



SUNDAY MAY 22ND

ST DUNSTAN'S DAY



READINGS

New Testament reading: Acts 20: verses 28 - end

Gospel reading: Matthew 5: 13 -16

Dear Lord, we want our light to shine for you and ask you to help us to remember that we need to be plugged in to your power and to be switched on for Jesus. As the salt of the earth our prayer is that we can show this by showing the love of Jesus in all that we do.

In Jesus' name we pray. Amen

Collect

Almighty God, who raised up Dunstan to be a true shepherd of the flock, a restorer of monastic life and a faithful counsellor to those in authority: give to all pastors the same gifts of your Holy Spirit that they may be true servants of Christ and of all his people: 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

Gospel reading Matthew 5:13-16

Salt and Light

¹³ 'You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

¹⁴ 'You are the light of the world. A city built on a hill cannot be hidden. ¹⁵ No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. ¹⁶ In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

I'm sure you all know that some foods taste much better with a little salt. It doesn't take much. In fact, when you are cooking, a recipe often calls for "a pinch of salt." Not much, just a pinch, but that little pinch of salt makes a big difference to the flavour.

In our Bible lesson today, Jesus said to his disciples, "You are the salt of the earth." What do you think that means? I think Jesus means that he wants us to improve the quality of life of those we meet each day. How can we do that? We can do that by introducing them to Jesus and by showing them that having Jesus in our life is like having salt on our food. Everything is better when we have Jesus in our life.

There is a lot of hatred and bitterness in our world today. If you and I will show the love of Jesus in all that we do, we can be the salt of the earth like Jesus called us to be. Just a pinch of salt can do much to reduce bitterness and bring peace to our world.

The Bible tells us that we should let our light shine. Before our light will shine, we must be plugged in and turned on. We must be plugged in to God's power supply and we must be turned on for Jesus. When we invite Jesus into our heart, we have Jesus' power. When we come to church to worship and praise Him and study His Word, we get turned on for Jesus. When we are plugged in and turned on, our light will shine.

Today is St Dunstan's Day and I think you will agree that he was plugged into God's power which enabled him to do quite a few things including founding a church in Mayfield in 960, working as a silversmith, a metal worker, a blacksmith, writing music, and dealing with the devil. He was an Abbot of Glastonbury, Bishop of Worcester and London and Archbishop of Canterbury. He taught young people, an organ builder and spoke in Latin, Anglo-saxon, Hebrew and Greek. I don't think you could do all that without God's help! The biblical principle of salt and light taught by Jesus is to encourage Christians to live a life that brings honour and glory to God through their actions and words to others. Do you think St Dunstan did this?

Life of St Dunstan

The name Dunstan means Hill of Stone – old English Dun meaning hill and stan meaning stone.

St Dunstan was born in the village of Baltonsborough in Somerset in 909. He was educated at Glastonbury by the Irish monks who had settled there. He began his career at Glastonbury living as a monk in a small cell which he built himself. He lived a simple life and showed great skill in metalwork making bells and vessels for churches. After a short time Dunstan became Abbot of Glastonbury in 945. He instituted strict Benedictine Rule, rebuilt and enlarged the church buildings. In 959 he became Bishop of Worcester and London and in 960 he became Archbishop of Canterbury and in the same year founded our church in Mayfield. He crowned the king in 973 and the same service is the basis for British coronations today. Dunstan taught young people, was a musician playing the harp and composing several hymns, was a skilled gold and silversmith, a jeweller, organ builder, manuscript copier and illuminator and he spoke in Latin, Anglo-saxon, Hebrew and Greek.

Dunstan gained fame by the many stories about the way he dealt with the devil. One day when Dunstan was working in his forge in Mayfield he had a visit from the devil. Dunstan had been quite successful in spreading the news about Jesus which annoyed the devil. So one day the devil disguised himself as a pretty young woman and visited Dunstan at his forge – but Dunstan spotted the hooves under the skirt. He got his red-hot tongs and pinched the devil's nose causing him to shoot into the sky and putting one foot down in Mark Cross he finally landed in the waters in Tunbridge Wells. Another story tells us that when our church was built it wasn't quite straight so Dunstan pushed it with his shoulder to put it right. Dunstan died on May 19th 988.

St Dunstan is the patron saint of blacksmiths, goldsmiths, jewellers and locksmiths, armourers and gunsmiths, the wool trade, and the blind. Patron saints are chosen as special protectors over areas of life that are important to us. A patron saint can help us if we follow their example in life and if we ask them for their prayers to God.

Legend of St Dunstan.

The saint, formerly a blacksmith was working at his forge when the Devil paid him a visit, disguised as a beautiful woman, with a view to leading him astray. However St Dunstan spotted the cloven hooves beneath the dress, and grabbed the devil's nose with his red hot pincers! Thus foiling Satan's evil intentions.

According to another legend, Satan returned again as a weary traveller in need of a horseshoe, Dunstan saw through the disguise once again and beat the Devil until he pleaded for mercy, and swore never to enter any house with a horseshoe above the door.

St Dunstan, as the story goes,
Once pulled the devil by the nose
With red-hot tongs, which made him roar,
That he was heard three miles or more.

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Activities looking at different things that Dunstan did

Make something out of a piece of tin foil – silver or gold

Make a ring or a necklace

If you are musical can you write or play a simple tune?

