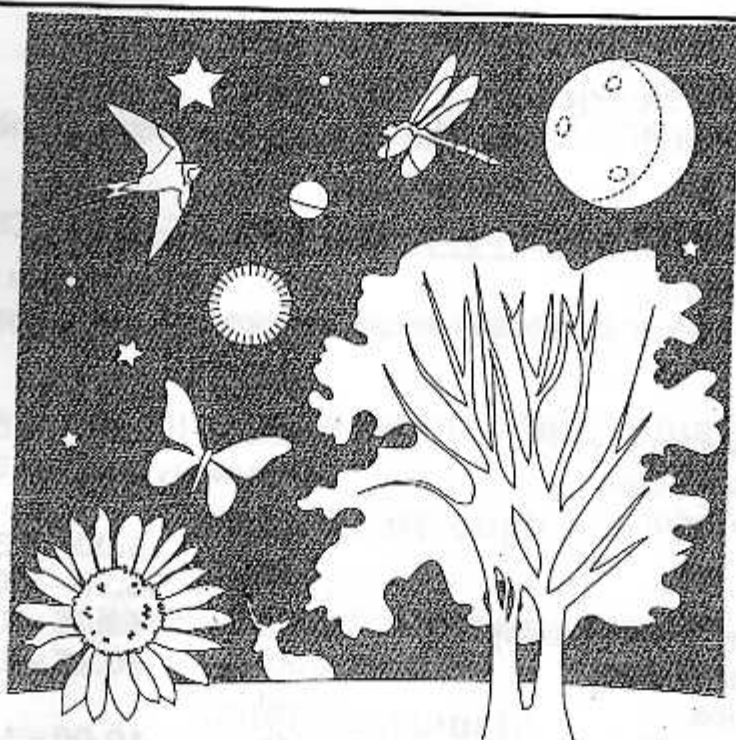


THE BRIDGE

THE MAGAZINE FOR THE PARISH OF MALEW



THE ABBEY CHURCH, BALLASALLA
MALEW PARISH CHURCH, CHURCH BENDS
ST. MARK'S CHURCH, ST. MARKS

OCTOBER 2009AD

AT YOUR SERVICE!

Regular Sunday Services:

St. Mark's Church	8.00 am	Holy Communion (traditional)
	6.30 pm	Evensong (traditional)
		1st Sun. in month
Malew Parish Church	9.30 am	Holy Communion (traditional)
		2nd, 4th and 5th Sunday
		Morning Prayer (traditional)
		3rd Sunday
	10.30 am	Morning Prayer (traditional)
		1st Sunday
The Abbey Church	11.00 am	Holy Communion (modern)

Wednesday Services:

The Abbey Church	7.00 pm	Holy Communion (modern)
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Tuesday 11.30 am - 12.30 pm & Thursday 6 - 7 pm:

The Abbey Church Vicar available in Vestry
(Please telephone – 822469 - to make your personal appointment!)

Activities:

Abbey Acorns (age 4+)	Tuesday	3.30 - 5.00 pm
Little Sunbeam Club	Wednesday	2.00 - 3.30 pm
(under 4's + adult)		
Rainbows	Thursday	5.00 - 6.30 pm
Brownies	Thursday	6.30 - 8.00 pm
TASK (Abbey Sunday Kids)	Sunday	10.45 - 12.15 pm
Double Figures Club	Sunday	10.45 - 12.15 pm
Prayer Groups	Weekly	
Drop-In-For-Coffee	Friday	10.00 - 11.30 am
ALL - Abbey Ladies	Monthly	
Malew Mothers' Union	Monthly	
Men's Fellowship	Bi-Monthly	
Friendly Group	Monthly	

WATCH OUT FOR!

TT Café: The Hall, Abbey Church, 30 May - 13 June inc.
Flower Festival: Abbey Church, 5 - 11 July inc.

