

## Mass Setting: St Thomas

### Processional Hymn NEH 353 (omit\* verses)

#### First Reading 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 toward 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.

## Psalm 42:1-10

### We respond with the words in bold

<sup>1</sup> Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions.

<sup>2</sup> **Wash me thoroughly from my iniquity, and cleanse me from my sin.**

<sup>3</sup> For I know my transgressions, and my sin is ever before me.

<sup>4</sup> **Against you, you alone, have I sinned, and done what is evil in your sight so that you are justified in your sentence and blameless when you pass judgment.**

<sup>5</sup> Indeed, I was born guilty, a sinner when my mother conceived me.

<sup>6</sup> **You desire truth in the inward being, therefore teach me wisdom in my secret heart.**

<sup>7</sup> Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.

<sup>8</sup> **Let me hear joy and gladness; let the bones that you have crushed rejoice.**

<sup>9</sup> Hide your face from my sins, and blot out all my iniquities.

<sup>10</sup> **Create in me a clean heart, O God, and put a new and right spirit within me.**

<sup>11</sup> Do not cast me away from your presence, and do not take your holy spirit from me.

<sup>12</sup> **Restore to me the joy of your salvation, and sustain in me a willing spirit.**

<sup>13</sup> Then I will teach transgressors your ways, and sinners will return to you.

#### Second Reading Ephesians 4:1-16

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, <sup>2</sup> with all humility and gentleness, with patience, bearing with one another in love, <sup>3</sup> making every effort to maintain the unity of the Spirit in the bond of peace.

<sup>4</sup> There is one body and one Spirit, just as you were called to the one hope of your calling, <sup>5</sup> one Lord, one faith, one baptism, <sup>6</sup> one God and Father of all, who is above all and through all and in all. <sup>7</sup> But each of us was given grace according to the measure of Christ's gift. <sup>8</sup> Therefore it is said, "When he ascended on high he made captivity itself a captive; he gave gifts to his people." <sup>9</sup> (When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? <sup>10</sup> He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) <sup>11</sup> The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, <sup>12</sup> to equip the saints for the work of ministry, for building up the body of Christ, <sup>13</sup> 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. <sup>14</sup> 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. <sup>15</sup> But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, <sup>16</sup> from whom the whole body, joined and knit 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.

Gradual Hymn NEH 437

The Gospel 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 sea, 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.

**Offertory Hymn** NEH 409

**Recessional Hymn** NEH 368

**Organ Voluntary** Prelude in G major, BWV 550 J. S. Bach

### Notices

**The weekly sheet can be accessed via the website: [www.stmarysanderstead.org.uk](http://www.stmarysanderstead.org.uk)**

**There will be no Celtic Eucharist next week**

**Choir BBQ Sunday 12<sup>th</sup> August**

Please remember that the Choir BBQ at the vicarage is at the amended time of 4pm.

### **Choir Summer Break**

Just a reminder that the choir are now on their summer break but will return in September. Anyone who would like to join our tremendous choir please speak to David Thomas.  
We wish all those who will be joining the Sanderstead Singers at Chester Cathedral safe travel and God’s blessing.

### **The week ahead**

**Tuesday – Saturday** 10am Morning Prayer  
@ St. James

**Thursday** 10am Eucharist @ St Mary’s

**Next Sunday: 12<sup>th</sup> August**  
**11<sup>th</sup> Sunday after Trinity**  
**9:45am Family Eucharist**

**Vicar: Fr. Grant Cohen**

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**Director of Music: David Thomas**

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**Hall bookings: 020 8657 9232**

**Please speak to Fr. Grant if you would like to use the church.**

**We pray for those who are unwell:**

John Ajibode

## **St Mary’s Sanderstead** **5<sup>th</sup> August 2018** **10<sup>th</sup> Sunday after Trinity**

We welcome you and hope you enjoy being with us. We follow a written Order of Service and will at various times tell you which page we are on and you are invited to respond to the words in **BOLD** print. We welcome children in church and there are toys and craft in the Family Room for them today. Please do not be anxious about your children making a noise or moving about. Should you like details on how to join in with our Sunday school or any of our other services here at St Mary’s please ask.

### **Today’s Worship**

**8am Said Eucharist**

*President & Preacher: Revd Dr Raewynne Whiteley*

**9:45am Sung Eucharist**

*President: Fr. Grant Cohen - Vicar*

*Preacher: Revd Dr Raewynne Whiteley - Ass. Priest*

### **Collect** (Special prayer of the day)

Lord of heaven and earth,  
as Jesus taught his disciples to be persistent in prayer,  
give us patience and courage to never lose hope  
but always to bring our prayers before you  
through Jesus Christ our Lord  
who is alive and reigns with you  
in the unity of the Holy Spirit,  
one God, now and forever  
**Amen**

