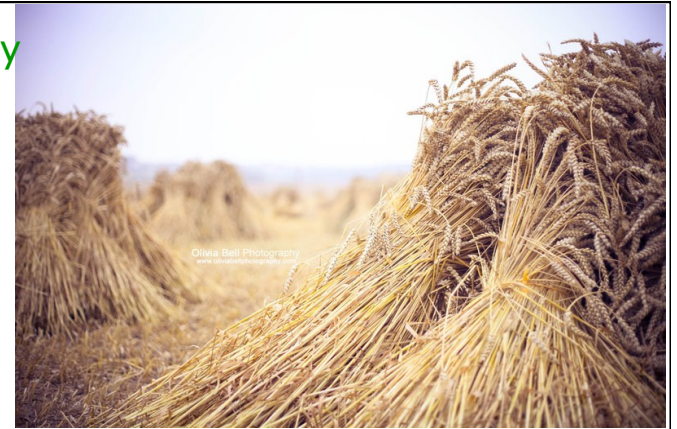


Sunday 1st October

HARVEST Worship 4 All 16th Sunday in Trinity

- Hymn 1: Come, ye thankful people, come 289 A&M
Hymn 2: For the fruits of His creation 78 NH&WS
Hymn 3: God, whose 'farm' is all creation 104 NH&WS
Hymn 4: We plough the fields .. 290 A&M



SUNDAY COMMENT

In Jesus' time, there were only three major types of wheat in existence: *Einkorn*, *Emmer*, and later *Triticum aestivum* - along with simple, non-hybrid varieties of other grains like barley, millet, and rye. These grains had (and still have) a higher protein content and lower anti-nutrient content than grains of today. The Book of Ezekiel is one of the most detailed and well-known references to grains, as God commands Ezekiel to use "*wheat and barley, and beans and lentils, and millet and spelt*" to make a bread for the people to eat. In those Biblical times, grains were often prepared by soaking, fermenting, or sprouting before being consumed. Often this wasn't intentional but was a result of methods of storage which left the grains exposed to warm, moist conditions that encouraged sprouting and fermentation. When a grain sprouts, the chemical structure changes and the anti-nutrient content is greatly reduced; fermentation mitigates this further. Flour would truly have been called "whole grain" unlike the processed versions of modern times. Grains were ground by hand using simple, suitably-shaped stones found lying around.

Bread of that period was 'unleavened' - i.e. cooked without yeast or rising-agent - like today's pitta or flat-breads.

MUSIC

"Shepherd's Hey"
& Clog Dance
arr. Percy Grainger



The English Folk Dance and Song Society ('EF-diss') was formed in 1932 when the Folk-Song Society and the English Folk Dance Society merged. The Folk-Song Society, founded 1898, focused on collecting and publishing, primarily folk songs of Britain and Ireland & included Cecil Sharp, Percy Grainger, Ralph Vaughan Williams & George Butterworth. The English Folk Dance Society was founded in 1911 by Cecil Sharp & Maud Karpeles to preserve and promote English folk dances in their traditional forms, including Morris and sword dances.