

Arrive for coffee at 11am, then the speaker at 11:30am is Andrew Swift, author of the Complete Guide to the Parish Churches of Rutland. This will be followed by a two course lunch (maximum numbers 40).

Cost £9 – **please give your money to Beryl Kirtland (01572 724103) as soon as possible in advance of the event.**

SATURDAY 8 AUGUST

8:30am-1:00pm – **MÉDECINS SANS FRONTIÈRES**

Buttercross, Oakham Market Place

There will be a stall in the Marketplace in aid of the Children of Nepal, and your help is requested. Donations of saleable items (e.g. cakes/sweets/jams etc) would be very welcome, as would offers of help on the day. There will also be the opportunity to donate financially on the day. Offers of help please to Yvette Nicolle-Anderiesz – call 01572 723616/722869, 0116 276 3589 (after 5pm) or 07929 852064, or email noeline.nicolle@virgin.net. Thank you.

2:00pm – **BRAUNSTON & BROOKE FLOWER SHOW**

Braunston Village Hall

More details from Mary Brooks on 01572 723047.

Looking Ahead

TUESDAY 11 AUGUST

11:00am – **WHISSENDINE PRAYER GROUP**

venue tbc

For details, pick up a diary from St Andrew's Whissendine, or phone 01664 474454.

WEDNESDAY 12 AUGUST

1:30pm – **MUSIC AT LUNCHTIME**

All Saints Oakham

Terpsichore

THURSDAY 13 AUGUST

12:15-12:45pm – **CELTIC MIDDAY PRAYER**

St Edmund Egleton

Come and weave a little silence onto your lips, mind and life, and enjoy a time of prayer and silence. All Welcome. For further details please contact Vyv Wainwright 01572 755752.

SUN 16 – MON 31 AUGUST

WALK RUTLAND FOR JESUS

Mission for all Christians – we aim to walk the land in prayer sharing the Good News of Jesus with all we meet on the way. Pick up a brochure in church, or look at the website (walkrutland.uk). In our area, the dedication service is at Hambleton on Sunday 16th, we walk in Langham, Ashwell and Whissendine on Monday 17th, Braunston and Brooke on Saturday 22nd, with a stall in Oakham Market Place also on Sat 22nd – if you could spare an hour to help man the

stall that day please let Mike know (info@walkrutland.uk).

TUESDAY 18 AUGUST

10:00am -12:00pm – **OPEN HOUSE**

Home of Helen & Peter Hill, 4 Kestrel Road, Oakham

All are welcome to call in for tea or coffee and a friendly chat.

MONDAY 31 AUGUST

11:15am – **ORGAN RECITAL**

All Saints Oakham

Ivan Linford – Oakham. Followed by lunch in the Church Hall (£5)

TUESDAY 1 SEPTEMBER

7:30pm – **LICENSING OF REVD CANON**

JULIE HUTCHINSON AS TEAM VICAR

St Peter & St Paul Langham

SATURDAY 12 SEPTEMBER

10:00am -6:00pm – **RIDE AND STRIDE**

What will you be doing, why not visit the churches of Rutland on foot, by bike, or by car (if you have restricted mobility) and of course Church recorders are essential in this event to raise money for the upkeep of our wonderful churches. Your sponsorship will be split between Rutland Historic Churches Preservation Trust and your local Church. For more details, visit the website at bit.ly/rutride or contact your local organiser: Oakham – Adam Lowe (adamfromoakham@yahoo.co.uk or 07801 541389); Whissendine – Sue Archer (01664 474289); Market Overton – Antonia Profit (01572 768318); Ashwell – Jenni Duffy (01572

720064); Teigh – Audrey Morley (01572 787497); Langham – Janet Callison (01572 756066); Brooke – Mary Brooks (01572 723047); Braunston – Alan Rudge (01572 755570); Hambleton – Miranda Hall (01572 723576); Egleton – Peter Light (01572 724770). New for this year is the Starburst idea of people working together as a team, which will encourage people to visit some of the outlying churches which do not have many visitors on the day.