**An Evening of Manx Music and Verse
followed by wine and canapés
in aid of a new audio system**

**on - 7pm Friday 30 October
at - The Abbey Church, Ballasalla**

Performers

MC - Geoff Corkish, MBE MHK

John Kennaugh

Hon. Noel Cringle, DBE MLC and The Farmers' Quartet

Terry Qualtrough - Cleveland Medal winner

John Qualtrough - Cleveland Medal finalist

Jayne Mayne - Cleveland Medal finalist

Sarah Qualtrough

Abbey Church Guitar Group

Helen Ainsworth

Sarah Elder

Gareth Moore & members of KWC choir

Tickets £10.00

Ring Jo or Roy on: 823126

**WHAT HAPPENED LAST MONTH...
AND WHAT IS HAPPENING THIS MONTH...
AND WHAT IS HAPPENING IN THE FUTURE...**

Bishop Robert recently began a letter with the words, "It's amazing..." and I'm going to do the very same!

It's amazing how all our many and varied activities and groups have developed over the years, which is right and proper of course; but what I am most pleased about is that (if you like), with the experience of past years, each and every one of you is now automatically taking responsibility for your own interest.

In, what I shall call, 'the bad old days', the Vicar and the Church Wardens and the Parochial Church Council had to oversee everything, but now, thanks to your good sound common sense - don't let me down! - I am delighted that we can leave it to you. All that many of you wish me to do is simply tell you what happened, and what is going to happen. So here goes!

I've just had a telephone call from the new headmistress at Ballasalla School and, as well as a traditional Harvest Festival Service which they have already booked for this month (see Dates for your Diaries), they have now also booked the Abbey Church and Church Hall for the evenings of 9th and 10th December, and they will be organising two evenings of traditional 'Nine Readings and Carols' in Church, followed by 'mince pies' in the Hall...and all I have to do is remember to turn the heating on!

WHAT HAPPENED LAST MONTH?

On the last Saturday of September the 'SOCIAL' Group had their first fund-raising DINNER of the new season, and something in the region of £500 was accrued for Church Funds. Accordingly, my sincere thanks to all involved, both those who 'served' and those who 'were served'. I have to say that, in my opinion, it was one of the very best dinners that we have arranged - the camaraderie between all present was wonderful - and that was in no small part due to Derek and Helen and Sarah. / over

I'm also delighted to inform you that it was only the latter two who performed the Can-Can!

On the last Tuesday of September, ALL (Abbey Ladies: Let-loose) also held their first Meeting of the new season - and the men were invited too! Twenty-five of us were held in awe as Maura Mitchell showed us some amazing pictures of marine life...right here under the waters of the Isle of Man. Look out for their full Autumn Programme, which you will find elsewhere in this month's edition of THE BRIDGE.

WHAT IS HAPPENING THIS MONTH?

In fact, by the time you read this, the T. T. CAFÉ Meeting will have already taken place...but please see my 'P. S.' if you wish to be involved!

A reminder, too, that the BALLASALLA CHRISTIAN COMMUNITY CELEBRATION - I'll tell you the 'winning' title for this, next month! - Meeting takes place on 6th October in the Hall.

The 'YOUTH' Group are looking forward - yes! You really are! - to the first Tuesday and Wednesday of October, when we welcome back the ABBEY ACORNS and the LITTLE SUNBEAM CLUB! Remind everyone you know who has 5 - 11 year olds at school; or pre-school children. They are all most welcome.

Personally, I'm really pleased that the FRIENDLY GROUP have arranged a Meeting on 13th October. Senior citizens, please support Marjorie and Edna.

The 'WORSHIP' Group are encouraging you to sing the B. B. C's Top Ten Hymns of 2009 on Sunday, 18th October - we haven't done this for a couple of years - and, of course, it is always good to get one's 'teeth' (?) into well known hymns! As ever, on such occasions, there will be a cuppa and a piece of cake afterwards, in the Hall.

(In addition, Ellen has asked if she can arrange the 'Taize Service' in November and, needless to say, the answer is "Yes!")

P. T. O.

I've just had the new - and revamped - MOTHERS' UNION dates, times and venues passed to me, and these can also be found in this edition of THE BRIDGE: next Meeting, 21st October at Arbory.

Gentleman, I'll soon be taking reservations for the MEN'S FELLOWSHIP dinner at the Whitestone Inn on 22nd October, so please make a note in your diary.

Look on the back page of THE BRIDGE, and if a PUDDING EVENING is your forte, the 24th October is for you.

