

COLLECT

Almighty God,
who sent your Holy Spirit
to be the life and light of your Church:
open our hearts to the riches of your
grace,
that we may bring forth the fruit of
the Spirit
in love and joy and peace;
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 for ever.

FIRST READING Exodus 16:2-4. 9-15

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." 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 toward 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."

PSALM Psalm 78:23-29

R *The Lord gave them grain from heaven.*

The Lord commanded the clouds above and opened the doors of heaven.

He rained down manna upon them to eat
and gave them grain from heaven.
So mortals ate the bread of angels;
he provided for them food enough. **R**

He caused the east wind to blow in the heavens
And led out the south wind by his might.
He rained down flesh upon them like dust
and winged birds like the sand of the sea. **R**

He let it fall in the midst of their camp
and round about their dwellings.
So they ate and were well filled,
for he gave them what they craved. **R**

SECOND READING Ephesians 4:1-16

A reading from the letter of Paul to the Ephesians.

I, 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 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.

GOSPEL John 6:24-35

Hear the gospel of our Lord Jesus Christ according to John.

When the crowd saw that neither Jesus nor his disciples were at the place where Jesus had given the bread, 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."

POST COMMUNION

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.

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 for ever.

FIRST READING 1 Kings 19:4-8

A reading from the first book of Kings.

Elijah went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O LORD, take away my life, for I am no better than my ancestors." Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat." He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the LORD came a second time, touched him, and said, "Get up and eat, otherwise the journey will be too much for you." He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

PSALM Psalm 34:1-8

R *Turn from evil and do good.*

I will bless the Lord at all times;
his praise shall ever be in my mouth.
I will glory in the Lord;
let the humble hear and rejoice. **R**

Proclaim with me the greatness of
the Lord;
let us exalt his name together.
I sought the Lord and he answered
me
and delivered me out of all my
terror. **R**

Look upon him and be radiant,
and let not your faces be ashamed.
I called in my affliction and the Lord
heard me
and saved me from all my
troubles. **R**

The angel of the Lord
encompasses those who fear him,
and he will deliver them.
Taste and see that the Lord is good;
happy are they who trust in him! **R**

SECOND READING

Ephesians 4:25 – 5:2

A reading from the letter of Paul to the Ephesians.

Putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

GOSPEL John 6:35. 41-51

Hear the gospel of our Lord Jesus Christ according to John.

Jesus said to the crowd, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty." Then the Jews began to complain

about him because he said, "I am the bread that came down from heaven." They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven?'" Jesus answered them, "Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, 'And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh."

POST COMMUNION

God of our pilgrimage,
you have willed that the gate of
mercy
should stand open for those who
trust in you:
look upon us with your favour
that we who follow the path of your
will
may never wander from the way of
life;
through Jesus Christ our Lord.

COLLECT

O God, you declare your
almighty power
most chiefly in showing mercy
and pity:
mercifully grant to us such a
measure of your grace,
that we, running the way of
your commandments,
may receive your gracious
promises,
and be made partakers of your
heavenly treasure;
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 for ever.

FIRST READING

Proverbs 9:1-6

A reading from the book of Proverbs.

Wisdom has built her house,
she has hewn her seven pillars.
She has slaughtered her animals,
she has mixed her wine, she
has also set her table. She has
sent out her servant-girls, she
calls from the highest places in
the town, "You that are simple,
turn in here!" To those without
sense she says, "Come, eat
of my bread and drink of the
wine I have mixed. Lay aside
immaturity, and live, and walk
in the way of insight."

PSALM Psalm 34:9-14

*R The Lord is near to the
brokenhearted.*

or

*R The Lord ransoms the life of
his servants.*

Fear the Lord, you that are his
saints,
for those who fear him lack
nothing.

The young lions lack and suffer
hunger,

but those who seek the Lord
lack nothing that is good. **R**

Come, children, and listen to
me;
I will teach you the fear of the
Lord.

Who among you loves life
and desires long life to enjoy
prosperity? **R**

Keep your tongue from
evil-speaking
and your lips from lying words.
Turn from evil and do good;
seek peace and pursue it. **R**

SECOND READING

Ephesians 5:15-20

A reading from the letter of Paul to the Ephesians.

Brothers and sisters, be
careful then how you live,
not as unwise people but as
wise, making the most of the
time, because the days are
evil. So do not be foolish, but
understand what the will of the
Lord is. Do not get drunk with
wine, for that is debauchery;
but be filled with the Spirit,
as you sing psalms and hymns
and spiritual songs among
yourselves, singing and making
melody to the Lord in your
hearts, giving thanks to God
the Father at all times and for
everything in the name of our
Lord Jesus Christ.

GOSPEL John 6:51-58

*Hear the gospel of our Lord
Jesus Christ according to
John.*

Jesus said to the crowd: "I
am the living bread that came
down from heaven. Whoever
eats of this bread will live for

ever; and the bread that I will
give for the life of the world
is my flesh." The Jews then
disputed among themselves,
saying, "How can this man
give us his flesh to eat?" So
Jesus said to them, "Very
truly, I tell you, unless you eat
the flesh of the Son of Man
and drink his blood, you have
no life in you. Those who eat
my flesh and drink my blood
have eternal life, and I will
raise them up on the last day;
for my flesh is true food and
my blood is true drink. Those
who eat my flesh and drink my
blood abide in me, and I in
them. Just as the living Father
sent me, and I live because of
the Father, so whoever eats
me will live because of me.
This is the bread that came
down from heaven, not like
that which your ancestors ate,
and they died. But the one
who eats this bread will live
for ever."

