



THE SUNDAY SHEET  
TRINITY 10 – 8<sup>TH</sup> 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

Alleluia, sing to Jesus!  
His the sceptre, his the throne;  
Alleluia, his the triumph,  
His the victory alone:  
Hark, the songs of peaceful Sion  
Thunder like a mighty flood;  
Jesus out of every nation  
Hath redeemed us by his blood.

Alleluia, not as orphans  
Are we left in sorrow now;  
Alleluia, he is near us,  
Faith believes, nor questions how:  
Though the cloud from sight received him,  
When the forty days were o'er,  
Shall our hearts forget his promise,  
'I am with you evermore'?

Alleluia, bread of angels,  
Thou on earth our food, our stay;  
Alleluia, here the sinful  
Flee to thee from day to day:  
Intercessor, Friend of sinner,  
Earth's Redeemer, plead for me,  
Where the songs of all the sinless  
Sweep across the crystal sea.

Alleluia, King eternal,  
Thee the Lord of lords we own;  
Alleluia, born of Mary,  
Earth thy footstool, heaven thy throne:  
Thou within the veil hast entered,  
Robed in flesh our great High Priest;  
Thou on earth both Priest and Victim  
In the Eucharistic feast.

*William Chatterton Dix 1837-1898*

*Tune: Hyfrydol, Melody by Rowland Huw Pritchard 1811-1887*

## THE COLLECT

Let your merciful ears, O Lord,  
be open to the prayers of your humble servants;  
and that they may obtain their petitions  
make them to ask such things as shall please you;  
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.**

## I KINGS 19.4-8

A reading from the first book of Kings.

Elijah went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: 'It is enough; now, O Lord, take away my life, for I am no better than my ancestors.' Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.' He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the Lord came a second time, touched him, and said, 'Get up and eat, otherwise the journey will be too much for you.' He got up, and ate and drank;

then he went in the strength of that food for forty days and forty nights to Horeb the mount of God.

For the word of the Lord

**Thanks be to God.**

THE GOSPEL

*Please Stand*

Alleluia, alleluia,  
We do not live by bread alone,  
but by every word that comes from the mouth of God.

**Alleluia.**

JOHN 6. 35. 41-51

Listen to the Gospel of Christ according to Saint John.

**Glory to you, O Lord.**

Jesus said to the crowd, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' Jesus answered them, 'Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, "And they shall all be taught by God." Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'

This is the Gospel of the Lord.

**Praise to you, O Christ.**

## PRAYER OVER THE GIFTS

O Lord, our strength and our song,  
open to us the gates of righteousness,  
that we may enter through them and give you thanks;  
may we know your light and your salvation  
and receive the blessings of your house;  
whose steadfast love endures for ever and ever. **Amen.**

## HYMN AT THE END OF COMMUNION

*Eat this bread, drink this cup,  
Come to him and never be hungry.  
Eat this bread, drink this cup,  
Trust in him and you will not thirst.*

I am the bread of life, the true bread sent from the Father.

Our ancestors ate manna in the desert, but this is the bread come down from heaven.

Eat my flesh and drink my blood, and I will raise you up on the last day.

Anyone who eats this bread will live for ever.

If you believe and eat this bread, you will have eternal life.

*Taize  
Music: Jacques Berthier 1923-1994*

## POST COMMUNION PRAYER

God of our pilgrimage,  
you have willed that the gate of mercy  
should stand open for those who trust in you:  
look upon us with your favour  
that we who follow the path of your will  
may never wander from the way of life;  
through Jesus Christ our Lord. **Amen.**

## TODAY'S READINGS

### I KINGS 19. 4-8

God's bread and water nourished Elijah on his journey of fear and hopelessness.

### EPHESIANS 4. 25 – 5. 2

What nourishes us will nourish our lives, transforming even the life lost in the living.

### JOHN 6. 35, 41-51

Jesus declares himself to be the bread of life – the one who provides for our basic needs, prepared by God, shared through the Spirit.

## NOTICES

**Welcome.** We welcome the Archdeacon of Wrexham, the Venerable John Lomas, who is preaching for us today!

**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](http://www.stasaphcathedral.wales)

**Organ Recitals.** A small series of socially-distanced organ recitals will take place over the summer as follows:  
Wednesday 1<sup>st</sup> September at 7.30pm –  
Richard Lea (Liverpool Metropolitan Cathedral)

## THE WEEK AHEAD

### **9<sup>th</sup> Monday – Edith Stein**

12noon Holy Eucharist *at the Cathedral*

### **10<sup>th</sup> Tuesday – Lawrence, Deacon & Martyr**

7pm Holy Eucharist *at the Cathedral*

### **11<sup>th</sup> Wednesday – Clare of Assisi**

10.30am Holy Eucharist *on Zoom*

### **12<sup>th</sup> Thursday – Ann Griffiths**

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

### **13<sup>th</sup> Friday – Jeremy Taylor, Bishop**

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

### **15<sup>th</sup> Sunday – Mary, Mother of Our Lord**

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](http://www.stasaphparishchurch.org.uk)