Finally, just check out page 3 of this edition of THE BRIDGE, for a reminder of 'An Evening of Manx Music and Verse' on the penultimate day of October, where you will be joined by the Lord Bishop of Sodor and Man, no less!

Let me finish where I began. You see, with reference to the above paragraph, I am indebted to Roy and Jo; with the paragraph above that, to Maria; with the 'Friendly Group', to Marjorie and Edna; with 'Abbey Ladies' to Brenda; with School Harvest and Carol Services to the new Headmistress (do you think I have forgotten her name?) and so on and so forth. Thank You! Michael.

P. S. Did you notice *** at the bottom of the previous page? This is merely to remind you - and me! - that if any of, what I called in my second paragraph, 'our many and varied activities and groups' appeal to you, just let me know. It doesn't matter whether you moved to the Isle of Man yesterday, or whether you have lived here all your life, you are equally welcome to join us, be you a regular church-goer, or a member of the wider Ballasalla Church Community.

That is why, in fact, that I put inverted commas around such words as 'Social' and 'Youth' and 'Worship' because, in 2009AD, every such Group is 'open' for each and every one of you to join. Indeed, because it was actually built in the centre of Ballasalla, the Abbey Church prides itself on being the Church for the local community; and I'm in no way being disrespectful to the Parish Church or St. Mark's Church in saying that.

Task Force:

June Collister 662354
Gail McAdam 627808
Judy Matthews 835073
Sue Magee 675432
Pauline Richardson 624434
Sue Waring 851478

**Calling all Flower Arrangers!
If you wish to participate in 2010
- the Airport is in our Parish! -
simply get in touch >>>>**



October 2009

A big thank you to all who contributed to the success of the 2009 Manx Heritage Flower Festival. We hope that the event was a success for your church or chapel.

**The 2010 Festival will run from July 4th – 10th, and the theme of this, our 20th Festival, will be
"Rejoice"**

We have already received interest from some churches who are considering taking part ; we may need to limit the number of participating churches, as we also hope to have some special 20th anniversary displays at various non-church venues such as the Airport.

If your church is interested in taking part in this special Festival, please would you ring one of the Task Force listed above, by the beginning of December.

Following on from the success of the Flower demonstration last spring, we will hope to arrange a similar event early in 2010. This will be open to all interested participants but others will be welcome.

**Please could we ask you to return the slip at the bottom of the page to Mrs Judy Matthews ,
8 Fairway Drive, Port Erin, IM9 6LR so that we can keep our records of all the island churches up to date, whether participating in the 2010 Festival or not. Many thanks.**

Church / Chapel.....
Contact person : Name.....Phone.....
Address.....email address.....

VATICAN HUMOR

After getting all of Pope Benedict's luggage loaded into the limo, (and he doesn't travel light), the driver notices the Pope is still standing on the curb.

'Excuse me, Your Holiness,' says the driver, 'Would you please take your seat so we can leave?'

'Well, to tell you the truth,' says the Pope, 'they never let me drive at the Vatican when I was a cardinal, and I'd really like to drive today.'

'I'm sorry, Your Holiness, but I cannot let you do that.. I'd lose my job! What if something should happen?' protests the driver, wishing he'd never gone to work that morning...

'Who's going to tell?' says the Pope with a smile.

Reluctantly, the driver gets in the back as the Pope climbs in behind the wheel. The driver quickly regrets his decision when, after exiting the airport, the Pontiff floors it, accelerating the limo to 205 kph.. (Remember, the Pope is German..)

'Please slow down, Your Holiness!' pleads the worried driver, but the Pope keeps the pedal to the metal until they hear sirens.

'Oh, dear God, I'm going to lose my license -- and my job!' moans the driver.

The Pope pulls over and rolls down the window as the cop approaches, but the cop takes one look at him, goes back to his motorcycle, and gets on the radio.

'I need to talk to the Chief,' he says to the dispatcher.

The Chief gets on the radio and the cop tells him that he's stopped a limo going 205 kph.

'So bust him,' says the Chief.

'I don't think we want to do that, he's really important,' said the cop.

The Chief exclaimed, 'All the more reason!'

