

**Sunday 4<sup>th</sup> August**  
**10<sup>th</sup> Sunday after Trinity**  
**Morning Worship**

Led by Sue Nelms, LLM

<https://zoom.us/j/82311473640>



**Gathering and Greeting**

Welcome in the name of Christ.

God's grace, mercy and peace be with you  
**and also with you.**

**Opening Prayer**

God of our days and years,  
we set this time apart for you.  
Form us in the likeness of Christ  
so that our lives may glorify you.  
**Amen.**

**Hymn – Break Thou the bread of life, dear Lord, to me**

1. Break Thou the bread of life, dear Lord, to me,  
As Thou didst break the loaves beside the sea;  
Beyond the sacred page I seek Thee, Lord;  
My spirit pants for Thee, O living Word!
  
2. Thou art the bread of life, O Lord, to me,  
Thy holy Word the truth that saveth me;  
Give me to eat and live with Thee above;  
Teach me to love Thy truth, for Thou art love.
  
3. Oh, send Thy Spirit, Lord, now unto me,  
That He may touch my eyes, and make me see:  
Show me the truth concealed within Thy Word,  
And in Thy Book revealed I see the Lord.

4. Bless Thou the truth, dear Lord, to me, to me,  
As Thou didst bless the bread by Galilee;  
Then shall all bondage cease, all fetters fall;  
And I shall find my peace, my all in all.

### **Confession**

We come to God as one from whom no secrets are hidden,  
to ask for his forgiveness and peace.

**God of mercy,  
we acknowledge that we are all sinners.  
We turn from the wrong that we have thought  
and said and done,  
and are mindful of all that we have failed to do.  
For the sake of Jesus, who died for us,  
forgive us for all that is past,  
and help us to live each day  
in the light of Christ our Lord.  
Amen.**

Almighty God,  
who in Jesus Christ has given us  
a kingdom that cannot be destroyed,  
forgive us our sins,  
open our eyes to God's truth,  
strengthen us to do God's will  
and give us the joy of his kingdom,  
through Jesus Christ our Lord.  
**Amen**

### **Readings by Ann Griffiths**

#### **Exodus 16:2-4, 9-15**

<sup>2</sup> The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. <sup>3</sup> 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.'

<sup>4</sup> 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.

<sup>9</sup> Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the Lord, for he has heard your complaining."'

<sup>10</sup> 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. <sup>11</sup> The Lord spoke to Moses and said, <sup>12</sup> '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."'

<sup>13</sup> In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. <sup>14</sup> 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. <sup>15</sup> 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.

## **John 6:24-35**

<sup>24</sup> So 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.

<sup>25</sup> When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' <sup>26</sup> 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. <sup>27</sup> 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.' <sup>28</sup> Then they said to him, 'What must we do to perform the works of God?' <sup>29</sup> Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' <sup>30</sup> 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? <sup>31</sup> Our ancestors ate the manna in the wilderness; as it is written, “He gave them bread from heaven to eat.” <sup>32</sup> 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. <sup>33</sup> For the bread of God is that which comes down from heaven and gives life to the world.’ <sup>34</sup> They said to him, ‘Sir, give us this bread always.’

<sup>35</sup> 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.’

### **Reflection by Rev Chris Westgarth**

Our recent news broadcasts seem to have forgotten that there are hungry people in a hungry world. Everyone is looking for something that will sustain and nourish life, something that will feed and energise, something that will fill and satisfy. Everyone is looking for bread. The problem is not that we are hungry, but the kind of bread we eat. If we think about the types of ‘bread’ (and I am not talking about actual bread) being eaten in our lives and in the world today, we see that King David is not the only one to have eaten the bread of betrayal, adultery or murder. In Russia and Ukraine, in Israel and Gaza both sides are eating the bread of violence and war. In political circles all share the bread of negativity, hostility, and name-calling. Many of us eat the bread of having to be right and get our way. We eat the bread of hurt feelings and resentment. Sometimes we eat the bread of loneliness, fear, and isolation. There are times we eat the bread of sorrow or guilt. Other times we eat the bread of power and control. Sometimes we eat the bread of revenge or self-promotion. We eat all kinds of ‘bread’. The ‘bread’ we eat reveals something about the nature of our appetites or hunger.

