



## The Sunday Sheet *for* The 9<sup>th</sup> Sunday after Trinity 28<sup>th</sup> July 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

All creatures of our God and King,  
lift up your voice and with us sing  
alleluia, alleluia!  
Thou burning sun with golden beam,  
thou silver moon with softer gleam:  
O praise him, O praise him,  
Alleluia, alleluia, alleluia!

Dear mother earth, who day by day  
unfoldest blessings on our way,  
O praise him, alleluia!  
The flow'rs and fruits that in thee grow,  
let them his glory also show:  
O praise him, O praise him,  
Alleluia, alleluia, alleluia!

Let all things their Creator bless,  
and worship him in humbleness,  
O praise him, alleluia!  
Praise, praise the Father, praise the Son,  
and praise the Spirit, Three in One:  
O praise him, O praise him,  
Alleluia, alleluia, alleluia!

*William Henry Draper 1855-1933 Tune: Lass tuns erfreuen*

✠ 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*

Lord Jesus, you have shown us the way to the Father.  
Lord, have mercy: **Lord, have mercy.**

Lord Jesus, you have given us knowledge of your truth.  
Christ, have mercy: **Christ, have mercy.**

Lord Jesus, you are the good shepherd leading us into life.  
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 to God, we give you thanks and praise;  
of heav'nly joy and earthly peace we sing.  
We worship you, to you our hearts we raise,  
Lord God, almighty Father, heav'nly King.

Lord Jesus Christ, the Father's only Son,  
you bore for us the load of this world's sin.  
O Lamb of God, your glorious vict'ry won,  
receive our pray'r, grant us your peace within.

Alone, O Christ, you only are the Lord,  
at God's right hand in majesty most high:  
who with the Spirit worshipped and adored:  
with all the heav'nly host we glorify.

*Tune: Woodlands*

## 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 3. 14-21

A reading from the letter of Paul to the Ephesians.

I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God. Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen.

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.

Jesus is Lord of all the earth:  
he is the King of creation:

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. 1-21**

Listen to the Gospel of Christ according to Saint John.

**Glory to you, O Lord.**

Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming towards him, Jesus said to Philip, 'Where are we to buy bread for these people to eat?' He said this to test him, for he himself knew what he was going to do. Philip answered him, 'Six months' wages would not buy enough bread for each of them to get a little.' One of his disciples, Andrew, Simon Peter's brother, said to him, 'There is a boy here who has five barley loaves and two fish. But what are they among so many people?' Jesus said, 'Make the people sit down.' Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, 'Gather up the fragments left over, so that nothing may be lost.' So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, 'This is indeed the prophet who is to come into the world.'

When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.

When evening came, his disciples went down to the lake, got into a boat, and started across the lake to Capernaum. It was now dark, and Jesus had not yet come to them. The lake became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the lake and coming near the boat, and they were terrified. But he said to them, 'It is I; do not be afraid.' Then they wanted to take him into the boat, and immediately the boat reached the land towards which they were going.

This is the Gospel of the Lord.

**Praise to you, O Christ.**

**The Homily**

*Please Sit*

## **An Affirmation of the Faith.**

*Please Stand*

**We believe in one God,  
the Father, the almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father.  
Through him all things were made.  
For us and for our salvation  
he came down from heaven;  
by the power of the Holy Spirit  
he became incarnate from the Virgin Mary,  
and was made man.  
For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead,  
and his kingdom will have no end.**

**We believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son  
is worshipped and glorified,  
who has spoken through the prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come. 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*

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing.

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

The trumpets sound, the angels sing,  
the feast is ready to begin;  
the gates of heaven are open wide,  
and Jesus welcomes you inside.

The trumpets sound, the angels sing,  
the feast is ready to begin;  
the gates of heaven are open wide,  
and Jesus welcomes you inside.

*Sing with thankfulness songs of pure delight,  
come and revel in heaven's love and light;  
take your place at the table of the King,  
the feast is ready to begin, the feast is ready to begin.*

Tables are laden with good things,  
O taste the peace and joy he brings;  
He'll fill you up with love divine,  
He'll turn your water into wine.

The hungry heart he satisfies,  
offers the poor his paradise;  
now hear all heaven and earth applaud  
the amazing goodness of the Lord.