'No, I mean really important,' said the cop with a bit of persistence.

The Chief then asked, 'Who do you have there, the mayor?'

Cop: 'Bigger.'

Chief: 'A senator?'

Cop: 'Bigger.'

Chief: 'The Prime Minister?'

Cop: 'Bigger.'

'Well,' said the Chief, 'who is it?'

Cop: 'I think it's God!'

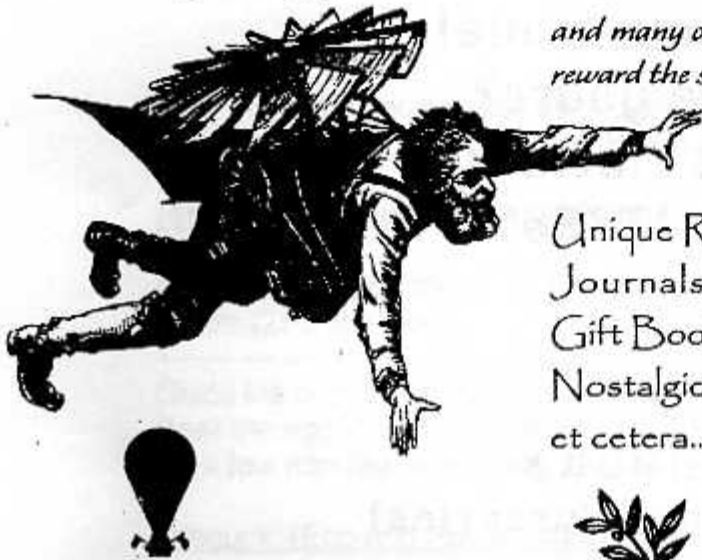
The Chief is even more puzzled and curious, 'What makes you think it's God?'

Cop: 'His chauffeur is the Pope!'

Well: we are helping Maria this month! (see back page)

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et cetera...



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The Reverend Michael Roberts, Malew Vicarage,
St. Mark's Road, Ballasalla. Telephone: 822469
E-mail: revroberts@manx.net

Michael welcomes visitors to the Vicarage at any time for 'tea and a chat'; he is also available in The Abbey Church Vestry from 11.30 am -12.30 pm Tuesdays and 6 - 7 pm Thursdays.

Sennenfood

From a booklet entitled "Alpenländische Bauernküche" i.e. Recipes
from the Alpine Dairyman's Kitchen

Haferflocken Suppe (Oatmeal Soup)

800gm (28 oz) oatmeal 400 gm butter 1 carrot
¼ litre (27 fl oz) stock 1 egg yolk lemon juice, salt, nutmeg.

Grate the carrot and fry for a short time, with the oatmeal, in the butter.
Beat the egg yolk into the stock and add to the oatmeal mixture. Simmer together
for a few minutes, and finally season with the salt, nutmeg and lemon juice.

Ofeguck (Egg and Potato Bake)

500 gm (18 oz) potatoes 30 gm (one generous oz) butter 2 eggs
2 tablespoons strong cheese (?Marx Cheddar)
75 gm (2½ oz) ham and the same of bacon
salt, pepper, nutmeg, fresh marjoram

Boil the potatoes and mash them with the butter, salt and nutmeg.
Cut the ham and bacon into small cubes, grate the cheese, chop the marjoram
finely. Separate the eggs, being careful not to break the yolks.
Beat the egg whites lightly, mix with the ham cubes, and stir into the mashed
potatoes.
Pile the mixture into a buttered baking dish, sprinkle with the bacon cubes and
with a soup spoon, make two hollows in the surface into which the two egg yolks
are carefully placed. Sprinkle with pepper, marjoram and the grated cheese
Cook for 10 – 15 minutes in the oven at 220°.

Cholermues (Sweet Pancake Mix)

100 gm (3½ oz) flour 3 eggs 300 ml (10 fl oz) mixed cream and milk
butter, salt, cinnamon, sugar.
Extra sugar and cinnamon for the final gamish. Stewed apples or pears for
accompaniment.