Draw the initials of your name and colour/decorate them

Make up your own poster about St Dunstan

If you speak another language write something about St Dunstan in that language

Draw a map from your home to Mark Cross and then on to Tunbridge Wells

Write your own prayer about or to St Dunstan

As a family make a special cake to celebrate St Dunstan's Day

A PICTURE FOR YOU TO COLOUR



St Dunstan's Day

Plugged In and Turned On

"You are the light of the world." Matthew 5:14 (NIV)

Based on Matthew 5:14-16 (NIV)



X V F O K U L Y B D S M M O I
M J M B Y D T G Y Q E S X Z A
M Z V M L I E O S L R E L Z R
L P A R C S N O L H L P D I O
I Z V K I C Y D F W I H B S I
G L D A A V S F L Y P N B R F
H B R D K N A W O R L D E Z B
T P I O O H I D D E N E R H L
B C V B O W L T M B S K V C A
O N H P U L A M P U O S X U C
T Y F I J T X R O F P L C V J
P R J D L J I H A Y B C F W R
E I Q L X L E F A T H E R E V
C F M E N S N M U V Z W O B A
X I L R M D R J L I S T A N D

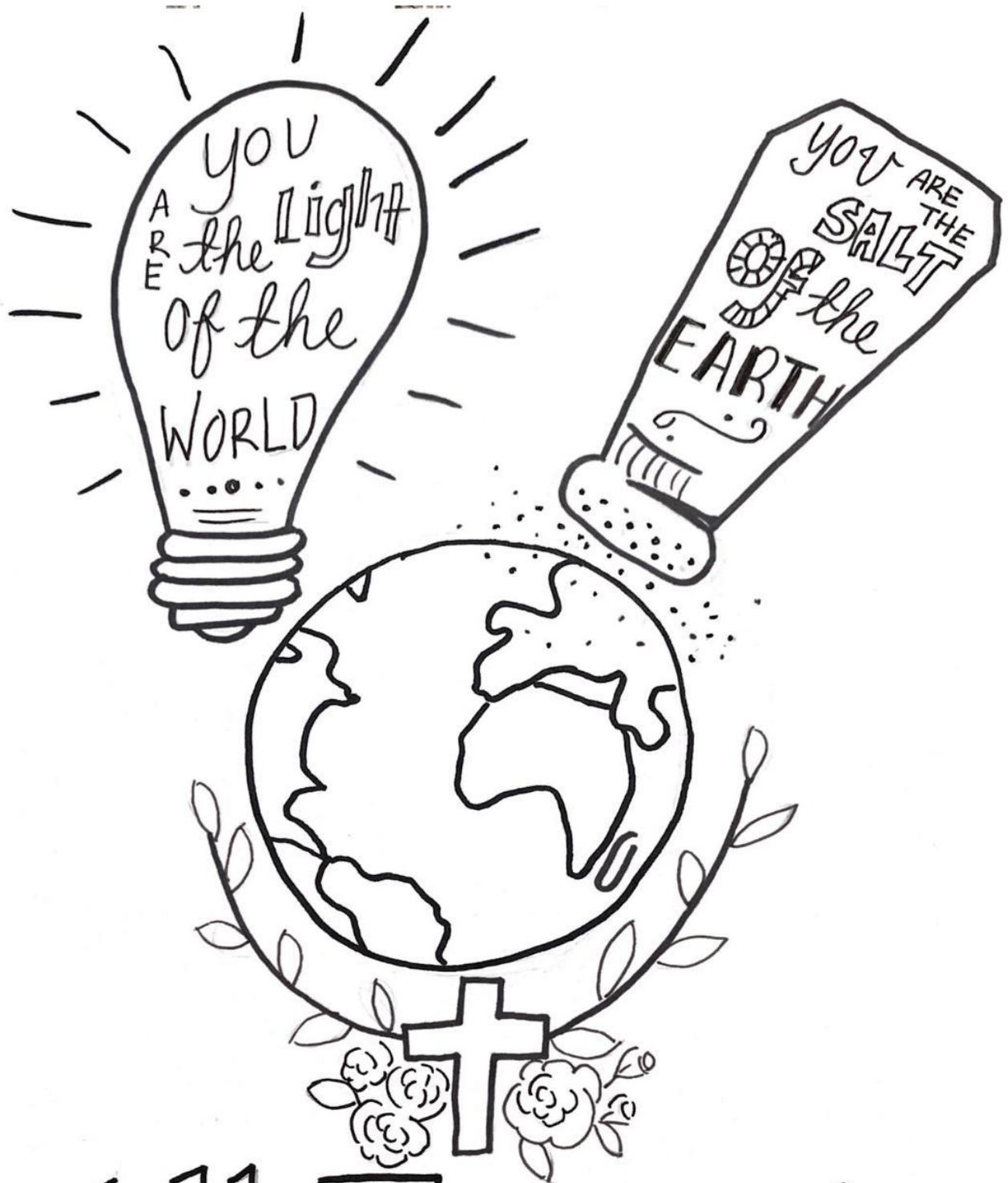
LAMP
WORLD
PRAISE

LIGHT
CITY
HOUSE

BOWL
MEN
FATHER

GOOD
HIDDEN
HILL

DEEDS
SHINE
STAND



SALT and LIGHT
Matthew 5:13-16

Why do we need salt?

Makes food taste nicer as long as you don't add too much

Preserver

Cleanser (conjunctivitis and wounds)

Baking

Used in some gardening preparations

Used in science and experiments

Used to help pain – sore throat, foot pain and stings.

Making salt dough and salt painting.

Can you add any more?

Why do we need light?

Have you ever planted something and left it in the dark without any light – what happens? It doesn't grow in the right direction as it has no light. Light is a very good source of energy.

We all feel better when we see the sun shining and we need light for our health.

Walking in the dark what do we need – a light from a torch or lights on a building.

If indoors it might be a candle being lit in a power cut.

Without light, it would be very difficult for astronauts to orient themselves in space. This is because they rely on light to measure distances and track their location relative to other objects.

For solar power.

In our reading today what did Jesus say we are??

Can you make a list of different things we use to give us light?