*Sing with thankfulness songs of pure delight,  
come and revel in heaven's love and light;  
take your place at the table of the King,  
the feast is ready to begin, the feast is ready to begin.*

*Graham Kendrick b.1950*

## **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**

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.**

## 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.**

It is indeed right, it is our duty and our joy  
at all times and in all places to give you thanks, holy Father,  
all-powerful and everliving God,  
through Jesus Christ our Lord.

For he is our great high priest  
who has freed us from our sins  
and has made us a royal priesthood  
serving you, our God and Father.

And so with the hosts of angels and all the company of heaven  
we proclaim the glory of your name  
and join in their unending hymn of praise:

**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.**



All praise and thanks to you, true and living God,  
Creator of all things, Giver of life.  
You formed us in your own image;  
but we have marred that image and fall short of your glory.  
We give you thanks  
that you sent your Son to share our life;  
you gave him up to death that the world might be saved,  
and you raised him from the dead  
that we might live in him and he in us.

Sanctify with your Spirit this bread and wine, your gifts to us,  
that they may be for us the body and blood of our Saviour Jesus Christ.

On the night he was betrayed, he took bread,  
and when he had given thanks  
he broke it and gave it to his disciples, saying,

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,  
and when he had given thanks  
he gave it to them, saying,

Drink from this, all of you,  
for this is my blood of the new covenant  
which is shed 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.**

As he has commanded us, Father,  
we remember Jesus Christ, your Son.  
Proclaiming his victorious death,  
rejoicing in his resurrection  
and waiting for him to come in glory  
we bring to you this bread, this cup.

Accept our sacrifice of thanks and praise.  
Restore and revive your people,  
renew us and all for whom we pray  
with your grace and heavenly blessing,  
and at the last receive us with all your saints  
into that unending joy promised by your Son, Jesus Christ our Lord.

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.**

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.**

### 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

Guide me, O thou great Redeemer,  
pilgrim through this barren land;  
I am weak, but thou art mighty;  
hold me with thy powerful hand:  
bread of heaven,  
feed me now and evermore.

Open now the crystal fountain  
whence the healing stream doth flow;  
let the fiery cloudy pillar  
lead me all my journey through:  
strong deliverer,  
be thou still my strength and shield.

When I tread the verge of Jordan,  
bid my anxious fears subside;  
death of death and hell's destruction,  
land me safe on Canaan's side:  
songs and praises  
I will ever give to thee.

*Welsh, William Williams 1717-91*  
*Tr. Peter Williams 1727-96*  
*Tune: Cwm Rhondda*

## 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.

**Visiting Choir.** The Choir of Bridlington Priory will be singing services at the Cathedral today. Join is for 3.30pm Choral Evensong this afternoon. Your support would be much appreciated!

## The Week Ahead

**29<sup>th</sup> Monday – William Wilberforce & Josephine Butler**

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

**30<sup>th</sup> Tuesday – Silas**

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

**31<sup>st</sup> Wednesday – Ignatius of Loyola**

9am Morning Prayer  
10.30am Holy Eucharist  
5pm Evening Prayer

**1<sup>st</sup> Thursday – Feria**

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

**2<sup>nd</sup> Friday – Feria**

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

**3<sup>rd</sup> Saturday – Germanus**

9am Morning Prayer  
5pm Evening Prayer

**4<sup>th</sup> Sunday – Trinity 10**

9.30am Parish Eucharist  
11am Cathedral Eucharist  
11am Messy Church *at the Parish Church*  
3.30pm Evening Prayer

Contact:

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Parish Church Website:

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

### **Today's Readings**

#### **2 Kings 4. 42-44**

Elisha has a choice. As a man of God he is given the first fruits of the harvest and he could not have kept the food to himself. His response to the gift, however, is to share it with those in need, and so God blesses it.

#### **Psalm 145. 101-8**

#### **Ephesians 3. 14-21**

Paul's amazing prayer is for us to have inner strength and spiritual vision: that Christ will be central in our lives and that we will know his energy working through us in ways we can barely imagine.

#### **John 6. 1-21**

In John's version of the feeding of the five thousand the presence and direction of Jesus are emphasised far more than in other Gospels. Aware of the Passover's nearness, he nourishes the crowd on different levels, physical provision prefiguring spiritual self-offering.

