

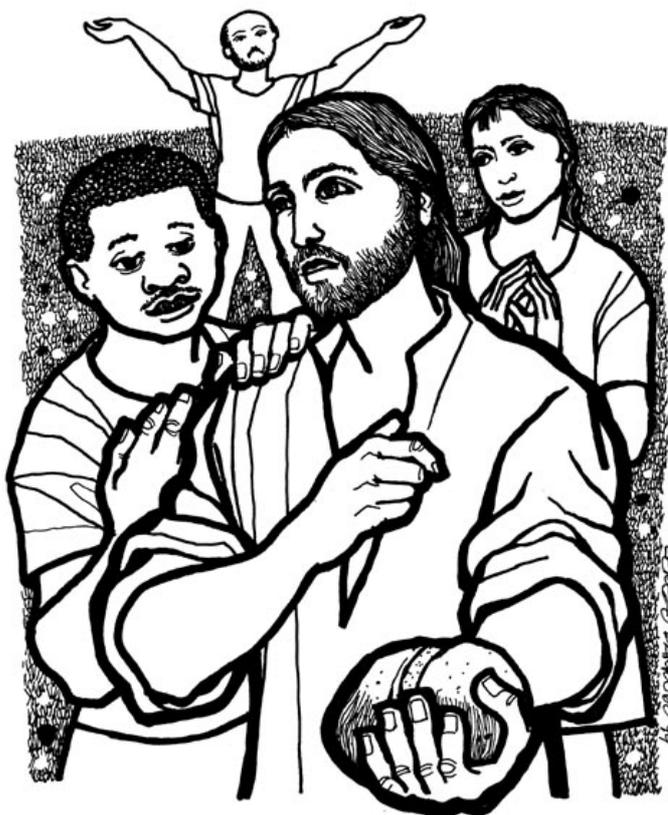
TENTH SUNDAY AFTER PENTECOST

1 August 2021

HYMNS

SENTENCE

Why do you spend your money for that which is not bread, and your labour for that which does not satisfy? Eat what is good, and delight yourselves in rich food.



COLLECT

Living God, whose Son Jesus fed the hungry with the bread of his life and the word of his kingdom: renew your people with your heavenly grace and in all our weakness sustain us with your true and living bread, Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

READINGS

A reading from 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.

Then Moses said to Aaron, ‘Say to the whole congregation of the Israelites, “Draw near to the Lord, for he has heard your complaining.” ’ 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. The Lord spoke to Moses and said, ‘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.’

Exodus 16.2-4, 9-15

Hear the word of the Lord, **thanks be to God.**

We say the verses from Psalm 78 alternately:

That generation had no faith in God and put no trust in his saving help.

So he commanded the clouds above and opened the doors of heaven.

He rained down upon them manna to eat and gave them the grain of heaven.

So mortals ate the bread of angels; he sent them food in plenty.

He caused the east wind to blow in the heavens and led out the south wind by his might.

He rained flesh upon them as thick as dust and winged fowl like the sand of the sea.

He let it fall in the midst of their camp and round about their tents..

Psalm 78.22-28

A reading from Paul’s letter to the church in Ephesus:

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ’s gift. Therefore it is said, ‘When he ascended on high he made captivity itself a captive; he gave gifts to his people.’ (When it says, ‘He ascended’, what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.)

The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed

to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knitted together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Ephesians 4.1-16

Hear the word of the Lord, **thanks be to God.**

Alleluia, alleluia!

No one lives on bread alone, but on every word that comes from the mouth of God.

Alleluia!

The Lord be with you. **And also with you.**

The Gospel of our Lord Jesus Christ according to St John

Glory to you Lord Jesus Christ

When the crowd saw that neither Jesus nor his disciples were on their side of the lake, 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.'

John 6.24-35

This is the Gospel of the Lord, **praise to you Lord Jesus Christ.**

PRAYERS

Anglican Church: Church of the Province of South East Asia; Religious Orders serving within the Anglican Church of Australia; Archdeaconry of Kew (Greg Allinson); St Peter's Bundoora (Jobby John); St Andrews Somerville - Pastoral Services (Bp Paul Barker); St Mary's Sunbury - Pastoral Services (Bp Kate Prowd)

For the parish: Give thanks for our parish leadership: Ps Sharon, Fr Irwin & Fr Barry, the Church Wardens and Parish Council, and the leaders of parish groups and teams; and pray that they may be inspired by the leadership of Jesus.

For the sick & in need, and those who have ongoing need for strength, courage and peace of heart, mind and soul in their journey: Keiran & Paul, Gail L, Fiona T, Sally N, Joan B, John & Barbara B, Alec & Deirdre B, Jenny S, Jane M, Boris Z, Judy B, Pauline R, Elizabeth N, Norma M, Tina M, Rosalind B, Terry M, Lorraine D, Ian B, Ray W and those known to us in need of our prayers.

Year's Mind

3rd June Thomasz (2019)

4th Sandra Bates (2011)

5th Peggy Ward (2019)

6th John Howell (1983)

Birthdays & Anniversaries

*5th Diane Pain, Lesley
Chadwick, Hossein Haghi*