

***The Eucharist for the  
Ninth Sunday after Trinity  
August 1st, 2021***

***The Gathering***

**Hymn**

**Alleluia! sing to Jesus!  
His the sceptre, his the throne.  
Alleluia! His the triumph,  
His the victory alone.  
Hark! the songs of peaceful Zion  
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 heaven,  
Here on earth our food and 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.**

## **The Greeting**

In the name of the Father, and of the Son,  
and of the Holy Spirit.

**All Amen.**

Grace, mercy and peace from God our Father  
and the Lord Jesus Christ be with you

**All and also with you.**

## **Prayer of Preparation**

**All Almighty God,**  
to whom all hearts are open,  
all desires known,  
and from whom no secrets are hidden:  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name;  
through Christ our Lord. Amen.

## **Prayers of Penitence**

*The Prayers are introduced*

**All Almighty God, our heavenly Father,  
we have sinned against you  
and against our neighbour  
in thought and word and deed,  
through negligence, through weakness,  
through our own deliberate fault.  
We are truly sorry  
and repent of all our sins.  
For the sake of your Son Jesus Christ,  
who died for us,  
forgive us all that is past**

**and grant that we may serve you  
in newness of life to the glory of your name.  
Amen.**

Lord, have mercy.  
**All Lord, have mercy.**

Christ, have mercy.  
**All Christ, have mercy.**

Lord, have mercy.  
**All Lord, have mercy.**

May almighty God have mercy upon you,  
**forgive you your sins,  
and bring you to everlasting life;  
through Jesus Christ our Lord.  
All Amen.**

## **Gloria in Excelsis**

**All Glory to God, glory to God, glory to God in the highest.**  
Glory to God in the highest and peace to his people on earth.  
Lord God, heavenly King, almighty God and Father,  
we worship you, we give you thanks, we praise you for your glory.

**All Glory to God, glory to God, glory to God in the highest.**  
Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God, you take away the sin of the world,  
have mercy on us.

You are seated at the right hand of the Father, receive our prayer.  
**All Glory to God, glory to God, glory to God in the highest.**  
For you alone are the holy one, you alone are the Lord,  
you alone are the most high, Jesus Christ,  
with the Holy Spirit, in the glory of God the Father.

**All Glory to God, glory to God, glory to God in the highest.**

## **Collect**

Let us pray,  
Lord, giver of lasting life,  
satisfy our hunger through Christ, the bread of life,  
and quench our thirst with your gift of belief,  
that we may no longer work for food that perishes,  
but believe in the One whom you have sent.  
We ask this through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God for ever and ever.

**All**    **Amen.**

## ***Liturgy of the Word***

**First Reading**                      *Exodus 16.2-4, 12-16*

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. '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. This is what the LORD has commanded: "Gather as much of it as each of you needs, an omer to a person according to the number of persons, all providing for those in their own tents."'

This is the word of the Lord.

**All**    **Thanks be to God.**

**Responsorial Psalm**                      *Psalm 78.3-4, 23-25, 54*

***The Lord gave them bread from heaven.***

The things we have heard and understood,  
the things our ancestors have told us,  
these we will not hide from their children  
but will tell them to the next generation: **R.**

the glories of the Lord and his might  
and the marvellous deeds he has done,  
Yet God commanded the clouds above  
and opened the gates of heaven;  
rained down manna for their food,  
and gave them bread from heaven. **R.**

Mere mortals ate the bread of angels.  
The Lord sent them meat in abundance.  
So God brought them to that holy land,  
to the mountain which his right hand had won. **R.**

**Second Reading**      *Ephesians 4.17, 20-24*

A reading from the Letter of Paul to the Ephesians

Now this I affirm and insist on in the Lord: you must no longer live as the Gentiles live, in the futility of their minds. That is not the way you learned Christ! For surely you have heard about him and were taught in him, as truth is in Jesus. You were taught to put away your former way of life, your old self, corrupt and deluded by its lusts, and to be renewed in the spirit of your minds, and to clothe yourselves with the new self, created according to the likeness of God in true righteousness and holiness.

This the word of the Lord.

**All      Thanks be to God.**

## Hymn

**Bread of heaven on Thee we feed,  
For Thou art our food indeed;  
Ever may our souls be fed  
With this true and living Bread,  
Day by day with strength supplied,  
Through the life of Christ who died.**

**Vine of heaven, Thy love supplies  
This blest cup of sacrifice;  
'Tis Thy wounds our healing give;  
To Thy cross we look and live:  
Thou our life! O let us be  
Rooted, grafted, built on Thee.**

## Gospel Acclamation

Alleluia! Alleluia! Alleluia!

- All Alleluia! Alleluia! Alleluia!**  
'Work for the good that endures to eternal life'  
says the Lord', which the Son of Man will give.
- All Alleluia! Alleluia! Alleluia!**

## Gospel Reading *John 6.24-35*

The Lord be with you

- All and also with you.**  
Hear the Gospel of our Lord Jesus Christ according to John.
- All Glory to you, O Lord.**

When the crowd saw that neither Jesus nor his disciples were there, 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.’

## **Sermon**

### **The Creed**

**All 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,  
was incarnate from the Holy Spirit  
and 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.

## **Prayers of Intercession**

*These words may be used*

Lord, hear us.  
**All** Lord, graciously hear us.