Mix all the ingredients except the butter into a thin dough and let this stand for a
short while.
Melt the butter in a pan, and pour in the dough like an omelette. Fry until the
underside is a golden brown. Turn it over and cut it up into small squares.
Continue to fry these until they are golden brown. Sprinkle with sugar and
cinnamon. Serve over the cooked apples or pears.

Stella L. Thrower

SONGS OF PRAISE

BBC Top Ten!



The Abbey Church, Ballasalla

6.30 pm

Sunday 18 October

followed by refreshments

**With you all singing, better than the BBC version
please join us!!**

NOTICE OF THE SPECIAL SYNOD

26 September 2009

President's remarks

Before we begin, we need to be clear about the notice of this meeting.

The Recommendations booklet was sent to every member of Synod, to every cleric and reader – including those with Permission to Officiate – to diocesan officers, to every churchwarden and to any others whom I thought would be interested. Many would have had two copies, so anxious were we to ensure that no one was missed out. In Section 14, in bold type and underlined, was advance warning of today's special Synod. That was not a **formal** notice of meeting but **it was, nevertheless, a notice of meeting** sent to all who are eligible to attend the Synod and to numerous others who might wish to attend as observers.

Following a meeting of the Standing Committee of the Synod, held in accordance with the regulations, Mr Kenneth Gumbley drafted a formal notice of meeting and this was sent out within the specified time by my Chaplain, Miss Gillian Poole, acting as Secretary in the wake of the resignation of the previous Secretary for personal reasons. (Gillian is one of my nominated co-options to Synod.) This notice was sent out partly by post and partly by email to those who had previously given us their email addresses. (It may be worth noting here that on two previous occasions, as well as in Section 6 of the Recommendations booklet, I have asked for email addresses for a purpose such as this and no one has raised a hint of objection – indeed, I had been commended for it for obvious reasons.)

I have heard an objection that the notice of meeting was not sent out on paper to everyone. It was, of course, in writing, because that's what emails do best. Some may have suggested that the source of the email might have been questioned. That cannot, of course, be sustained because the formal notice simply confirms what had already been printed in the booklet, and a phone call to my office would dispel any doubt.

Should there be any lingering doubts in people's minds about the validity of the summoning of this special Synod (and there are no doubts in mine), the November Synod will be asked to ratify all decisions taken or advice given at this meeting.

We may therefore continue with our work; I have taken legal advice on this and am satisfied that this is a satisfactory way to proceed.

So let us pray.

SPECIAL SYNOD
Saturday 26 September 2009
PRESIDENTIAL ADDRESS

I remain confident that the strap-line I use and which I see becoming used throughout the Diocese – “TOGETHER MAKING CHRIST VISIBLE” – still makes sense to the watching and listening world after this meeting to discuss my Recommendations for Mission and Ministry; recommendations which, in the words of an intelligent outside observer, are “not radical – evolutionary, not revolutionary”. What concerns me is that we may not all appreciate that the way we behave directly influences the judgement others make, not so much of us, but of our Lord Jesus Christ. It is my prayer that today we will demonstrate positively by our words and our actions what it means to meet together and make Christ visible for that is what a Synod is: as some will have heard me say at our last meeting, a “synod” is literally (from the Greek) a group of people who are “together on a journey”.

“Episcope” or the job of being a bishop is another word we derive from Greek. Just as a “telescope” is an instrument for “far seeing” and a periscope is for “seeing around” so it is the job of a bishop literally to “oversee” in the sense of seeing the big picture and exercising insight. That’s what my part in this process is all about: it’s been an attempt to see objectively, to look, listen and think creatively but without having any local self-interest. It’s what I wrote in my final comments in the booklet: “... we need to be aware of the dangers inherent in accepting some recommendations and rejecting others without full consideration of the consequential effects. To allow self-interest to undermine the basic principles could be worse than doing nothing at all. In my enquiries around the Diocese I was not surprised to find that people are agreed about the need to change in principle but that they are less content when it affects them!” That’s what episcopal ministry – oversight and insight – is for.

Let me tell you about two mediaeval country churches in the Diocese of Hereford – the closest match to Sodor and Man in England – when I was on holiday in August. Both churches were in semi-dispersed communities with populations of about 300, at a guess.

