

The Rectorial Benefice of the East Vale  
Morning Prayer  
Sunday 8<sup>th</sup> August, 2021 | Trinity 10

**Hymn:**

**Guide me, O thou great Redeemer,  
pilgrim through this barren land;  
I am weak, but thou art mighty;  
hold me with thy powerful hand.  
Bread of heaven, bread of heaven,  
feed me till I want no more,  
feed me till I want no more.**

**Open now the crystal fountain,  
whence the healing stream doth flow.  
Let the fire and cloudy pillar  
lead me all my journey through.  
Strong Deliverer, strong Deliverer,  
Be thou still my strength and shield,  
be thou still my strength and shield.**

**When I tread the verge of Jordan,  
bid my anxious fears subside.  
Death of death, and hell's Destruction,  
land me safe on Canaan's side.  
Songs of praises, songs of praises  
I will ever give to thee,  
I will ever give to thee.**

**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.

**Amen**

*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 for forty days and forty nights to Horeb the mount of God.

This is the word of the Lord.

**Thanks be to God.**

*Responsorial Psalm*

*(Psalm 78.23-29)*

**Psalm 34.1-8**

**R:/ O taste and see that the Lord is gracious**

I will bless the Lord at all times: his praise shall ever be in my mouth. My soul shall glory in the Lord: let the humble hear and be glad. **R:/**

O magnify the Lord with me; let us exalt his name together. I sought the Lord and he answered me: and delivered me from all my fears. **R:/**

Look upon him and be radiant: and your faces shall not be ashamed. This poor soul cried, and the Lord heard me: and saved me from all my troubles. **R:/**

The angel of the Lord: encamps around those who fear him and delivers them. O taste and see that the Lord is gracious: blessed is the one who trusts 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.'

This is the word of the Lord

**Thanks be to God**

*The Gospel*

*(John 6. 35, 41-51)*

**Alleluia! Alleluia!**

**Give thanks to the risen Lord.**

**Alleluia! Alleluia!**

**Give praise to his name.**

**Jesus is Lord of all the earth,  
he is the king of creation.**

**Alleluia! Alleluia!...**

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

Listen to the Gospel of Christ according to John  
**Glory to you, O Lord!**

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.'

This is the Gospel of the Lord  
**Praise to you, O Christ.**

**Spread the good news o'er all the earth,  
Jesus has died and risen.  
Alleluia! Alleluia!...**

### **The Homily**

**Fr David**

One of the most famous and popular Welsh hymn tunes is 'Cwm Rhondda'. It was composed by John Hughes, who attended Salem Baptist Chapel in Llantwit Fardre. He wrote the tune for a Cymanfa Ganu in 1905 and the original was called 'Rhondda' and later renamed 'Cwm Rhondda' not to confuse it with another tune of the same name. He set the tune to the English words of the Welsh hymn written by one of Wales' most prolific hymn writers, William Williams of Pantycelyn, and its first performance was in 1907 for the inauguration of the organ at Capel Rhondda, Hopkinstown.

The hymn describes the biblical story from the book of Exodus of the journey of God's people from slavery in Egypt, travelling through barren lands before arriving in the land of Canaan, the promised land. As we know, some words are most notable because of their popular use at rugby games... 'Bread of heaven, bread of heaven, feed me now and evermore, feed me now and evermore.' Or the other version... 'Bread of heaven, bread of

heaven, feed me till I want no more, feed me till I want no more.'

It was this story of the Israelites receiving the bread from heaven that we had as our Old Testament lesson last week from the book of Exodus. Recall how they were complaining because they had nothing to eat in the wilderness and God gave them bread from heaven. I'm not sure if many of us are aware of this, but the literal English translation of the original Welsh words are quite interesting and read something like this:

Lord, lead me through the wilderness,  
Me, a pilgrim of poor appearance,  
I don't have strength or life in me,  
Like lying in the grave:  
Omnipotent, Omnipotent  
Is the one who brings me to the shore.  
Is the one who brings me to the shore.

Open the sweet fountain  
Flowing from the Rock that is;  
Give a column of fire to lead me at night,  
And give a column of fog during the day.  
Give me manna. Give me manna,  
So that I shall not falter.  
So that I shall not falter.

When I walk the bank of the Jordan,  
Cause all my fears to sink;  
Take me through the roughest waves  
Over to Canaan, a cosy home:  
Unending praise. Unending praise  
Will be to Your name for this.  
Will be to Your name for this.

As well as rugby matches, eisteddfodau and other national celebrations and occasions, the hymn is also often popularly chosen for funerals, not necessarily because of its subject matter but because it is an upbeat and stirring hymn to lift people's spirits, and everyone knows it. However, the words happen to be quite fitting for funerals, in that, the journey of the Israelites to the promised land is one which reflects the hope we have of the journey a person's soul will make from this mortal coil to God's promised land. We hope to land safe on Canaan's side - the kingdom of heaven. In the gospel reading this week we have a continuation of the bread of life discourse in John's gospel where Jesus teaches that it is to this end, everlasting life, that the bread of life that he gives nourishes and sustains us.

In much the same way that God provided food and drink to sustain Elijah enabling him to complete his journey in our first reading today, so he does with us. It read that the angel said, "Get up and eat, or the journey will be too long for you." So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he

reached Horeb, the mountain of God.’ Likewise, Jesus gave us the Eucharist so that we might have spiritual nourishment, relief and refreshment along our life’s journey until we reach the mountain of God.