## ***Liturgy of the Sacrament***

### **The Peace**

Christ is our peace.  
He has reconciled us to God  
in one body by the cross.  
We meet in his name and share his peace.  
The peace of the Lord be always with you  
**All** and also with you.



## Hymn

*A collection will be taken during the hymn, and the altar prepared*

**Christ is the King! O friends rejoice;  
brothers and sisters, with one voice  
tell all the world he is your choice.  
Alleluia, alleluia, alleluia!**

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

**O Christian women, Christian men,  
all the world over, seek again  
the way disciples followed then.  
Alleluia, alleluia, alleluia!**

**Let love's unconquerable might  
your scattered companies unite  
in service to the Lord of light.  
Alleluia, alleluia, 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, alleluia, alleluia!**

*George K A Bell (1883-1958)*

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Pray, my brothers and sisters,  
that our sacrifice may be acceptable to God the almighty Father.

**All May the Lord accept the sacrifice at your hands,  
for the praise and glory of his name,  
for our good, and the good of all his holy Church.**

O Lord, sanctify these gifts;  
receive them as an offering in spirit and in truth  
and make of us an everlasting gift to you.  
We ask this through Jesus Christ our Lord.

**All Amen.**

## The Eucharistic Prayer

The Lord be with you  
**All and also with you.**  
Lift up your hearts.

**All We lift them to the Lord.**  
Let us give thanks to the Lord our God.

**All It is right to give thanks and praise.**  
It is truly right and good, our duty and our joy,  
always and everywhere to give you thanks,  
holy Father, almighty and eternal God,  
through Jesus Christ our Lord.  
All things are of your making, all times and seasons obey your law.  
But you fashioned the human family in your own image and set us  
over the world in all its wonder,  
that we might be stewards of your creation,  
praising you day by day for the marvels of your might and wisdom,  
through Jesus Christ our Lord.  
And so we join the throng of saints and angels  
as they sing the unending hymn of your praise:

**All Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes  
in the name of the Lord.  
Hosanna in the highest.**  
Accept our praises, heavenly Father,  
through your Son our Saviour Jesus Christ,  
and as we follow his example and obey his command,  
grant that by the power of your Holy Spirit  
these gifts of bread and wine  
may be to us his body and his blood;  
who, in the same night that he was betrayed,  
took bread and gave you 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 gave you thanks;  
he gave it to them, saying:  
Drink this, all of you;  
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.  
Great is the mystery of faith:

**All** **Christ has died:**  
**Christ is risen:**  
**Christ will come again.**

Therefore, heavenly Father,  
we remember his offering of himself  
made once for all upon the cross;  
we proclaim his mighty resurrection  
and glorious ascension;  
we look for the coming of your kingdom,  
and with this bread and this cup  
we make the memorial of Christ your Son our Lord.

Accept through him,  
our great high priest,  
this our sacrifice of thanks and praise,  
and as we eat and drink these holy gifts  
in the presence of your divine majesty,  
renew us by your Spirit,  
inspire us with your love  
and unite us in the body of your Son,  
Jesus Christ our Lord.

Through him, and with him, and in him,  
in the unity of the Holy Spirit,  
with all who stand before you in earth and heaven,  
we worship you, Father almighty,  
in songs of everlasting praise:

**All** Blessing and honour and glory and power  
**be yours for ever and ever. Amen.**  
**Amen.**

## **The Lord's Prayer**

Let us pray with confidence as our Saviour has taught us

**All**    **Our Father,**  
**hallowed be thy name;**  
**thy kingdom come;**  
**thy will be done;**  
**on earth as it is in heaven.**  
**Give us this day our daily bread.**  
**And forgive us our trespasses,**  
**as we forgive those who trespass against us.**  
**And lead us not into temptation;**  
**but deliver us from evil.**  
**For thine is the kingdom, the power and the glory,**  
**for ever and ever.**  
**Amen.**

## **Breaking of the Bread**

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

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

**All**    **Lamb of God,**  
**you take away the sin of the world,**  
**have mercy on us.**  
**Lamb of God,**  
**you take away the sin of the world,**  
**have mercy on us.**  
**Lamb of God,**  
**you take away the sin of the world,**  
**grant us peace.**

## **Giving of Communion**

Behold the Lamb of God.  
Behold him who takes away the sin of the world.  
Blessed are those who are called to his supper.

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

*During communion*

### **Ave verum Corpus – Edward Elgar**

*sung by St Martin's Voices*

Ave verum Corpus, natum  
De Maria Virgine,  
Vere passum, immolatum  
In cruce pro homine:

Cuius latum perforatum  
Unda fluxit et sanguine,  
Esto nobis praegustatum  
In mortis examine.

*Hail the true body, born  
of the Virgin Mary:  
You who truly suffered and were sacrificed  
on the cross for the sake of man:*

*From whose pierced side  
flowed water and blood:  
Be a foretaste for us  
in the trial of death.*

## Prayer after Communion

Let us pray.  
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.

**All Amen.**

*Notices may be given*

## The Dismissal

The Lord be with you  
**All and also with you.**

The peace of God,  
which passes all understanding,  
keep your hearts and minds in the knowledge and love of God,  
and of his Son, Jesus Christ our Lord;  
and the blessing of God almighty,  
the Father, the Son and the Holy Spirit  
be among you and remain with you always.

**All Amen.**

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

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