SATURDAY 12 SEPTEMBER

3:00pm – **MOTHERS' UNION
DIOCESAN FESTIVAL**

Peterborough Cathedral

A triennial service for MU members from the whole Diocese. Speaker Lynn Temby

TUESDAY 15 SEPTEMBER

10:00am - 12:00pm – **OPEN HOUSE
Home of Jackie & Mike Vecqueray,
6 Cricket Lawns, Oakham**

All are welcome to call in for tea or coffee and a friendly chat. **Please note the change of venue.**

SATURDAY 26 SEPTEMBER

2:00-5:00pm – **RSCM SINGING DAY
St Andrew Kettering, NN16 8RG**

Including music for the Diocesan Choir Festival on 10 October.

TUESDAY 29 SEPTEMBER

7:00-8:30pm – **PDCF AREA
REHEARSAL**

St Andrew Whissendine

THURSDAY 1 OCTOBER

7:00-9:00pm – **PDCF AREA
REHEARSAL
St John Ryhall**

SUNDAY 4 OCTOBER

12:00pm – **OAKHAM HARVEST LUNCH
Victoria Hall, Oakham**

There will be a sign-up list in church from the end of August. Volunteers will be needed to help with the lunch – please see Marilyn Tomalin if you can help.

THURSDAY 8 OCTOBER

7:00-8:30pm – **PDCF AREA
REHEARSAL
All Saints Oakham**

SATURDAY 10 OCTOBER

5:30pm – **PETERBOROUGH
DIOCESAN CHORAL FESTIVAL
Peterborough Cathedral**

Come and support our choirs as they join with others from the Diocese. Music includes: *Loosemore* O Lord increase our faith, *Brewer in D*, *Ayleward* responses, *Mendelssohn* Verleih uns Frieden and *Bairstow* Sing ye to the Lord.

SATURDAY 17 OCTOBER

7:30pm – **THE WORLD OF GILBERT &
SULLIVAN – All Saints Oakham**

An advance date for your diary, when **The Wandering Minstrels** in a superb light-hearted evening of songs and scenes from the Gilbert and Sullivan comic operas, beautifully sung and delightfully staged. Promoted

jointly by the Friends of All Saints and the All Saints Concert Society.

SATURDAY 28 NOVEMBER

ALL SAINTS AUTUMN SALE

All Saints Oakham

Please keep the date free and watch this space for further details.

Please pray for

- **Samuel & Victoria Campbell**, whose wedding was blessed at Egleton on Thursday;
- **Geoffrey Beetham & Fern Henry**, who were married at Braunston on Saturday;
- **Daniel Sievwright & Charlotte Wright**, who were married in Oakham School Chapel on Saturday;
- **Joseph Handford & Louise Nicholls**, who were married at Oakham on Saturday;
- The family and friends of **Frank Neal**, whose funeral took place at Oakham on Monday;
- The family and friends of **John Munton**, whose funeral took place at Oakham on Thursday;
- The family and friends of **Pat Robin**, whose funeral took place at Oakham on Friday;
- For the families and friends of the victims of the mill explosion
- For the victims of the terrorist attacks in Tunisia, Kuwait and France.
- For those trapped under extremist regimes and the hostages held by religious extremists and their families

and friends, especially the three Christians taken by IS recently

- For a just solution to the immigration problem and those desperate to start a new life in Europe.
- The people of Greece
- Victims of religious extremism and persecution especially in Sudan, CAR, Kenya, Syria, Somalia, Eritrea, North Korea, China, India, Northern Nigeria, Iran, Iraq, Egypt, and Pakistan.
- The people whose lives are torn apart by war and violence, especially in Ukraine, Syria and Iraq
- For the Ebola outbreak to be completely ended
- The Rutland Food Bank
- The Drop-in Centre
- Justin and John our Archbishops and Donald and John, our Bishops
- Lee, Janet, Hildred & Dominic, our Team Clergy, and all lay members of the Ministry Team;
- Madeleine McCann and her family and all missing children.

Oakham PCC

At the recent meeting of the PCC on 14 July, the following matters were discussed: (1) Ann Blackett had agreed to stand as churchwarden, and an election will be held after church on 2 August; (2) a new treasurer is still to be found; (3) a PCC away day planning meeting will be held on Saturday 10 October; (4) John Tomalin will be assisting Gordon Woods in the administration of Gift Aid tax claims; (5) disabled access sign

will be installed soon; (6) a meeting with a stonemason is pending to fix the leaking roof; (7) faculties will be sought soon for the new boiler, probably to be located in the Mayhew Room, and installation is now likely for May 2016; (8) John Tomalin reported on Deanery Synod proceedings; (9) a replacement for Jacqui Vecqueray as Foundation Governor of Oakham CoFE School is needed; (10) the new website is nearly ready for launch, after which the welcome leaflet will be progressed; (11) new Church Hall heating will be installed on 22 July; (12) Harvest Lunch will be on Sunday 4 October in the Victoria Hall – helpers needed; (13) next meetings – Standing Committee Mon 14 Sep, PCC Mon 28 Sep. Full minutes are available on the noticeboard by the North Door.