The world is full of ‘bread’ and yet far too many live hungry, empty, and searching lives. Surely that says something about our desire to be constantly fed and the ‘bread’ we have eaten. It’s also a sign that the ‘bread’ we have eaten cannot give real life. It is the perishable ‘bread’

that nourishes or enriches a perishable life. It leaves us wanting only more of the same. More, more, more. And yet the 'bread' that Jesus gave when he fed more than 5000 people.... That more than satisfied...

But not all 'bread' sustains and grows life. Not all 'bread' is nutritious. That's what Jesus is teaching in today's gospel. The people have shown up hungry. In last week's gospel Jesus fed more than 5000 of them with five loaves and two fish. And yet now they come and their first question is, 'Rabbi, when did you come here?'

They don't marvel at or remember the last miracle, giving thanks for God's generosity, or even wonder who this rabbi is. They saw no sign, no miracle, in the feeding of the more than 5000. They saw nothing more than fish and bread. They either refused or were unable to see beyond the fish and bread. They are interested only in their own appetites and Jesus knows it.

'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves,' he says to them. The people are thinking of their stomach, but Jesus is thinking about their life. The people want to feed themselves with 'bread'. But Jesus wants to feed them with God. 'Don't work for the food that perishes,' he tells them, 'but for the food that endures for eternal life.'

And that food that endures is Jesus himself. He is the 'bread' that is broken and distributed for the life of the world. He is the 'bread' that is broken and yet never divided. He is the 'bread' that is eaten and yet never exhausted.

When we believe in Jesus, eating with him, and taking him into our lives, seeing the world through his eyes, we live differently. We see ourselves and one another as people created in the likeness and image of God rather than as hurdles or challenges to be overcome. We learn to trust the silence of prayer rather than the words of argument. We

listen for God's voice rather than our own. Ultimately, we seek life rather than death.

'I am the bread of life,' Jesus tells the people. 'Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.' Jesus is offering the people himself. He's saying Here I am, I am the bread of life, I am the way and the truth, here is the imperishable bread that nourishes and sustains an imperishable life. Come to me... keep coming to me.... Keep returning to the source!

And the really good news is Jesus makes us, you and me the same offer. Jesus offers himself to us in every one of our relationships: family, strangers, friends, enemies, those who agree with us, and those who disagree.

In every situation and every day of our life we choose the 'bread' we will eat, the 'bread' that brings life or the 'bread' that brings death... the imperishable or perishable. In so doing we also choose the life we want. Sometimes we don't know what to 'eat' or why we do certain things, we have not stopped to think or nobody has pointed it out to us...or sometimes our wilful desire gets in the way... So I wonder, which 'bread' will we eat today? And tomorrow and the next day and the one after that....

### **Responsory**

Taste and see that the Lord is good.

Blessed the one who seeks refuge in him.

Taste and see that the Lord is good.

Psalm 34:8 – Christopher Walker (One License 96358)

### **Affirmation of Faith**

Do you believe and trust in God the Father,  
source of all being and life,  
the one for whom we exist?

**We believe and trust in him.**

Do you believe and trust in God the Son,  
who took our human nature,  
died for us and rose again?

**We believe and trust in him.**

Do you believe and trust in God the Holy Spirit,  
who gives life to the people of God  
and makes Christ known in the world?

**We believe and trust in him.**

This is the faith of the Church.

**This is our faith.**

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

### **Prayers of intercession prepared by Rick Nelms**

Lord Jesus, Lord of joy, grace, peace and all that is good, we thank you for the many blessings which you shower on us every day. We thank you for the freedom to worship you without persecution and for the technology that allows us to meet together like this online. We thank you that you are the bread of life; that whoever comes to you will never be hungry and whoever believes in you will never be thirsty, that you are the food that endures and the spring of water welling up to eternal life.

Lord of Joy, Grace and Peace, **Shine your Love on all your people.**

Lord Jesus, Lord of the Church of Christ, we pray for the two billion Christians of all denominations across the world; to give us awareness that those things which bind us together come from you, and we invented everything which divides people into 'us and them'. We pray for our archbishops, bishops, all ministers, lay and ordained, all churchwardens, PCCs and congregations who work together to make your church a beacon of light in the world. We pray especially for Bishop Dagmar as the time she is acting Bishop of Ely is extended by the continuing discernment process. We pray also for Claire

Robertson as she continues to be acting Team Rector and all others affected by the interregnum as well as those involved in the appointment process.

