



## The Sunday Sheet *for* The 11<sup>th</sup> Sunday after Trinity 11<sup>th</sup> 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

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 sinners,  
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*

✠ 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 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**

O God,  
you declare your almighty power  
most chiefly in showing mercy and pity:  
mercifully grant to us such a measure of your grace,  
that we, running the way of your commandments,  
may receive your gracious promises,  
and be made partakers of your heavenly treasure;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you  
and the Holy Spirit,  
one God, now and for ever. **Amen.**

## **1 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, 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. 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.**

## 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*

God's Son is the bread of life, the one we can trust with all our needs.

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

Christians, lift your hearts and voices,  
let your praises be outpoured;  
come with joy and exultation  
to the table of the Lord;  
come believing, come expectant,  
in obedience to his word.

See, presiding at his table,  
Jesus Christ our great High Priest;  
where he summons all his people,  
none is greatest, none is least;  
graciously he bids them welcome  
to the eucharistic feast.

Lord, we offer in thanksgiving  
life and work for you to bless;  
yet unworthy is the offering,  
marred by pride and carelessness;  
so, Lord, pardon our transgressions,  
plant in us true holiness.

On the evening of his passion  
Jesus gave the wine and bread,  
so that all who love and serve him  
shall for evermore be fed.  
Taste and see the Lord is gracious,  
feed upon the living bread.

*John Edward Bowers 1923 -2019*  
*Tune: Regent Square*

## 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

Almighty and most merciful God,  
out of the fullness of your gifts we bring before you  
this bread and wine and our lives.

Blessed be your holy name for ever;  
through Jesus Christ our Lord. **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**

Soul of my Saviour, sanctify my breast;  
Body of Christ, be thou my saving guest;  
Blood of my Saviour, bathe me in thy tide,  
wash me with water flowing from thy side.

Strength and protection may thy passion be;  
O blessed Jesus, hear and answer me;  
deep in thy wounds, Lord, hide and shelter me;  
so shall I never, never part from thee.

Guard and protect me from the foe malign;  
in death's dread moments make me only thine;  
call me, and bid me come to thee on high,  
where I may praise thee with thy saints for ay.

*Anima Christ, sometimes attributed  
to Pope John XXII 1249-1334  
Tune: Anima Christi*

*Silence is kept*

### Post Communion Prayer

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

Lord of all mercy,  
we your faithful people have celebrated that one true sacrifice  
which takes away our sins and brings us pardon and peace:  
by our communion  
keep us firm on the foundation of the gospel  
and preserve us from all sin;  
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

God is Love: let heav'n adore him;  
God is Love: let earth rejoice;  
Let creation sing before him,  
And exalt him with one voice.  
He who laid the earth's foundation,  
He who spread the heav'ns above,  
He who breathes through all creation,  
He is Love, eternal Love.

God is Love: and he enfoldeth  
All the world in one embrace;  
With unfailing grasp he holdeth  
Every child of every race.

And when human hearts are breaking  
Under sorrow's iron rod,  
Then they find that selfsame aching  
Deep within the heart of God.

God is Love: and though with blindness  
Sin afflicts the souls of men,  
God's eternal loving-kindness  
Holds and guides them even then.  
Sin and death and hell shall never  
O'er us final triumph gain;  
God is Love, so Love for ever  
O'er the universe must reign.

*Timothy Rees 1874-1939*  
*Tune: Blaenwern*

## 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.

**Mayor's Civic Service.** Colin is having his Civic Service at the Parish Church this year. It will be on Sunday 1<sup>st</sup> September at 10.30am. Please do come along to support him with your presence and your prayers as he does another year of duty in our community. There will be refreshments in the church grounds after the service.

## The Week Ahead

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

9am Morning Prayer

9.30am Holy Eucharist

10am to 1pm Messy Church Holiday Club *at the Parish Church*

5pm Evening Prayer

### **13<sup>th</sup> Tuesday – Jeremy Taylor**

9am Morning Prayer

10am to 1pm Messy Church Holiday Club *at the Parish Church*

5pm Evening Prayer

6pm Holy Eucharist

### **14<sup>th</sup> Wednesday – Maximilian Kolbe**

9am Morning Prayer

10am to 1pm Messy Church Holiday Club *at the Parish Church*

10.30am Holy Eucharist

5pm Evening Prayer

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

9am Morning Prayer

**10am Holy Eucharist** *at the Parish Church*

10am to 1pm Messy Church Holiday Club *at the Parish Church*

10.45am Prayer Group *at the Parish Church*

5pm Evening Prayer

### **16<sup>th</sup> Friday – Feria**

9am Morning Prayer

9.30am Offeren (*Welsh Eucharist*)

10am to 1pm Messy Church Holiday Club *at the Parish Church*

5pm Evening Prayer

## **17<sup>th</sup> Saturday – Feria**

9am Morning Prayer

2pm Wedding *at the Parish Church*

5pm Evening Prayer

## **18<sup>th</sup> Sunday – Trinity 10**

9.30am Parish Eucharist

11am Cathedral Eucharist

3.30pm Evening Prayer

## **Today's Readings**

### **1 Kings 19. 4-8**

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

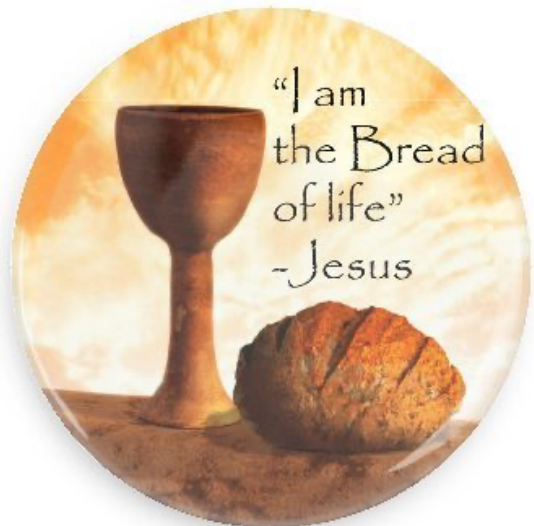
### **Psalm 34. 1-8**

### **Ephesians 4. 25 – 5. 2**

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

### **John 6. 35, 41-15**

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



### Contact:

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### Parish Church Website:

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