Traidcraft Fairtrade Stalls

The Traidcraft stall will be in Oakham Church after the 10:30 service today and on 9th and 30th August. Thank you for your continued support and if anyone hasn't yet seen what Traidcraft has to offer please do come and have a look. Denise (01572 722729).

Traidcraft Jewellery & Banknote Recycling Scheme

Traidcraft have advised me the figure from the above has now increased to

£24,106! I still have a supply of envelopes if anyone would like to take part in this worthwhile project. Denise – 722729.

New Team Website

Over the last few months the Communications Group have been working hard to develop a new Oakham Team Ministry website, and we need your help to make sure that it reflects what we are doing as a church as fully as possible. (1) If you already send reports for the magazine please let us have them for the website as well, preferably with some good pictures too (send them to website@oakhamteam.org.uk); (2) You can have a preview of the new site by using the link on the front page of the existing site – let us know if you feel anything is missing or needs improving; (3) Richard Adams will kindly be undertaking some photography for us, so don't be surprised if he appears at a service or event, and do get in touch if there is anything you feel he could usefully photograph for you; (4) Talk to Kevin Slingsby or one of the Communications Group if you have any questions.

Oakham & Braunston Mothers' Union

Please note there are no monthly meetings in the Church Hall in August and September. However please try to come to Peterborough Cathedral on Saturday 12th September to celebrate the MU Diocesan Festival between 1:30 and 5:00. The MU

Worldwide President Lynne Temby will be attending, and hopes to meet as many members as possible. The MU Festival Service starts at 3:00pm. The next Church Hall meeting will be on Thursday 8th October. Mothers' Union monthly Corporate Communion continues as normal at St John & St Anne's Chapel at 10:00am on Wednesday 19th August and Wednesday 16th September.

Governor Vacancy

There is a vacancy for a Foundation Governor at Oakham Church of England Primary School. The Foundation Governors represent the Church on the Governing Body, and if you think that this is a role which you could fulfil please speak to Canon Lee Francis-Dehqani.

Flower Quiz Winner

Congratulations to Diana Masters, who has won the All Saints Flower Quiz! The Flower Guild would like to say a big thank-you to Gordon Woods for putting the quiz together, which raised nearly £150.

Food for Licensing Service – 1st September

We are looking for volunteers from the southern villages to provide food for Julie's licensing. There will be a large number of people attending so we need as many volunteers as possible to provide sweet and savoury finger food for after the service. If you can help with this please be in touch with Gail Rudge (Braunston) who is coordinating the menu. 01572 755570..



is coming to Market Overton!
Starting September, one Wednesday
after school per month

Come to the Bowls Club straight from
the School Bus for an hour 4-5pm

Look out for more details!
Or feel free to contact us to learn more.

Contact Revd Janet Tebby, St Peter & St Paul Church:
janet@oakhamteam.org.uk or Antonia Profit 01572 768318

The flyer has a bright yellow background. At the top, there is a horizontal row of colorful handprints in red, orange, yellow, green, blue, and purple. Below this, the text 'What is Messy Church?' is written in a bold, sans-serif font. Underneath, it says 'It's a monthly family time for games, crafts, activities & celebration.' followed by 'As well as sharing after school refreshment together'. At the bottom, it says 'Children – bring an adult with you!'. At the very bottom of the flyer, there is another horizontal row of colorful handprints, identical to the one at the top.

