



The Sunday Sheet *for* The 12th Sunday after Trinity 18th August 2024

*A very warm welcome as we gather for the All-Age 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

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.

Graham Kendrick b.1950

✠ 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

Father God, you have your Son that we may feast with you in heaven.
Lord, have mercy: **Lord, have mercy.**

Lord Jesus, you gave us your body, broken on the cross, to be our bread.
Christ, have mercy: **Christ, have mercy.**

Lord Jesus, you gave your blood, poured out on the cross, to be our wine.
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

Gloria, gloria, in excelsis Deo.
Gloria, gloria, in excelsis Deo.

**Lord, God, heavenly King,
peace you bring to us,
we worship you, we give you thanks,
we sing our song of praise.**

**Jesus, Saviour of all,
Lord God, Lamb of God,
you take away our sins, O Lord,
have mercy on us all.**

**At the Father's right hand,
Lord receive our prayer,
for you alone are the Holy One,
and you alone are Lord.**

**Glory, Father and Son,
Glory Holy Spirit,
to you we raise our hands up high,
we glorify your name.**

The Collect

God of constant mercy,
who sent your Son to save us:
remind us of your goodness,
increase your grace within us,
that our thankfulness may grow,
through Jesus Christ our Lord. **Amen.**

Proverbs 9. 1-6

A reading from the book of Proverbs.

Wisdom has built her house. She has made its seven columns. She has prepared her food and wine. She has set her table. She has sent out her servant girls. She calls from the highest place in the city. She says to those who are not wise, "Come in here, you foolish people! Come and eat my food. And the drink I have prepared. Stop your foolish ways, and you will live. Be a person of understanding".

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. 51-58

Listen to the Gospel of Christ according to Saint John.

Glory to you, O Lord.

Jesus said to the crowd, 'I am the living bread, sent down from heaven. Everybody who eats this bread will have real life – the kind that lasts for ever – and the bread that I give so that the whole world can really have life – well, ultimately, that's going to be my own body'.

Well, he'd really pushed it too far now! The religious authorities all started bickering among themselves again. 'Unbelievable!' they said. 'How can this man give us his own flesh to eat?'

Jesus said to them, 'I'm telling you straight, unless you do eat the Son of Man's flesh – and drink his blood too – you'll have no life in you that means anything. Those who eat my flesh and drink my blood – they'll have eternal life, here and now, and I'll raise them up on the last day. You see, my flesh is the food that truly counts – my blood is the drink that really matters. And when people eat my flesh and drink my blood – well, they really invest their lives in me, and I put my life in them. It follows, if you think about it. The Father, who really is life, sent me, and my life flows from him. So, in the same way, whoever feeds on me will have the life that flows through me. Got it? Now, this really is the bread that came down from heaven – not like the stuff our ancestors ate in the desert, and then later died – you eat this bread and you'll live for ever.

This is the Gospel of the Lord.

Praise to you, O Christ.

The Homily

Please Sit

An Affirmation of the Faith.

Please Stand

Let us declare our faith in God.

**We believe in God the Father,
from whom every family
in heaven and on earth is named.**

**We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.**

**We believe in the Holy Spirit,
who strengthens us
with power from on high.**

**We believe 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.**

Jesus gave himself on the cross that we may know his deep peace within us. Let us receive his peace and exchange it with each other.

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

Angel voices ever singing
round thy throne of light,
angel-harps for ever ringing,
rest not day nor night;
thousands only live to bless thee
and confess thee
Lord of might.

Thou who art beyond the farthest
mortal eye can scan,
can it be that thou regardest
songs of sinful man?
can we know that thou art near us,
and wilt hear us?
yea, we can.

Yea, we know that thou rejoicest
o'er each work of thine;
thou didst ears and hands and voices
for thy praise design;
craftsman's art and music's measure
for thy pleasure
all combine.

In thy house, great God, we offer
of thine own to thee;
and for thine acceptance proffer
all unworthily
hearts and minds and hands and voices
in our choicest
psalmody.

Honour, glory, might, and merit
thine shall ever be,
Father, Son, and Holy Spirit,
blessèd Trinity.
Of the best that thou hast given
earth and heaven
render thee.

Francis Pott 1832-1909

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

God of life and health,
in your Son Jesus Christ we find forgiveness of all that is past:
grant that in this eucharist today we may find the healing of
all our sins;
we ask this in the name of 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.

Lord of all life,
you created the universe,
where all living things reflect your glory.
You give us this great and beautiful earth,
to discover and to cherish.

You give us happy times
and things to celebrate.
In these we taste your kingdom,
a feast for all your children.

You made us all,
each wonderfully different,
to join with the angels
and sing your 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.**

We thank you, loving Father,
because, when we turned away,
you sent Jesus, your Son.
He gave his life for us on the cross
and shows us the way to live.

