



The Sunday Sheet *for* The 10th Sunday after Trinity 4th August 2024

*A very warm welcome as we gather for the **Parish Eucharist**.
An induction loop is provided.*

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!

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

They with a faith for ever new
followed the King, and round him drew
thousands of faithful hearts and true. 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!

So shall God's will on earth be done,
new lamps be lit, new tasks begun,
and the whole Church at last be one. Alleluia!

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

✠ In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Grace and peace be with you
And keep you in the love of Christ.

The Priest gives an introduction to the Eucharist and calls the people to penitence.

Silence is kept

We lack belief in ourselves.
Lord, have mercy: **Lord, have mercy.**

We lack belief in the goodness of others.
Christ, have mercy: **Christ, have mercy.**

We lack belief in him whom you have sent.
Lord, have mercy: **Lord, have mercy.**

Almighty God have mercy on you,
✠ forgive you and set you free from sin,
and keep you in eternal life. **Amen.**

Gloria in Excelsis

Glory in the highest to the God of heaven!
Peace to all your people through the earth be given:
Mighty God and Father, thanks and praise we bring,
Singing alleluias to our heavenly King.

Jesus Christ is risen, God the Father's Son:
With the Holy Spirit, you are Lord alone!
Lamb once killed for sinners, all our guilt to bear,
Show us now your mercy, now receive our prayer.

Christ the world's true Saviour, high and holy one,
Seated now and reigning from your Father's throne:
Lord and God, we praise you; highest heaven adores:
In the Father's glory, all the praise be yours!

Tune: Camberwell

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.**

Exodus 16. 2-4, 9-15

A reading from the book of Exodus.

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, 'If only we had died by the hand of the Lord in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.'

Then the Lord said to Moses, 'I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not.'

Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the Lord, for he has heard your complaining." 'And as Aaron spoke to the whole congregation of the Israelites, they looked towards the wilderness, and the glory of the Lord appeared in the cloud. The Lord spoke to Moses and said, 'I have heard the complaining of the Israelites; say to them, "At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God." ' '

In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread that the Lord has given you to eat.'

For the word of the Lord:

Thanks be to God.

The Gospel

Please Stand

Alleluia, alleluia, give thanks to the risen Lord.
Alleluia, alleluia, give praise to his name.

Come, let us praise the living God:
joyfully sing to our Saviour:

Alleluia, alleluia, give thanks to the risen Lord.
Alleluia, alleluia, give praise to his name.

Donald Fishel b.1950
Tune: Alleluia No.1

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.

The Homily

Please Sit

An Affirmation of the Faith.

Please Stand

A Baptismal Creed

**I believe and trust in God the Father,
who created all that is.**

**I believe and trust in his Son Jesus Christ,
who redeemed humankind.**

**I believe and trust in his Holy Spirit,
who gives life to the people of God.**

**I believe and trust in one God,
Father, Son and Holy Spirit.
Amen.**

The Intercession

Please Sit

Appropriate responses may be used, for example

Lord, in your mercy:
hear our prayer.

Lord, hear us:
Lord, graciously hear us.

The Intercession ends with a suitable collect said by the priest, or the following

Merciful Father,
**accept these prayers
for the sake of your Son,
our Saviour Jesus Christ. Amen.**

The Peace

Please Stand

Believing in our Lord Jesus Christ, we greet one another in his name and share his peace.

The peace of the Lord be with you always.

And also with you.

Let us offer one another a sign of the Lord's peace.

Offertory Hymn

Body broken for our good,
and that body's precious blood:
we receive them to our shame,
who dishonour Jesus' name.
Every day more blood is shed;
flesh is broken, left for dead.
Where earth's children bleed and die,
it is Christ we crucify.

Yet your love, God, draws us near,
though unworthy to be here;
we have nothing good to bring,
yet you give us everything!
Here you give us Christ who died,
resurrected, glorified;
his humanity, divine,
here is ours in bread and wine.

In communion with his Lord,
faith, hope, love are all restored;
here is wealth beyond compare,
wealth for all the world to share.
He reclaims our every breath:
all our life and even death
cannot be too great a price,
to complete his sacrifice.

Time, with energy and health,
talent, poverty or wealth:
all are yours, Lord, taken up
in the signs of bread and cup.
Though we may be broken too,
and our lives poured out for you,
make of us the living sign
of your love in bread and wine.

Alan Gaunt b.1935
Tune: Aberystwyth

The Thanksgiving

We celebrate together the gifts and grace of God.

**We take this bread,
we take this wine
to follow Christ's example
and obey his command.**

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.**

The Eucharistic Prayer

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

True and living God, the source of life for all creation,
you have made us in your own image.

Always and everywhere we give you thanks
through Jesus Christ our Lord.

In your love for us
and in the fullness of time
you sent your Son to be the Saviour;
the Word was made flesh,
he lived among us and we have seen his glory.
For our sins and the sins of all the world
he suffered death on the cross.
You raised him to life in triumph
and exalted him in glory.
Through him you send your Holy Spirit upon your Church
and make us your people.

Therefore, with angels and archangels
and with all the company of heaven
we praise your glorious name:

**Holy, holy, holy, holy,
Holy, holy, Lord God Almighty.
And we lift our hearts before you
as a token of our love.
Holy, holy, holy, holy.**

**Gracious Father, gracious Father,
Blessed is the one who comes to us
in your name.
And we lift our hearts before you
as we give you thanks and praise.
Hosanna in the highest.**

Hear us, most merciful Father,
and send your Holy Spirit on
this bread and wine,
that, overshadowed by his life-giving power,
they may be for us the body and blood of your Son,
our Lord Jesus Christ;
because on the night he was betrayed
he took bread,
and when he had given you thanks,
he broke it, gave it to his disciples and said,

Take, eat; this is my body
which is given for you:
do this in remembrance of me.

