

The Rectorial Benefice of the East Vale
Morning Prayer
Sunday 1st August, 2021 | Trinity 9

Hymn:

**Glorious things of thee are spoken,
Zion, city of our God;
he whose word cannot be broken
formed thee for his own abode;
on the Rock of Ages founded,
what can shake thy sure repose?
With salvation's walls surrounded,
thou may'st smile at all thy foes.**

**See the streams of living waters,
springing from eternal love,
well supply thy sons and daughters,
and all fear of want remove;
who can faint while such a river
ever flows their thirst t'assuage?
Grace, which like the Lord, the giver,
never fails from age to age.**

**Savior, if of Zion's city
I, thro' grace, a member am,
let the world deride or pity,
I will glory in thy name;
fading is the worldling's pleasure,
all his boasted pomp and show;
solid joys and lasting treasure
none but Zion's children know.**

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 and the Holy Spirit, one God, now and for ever. **Amen**

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 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.'

This is the word of the Lord.

Thanks be to God.

Responsorial Psalm

(Psalm 78.23-29)

R/ O Lord, how glorious are your works.

The Lord 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. **R/**

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. **R/**

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. So they ate and were well filled, for he gave them what they desired. **R/**

Second Reading

(Ephesians 4.1-16)

A reading from St Paul's letter 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 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.

This is the word of the Lord.
Thanks be to God.

The Gospel

(John 6.24-35)

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

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

When the crowd saw that neither Jesus nor his disciples were at the place where they had eaten the bread after the Lord had given thanks, 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.'

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 Martyn

I like my food. No shocks there then. But I never feel that I have eaten properly unless it includes bread. There has probably never been so much choice in the shops, with a huge variety of bread products. I think that travel and people experiencing the different breads from around the world, along with the cosmopolitan nature of Britain, has contributed to this vast array of bread. I must admit that I am in bread heaven.

Our readings today focus on bread. In the Old Testament Reading and Psalm 78 we are reminded of the bread that was sent from heaven to feed the Israelites in the wilderness, along with the quails. The quails and manna were the bread and meat; food sent by God to sustain his people. Jesus picks up this theme in the Gospel where he says that as God sent down the bread from heaven to feed the Israelites in the wilderness, so he is the Bread from Heaven, which comes down and gives life to the world. Jesus says, "I am the Bread of Life. Whoever comes to me will never be hungry and whoever believes in me will never be thirsty."

If Jesus is the Bread of Life, then we are called to do his work of reaching out and feeding the world today. This means having a responsibility to look beyond ourselves and meet the needs of those who are our neighbours wherever they might be in the world. Also feeding is so much more than food, but rather wherever there is need. As Christians we bear His name and act in His name. I have just come back from an overnight conference of the Church in Wales Global Issues Network, as the Llandaff Diocesan Representative on that group. One issue that we looked at was the Church in Wales Centenary Appeal. This appeal was launched to support two charities – one at home, one overseas – to mark 100 years of the Church in Wales in 2020. The Centenary Appeal aims to raise at least £100,000 over the next five years for Housing Justice Cymru and Christian Aid. Two specific projects from these charities will be supported – one at home, one overseas: Housing Justice Cymru's Citadel project focuses on securing tenancies for vulnerable people; Christian Aid will support the peace-building work of the Episcopal Church of South Sudan. Largely because of the pandemic, this appeal is seriously short of its £20,000 a year target for its second year.

There is a danger that the work with Christian Aid promoting Justice, Peace and Reconciliation in South Sudan will fail if the money is not raised. The link to tell you more about the appeal is <https://www.churchinwales.org.uk/en/about-us/our-campaigns/centenary-appeal/> We are still in the middle of the pandemic and of course there is much that we need to do in our churches. But this should not deafen our ears to the needs of those beyond the church, both in this country and abroad. We are challenged to not forget the global issues in Christ's World.

Our epistle reading from Paul's letter to the church at Ephesus points us in the right direction. What are the signs that we are following Jesus effectively? Paul uses words such as Humility, Gentleness, Patience, Love, Unity and Peace. We believe in One Lord and share one Faith and one Baptism. Gifts have been given to us; some are called to be Apostles, Prophets, Evangelists, Pastors and Teachers. We are called to equip the saints for ministry and to build up the Body of Christ. We are called to be knit together in order to promote the body's growth, in building itself up in love. Paul says so much in such a short space of time. We have a responsibility to reach outwards and not hide away from the needs of the world.