POST COMMUNION

Lord of all mercy,
we your faithful people have
celebrated that one true
sacrifice
which takes away our sins and
brings pardon and peace:
by our communion
keep us firm on the foundation
of the gospel
and preserve us from all sin;
through Jesus Christ our Lord.

COLLECT

Almighty and everlasting God,
you are always more ready to
hear than we to pray
and to give more than either
we desire or deserve:
pour down upon us the
abundance of your mercy,
forgiving us those things of which our
conscience is afraid
and giving us those good things
which we are not worthy to ask
but through the merits and mediation
of Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

FIRST READING

Joshua 24:1-2a. 14-18

A reading from the book of Joshua.

Joshua gathered all the tribes of Israel to Shechem, and summoned the elders, the heads, the judges, and the officers of Israel; and they presented themselves before God. And Joshua said to all the people, "Now therefore revere the LORD, and serve him in sincerity and in faithfulness; put away the gods that your ancestors served beyond the River and in Egypt, and serve the LORD. Now if you are unwilling to serve the LORD, choose this day whom you will serve, whether the gods your ancestors served in the region beyond the River or the gods of the Amorites in whose land you are living; but as for me and my household, we will serve the LORD." Then the people answered, "Far be it from us that we should forsake the LORD to serve other gods; for it is the LORD our God who brought us and our ancestors up from the land of Egypt, out of the house of slavery, and who did those great signs in our sight. He protected us along all the way that we went, and among all the peoples through whom we passed; and the LORD drove out before us all the peoples, the Amorites who lived in the land. Therefore we also will serve the LORD, for he is our God."

PSALM Psalm 34:15-22

R *I sought the Lord, and he answered me
[and delivered me out of all my terror].*

The eyes of the Lord are upon the righteous,

and his ears are open to their cry.
The face of the Lord is against those who do evil,
to root out the remembrance of them from the earth. **R**

The righteous cry and the Lord hears them
and delivers them from all their troubles.

The Lord is near to the brokenhearted and will save those whose spirits are crushed. **R**

Many are the troubles of the righteous, but the Lord will deliver him out of them all.

He will keep safe all his bones; not one of them shall be broken. **R**

Evil shall slay the wicked, and those who hate the righteous will be punished.

The Lord ransoms the life of his servants, and none will be punished who trust in him. **R**

SECOND READING Ephesians 6:10-20

A reading from the letter of Paul to the Ephesians.

Be strong in the Lord and in the strength of his power. Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the

mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

GOSPEL John 6:56-69

Hear the gospel of our Lord Jesus Christ according to John.

Jesus said to the crowd: "Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever." He said these things while he was teaching in the synagogue at Capernaum. When many of his disciples heard it, they said, "This teaching is difficult; who can accept it?" But Jesus, being aware that his disciples were complaining about it, said to them, "Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe." For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, "For this reason I have told you that no one can come to me unless it is granted by the Father." Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, "Do you also wish to go away?" Simon Peter answered him, "Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God."

POST COMMUNION

God of all mercy,
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.

COLLECT

Almighty God,
who called your Church to bear
witness
that you were in Christ reconciling
the world to yourself:
help us to proclaim the good news
of your love,
that all who hear it may be drawn to
you;
through him who was lifted up on
the cross,
and reigns with you in the unity of
the Holy Spirit,
one God, now and for ever.

FIRST READING

Deuteronomy 4:1-2. 6-9

A reading from the book of Deuteronomy.

Moses spoke to the people; he said: So now, Israel, give heed to the statutes and ordinances that I am teaching you to observe, so that you may live to enter and occupy the land that the LORD, the God of your ancestors, is giving you. You must neither add anything to what I command you nor take away anything from it, but keep the commandments of the LORD your God with which I am charging you. You must observe them diligently, for this will show your wisdom and discernment to the peoples, who, when they hear all these statutes, will say, "Surely this great nation is a wise and discerning people!" For what other great nation has a god so near to it as the LORD our God is whenever we call to him? And what other great nation has statutes and ordinances as just as this entire law that I am setting before you today? But take care and watch yourselves closely, so as neither to forget the things that your eyes have seen nor to let them slip from your mind all the days of your life; make them known to your children and your children's children.

PSALM Psalm 15

R *Those who do what is right
will dwell in the presence of the
Lord.*

Lord, who may dwell in your
tabernacle?
who may abide upon your holy hill?

Whoever leads a blameless life and
does what is right,
who speaks the truth from his
heart. **R**

There is no guile upon his tongue;
he does no evil to his friend;
he does not heap contempt upon his
neighbour.
In his sight the wicked are rejected,
but he honours those who fear the
Lord. **R**

He has sworn to do no wrong
and does not take back his word.
He does not give his money in hope
of gain,
nor does he take a bribe against the
innocent.
Whoever does these things
shall never be overthrown. **R**

SECOND READING James 1:17-end

A reading from the letter of James.

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfilment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures. You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls. But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act – they will be blessed in their doing. If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress,

and to keep oneself unstained by the world.

GOSPEL

Mark 7:1-8. 14-15. 21-23

Hear the gospel of our Lord Jesus Christ according to Mark.

When the Pharisees and some of the scribes who had come from Jerusalem gathered around Jesus, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, "Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?" Jesus said to them, "Isaiah prophesied rightly about you hypocrites, as it is written, 'This people honours me with their lips, but their hearts are far from me; in vain do they worship me, teaching human precepts as doctrines.' You abandon the commandment of God and hold to human tradition." Then he called the crowd again and said to them, "Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile. For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person."

POST COMMUNION

God our creator,
you feed your children with the true
manna,
the living bread from heaven:
let this holy food sustain us through
our earthly pilgrimage
until we come to that place where
hunger and thirst are no more;
through Jesus Christ our Lord.