



THE SUNDAY SHEET
TRINITY 9 – 1ST AUGUST 2021

*A very warm welcome as we gather for the Parish Eucharist.
An induction loop is provided. To use, please turn your hearing aid to T.*

***Gluten free wafers are available** for those who need them. Please inform one of the stewards/sidespersons who will pass the information on to the clergy. Many thanks*

ENTRANCE HYMN

Christ is the King! O friends rejoice;
brothers and sisters with one voice
make all men know he is your choice. Alleluia.

The first apostles round them drew
thousands of faithful men and true,
sharing a faith for ever new. Alleluia.

Then magnify the Lord, and raise
anthems of joy and holy praise
for Christ's brave saints of ancient days. Alleluia.

O Christian women, Christian men,
all the world over, seek again
the Way disciples followed then. Alleluia.

Christ through all ages is the same:
place the same hope in his great name,
with the same faith his word proclaim. Alleluia.

Let love's unconquerable might
your scattered companies unite
in service to the Lord of light. Alleluia.

George Kennedy Allen Bell (1883-1958)
Tune: Vulpius (Gelobt Sei Gott)

THE 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.**

EPHESIANS 4. 1-16

A reading from the letter of Paul to the Ephesians.

I therefore, 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 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.

For the word of the Lord

Thanks be to God.

THE GOSPEL

Please Stand

Alleluia, alleluia,
Speak, Lord, for your servant is listening;
you have the words of eternal life.

Alleluia.

JOHN 6. 24-35

Listen to the Gospel of Christ according to Saint John.

Glory to you, O Lord.

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.'

This is the Gospel of the Lord.

Praise to you, O Christ.

PRAYER OVER THE GIFTS

Lord, Jesus Christ,
may our hearts be open to your love
our doors to friend and stranger,
our table to all whom you call to your supper,
and our lives to your risen life;
who are alive and reign, now and for ever. **Amen.**

HYMN AT THE END OF COMMUNION

I am the bread of life; they who come to me shall not hunger;
They who believe in me shall not thirst.
No one can come to me unless the Father draw them.

*And I will raise them up, and I will raise them up,
And I will raise them up on the last day.*

The bread that I will give is my flesh for the life of the world;
And they who eat of this bread,
They shall live for ever, they shall live for ever.

I am the Resurrection, I am the Life;
They who believe in me,
Even if they die, they shall live for ever.

Yes Lord, we believe that you are the Christ,
The Son of God,
Who has come into the world.

*Words & Music: Suzanne Toolan
Arr. Betty Pulkingham*

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.

CCL No: 961722

TODAY'S READINGS

EXODUS 16. 2-4, 9-15

The Israelites complain bitterly against the lack of food in the wilderness. God promises to provide them with both bread and meat.

EPHESIANS 4. 1-16

Christians are encouraged to live together "in the unity of the Spirit and the bond of peace" to form one body which builds itself up in love.

JOHN 6. 24-35

Jesus confounds the crowd by telling them that by believing in him, they are doing the work of God.

NOTICES

Covid 19 Please use the hand sanitiser, complete the Track & Trace form, and observe social distancing regulations as we strive to keep everyone safe in church. When you have arrived in church please take your seat immediately and remain seated until the service begins as other people will be arriving and this will avoid congestion and unnecessary contact in the aisle. After the service please leave the building as directed by the stewards on duty. Please continue wear a face covering when coming to church. If you have a SmartPhone and have downloaded the NHS Covid 19 app please check in using the QR Code.

Service Booklets. Please do take this reading sheet away with you after the service but please leave the service

booklet on your seat. The booklets are quarantined until the following Sunday. Thank you!

Prayers. Please continue to pray for the current situation with Covid 19 and for all those who suffer especially the anxious. Please pray too for the recovery and reconstruction of the Church both now and when this crisis is over. Pray for the renewal and growth of the Church in this place.

Sunday Attendance. Please do continue to book in for Sundays. However, if you subsequently find you are not able to attend, please let Fr Rex know as soon as possible. Thank you!

Church Opening. The Parish Church will be open for prayer and for visitors from 12noon to 4.30pm each Thursday. If you are able to help with welcoming, please speak to Janet Cameron.

Cathedral Opening. The Cathedral is now open during the week. Please see the Cathedral website for opening times:
www.stasaphcathedral.wales

Organ Recitals. A small series of socially-distanced organ recitals will take place over the summer as follows:
Wednesday 4th August at 7.30pm – Ian Higginson (Director of Music and Organist for the University of Gloucestershire)

Wednesday 1st September at 7.30pm – Richard Lea (Liverpool Metropolitan Cathedral)

THE WEEK AHEAD

2nd Monday – Feria

12noon Holy Eucharist *at the Cathedral*

3rd Tuesday – Germanus, Bishop

7pm Holy Eucharist *at the Cathedral*

4th Wednesday – Feria

10.30am Holy Eucharist *on Zoom*

7.30pm Organ Recital *at the Cathedral*

*Ian Higginson (Director of Music and Organist
for the University of Gloucestershire)*

5th Thursday – Oswald, King & Martyr

10am Holy Eucharist *at the Parish Church*

10.45am Prayer Group *at the Parish*

Church

12noon to 4.30pm Parish Church open
for private prayer and for visitors

6th Friday – Transfiguration of Our Lord

9.30am Offeren (*Welsh Eucharist*) *at the
Cathedral*

8th Sunday – Trinity 10

9.30am The Parish Eucharist

11am The Cathedral Eucharist

Contact:

Parish Church: 01745 535957

Fr Rex: 07393 639813

Parish Church Website:

www.stasaphparishchurch.org.uk