Regular Groups & Activities

CHILDREN'S GROUPS

Pram & Toddler Service (age 0-4)
Mondays 2:00pm during term-time
Oakham Church

Tiny Tots (age 0-4)
Thursdays 9:45am during term-time
Oakham Church

Little Angels (age 0-4)
Thursdays 10:30am during term-time
Market Overton Church

Sunday School (up to age 10)
Sundays 10:30am (except 3rd Sunday)
Oakham Church Hall

Fishes Club (up to age 10)
Sundays 11:00am (except 2nd Sunday)
Whissendine Church

ASH (All Saints Hub – aged 11-13)
Sundays 10:30am (as announced)
Oakham Church

ASK (All Saints Kids – aged 14-16)
Sundays 10:30am (as announced)
Oakham Church

HOME GROUPS

Leader: Catriona Drye (770429)
2nd & 4th Tuesdays 10:00am
25 Willow Crescent, Oakham

Leader: Stan Bruce (756656)
2nd & 4th Wednesdays 7:30pm
19 Ashwell Road, Oakham

Leader: Patrick Wilson (723288)
2nd & 4th Thursdays 7:30pm
6 Peterborough Avenue, Oakham

Leader: Alan & Gail Rudge (755570)
Mondays fortnightly 7:30pm
34 Church Street, Braunston

CHOIR

Oakham Choir Practice
Thursdays before 2nd & 4th Sundays
7:00-8:15pm **Oakham Church**

Whissendine Choir Practice
Tuesdays before 2nd & 4th Sundays
8:00-9:00pm

Whissendine Church

Market Overton Choir Practice
Tuesdays before 2nd & 4th Sundays
6:30-7:00pm

Market Overton Church

Langham Choir Practice
Tuesdays before 2nd & 4th Sundays
12:00-1:00pm

Langham Church

Laudamus Joint Choir Practice
Tuesdays before 1st, 3rd & 5th Sundays
7:00-8:30pm

Whissendine Church

BELL RINGING

Oakham Bells Tuesdays 7:30-9:00pm

Langham/Braunston/Brooke Bells
Wednesdays 7:30pm (rotates)

Langham 5 Aug / **Braunston** 12 Aug
Brooke 19 Aug

Whissendine Bells Thursdays 7:30pm

MOTHERS' UNION

Oakham & Braunston
2nd Thursday 2:15pm
Oakham Church Hall

OTHER GROUPS

Drop-In Centre
Tea, coffee, chat & lunch
Wednesdays 10:00am-4:00pm

Oakham Congregational Church

Come & Chat Bereavement Group
1st Thursday 2:30-4:30pm
Oakham Church Hall

Oasis Tea, coffee, biscuits and & chat
Fridays 10:30-11:30am
Oakham Church Mayhew Room

Services During The Week

<i>Monday</i> 3 August	8:30 Morning Prayer Oakham 9:00 Morning Prayer Langham	4:30 Evening Prayer Oakham 5:00 Evening Prayer Langham 7:30 Light Circle Langham
<i>Tuesday</i> 4 August	8:30 Morning Prayer Oakham 10:00 Holy Communion Oakham	4:00 Evening Prayer Oakham
<i>Wednesday</i> 5 August	8:30 Morning Prayer Oakham 9:00 Morning Prayer Langham 10:00 Holy Communion J&A	12:00 Healing Prayer Oakham 4:30 Evening Prayer Oakham 5:00 Evening Prayer Langham 5:30 Meditation J&A
<i>Thursday</i> 6 August	9:00 Team Communion Oakham 11:00 BCP Communion Langham	12:00 Ecumenical Prayer Oakham 4:30 Evening Prayer Oakham
<i>Friday</i> 7 August	8:30 Morning Prayer Oakham 9:00 Morning Prayer Langham 10:00 BCP Communion Oakham	4:30 Evening Prayer Oakham 5:00 Evening Prayer Langham

Services Next Sunday

9 August (Tenth Sunday after Trinity)

<i>Oakham</i>	8:00 Holy Communion (CW Trad) 10:30 Parish Communion	6:00 Evensong
<i>Whissendine</i>	8:00 Holy Communion (BCP) 11:00 Family Service	
<i>Teigh</i>	9:00 Holy Communion (BCP)	
<i>Market Overton</i>		6:00 Evensong
<i>Ashwell</i>		
<i>Langham</i>	11:00 Holy Communion	
<i>Braunston</i>	11:00 Morning Prayer	
<i>Brooke</i>	8:00 Holy Communion (BCP)	
<i>Hambleton</i>	9:15 Holy Communion (CW Trad)	
<i>Egleton</i>		

Next Week's Readings at Holy Communion

Tenth Sunday after Trinity: 1 Kings 19.4-8; Ephesians 4.25-5.2; John 6.35, 41-51