In the same way, after supper he took the cup;
when he had given you thanks
he gave it to them and said,
Drink this, all of you;
this cup is the new covenant in my blood
poured out for you and for many
for the forgiveness of sins:
do this as often as you drink it
in remembrance of me.

Let us proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come in glory.

Therefore, loving God,
recalling now the sacrifice of Christ your Son
once for all upon the cross
and the triumph of his resurrection,
we ask you to accept this our sacrifice of praise.

Send your Holy Spirit on us
that we may be filled with your life and goodness
and renewed for the service of your Kingdom
Unite us in Christ and give us your peace
that we may do your work and be his body in the world.

Through him, with him, in him,
in the unity of the Holy Spirit
all honour and glory are yours, almighty Father,
for ever and ever. **Amen.**

Silence is kept

Please Sit

Let us pray with confidence to the Father:

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread,
forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial
and deliver us from evil.**

**For the kingdom, the power
and the glory are yours,
now and for ever. Amen.**

The Communion

The priest breaks the bread

We break this bread to share in the body of Christ.

**Though we are many, we are one body
for we all share in one bread.**

Jesus, Lamb of God: have mercy on us.

Jesus, bearer of our sins: have mercy on us.

Jesus, redeemer of the world: give us your peace.

The Invitation to Holy Communion

Jesus is the Lamb of God

who takes away the sins of the world.

Happy are those who are called to his supper.

**Lord, I am not worthy to receive you,
but only say the word and I shall be healed.**

The sacrament is administered with these words:

The body of Christ. **Amen.** The blood of Christ. **Amen.**

All those who are baptised (Christened) are welcome to receive Holy Communion today. Baptised (Christened) children are welcome to receive holy communion at the discretion of their parents.

If you are not receiving you are welcome to come forward for a blessing but please bring this leaflet with you as a signal to the priest.

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.

Jesus Christ, bread of life,
those who come to you will not hunger.

Jesus Christ, risen Lord,
those who trust in you will not thirst.

Taize Community

Silence is kept

Post Communion Prayer

Give thanks to the Lord for he is gracious:
his love is everlasting.

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.**

The Blessing

The Lord be with you
And also with you.

Christ, who nourishes you with himself, the living bread and the true vine, make you one in praise and service, and raise you up at the last day. And the blessing of God almighty, ✠ the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

Go in peace to love and serve the Lord.
In the name of Christ. Amen.

Final Hymn

Through the night of doubt and sorrow
onward goes the pilgrim band,
singing songs of expectation,
marching through the promised land.

Clear before us through the darkness
gleams and burns the guiding light;
pilgrim clasps the hand of pilgrim,
stepping fearless through the night.

One the light of God's own presence
o'er his ransomed people shed,
chasing far the gloom and terror,
brightening all the path we tread.

One the object of our journey,
one the faith which never tires,
one the earnest looking forward,
one the hope our God inspires:

One the strain that lips of thousands
lift as from the heart of one;
one the conflict, one the peril,
one the march in God begun:

One the gladness of rejoicing
on the far eternal shore,
where the one almighty Father
reigns in love for evermore.

Bernhard Severin Ingemann 1789-1862
Tr. Sabine Baring-Gould 1834-1924
Tune: Marching

Notices

Refreshments. Please do join us for refreshments after the service if you can.

Praying for Growth. Please pray for the growth and renewal of the Church here in this place. Here is the Leading Your Church into Growth Prayer:

*God of Mission,
Who alone brings growth to your
Church,
Send your Holy Spirit to give
Vision to our planning,
Wisdom to our actions,
Joy to our worship,
And power to our witness.
Help our church to grow in numbers,
In spiritual commitment to you,
And in service to our local community,
Through Jesus Christ our Lord. Amen.*

The Community Fridge takes place every Sunday from 4-5pm at the Parish Church.

Sunday Sheet. Please take this sheet home with you for the notices for the week and to pray for what is happening in the life of our Church.

Organ Recital. The latest in the Cathedral series of Organ Recitals takes place on Wednesday 7th August at 7.30pm. The recitalist is Ian Higginson of Gloucester. No entry charge but a retiring collection will be taken at the end.

The Week Ahead

5th Monday – Oswald

9am Morning Prayer
9.30am Holy Eucharist
5pm Evening Prayer

6th Tuesday – The Transfiguration of Our Lord

9am Morning Prayer
5pm Evening Prayer
6pm Holy Eucharist

7th Wednesday – Feria

9am Morning Prayer
10.30am Holy Eucharist
5pm Evening Prayer
7.30pm Organ Recital

8th Thursday – Dominic

9am Morning Prayer
10am Holy Eucharist *at the Parish Church*
10.45am Prayer Group *at the Parish Church*
5pm Evening Prayer

9th Friday – Edith Stein

9am Morning Prayer
9.30am Offeren (*Welsh Eucharist*)
5pm Evening Prayer

10th Saturday – Lawrence

9am Morning Prayer
5pm Evening Prayer

11th Sunday – Trinity 11

9.30am Parish Eucharist
11am Cathedral Eucharist
3.30pm Evening Prayer

Contact:

Parish Church: 01745 535957

Fr Rex: 07393 639813

Parish Church Website:

www.stasaphparishchurch.org.uk

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.

Psalm 78. 23-29

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