Send your Holy Spirit
that these gifts of bread and wine
may become Christ's body and his blood.

On the night before he died,
when darkness had fallen,
Jesus took bread.
He gave thanks, broke it,
and shared it with his disciples, saying:

'This is my body, given for you.
Do this to remember me.'

After they had eaten, he took the cup of wine,
gave thanks, and shared it with his disciples, saying:

'This is my blood, poured out for you and for many,
for the forgiveness of sins.'

Let us proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come in glory.

So Father, with this bread and this cup
we celebrate his love, his death, his risen life.
As you feed us with these gifts,
send your Holy Spirit,
and change us more and more
to be like Jesus our Saviour.

Help us, Father, to love one another,
as we look forward to that day
when suffering is ended,
and all creation is gathered in your loving arms.

And now with the Blessed Virgin Mary, St Joseph,
St Kentigern, St Asaph and all your saints
we give you glory,
through Jesus Christ,
in the strength of the Spirit,
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

I am the bread of life;
he who comes to me shall not hunger:
and all who trust in me shall not thirst –
this is what Jesus said:
praise him as Lord and Saviour.

*And when the trumpet shall sound
and Jesus comes in great power,
then he will raise us to be with him
for evermore.*

Lord, we are one with you;
we rejoice in your new creation:
our hearts are fired by your saving love –
take up our lives, O Lord,
and use them for your glory.

Suzanne Toolan

Silence is kept

Post Communion Prayer

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

God of compassion,
in this eucharist you have set aside our sins
and given us your healing:
grant that we who are made whole in Christ
may bring that healing to this broken world,
in the name 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

Lord Jesus Christ, you have come to us,
you are one with us, Mary's Son;
cleansing our souls from all their sin,
pouring your love and goodness in;
Jesus, our love for you we sing,
living Lord.

Lord Jesus Christ, now and every day
teach us how to pray, Son of God.
You have commanded us to do
this in remembrance, Lord, of you:
into our lives your power breaks through,
living Lord.

Lord Jesus Christ, you have come to us,
born as one of us, Mary's Son.
Led out to die on Calvary,
risen from death to set us free,
living Lord Jesus, help us see
you are Lord.

Lord Jesus Christ, I would come to you,
live my life for you, Son of God.
All your commands I know are true,
your many gifts will make me new,
into my life your power breaks through,
living Lord.

Patrick Appleford 1925 - 2018

CCL No: 961722

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 1st 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.

Pilgrimage. The 2025 pilgrimage to Walsingham will take place from 11th to 15th August 2025. If you are interested

in joining the pilgrims please speak to Fr Rex.

Pilgrim. Again on the theme of life as our Christian Pilgrimage, a group looking at aspects of the journey is starting on Tuesday 10th September at 7pm in the Parish Church. Do consider joining us as we explore deepening our faith and learning together as we journey.

Wedding. Rex and Alison's daughter Sarah is getting married at the Cathedral on Friday 23rd August at 11am. All are welcome to the service and for those who come along there will be cake and fizz in the South Transept after the service.

A very big thank you to all those who sponsored me for my Cotswolds 26 mile trek for Alzheimer's on July 6th. I completed the trek in 10 hours and 17 minutes. Your generosity helped me raise the huge total of £1,015. I can't thank you enough. Every blessing
Linda x

The Week Ahead

19th Monday – Feria

9am Morning Prayer

9.30am Holy Eucharist

5pm Evening Prayer

20th Tuesday – Bernard

9am Morning Prayer

5pm Evening Prayer

6pm Holy Eucharist

21st Wednesday – Feria

9am Morning Prayer

10.30am Holy Eucharist

5pm Evening Prayer

22nd Thursday – Feria

9am Morning Prayer

10am Holy Eucharist *at the Parish*

Church

10.45am Prayer Group *at the Parish*

Church

5pm Evening Prayer

23rd Friday – Tydfil, Martyr

9am Morning Prayer

9.30am Offeren (*Welsh Eucharist*)

11am Wedding

5pm Evening Prayer

24th Saturday – Bartholomew Apostle

9am Morning Prayer

5pm Evening Prayer

7.30pm National Youth Orchestra

Concert

25th Sunday – Trinity 13

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

Proverbs 9. 1-6

Wisdom, personified as a woman, calls people to share in her riches by abandoning immaturity and seeking insight.

Psalms 34. 9-14

Ephesians 5. 15-20

Paul exhorts Christians to live wisely, avoiding drunkenness and debauchery in order to be filled with the Spirit.

John 6. 51-58

Jesus causes scandal by suggesting that his followers should eat his flesh and drink his blood, in order to have Jesus himself living within them.