People often say to me that charity begins at home and that we need to look after those closest to us. Of course, we have a responsibility to care for those closest to us. In that sense charity may well begin at home. But charity does not begin at home and stay at home. It is selfishness that begins at home and stays at home. The call today is clear that God fed His people in the wilderness and Jesus is the Bread from Heaven, the Bread of Life. We are called to share His life with others, and we do that by striving to meet needs wherever we can. One way that we can do this is by helping the Church in Wales Centenary Appeal to meet the target of raising £20,000 a year over 5 years. We have faced and are facing difficult times in this pandemic. Consider our Christian brothers and sisters in South Sudan. They are living with the consequences of warfare, famine and Covid-19. Consider the Housing Project in the UK to help secure tenancies for vulnerable people, again whilst dealing with the pandemic. Paul said that we are called to be knit together in order to promote the body's growth, in building itself up in love. The Church in Wales Centenary Appeal is rooted in that love.

Hymn:

**Make me a channel of your peace.
Where there is hatred, let me bring your love
Where there is injury, your pardon Lord;
and where there's doubt, true faith in you.**

**O, Master, grant that I may never seek
so much to be consoled as to console,
to be understood as to understand,
to be loved as to love with all my soul.**

**Make me a channel of your peace.
Where there's despair in life, let me bring hope.
Where there is darkness, only light,
and where there's sadness, ever joy.**

**O, Master, grant that I may never seek
so much to be consoled as to console,
to be understood as to understand,
to be loved as to love with all my soul.**

**Make me a channel of your peace.
It is pardoning that we are pardoned,
in giving of ourselves that we receive,
and in dying that we're born to eternal life.**

The Intercessions

Let us pray for God's blessing on the Church and on the world.

Make your Church a channel of the life that comes from heaven for the salvation of the world. Empower your ministers that they may offer the life-giving bread of heaven to all who seek it. As we pray for the Church, we remember in our cycle of prayer with Lagunda the Western deanery of Uppland and the Vale of Glamorgan Deanery and the Area Deans, Fredrik and Martyn.

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

Grant to a troubled world the stability and firmness of purpose that only you can bring. Reveal your will to every member of the human family, that all may serve you according to the gifts that you have given.

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

Grant to all who have been blessed with the gift of faith, grace to live as those who are fed with the bread of life. Help us to bring our family, friends, and neighbours into that holy fellowship around God's table and satisfy their hunger and thirst for salvation.

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

Have mercy on those who are overburdened by pain, suffering and sorrow. Come to those who long to know words of love, hope and peace. We remember especially... May they experience your healing and mercy in their lives.

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

We commend to your gracious keeping the souls of the departed, particularly... May the bread of heaven feed them evermore.

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

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

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

Hymn:

**Give me joy in my heart, keep me praising,
Give me joy in my heart, I pray;
Give me joy in my heart, keep me praising,
Keep me praising till the end of day:**

***Sing hosanna, sing hosanna,
Sing hosanna to the King of kings.
Sing hosanna, sing hosanna,
Sing hosanna to the King.***

**Give me peace in my heart, keep me resting,
Give me peace in my heart, I pray;
Give me peace in my heart, keep me resting,
Keep me resting till the end of day:**

Sing hosanna, sing hosanna...

**Give me love in my heart, keep me serving,
Give me love in my heart, I pray;
Give me love in my heart, keep me serving,
Keep me serving till the end of day:**

Sing hosanna, sing hosanna...

**Give me light in my heart, keep me shining,
Give me light in my heart I pray;
Give me light in my heart, keep me shining,
Keep me shining to the end of day:**

Sing hosanna, sing hosanna...

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

Prayers for the departed:

Beatrice Lorraine Weeding

Hymn Requests

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

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

fr.martyn@sky.com – 01446 760498

Fr David Morris

davidmorris@churchinwales.org.uk – 07498 318325

Reverend Dr Angela Cooper

angelacooper03@gmail.com - 07811018685