

Sentence Jesus said, 'Jesus said, 'Those who eat my flesh and drink my blood abide in me, and I in them.' *John 6.56*

Collect

Everliving God,
your Son, Jesus Christ, gave himself as living bread
for the life of the world:
give us such a knowledge of his presence
that we may be strengthened and sustained by his risen life
to serve you continually;
through Jesus Christ our Lord,
who lives and reigns with you in unity with the Holy Spirit,
one God, for ever and ever. **Amen.**

A reading from the book of Proverbs.

The book of proverbs is a collection of sayings, commands and admonitions attributed to Solomon because of his legendary wisdom, though the book was not written by him. Here Wisdom is personified as a woman who invites the simple and unwise to her banquet so that they will gain wisdom.

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.' *Prov. 9.1-6*

Reader For the word of the Lord

All Thanks be to God

Psalm 34.9-14 at 8qm APBA page 254

The whole psalm is a song of praise for deliverance from trouble and is testimony to the psalmist's experience that God is close to the brokenhearted.

Responsorial Psalm 34

Alan Rees



Revere the Lord, you his saints
They lack nothing, those who revere him.
Strong lions suffer want and go hungry
but those who seek the Lord lack no blessing.

Come, children, and hear me
that I may teach you the fear of the Lord.
Who are they who long for life
and many days, to enjoy their prosperity?

Then keep your tongue from evil
and your lips from speaking deceit.
Turn aside from evil and do good;
seek and strive after peace.

Pray for the Faithful Departed: We remember before God:

Wendell Gladwyn Nicholas, Isabel Joan Porter, Annie Dalton, Justine Tsiang, Mona Reid, Marjorie Tozer, Helen Pritchard, Alfred Watson,

Reginald Hayden, *priest*, Bertram Cowley *whose anniversaries occur this week.*

Commemorations of the week:

August 20 Bernard of Clairvaux, Cistercian abbot and teacher

(c.1090-1153). Bernard was the founding abbot of Clairvaux Abbey in Burgundy, France. His best known works are his sermons on the Song of Songs and his book *On Loving God*. This begins with a moving description of God's love for us as unmistakably demonstrated in the gift of his Son. Second, it is a call for us to joyfully respond to God like the child who runs to embrace her father of whose love she is certain.

August 24 Bartholomew, apostle and martyr. Nothing is known of him, except his listing as one of the Twelve Apostles. In legend, he is said to have evangelised India and Armenia and was martyred.

We continue John's account of Jesus trying to explain that he is more than appears to be so. He is more than the bread that fed the ancestors in the wilderness but his true identity as the one who has come down from heaven and become truly, humanly embodied for the life of the world. The Jews continue to struggle to understand but as ever Jesus keeps inviting people to 'come and see'.

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.'

John 6. 51-58

Reader For the Gospel of the Lord

ALL Praise to you, Lord Jesus Christ

Bible Readings next week 14 Pentecost [21] 26 August

Joshua 24.1-2a, 14-18 Ps.34.15-22 Eph. 6.10-20 John 6.56-69

Prayer for the Week

Almighty God, you have given your only Son to be for us both a sacrifice for sin and also an example of godly life: give us grace that we may always thankfully receive the benefits of his sacrifice, and also daily endeavour to follow the blessed steps of his most holy life; through the same Jesus Christ our Lord. **Amen.**

A reading from the letter to the Ephesians.

The Church was established by God's eternal purpose and believers already live a union with God through Christ in the Holy Spirit that anticipates the full union to come. This passage speaks to the quality of relationships we are to foster between one another in the household of faith.

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. Be subject to one another out of reverence for Christ.

Eph 5.15-20

Reader May your word live in us.

ALL And bear much fruit to your glory.

Gospel Acclamation

ALL Alleluia! Alleluia!

Cantor The Lord says: 'Those who eat my flesh and drink my blood: abide in me and I in them.'

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.