Lord of Joy, Grace and Peace, **Shine your Love on all your people.**

Lord Jesus, Light of the world, we pray for the leaders of the nations, that you will pour your Holy Spirit into their lives and decisions so that the world becomes a better, safe, nicer place. Where there are conflicts, including those in the news and those ignored by the media, give wisdom to the people who inflame tensions so that they see the evil in their actions and change their behaviour for the good of all. Lord Jesus, protect all innocent civilians, especially children, and bless all peacemakers. In countries where ready availability of weapons encourages assassinations, school massacres and other criminality, help all people to see that guns and knives do not make life better.

Lord of Joy, Grace and Peace, **Shine your Love on all your people.**

Lord Jesus, through whom all things were made, and in whom all things hold together; including life that is the light for everyone; light that shines in the darkness, which the darkness can never extinguish; we pray for the creation which was made by the God who is love and which God said was very good. For the many parts of the world where the creation remains as beautiful as it was when created, we pray for people to preserve and protect habitats, ecosystems, common and rare organisms of all kinds including indigenous peoples. For those areas where creation is damaged but repairable, we pray for the wisdom to remediate, conserve and enhance. For the areas already irreversibly changed by humanity's actions, we pray for improvement of habitat corridors between centres of biodiversity, as well as maximising use to feed people; provide high quality human living space; safe and unpolluting mineral extraction and provision of energy for human activities. We pray for the 29th COP Climate Change Conference in Azerbaijan in November 2024 to make real progress to halt the ongoing climate crisis and biodiversity crash.

Lord of Joy, Grace and Peace, **Shine your Love on all your people.**



Lord Jesus, whose incarnate ministry touched and blessed the communities around you, we pray for our communities, wherever we may be; for our friends, families and neighbours, both those we know and those we don't. We pray for Christians everywhere to shine your light and love into their own communities, as your hands and feet and voice in the world, through our prayers, actions and words. We pray for all who struggle,

- spiritually through worshipping false gods or no god at all
- mentally through distress, anxiety and depression caused by past or present trauma and changes in brain chemistry
- physically through acute or long-term injury, infection, poisoning or malfunction causing disability, pain and fatigue
- as a result of bereavement and grief, loneliness, abuse, loveless relationships, poverty, imprisonment, inequality, prejudice, discrimination, injustice, apartheid and genocide

(Silence)

Lord of Joy, Grace and Peace, **Shine your Love on all your people.**

Lord Jesus, you promised that where we meet in your name and pray as you would like us to do, you will be among us and hear our prayer, giving us the confidence through the Holy Spirit which you promised and which we have been given, that every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

We pray Lord Jesus that you will bring us all to your heavenly city, to the joyful gathering of thousands of angels, to the spirits of the saints made perfect, to You the mediator of the new covenant, and to your sprinkled blood that promises peace. **Amen**

Jesus Lord of the Church, hear our prayer and make us one in heart and mind to serve you with joy forever. **In your Holy name, Amen**

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

## 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 forever. **Amen**

As our Saviour taught us, so we pray:

**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.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours now and forever. Amen.**

## Hymn – Christ, whose glory fills the skies

- 1 Christ, whose glory fills the skies,  
Christ, the true, the only light,  
sun of righteousness, arise,  
triumph o'er the shades of night;  
day-spring from on high, be near;  
day-star, in my heart appear.
  
- 2 Dark and cheerless is the morn  
unaccompanied by thee:  
joyless is the day's return,

till thy mercy's beams I see,  
till they inward light impart,  
glad my eyes, and warm my heart.

- 3 Visit then this soul of mine;  
pierce the gloom of sin and grief;  
fill me, radiance divine;  
scatter all my unbelief;  
more and more thyself display,  
shining to the perfect day.

Charles Wesley (1707-1788)

## Notices

### Conclusion

Eternal God,  
our beginning and our end,  
accompany us in this day's journey.  
Dawn on our darkness,  
open our eyes to praise you for your creation  
and to see the work you set before us today.  
Take us and use us  
to bring to others the new life you give in Jesus Christ our Lord.

And the blessing of God Almighty, Father, Son and Holy Spirit  
Be with us all, now and forever. **Amen.**

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