

**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. *Isaiah 11.8*

**Collect**

God of Moses, who rained down bread from heaven  
on Israel's wandering people:  
lead us to the food that never leaves us craving,  
or addicted to consuming, but fills our whole humanity  
with life enough for all;  
through Jesus Christ, the bread of heaven. **Amen.**

**A Reading from the book of Exodus**

*God cannot be seen by the Israelites; however they are given signs of God's glory in the provision of food in the evening and in the morning - times when light fades and returns. The bread called mana meaning 'what is it?' sounds remarkable like the carbohydrate-rich excretion of insects that feed on the tamarisk trees that grow in the regions where this story is set.*

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 flesh-pots 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. *Ex. 8-4, 9-15*

Reader For the word of the Lord

All Thanks be to God

### **Psalm 78.22-28 APBA page 303**

*This lengthy psalm reviews Israel's history; today's verses tell of the provision of food in the wilderness and draws on Exodus 16 and Numbers 11.*

### **A Reading from the letter of Paul to the Ephesians**

*The writer appeals for unity amid the diversity of the community at Ephesus. Unity and peace are made possible by Christ. Note that the maturity of the church depends upon the engagement of all who follow Christ.*

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, <sup>3</sup>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

**Commemorations of the week. August 6 The Transfiguration of our Lord.** Recorded in the first three Gospels, Matthew, Mark and Luke (called the synoptic gospels, from the Greek word meaning 'with the same eye'). **August 8 Dominic, priest and friar** (c.1170-1221). Founder of the Order of Friars Preachers or the Black Friars, later called the Dominicans, established to be centres of sacred learning, a feature of the Dominicans ever since. **August 9 Mary Sumner**, founder of the Mothers' Union (d. 1921). **August 10 Laurence, deacon and martyr at Rome** (d. 258). Martyred during the Roman persecutions, the legend is that he was roasted on a gridiron (hence his symbol in art). Showed great concern for the poor. The Brotherhood of St. Laurence is named after him. **August 11 Clare of Assisi** (1194-1253). Founder of the Order of the Poor Clares. Born in Assisi and greatly influenced by the preaching of Francis of Assisi. Her remains are in Assisi. She had Francis' simplicity, joy, love of nature and holiness. **August 11 John Henry Newman**, cardinal and theologian (1801-1890). Leader of the Church of England Oxford Movement and his sermons and tracts were very influential on religious life in England and beyond. He was

received into the Roman Church in 1845 and wrote many theological and literary works.

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*

Reader For the Gospel of the Lord

**ALL Praise to you, Lord Jesus Christ**

**Bible Readings next week: Mary, Mother of our Lord *transferred***

Isaiah 61.10-62.3 Song of Mary Galatians 4.4-7 Luke 2.1-7

**Prayer for the Week** Almighty God, whose beloved Son for our sake willingly endured the agony and shame of the cross: give us courage and patience to take up our cross daily and follow him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

**Pray for the Faithful Departed:** We remember before God: Marjorie Gill, Thelma McDonald, Margaret Goodall, Eric Walter Nevil (Nevil) Jackson, Betty Plant, Leonard Glasson, Daisy Corless, Clarice Warne, John Wailes and Alice Lyons *whose anniversaries occur this week.*

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*

Reader May your word live in us.

**ALL And bear much fruit to your glory.**

**Gospel Acclamation**

**ALL Alleluia! Alleluia!**

Cantor Jesus says: 'Work for the food that endures to eternal life: which the Son of Man will give you.'

**ALL Alleluia!**

Reader The Lord be with you.

**ALL And also with you.**

Reader A reading from the holy Gospel according to John.

**ALL Glory to you Lord Jesus Christ.**

*The perishable bread is a symbol of the true bread of life. John warns against a faith that does not penetrate beyond the symbol to the reality and truth of the thing signified. The people ask for a sign such as the mana Moses gave. Jesus says, God provided mana then and does so now; Jesus GIVES the bread of life (vv.11, 27) and IS the bread the life (vv. 35, 48). The giver and the gift are one and the same.*

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. 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