**5 August**

**Oswald**

King of Northumbria, Martyr 642

Lord God almighty, who so kindled the faith of

King Oswald with your Spirit that he set up the

sign of the cross in his kingdom and turned his

people to the light of Christ: grant that we,

being fired by the same Spirit, may always

bear our cross before the world and be found

faithful servants of the gospel; through Jesus

Christ our Lord. Amen.

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**5 August**

**Oswald**

**King of Northumbria**

Born around the year 605, the son of King Ǣlfrith of Northumbria, Oswald was forced to leave home after his father’s death and move to Iona where, influenced by the monks of St Columba, he was baptised. Returning to Northumbria in 634, Oswald defeated the British king, setting up a cross as his standard and gathering his men around it to pray the night before the battle. A man of humility and generosity, Oswald worked closely with his friend Aidan, travelling with him on his missionary journeys and acting as his interpreter. He died in battle on this day in 642 defending his kingdom from the Mercians.

*Sourced from ‘Exciting Holiness’*

**6 August**

**The Transfiguration of Our Lord.**

Father in heaven, whose Son Jesus Christ was wonderfully transfigured before chosen witnesses

upon the holy mountain, and spoke of the exodus

he would accomplish at Jerusalem: give us strength

so to hear his voice and bear our cross that in the

world to come we may see him as he is; who is

alive and reigns with you, in the unity of the Holy

Spirit, one God, now and for ever. Amen.

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**6 August**

**The Transfiguration of Our Lord.**

The story of the Transfiguration of Jesus on the mount is told in the gospels of Matthew, Mark and Luke, and Peter refers to it in his Second Epistle. Each time, it is made clear that God’s salvation is for all and Christ is the one who brings that salvation. The testimony of the law and the prophets to Jesus are given by the presence of Moses and Elijah, and the event also pre-figures the resurrection, giving a foretaste of the life of glory.

*Sourced from ‘Exciting Holiness’*