There is a difference though between the bread that Jesus is now offering and the bread which the Israelites ate in the wilderness and the food that Elijah ate; it says Elijah ate ‘cake’ in this particular translation, others say ‘bread’. That bread was to meet their immediate physical hunger, but the bread that Jesus gives meets our spiritual hunger in both this life and the next, because we’re not just receiving bread but the very life of Christ himself.

Although the hymn ‘Guide me, O thou great Redeemer’ and the tune ‘Cwm Rhondda’ have been hijacked somewhat and become associated with Welsh identity, it does give those who are singing it a strong sense of togetherness and unity. In much the same way, the bread of the Eucharist is what shapes our Christian identity. We use the term ‘Communion’ to describe our participation and reception of the Eucharist because it unites us and brings us together and helps us to be more intimately connected to one another, as Jesus’ body. Communion derives from the Latin ‘communio’, which means ‘sharing in common’.

Through our participation in the celebration of the Eucharist, of Holy Communion, may we be drawn by God the Father into a closer relationship with Jesus the Son and to each other through the power of the Holy Spirit; and may it remind us what we hold in common, principally our faith, and that while these things are important in shaping our journey through this life, they are ultimately preparing us for eternal life, to reach the mountain of God and to land safe on Canaan’s side. Therefore, bread of heaven, bread of heaven, feed us now and evermore, feed us now and evermore.

### **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 ev’ry 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 angels,  
now on earth our food, our stay;  
alleluia, here the sinful  
lead 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,  
he the Lord of lords we own;  
alleluia, born of Mary,  
earth thy footstool, heaven thy throne.  
Now within the veil has entered,  
robed in flesh, our great High Priest,  
now on earth both priest and victim  
in the Eucharistic Feast.**

### **The Intercessions**

Let us pray for the church and the world and let us thank God for all his goodness.

Heavenly Father, in your love draw us deeper into your presence. Grant that the church maybe be always faithful to feed your people with the living bread of the Eucharist. We pray for June, our Bishop and Carin the Bishop of Uppsala. In our cycle of prayer with Sweden we pray for all who worship at Lagunda and Froslunda and all who worship at Welsh St Donats Church, thinking of all who contribute to life and work in those places.

Lord in your mercy, **hear our prayer.**

Heavenly Father, calm our words that we may use them to build up and nurture in your way. We pray for places of the world that are not at peace with one another – praying particularly for Afghanistan, in this period of transition. Sustain those who lead in pursuing justice and peace for the marginalised in our society.

Lord in your mercy, **hear our prayer.**

Heavenly Father, strengthen the weak and weary, sustain them with the bread of life. We remember before you those known to us who need our prayers this day, thinking of..... in your tender love, restore your people and refresh them with the knowledge of your presence. Lord in your mercy, **hear our prayer.**

Heavenly Father, you have marked your people with the seal of redemption. Hear our prayer for all who have died this week, our own departed loved ones and all whose anniversary of death occurs at this time. May we pass from death to life with you forever.

Lord in your mercy, **hear our prayer.**

In a time of silence, we offer to the Father our own needs and concerns this day.

Lord in your mercy, **hear our prayer.**

Let us commend ourselves, and all for whom we pray, to the mercy and protection of God.

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

**Hymn:**

**I am the bread of life.  
He who comes to me shall not hunger;  
he who believes in me shall not thirst.  
No one can come to me  
unless the Father draw him.**

***And I will raise him up,  
and I will raise him up,  
and I will raise him up on the last day.***

**The bread that I will give  
is my flesh for the life of the world,  
and he who eats of this bread,  
he shall live for ever,  
he shall live for ever.**

***And I will raise him up,  
and I will raise him up,  
and I will raise him up on the last day.***

**Unless you eat  
of the flesh of the Son of Man  
and drink of his blood,  
and drink of his blood,  
you shall not have life within you.**

***And I will raise him up.....***

**I am the resurrection,  
I am the life.  
He who believes in me  
even if he die,  
he shall live for ever.  
*And I will raise him up,  
and I will raise him up,  
and I will raise him up on the last day.***

**Yes, Lord, I believe  
that you are the Christ,  
the Son of God,  
who has come  
into the world.**

***And I will raise him up.....***

### **Prayers for the sick this week:**

Elizabeth Thomas  
Kath Loughor  
Eunice Wood  
Helen  
Kevin Hurst  
Brendan  
Joy Rees  
Colin

Barbara Goodway  
Colin Bailey  
Terry Jones  
Margaret Price  
John Quick  
Lorna and Geoffrey Powell  
Doug Blake

### **Hymn Requests**

If you have any hymn requests for our Zoom worship, please send them to one of the clergy team.

### **Volunteer Administration Role**

There are now 29 Ministry Areas throughout the diocese. Each Ministry Area is being encouraged to look at how administration is undertaken. We are looking for a volunteer to help with administration tasks, initially focusing on the production of the pew notes. Whoever does this could work from home with computer and internet access. Anyone prepared to consider helping in this way should contact the clergy, Lay Chair or Churchwardens.

The clergy team continue to meet for morning prayer each day. Please send any prayer requests, for yourself, family, friends etc to one of the clergy team.

If you need any help or assistance, practically or spiritually in these difficult times please contact one of the team:

Fr Martyn Davies

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