- One was closed to the public and had tape around it, but not because it was falling down; on the contrary, when we sneaked past the tape we saw that the builders were in, adding a new porch, toilets and kitchen at the back of the Church, and allowing part of the Nave to become a new community shop and coffee shop. It had been superbly designed, was entirely in keeping with this ancient place of worship and it was obvious to anyone who knows about the history of church architecture that the original builders would have immediately recognised the same ambition in the 21st century builders that they had had in the 13th. Still very much a church and a place of worship but now also a place where people gathered. The message was one of welcome, of acceptance, of a community of Christians dedicated to serve.
- The other church was more modern – like many of our own churches, it had been rebuilt in the 19th century – though still an ancient edifice. The little gate on the porch took some effort to open but, once in the porch, all was revealed: a notice about burial fees, last year’s church accounts, the flower rota, an instruction about what not to do in the churchyard, and all pinned up with very rusty drawing pins. At least the door was open, though it stuck so badly, I wouldn’t have dared enter when there was a service on. Inside, the smell was unused and damp. The hymn books and prayer books were tatty, there were piles of the diocesan newspaper going back as far as

THE ABBEY CHURCH

WELCOMERS

READERS

PRAYERS

COLLECTION

FLOWERS

OCTOBER 2009 AD	4TH	11TH	18TH	25TH
Welcomers	KATIE ULYATT	MARGARET T.	JO	MAUD
Readers	GRACE	DAVID	DIANNA	ROY
Reading	SPECIAL READING	HEBREWS Chapter 4 Verses 12 - end	HEBREWS Chapter 5 Verses 1 - 10	JAMES Chapter 7 Verses 23 - end
Prayers	ABIGAIL DAISY JEMIMA	MARGARET	CAROLINE	ELLEN
Collection	KATY DAVIDSON and BETH HANSON	ANN and MIKE	BARBARA and TED	BARBARA and JOHN
Flowers	HARVEST (ALL)	LILLIAN	JO	JO

A 'helping-hand' each week: Ted. If you are away, please arrange a 'swop'. If you would like to be included in the Rota please see the Vicar.

MALEW VICARAGE

October, 2009AD

The Vicar is in the middle pages!

It doesn't happen very often - although I'll tell you something else in a moment! - but it is a deliberate play on my part this month, inasmuch as most of the first half of this month's edition of THE BRIDGE is taken up with what you have asked of me: you want to know 'what happened' last month; and 'what is going to happen' this month. Hopefully, most of your questions have been answered!

Notwithstanding, please do read - Babs and Tim think you should, and I agree with them - the 'blue' sheet with regards to last Saturday's special Synod: the "President's remarks" and the "Presidential Address" have much to commend them. Indeed, the colour 'blue' chosen by me is also a deliberate ploy: Bishop Robert is continually speaking of 'blue sky thinking' - in other words, "fresh expressions" of church life in 2009 - and, quite rightly in my opinion, he will continue to urge the Diocese of Sodor and Man to look forward to the twenty-first century albeit, I suspect, there will be much 'kicking and screaming' as he attempts so to do!

At Synod, we were divided into groups, and asked the following questions:-

Each group to work on four areas:

1. How would the church on the Island benefit from the Bishop's Recommendations?
How would the Isle of Man benefit from the Bishop's Recommendations?
2. What are the benefits of working collaboratively with other parishes?
What are the challenges and are there any solutions?
3. What training are you aware of that's already happened in your Parish and for whom?
If Recommendations are accepted what are the training needs of your congregation?
4. What do you see as the strengths of having a licensed pastor for every Parish?
What needs to be done to enable this to happen?

In closing minutes of group session, identify one positive and one concern to report back.

DIARY DATES 2009 / 2010

"PARTY AND PRAYER"



The Archbishop of York was recently on the Island and spoke to the Clergy and Readers. As I understand it, one of the points he made was that the most vibrant Churches have an equal balance of party and prayer. How good is that? This is hopefully reflected in our revised 'Diary Dates' pages which contains both of these items. Sadly, because of altered circumstances, certain dates have had to be changed/postponed but there is enough here to keep everyone busy partying and praying!!

Andrea

- 14.10 8 pm Bible Study, Vicarage
- 18.10 6.30 pm Songs of Praise, Abbey Church
- 28.10 8 pm Bible Study, Vicarage
- 30.10 Manx Concert followed by Cheese and Wine
- 11.11 8 pm Bible Study, Vicarage
- 18.11 8 pm Advent Course, Vicarage
- 20.11 7.30 pm Barn Dance, Village Hall
- 22.11 6.30 pm Taize Service, Abbey Church
- 25.11 8 pm Advent Course, Vicarage

- | | |
|-------|---|
| 27.11 | Christmas Fayre |
| 02.12 | 8 pm Advent Course, Vicarage |
| 05.12 | 5 – 7.30 pm Christingle Preparation, Supper and Games |
| 06.12 | 4 pm Christingle Celebration, Abbey Church |
| 09.12 | 8 pm Advent Course, Vicarage |
| 12.12 | 'Pantomime' Carvery Dinner |
| 16.12 | 8 pm Advent Course, Vicarage |
| 20.12 | Carol Service, Abbey Church |
| 24.12 | 4 pm Revised Crib Service, Abbey Church |
| 23.01 | Burns Night Dinner |

This is a provisional list but the majority of dates remain fixed.

For regular Church Services
or the dates for meetings of our various Groups
please speak to the Vicar.

If you wish, let Bishop Robert know your thoughts, too.

The answer, in fact, is over the page: the Scripture Reading is taken from the Service which began our Synod, and if we all only followed those words.....

I know, 'easier said than done'.

Which leads me rather nicely to my 'something else'; and 'the Vicar is in the middle' again, but in a different context. I am having huge discussions at the moment with people in Ballasalla and Castletown and Douglas who all want me to attend Meetings about this, that and the other. I'm not saying that any of these things, in their own way, aren't important, but I hear myself saying more and more and more in 2009 - perhaps I'm getting old! - "please, please, please, not another Meeting: just come and knock on the front door of the Vicarage; and have a cuppa with me, and we'll take it from there. Where does it say in the Bible, 'thou shalt have Meetings every day from morning to night'?" I'll let you know what happens! Michael

NOW, THIS REALLY IS IMPORTANT

Dear Church Leader

You may have already heard from Chris Astley, MAF's IOM representative that the weekend of October 16-18th is to be a very special one as we are welcoming the brand new Kodiak Aircraft N9710M to the Isle of Man on her way from the factory in the USA to Kalimantan (part of Borneo) in Indonesia where she is to serve.

We are holding an Open Day at Andreas Airfield on Saturday 17th October 10am - 3pm when it is hoped that members of the public - including your congregations - will be able to see the plane for real, not only on the ground, but in flight too.

Would you please be so kind as to draw the event to the attention of your folks, and pass on our warm invitation?

This is a charity that Jean and Dariel and the good folk of St. Mark's have supported for many a long year. Am I allowed to say that while some of my colleagues 'talk talk talk' these guys 'fly fly fly' into deserts and forests and swamps and the like, on all manner of rescue missions, risking their lives at every turn. There's a message there for all of us! (M)

Scripture Reading Ephesians 4: 15 - 5:2

¹⁵But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, ¹⁶from whom the whole body, joined and knitted 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.

17 Now this I affirm and insist on in the Lord: you must no longer live as the Gentiles live, in the futility of their minds. ¹⁸They are darkened in their understanding, alienated from the life of God because of their ignorance and hardness of heart. ¹⁹They have lost all sensitivity and have abandoned themselves to licentiousness, greedy to practise every kind of impurity. ²⁰That is not the way you learned Christ! ²¹For surely you have heard about him and were taught in him, as truth is in Jesus. ²²You were taught to put away your former way of life, your old self, corrupt and deluded by its lusts, ²³and to be renewed in the spirit of your minds, ²⁴and to clothe yourselves with the new self, created according to the likeness of God in true righteousness and holiness.

25 So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. ²⁶Be angry but do not sin; do not let the sun go down on your anger, ²⁷and do not make room for the devil. ²⁸Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. ²⁹Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. ³⁰And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. ³¹Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, ³²and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you.

5¹Therefore be imitators of God, as beloved children, ²and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

